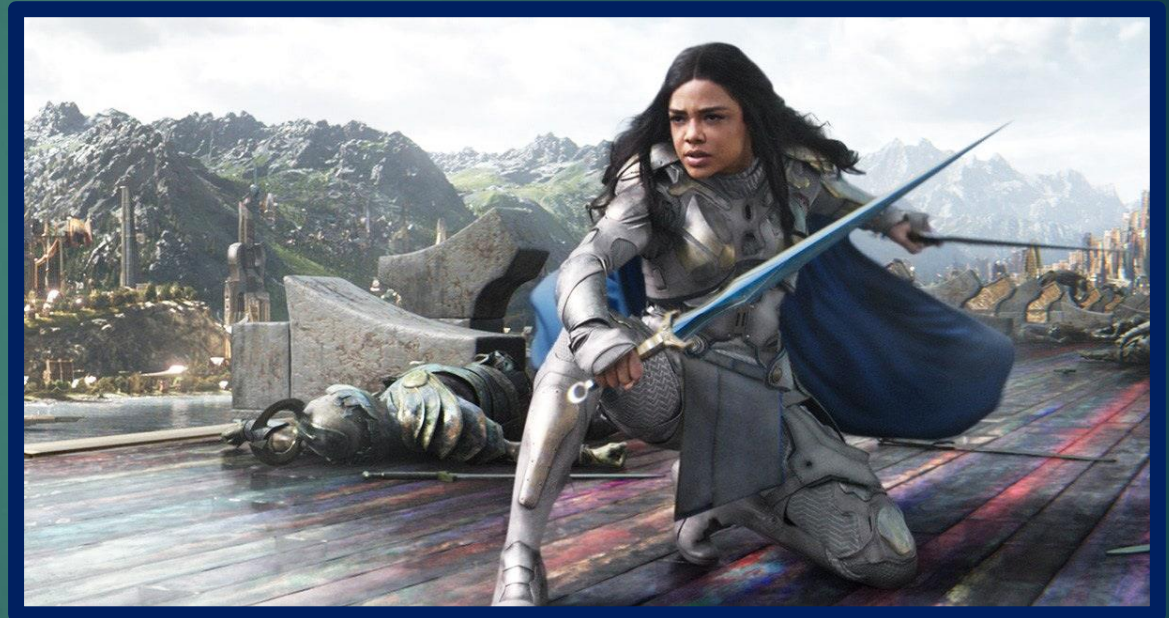


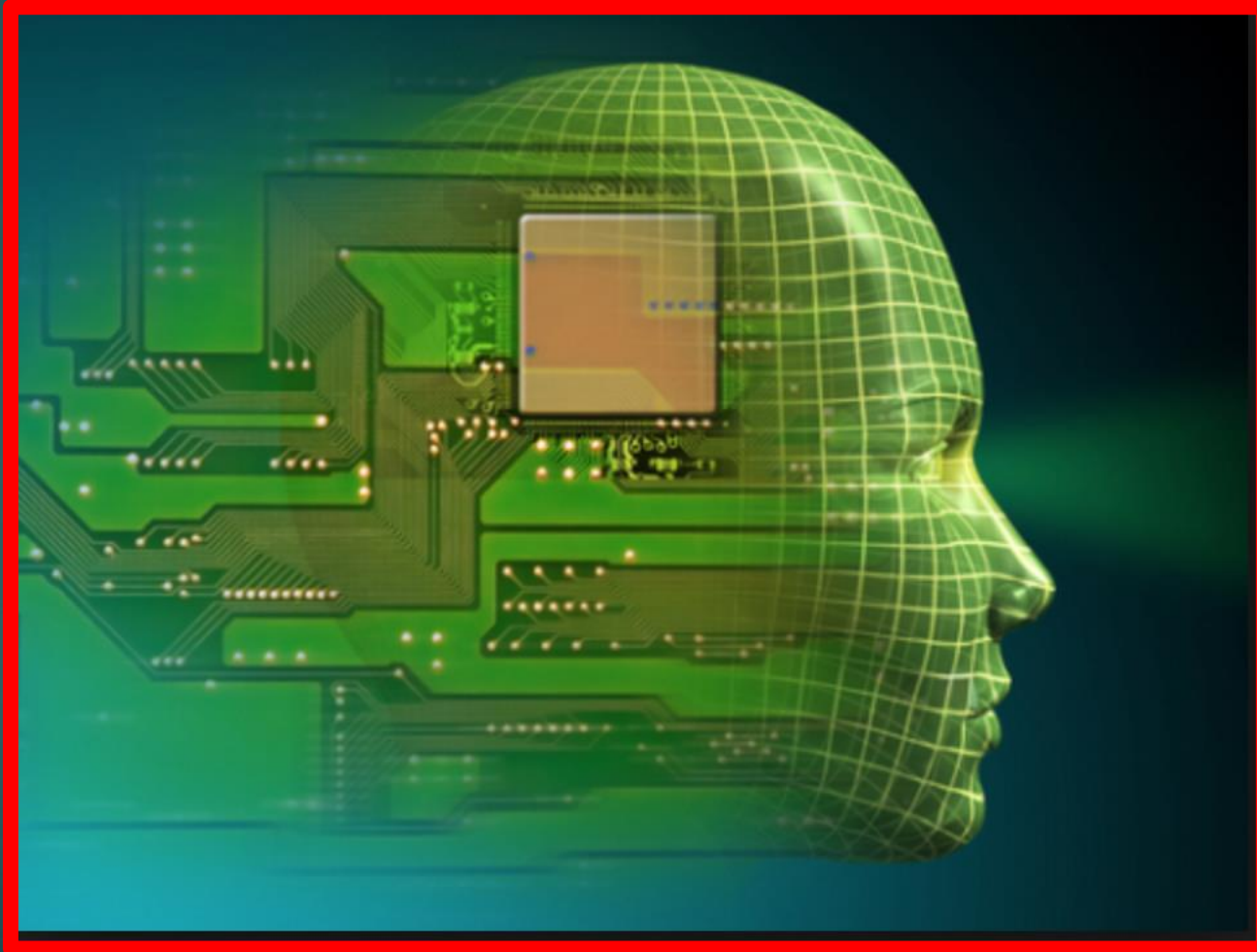
PART 3

ALIVE AND THRIVING

- ▶ Human Programming
- ▶ Psychopathy
- ▶ Empathy and Narcissism
- ▶ Gas Lighting
- ▶ Psychic Vampires
- ▶ CoDependency
- ▶ Psychic Self Defense
- ▶ No Masters No Slaves
- ▶ Fear
- ▶ Ignorance and Denial
- ▶ Fear of Change
- ▶ Internal Monarchy-External Anarchy



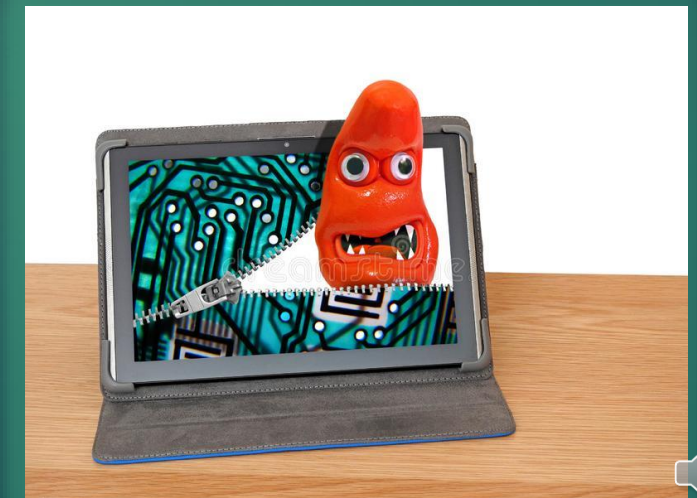
UNDERSTANDING HUMAN NATURE AND PROGRAMMING



HUMAN CONDITION

Human beings are **programmable**, much like computers. Like a computer, if a human being has a bad “file-system format” (conditions during a child’s formative years), a bad “operating system” (Culture), and bad “software programs” (erroneous, rigid and dogmatic beliefs), their “output” (behavior) onto the “screen” (Life) will also be bad, and will contribute to deteriorating conditions on a mass scale. Like a computer, the behavior of a human being will largely depend upon its programming (the quality of the information put into it, which enables it to process and create efficiently).

