

10. AFTERMATH OF NARCISSIST ABUSE

“I chose you for that very reason, you were a perfect blank canvas I could create into my own creation of a woman.” I stood in shock, in disbelief. I thought, this whole eight years together I was a pawn in your game? I was your play thing? And I was dumb enough to let you!

- **The highest offenders**

How can one forgive someone for such an offense? They have intentionally manipulated, and harmed you through their words and with your emotions. They isolated you from loved ones and friends. They stripped you of your self worth. They are, in your mind in order to get out and stay away, enemy #1. Although my experience was traumatic for my

life journey, I know others have experienced worse, and still are dealing with the narcissist through custody with a child or sibling. And it is infuriating when they defame you to your family and friends, and they believe them. The last thing you wish to do is forgive them. You are angry, and rightly so. There is a correct time for righteous anger to keep you safe and get you out of their clutches. And then as time and healing gives you freedom, there is a time for love and forgiveness.

In my deepest of conversations with Spirit I find myself resisting the feeling of letting my offender off the hook. If I forgive him, then he is allowed to get away with the offense that he afflicted on me. I will have no retribution, I will be the weak one. They should feel pain for the pain they've afflicted on me! While these are all valid points, Source does not want us to have control of this part of life. We can only control our own energies and healing. Holding onto those feelings is the same as holding in the darkness within and it poisons us and causes perpetual suffering. Every time we are reminded the darkness seeps to the surface and we are reminded of that horrible experience of how wronged we were.

How do you forgive the betrayal, and abuse? You must get to a place where you love the darkest feelings, love the seed of them, love yourself and heal through the Ho o' pono pono prayer in order for it to leave. Let go of the role of judge and punisher. If you continue to carry hatred and unforgiveness you will get sick and allow the negativity to control them. You must believe in a higher power that will distribute Karma, or retribution. You may feel sorry for the narcissist because they are so hurt and afflicted with hate and the sickness of letting the darkside take over. We are born as pure light with our souls here on Earth to learn. Those who have chosen to stray from their Earth's lessons and doing dark deeds

have given in to their desires. They relish in violence, chaos, control and hate because it masks their pain. And that soul is the real sufferer. Those who forgive the offender see the child they once were and feel sadness for the pain that child experienced to end up in this realm of darkness. I do not advocate this empathy to persuade you to try and help them. And upon leaving and commencing your healing journey, you will go through a mourning process and grieve the death of a false relationship you thought was real. Nothing leaves until you love and feel the emotions that are ugly that need to come visit and be cleared. The trick for your mental health is to not ignore them or shove them inside. In order to forgive and move forward in your beautiful power, and gain freedom, you must release that pain to the Universe.

I personally found my forgiveness in learning about narcissism. Information is power, and the more I learned each layer would be removed in the gaslit perception I had of the world. Eventually years later, I reached the core of these clouded layers and discovered why I ended up in such an abusive relationship, and why it felt so familiar. My perceived loving childhood home, stunted emotional growth and self identity. I was gaslit by extreme religious ideology that any form of gaslighting felt normal. The guilt and shame was my normal mode of relating and conditioning to make sure I was a good girl, in order to feel love and acceptance. This conditioning I know wasn't malicious and not intended. It was the ancestral toxic patterns still infused in my parents' way to raise me in their "better" way. The poison and narcissism in ancestral subconscious is more powerful than our brains can ever comprehend. Until we wake up from the deep sleep of the subconscious, we then can see the "light" as clear as day. I realized that Lance was plagued with pain and lack of support he needed from his parents. He did not always feel

safe and affirmed. He had to put up a hard exterior to survive his parents drama, divorce, and his violent step father's transition into the house. There were other family factors and how his father treated him that contributed as well. Not everyone who has a narcissistic parent or difficult situation grows up to be one, but his situation certainly was a recipe for it. The aftermath of his childhood trauma was, for him, he chose narcissism. The aftermath of our relationship on me was loss of friends, and family bonds, my loss of self esteem, experiencing PTSD, and having to reconstruct my life one element at a time. The aftermath of realizing I was in a narcissistic relationship lead me down a discovery that my parents were emotionally stunted to provide me the tools I needed. And as many times as I tried to share in calm conversations, drew boundaries, and even through yelling, they wouldn't absorb the information and change. Adriana Bucci stated succinctly.