Garbage In : Garbage Out
Quality In : Quality Out





Human Nature

- ▶ Human Nature is Programmable: In general, babies are born with a vast potential along with biological needs and drives, yet the innocence of a new born baby is vulnerable to the forces it encounters and is shaped by its caregivers, good or bad.
- ▶ What happens to a child in the first 5 years of life is extremely important to the development of his or her capacity to experience empathy and to relate to other human beings in a healthy or moral way.
- ▶ Neglect and abuse in the first 5 years of a child's life has deep and lasting negative impacts.
- ▶ Sometimes damage occurs in-utero that is difficult if not impossible to change after birth, i.e. through substance abuse in pregnancy.
- ▶ Genetic alterations or defects could damage the part of the brain that has the capacity to develop empathy leading to primary psychopathy(a broken brain).
- ▶ Minds can be hijacked through systematic use of trauma and mental and emotional programming (from mild PTSD to severe dissociative identity disorder).



Psychopaths Among Us

“Psychopaths find ways to put wedges between people.”

– Mark Passio, What On Earth Is Happening

- ▶ A **Psychopath** is a mentally unstable person; especially: a person having an egocentric and antisocial personality marked by a lack of remorse for one's actions, an absence of empathy for others, and often criminal tendencies. Merriam-Webster Dictionary
- ▶ Psychopaths do not respond to punishment, apprehension, stress, or disapproval. They seem to be able to inhibit their antisocial impulses most of the time, not because of conscience, but because it suits their purpose at the time. Words do not seem to have the same meaning for them as they do for us.
- ▶ People can be born as primary psychopaths and others can be shaped into secondary psychopaths due to neglect and trauma, usually from childhood.
- ▶ Primary psychopathy is imbedded in their character and not subject to rehabilitation.
- ▶ Secondary psychopaths are more likely to be stress-reactive and their dysfunction is often secondary to another disorder or circumstance. They are more responsive to therapeutic rehabilitation.



Don't judge others by your own consciousness.

"Evil is cunning and genius. Love has innocence, seeks harmony and peace. It is vulnerable to getting played and duped. It has had to learn how evil masterminds it's dark agendas in order to overthrow it. Love has had to wander into the darkest of Underworlds to know how. "

– Laura Eisenhower

Good people are vulnerable to exploitation, manipulation and betrayal. Evil capitalizes on the good.

Example: The Empath and Narcissist Dynamic

- ▶ Because of the general trusting and compassionate nature of empaths, people with narcissistic traits tend to be attracted to people with empathy because they can sense a target for exploitation for their personal gain.
- ▶ The dynamic is could be categorized as one of predator and prey.



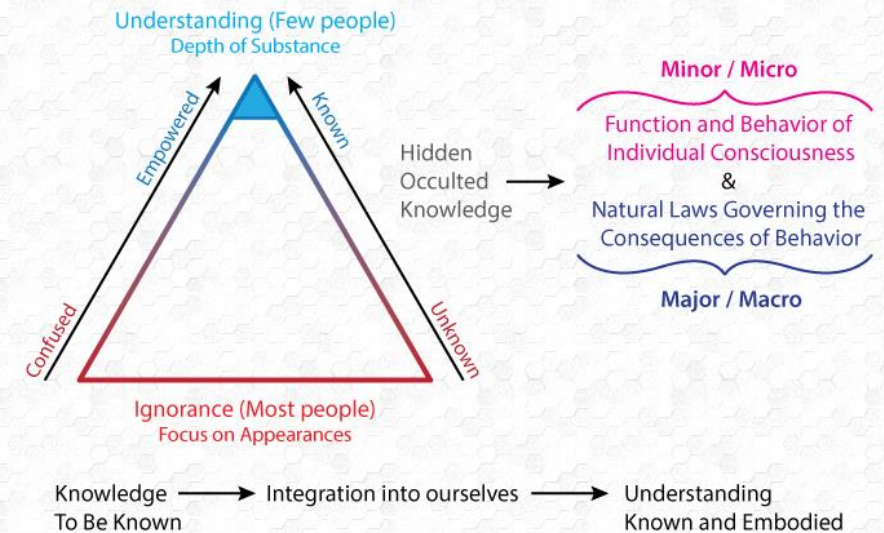
Abusers withhold or misuse Information, by various means, to create a power differential.

oppression
comes from a
**power
differential**

However, they can hold that power only if we allow them to.

Power Differential from Occulted Knowledge

evolveconsciousness.org

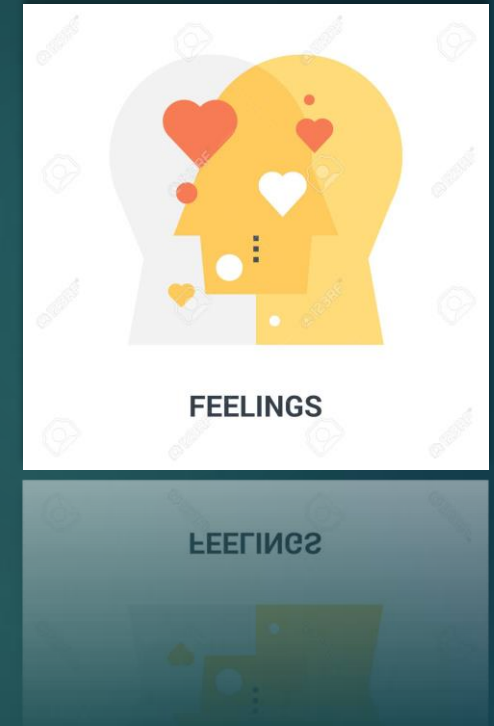


Knowledge of the functionality, behavior, motivations, drive and influence of the mind, psyche and consciousness empowers one in life. Ignorance of important knowledge is detrimental to survival and well-being. Those who have this knowledge and use it with their dark care, have the power to manipulate and control the minds of the confused.



Empaths

- ▶ General Empathy means that our hearts go out to another person and what they are experiencing (happy or sad)
- ▶ Empaths have a natural propensity to trust people and see the good in them.
- ▶ Empaths are aware and sensitive to the feeling state and unmet needs of others. They feel things deeply.
- ▶ Empaths sometimes absorb others pain and are more prone to take on the emotional or physical pain of others.
- ▶ The Empath's gift becomes their vulnerability
- ▶ Empathic people are vulnerable to becoming prey to Psychic Vampires or Narcissists.
- ▶ Empaths are at risk of developing codependency their boundaries are weak or consciousness low.
- ▶ Empaths have a hard time believing in evil.





NARCISSISM

From website Empathic Healing "Clearing the path to TRUE you."

- ▶ Narcissism is broadly characterized by a lack of interpersonal awareness, as well as interpersonal antagonism, and dysregulated moods, and the core pillars of narcissism are, lack of empathy, entitlement, grandiosity, validation seeking, and dysregulation."
- ▶ 8 typical patterns of a narcissist: lack of empathy, manipulation, projection, lying , poor boundaries, jealousy, gas-lighting, and controlling.
- ▶ Lack of empathy = the lack of interest in or capacity for understanding the feelings and experiences of others.
- ▶ People with primary Narcissism may be cognitively capable of empathy but they do not shape their behavior in accordance with empathy. (Dr. Rumani Durvasula)
- ▶ Narcissists are driven by tangible rewards for themselves or for an externally derived sense of value, importance or appreciation.
- ▶ Narcissists exploit others in order to gain reward for themselves. They have a grandiose sense of self-importance and are self-centered. They are Self-Serving. They feel superior to others.



Who Are The Narcissists in Your Life?

Self- Inquiry

- ▶ We all have narcissists (or at least people with strong narcissistic traits) who impact our lives. We have all been burned by them.
- ▶ Sometimes we meet them face to face, such a partner, co-worker or friend.
- ▶ Sometimes they are more distant such as a CEO of a company or an elected or appointed politician.
- ▶ In each case, we have a choice as to how we respond or interact to their attempts to wield power over our lives.

Who are the narcissists who wield power in your life?

"THOSE WHO DO NOT KNOW THE DANGER OF
WIELDING POWER WILL, BEFORE LONG, BE RULED
BY IT...NEVER FORGET THAT."