Rational adults don't need a detailed explanation outlining that there are consequences to their actions. If your narcissistic parent can't seem to grasp or accept that abusing you throughout your entire life ended up being a HUGE deal breaker for you, you must realize that at this point in your parent's life, this isn't something you're even remotely qualified to teach to a grown adult. You also must realize they're playing dumb to escape accountability and get more supply out of you. The title of parent doesn't change what you lived through, even if no one else gets it. Keep your boundaries.

All us humans do their best, and sometimes their best is not enough. It is a social stigma to draw boundaries with a parent and stop talking to them. I believe they are in your life to learn the ultimate lesson, not

even family gets a pass for treating you poorly. In narcissistic families, abnormal is normalized. Pseudo intimacy is viewed as true connection. However, as Medium, Maria Verdeschi and I agreed on my podcast, this whole life is planned out beforehand and we must wake up to remember our lesson and make the right choices for our soul to mature. We will never know the entire plan until we find ourselves in the spirit world. All you can do is not give in to the guilt and shame and manipulative tactics, and stand in your power and make the right choice, which is usually the most difficult choice.

I was able to forgive because I saw my abuser as a child who was defenseless and scared, and there were moments together that he showed that to me, a large little child disappointed and scared. The more you work on rewiring yourself somatically, and cleansing out your negative patterns that are hardwired in you from your ancestral line, the more you grow up emotionally. We all have our inner child we carry within us. It is our job to nurture them and be our inner child's supporting parent to ourselves as we become an adult. At the end of this chapter you will practice Dealing with Difficult People Meditation, that will help you release the hate and being able to interact with them out of love and with a screen up so you are not prey to their manipulative games. This will also help you process your forgiveness. Another way I was able to heal from the aftermath was, I wrote many letters and burned them. I even wrote him an "I forgive you email", that was a mistake. Don't make contact with your past narcissist, they will take out their anger on you, even if you have the best intentions. And my spiritual self improvement journey allowed me to forgive him, myself, and others that I would find to blame. This is your journey. Each one of our scenarios and boundaries are unique. When you listen to your intuition, you will know the next

right step to take in that journey. Spirit guides and our Higher Self have set up signs for us to wake up and stop to listen to the clues. Maybe it's an animal, a bell, a sound, a person, or a number on the clock. The signs are small and serendipitous. Keep an eye out and be aware, and you will recognize the signs.

- **Take Responsibility**

Whatever you are not changing, you are choosing.

It is our duty in our lives to introspect into our patterns, fears, and flaws; not merely to correct them and eradicate them but to acknowledge they exist in us, in our family, and they do not have power over us. Tap into Pluto's energy, see where it is in your chart and probe deep in the mind. Ponder on where transformation needs to occur. Our life in this life is for solving mysteries, unearthing our pain and transforming it into a beautiful flower. A superpower that allows you to be strong and encouraging to others on the journey of this life. This is what I've discovered that I am here to dominate things. This is my Human Design Incarnation Cross. It has taken some time to process this and I still don't like the word. But what I believe is that I have a responsibility to share what I've learned and coach those to help them along in their journey. Dominating is my major theme of what I need to work on not doing with my ego and doing gently in the right time and space. I think the word is ironic since my whole relationship with Lance I was out of alignment and dominated by another in an unhealthy way. It's our responsibility to do the work in this lifetime and be present and conscious in every possible moment.

And when we slip up, because we are not perfect, we say the Ho 'o pono pono prayer and ask for forgiveness and show vulnerability to those whom we may have affected. In doing so I relieve the suffering of others around me, and my own suffering within.

- **Spiritually Protect Yourself**

We as souls are androgynous. Against popular opinion, we may have opportunities to learn through multiple lives, and we are allowed to choose the type of body we enter to help us with these lessons. As a highly task oriented soul with a past in narcissism. It was my karmic journey to experience the victim's side to learn and see how hurtful it can be.

You are here as a soulful alchemist.