-LANAYRU, THE LEGEND OF ZELDA:
TWILIGHT PRINCESS



GASLIGHTING



- ▶ Gaslighting is a form of psychological manipulation in which a person or a group covertly sows seeds of doubt in a targeted individual or group, making them question their own memory, perception, or judgment, often evoking in them cognitive dissonance and other changes, including low self-esteem.
- ▶ Using denial, misdirection, contradiction, and misinformation, gaslighting involves attempts to destabilize the victim and delegitimizes the victim's beliefs. Instances can range from the denial by an abuser that previous abusive incidents occurred, to belittling the victim's emotions and feelings, to the staging of bizarre events by the abuser with the intention of disorienting the victim.



Psychic Vampires

“Understand that the greatest evil is perpetrated upon the virtuous. It exists and occurs primarily due to the compassion and ignorance of good people unaware of how evil works. Therefore develop critical and judgmental skills and doubt everything. Observe how you suffer by projecting your own goodness and virtue on others. Learn how your goodness and compassion enslave you to the will of other people. Goodness without boundary is the soil from which evil grows.”

“Evil is never defeated with the weapons it deliberately provides its adversaries. Evil people are threatened only by the superior morality and spiritual strength of others.”

Quotes by Michael Tsarion from **Psychic Self Defense**



Codependency



- ▶ **Codependency** is a behavioral condition in a relationship where one person enables another person's negative behavior or condition. It often involves excessive reliance on the other for approval and a sense of identity.
- ▶ A psychological condition or a relationship in which a person is controlled or manipulated by another who is affected with a pathological condition (such as an addiction).
- ▶ **Dependence on the needs of or control by another.**
- ▶ Many codependents tolerate being treated without respect, usually due to a root cause of poor self worth. Eventually they end up feeling unappreciated, used, or resentful.
- ▶ While this dynamic is usually considered in the context of a family relationship, consider how it can also apply to how people interact with a larger system or government. i.e. your credit score .



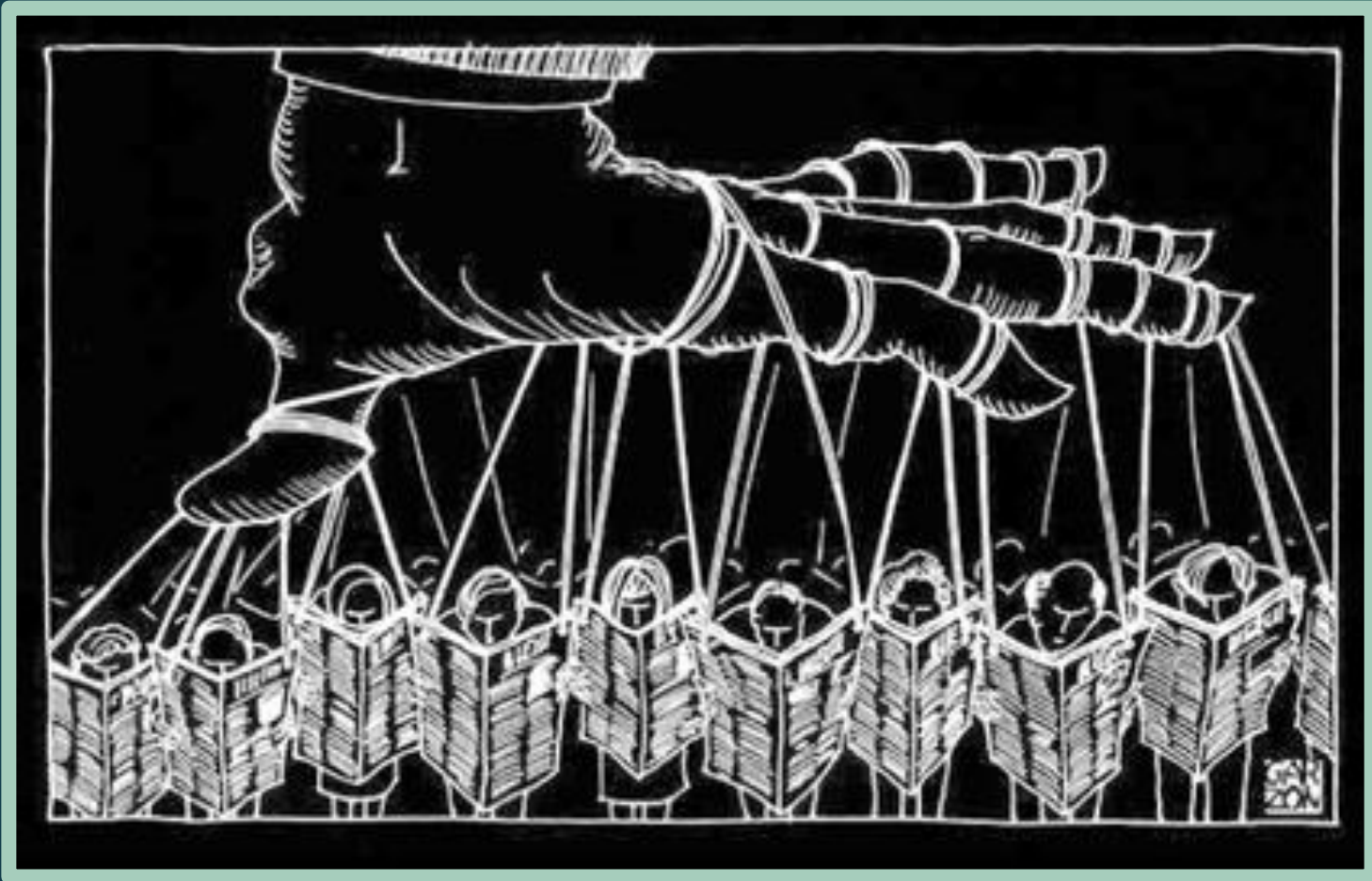
Psychic Self Defense

Quotes from Michael Tsarion

- ▶ “False love enslaves, whereas true love frees. When you think you’re in love, you might be wrong. You might simply be romantically enthralled. You might simply wish to impress mates or ingratiate parents. Watch to see if this “love” you’re in serves to make you wise or foolish in your choices and decisions. Sensitively watch to see if you rise or fall, succeed or fail, feel healthy or unhealthy while “in love.” Do you drive away good friends or win more of them to your side? Do you receive lucky breaks or less of them?
- ▶ “When it comes to a psychic attack, you most definitely fight fire with fire. Attacks are against your very spirit, so it’s up to you to defend *yourself* with all your spiritual might. Above all, do not send “love” to your attacker. Do not forgive or forget their abuses. To forgive a single instance of evil is, philosophically-speaking, to forgive all evil through time, which is a right you have not been given.”
- ▶ “Understand that pain, sorrow, illness, loss and conflict are signs that something is off bio-psychically. These states occur when body, mind and world are out of attunement. Contrary to what you have been taught to believe, the imbalance is often not your fault. It is probably caused by the proximity of toxic, spiritually unworked people in our life. Therefore, it is important that you understand the manner in which the influence of other people affects and disaffects your life.
- ▶ Find out how much of what you decide upon and want is based on the influence of others.
- ▶ Psychologically and emotionally you need nothing from others. What you require must be brought up or created from within.



Cut the Strings of That Which Unconsciously Controls You: Thoughts, People, Systems



No Masters, No Slaves

“The morally superior individual refuses to serve a master, and also refuses to enslave others. He is careful not to violate the psychic sovereignty of those he cares for, and is equally careful to own his ground and not be violated in the name of love or duty.”

Michael Tsarion from Psychic Self Defense



“The Creator of the Universe is the only legitimate authority of this Earth.”

MARK PASSIO



FEAR IS THE MIND KILLER



- ▶ Conscious fears
- ▶ Unconscious fears
- ▶ Fear leads to **CONTRACTION**
- ▶ Contraction of our mind results in **Fight, Flight or Freeze** (Stress) Responses.
- ▶ Unprocessed Traumatic events create a long and sometimes invisible cord that can be activated by events with a similar feeling profile. This can propel us into an irrational fear state.
- ▶ **Fear knocks our FRONTAL LOBES off line.** Our neocortex or frontal lobes are what makes human beings stand apart from other animals. Our frontal lobes make us human.
- ▶ Fear can lead to a loss of critical thinking and a loss of compassion or care.
- ▶ **Trauma creates symptoms not memories.** We don't always consciously know why we are being triggered.
- ▶ **FEAR IS THE OPPOSITE OF LOVE. FEAR DIMINISHES LOVE.**
- ▶ Triggered in Fear, we may not feel safe to love. We are more likely to act in self serving or self-protective ways.