Love yourself, do the mirror work, to hold space for your pain, triggers, and feelings tenderly through the darkest of times. And when you do you will transform through healing, transitions, and revelations.

You will learn to feel through life moment by moment, to trust your intuition. To trust the process. You will not know where the destination will lead you. Just as I was filled with love and encouragement by the Spirit of my Papa, you will have your Spirit Guide guide you on your journey. Feeling like an outsider gives you perspective and wisdom from generations past and the ability to look forward to strengthening your emotional intelligence to provide wise guidance moving forward and be the bridge between the past and the future breaking ancestral patterns.

I pray my pearls of wisdom have a pulse of value to you, and touch your heart. With my Human Design's Incarnation Cross being an interper-

sonal theme, I am aware of the impact I can make through this book, Empath & Narcissist podcast, and Workshops. You have a beautiful gift to share with the world. And I have witnessed and felt that healing allows your heart to blossom so that you can live in freedom and abundance while following the call within.

My desire for our empowering community is that it is a safe place for all to find energetic emotional alchemy and that it will empower you to find healing and balance on your unique journey. As you dive deep in your transformation, I pray you find your balance and heal both your masculine and divine feminine energy to be as circular as the yin and yang circle. I pray it holds space for you to be your most authentic you, removing your mask of social expectations and people pleasing. The Empath & Narcissist Podcast community is a container for you to learn about narcissism, to love and trust yourself, and gain back your sparkle after narcissist abuse. The workshops I created on the ravenescott.show, and via an app soon, are the safest most empowering and healing space you can guide yourself through in your own timing. The exercises and rituals allow you to alchemize your soul and transform from what you've been conditioned to be to what your true soul's identity can be. These workshops can both be a great challenge and a sacred opportunity for you on your road to healing.

May you find your soul as intimately as I have.

And remember. Always keep your unique light shining, and never let anyone else hold the pen to the story of your life.

Treasure gained: My Light & Divine Soul's Power

A Gift from Human Design & Astrology Tools:

Knowing my themes and personalities regarding areas of friends, career, partnership, money, and family in life. Discovering my strategy on how to use my energy to avoid frustration. Unveiling my life's purpose theme. Tremendous clarity on who I am, what I'm meant to do in life and how I can serve a purpose on this Earth.

Practice the Dealing with Difficult People Meditation on the next page.

Dive Deeper into how to shift out of your habits of people pleasing in Episode 68: How to Release Unconscious Patterns that Keeps the Empath Pleasing the Narcissist on the Empath & Narcissist Podcast.

<https://ravenscott.show/2022/07/21/how-to-release-unconscious-shame-the-keeps-the-empath-pleasing-the-narcissist-s4-ep-68/>

- DEALING WITH DIFFICULT PEOPLE MEDITATION

Practice this **Guided meditation** on Raven Scott Show YouTube channel. You can access the whole library in the Meditation Playlist.

Transcript :

Close your eyes. Take a deep breath in. Release a deep breath out the mouth. Deep breath in through your nose. Same amount of breath out through your nose. Now breathe easy and relaxed.

Picture the person who is making you angry, is hurting you, is not listening to you and is difficult to resolve. See yourself staring into their eyes.

Take a deep breath in, and deep breathe out.

Now see time reverse. See this difficult person as a teenager, then as a child, then as a baby. This person was innocent and vulnerable at one point in time. This person was dependent on their mother. Now imagine them back at age six or seven. They are still vulnerable, they had hopes

and dreams. They have been hurt and embarrassed. See their pain, maybe they are lonely, or ignored, or scared. This little one is inside of them still. And when their ego lashes out, know that it is their fear, their shame, and their defense mechanism.

See yourself removing some of their burdens from their arms, and assure them that they are going to be fine. You forgive them. You see them.

When it is time to see or speak to this difficult person, visualize them as a child with their fears and hold grace in your space for them. Be curious why they are saying these darts of arrows. And if they cannot soften you know you have tried your best with your ego lowered and you can draw boundaries for yourself to spend limited time with them. Maybe not talk about certain topics and pay for your own items.

Slowly take a deep breath in and a deep breath out. Wiggle your toes, flutter your eyes and arrive back in your body ready to approach this difficult person with elevated love and curiosity.