FEAR CAN LEAD US TO SELF- DOUBT



- ▶ In fear, we may be propelled to seek safety from an outside source.
- ▶ In this case, we abdicate our personal responsibility and become something like a child.
- ▶ A child that looks outward for a mother or father figure, a savior.
- ▶ We become prone to create or rely on authority figures or enforcers of some sort to give us the feeling of safety and security.
- ▶ People and systems which seek control or ego boosts rely on this dynamic and step in to usurp and often abuse that authority.
- ▶ SO THIS FEELING OF SAFETY, WHEN WE DEFLECT RESPONSIBILITY OUTWARD, IS ACTUALLY AN ILLUSION.
- ▶ Feelings of helplessness, powerlessness increase along with feelings of anxiety and depression.



IGNORANCE AND DENIAL

“There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to accept what is true.”

Soren Kierkegaard

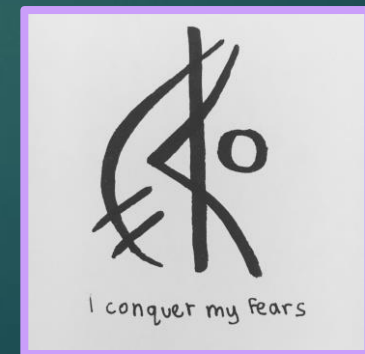


WHAT ARE YOU AFRAID OF?

Self-Inquiry



- ▶ What triggers fear in you?
- ▶ What is your worst nightmare?
- ▶ What are you afraid of losing?
- ▶ What halts you in your tracks?
- ▶ What gets in the way of your forward progress?
- ▶ What causes you to retreat or hide? To freeze? To fight?
- ▶ What causes you to doubt yourself?



CONSEQUENCES OF CHANGING YOURSELF

- ▶ Loss
- ▶ Of people, money, jobs, friends, security, familiar things, familiar habits, addictions, etc.

Change can also open you up to **AMAZING THINGS**.
You can gain:

- ▶ New Friends,
- ▶ Intrinsic wealth
- ▶ Peace of Mind
- ▶ True Freedom
- ▶ Health
- ▶ Potential



CONFLICTS AND DISCONNECTIONS

- ▶ Conflict Within Oneself aka Internal Confusion = COGNITIVE DISSONANCE
- ▶ Conflict with Others (parents, spouse, child) or With External Forces (jobs, school, regulations, etc.)
- ▶ Obfuscation creates separation, compartmentalization, and confusion
- ▶ Ancestral and historical trauma (war, extermination, genocide, witch hunts, etc.) can be a root cause of fears, phobias, rigidity, and close mindedness
- ▶ Gender roles and gender biases
- ▶ Societal messages, judgements, expectations
- ▶ Survival strategies, Getting ahead strategies (material survival)
- ▶ The rat race and hamster wheel (brain imbalance)
- ▶ Dialectics and Divisions: External Powers exploit others by purposefully pitting people against each other creating conflicts, turmoil and division.
- ▶ Addictions
- ▶ Mental Dissociation can occur.



The Fear of Freedom

Where does it come from?

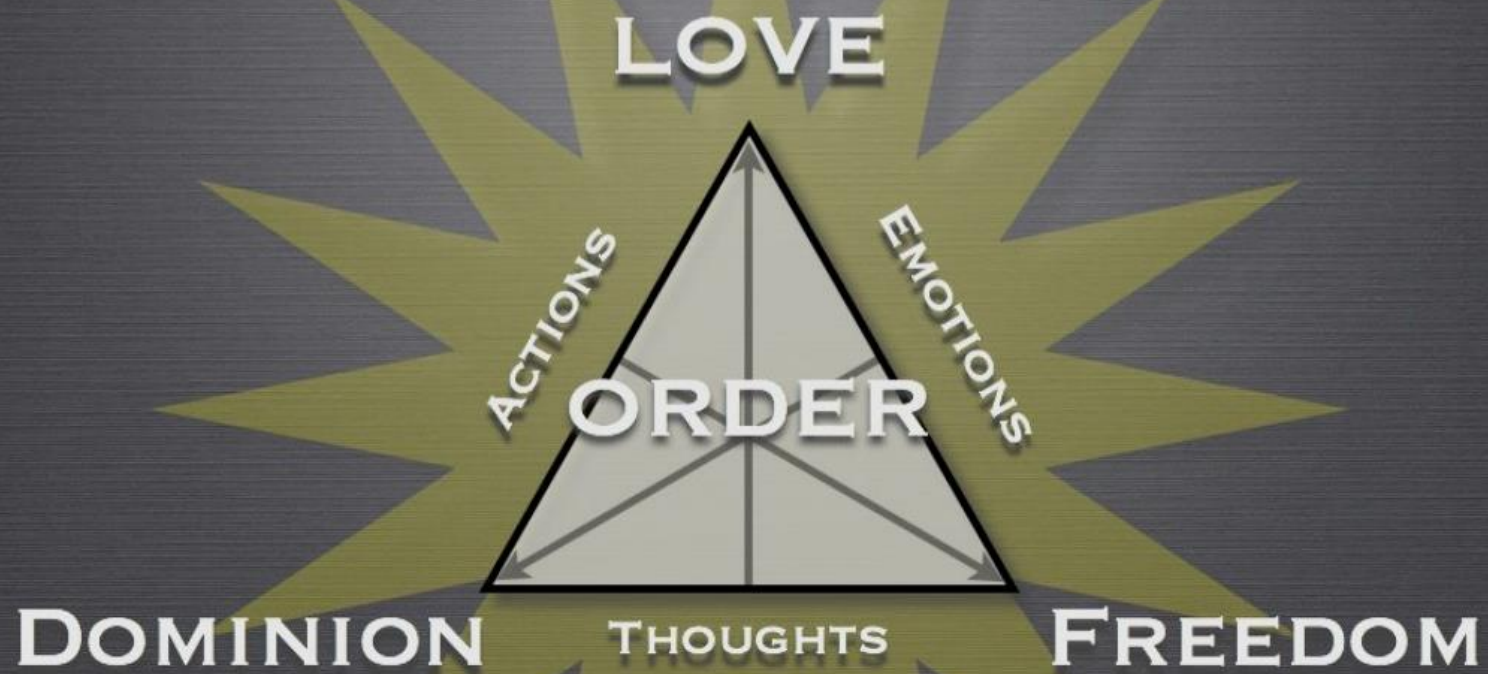
From Mark Passio

- ▶ Refusal to Own Personal Responsibility
- ▶ Self-Loathing Due To Lack of Self-Respect or Perceived Value.
- ▶ Abandonment Issues.



OUR GOAL





Internal Monarchy, External Anarchy

- ▶ Potentially, most every developing child and adult can learn to master their own internal mental and emotional state, to discipline their physical impulses and to live according to moral principles. I am calling this Internal Monarchy. We are free to act as long as we do not cause harm to another.
- ▶ Skills required are self-awareness, self-reflection, emotional intelligence and emotional regulation, understanding right from wrong, personal responsibility, living by the non-violence principle, self defense skills, respect for every individual's rights as equal to our own, holistic health habits, communication and personal expression skills, reflective listening, problem solving, time management, critical thinking, etc.
- ▶ If we have Internal Monarchy, then we can learn to live peacefully and harmoniously in a state of External Anarchy.
- ▶ All the skills are learnable!
- ▶ The added requirement is to CARE. Care comes from the ability to have EMPATHY and recognize that all people are connected and in essence ONE under a universal power, or what many would call God. CARE keeps self-serving interests in check.



PART 4

ALIVE AND THRIVING

- True Anarchy
- Sovereignty
- Unlimited Potential
- Resistance
- Denial
- Anger
- Letting Go
- Self Healing
- Personal Responsibility
- Overcoming Addictions
- The Great Work
- Self Resourcing
- The Great Work

