



The Spirit of a Narcissist

Understanding Narcissism:

Covert & Overt

A covert narcissist displays more subtle signs of narcissism, like hypersensitivity to criticism, chronic envy or jealousy, gaslighting, lack of empathy, and feelings of superiority. Unlike most narcissists, who can be grandiose and outgoing, covert narcissists are often introverted and better at hiding feelings of self-importance. This can make it easier to fall victim to their problematic behaviors.

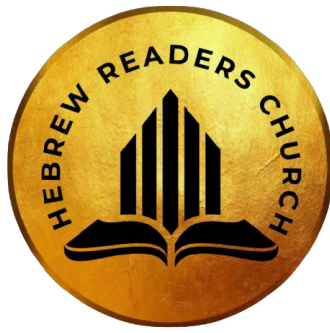
Those with narcissistic personality disorder present with high energy, discuss plans for future success, and speak with embellished terms and movements. Narcissists may believe others are failures if they fail to meet expectations of jobs, money, cars, or houses. On the outside, narcissists will seem confident, self-assured, and mentally healthy. Researchers and clinicians note significant differences in people with this disorder, which means not every type of narcissist will act, think, or feel the same way.

Covert narcissists, sometimes called vulnerable narcissists, are emotionally fragile and sensitive to even limited amounts of perceived criticism. They appear highly stressed and worried, shy, reserved, and self-deprecating. They will often compare and judge themselves against what others have in terms of happiness, possessions, and relationships.

Overt vs. Covert Narcissism

Whereas covert narcissists do well to hide their problematic behaviors, thoughts, and feelings, overt narcissists boldly display typical narcissistic qualities. They will appear ambitious, demeaning, and demanding by presenting themselves as special, important, and entitled, regardless of another person's needs and wants.

The arrogance and self-importance of overt or grandiose narcissists will be evident moments after starting a conversation with them. The covert narcissist will experience similar thoughts and feelings, but these will be less obvious in their expression of uniqueness. Because of this, it may take friends and coworkers longer to notice the traits.



Covert Narcissism Traits

While several covert narcissism traits overlap with overt narcissism, how they present outwardly will look very different. Unlike overt narcissists' characteristics, covert narcissists will appear more emotionally available and vulnerable. However, the underlying purpose of their behaviors is to fill their narcissistic supply, maintain control within their relationships, and get their own needs met.

What Is Narcissistic Supply?

Narcissistic supply is a form of psychological addiction where the narcissist requires—and even demands—limitless special treatment, admiration, importance, or validation to feed their sense of entitlement and self-centeredness. Narcissistic supply is how individuals with narcissistic personality disorder (NPD) cope with the world and make it a place for them to thrive. Attention-seeking behavior—positive or negative—is essentially narcissistic supply. Wanting attention, accolades, and validation are not inherently narcissistic so we want to decipher that. We all need to feel heard and accepted, but narcissists crave this attention constantly. They will deliberately find or create situations in which they are regularly at the center of attention, often to stave off their underlying narcissistic depression.

Covert (Vulnerable) Narcissist

Vulnerable narcissists tend to be most at risk of developing depression. They're often introverted, sensitive, and prone to experiencing anxiety and shame. They may also struggle to maintain close friendships as they focus heavily on themselves, require attention, and are hyper-sensitive to perceived criticism. Their lack of insight into these patterns may lead them to feel disappointed, under appreciated, ashamed, angry, and lacking in external validation.

Signs of Narcissistic Depression

Someone may be experiencing narcissistic depression if, in addition to having depression symptoms, they are hostile towards others or toward themselves, destructive interpersonally, and feel a temporary alleviation of symptoms with increased social contact. Whereas someone with non-narcissistic depression may experience suicidality resulting from general hopelessness or low self-worth, those with narcissistic depression tend to experience suicidality in response to external factors, such as perceived criticism or abandonment.



Feeding Narcissistic Supply

Narcissists tend to never be satisfied—no matter how much validation they receive. Narcissists seek individuals who are easily lured by their charm and naive to manipulation and exploitation. Once the supply is received, the narcissist will soon become low or empty, usually needing more. Feeding narcissistic supply is like trying to fill a bottomless pit—and when they don't get it, they may react with narcissistic rage.

Narcissistic Rage

Narcissistic rage, is a sudden and powerful outburst of anger, aggression, and violence from an individual with narcissistic personality disorder (NPD). The behavior occurs when the negative feedback that a narcissist receives causes discomfort and their defense mechanisms are activated. Once given a dose of their own medicine, narcissists become emotionally, psychologically, physically, or verbally abusive. Upon recognizing that direct exposure threatens their idealized false identity, narcissists will “blow up” to deflect from the underlying issue. The rage associated with a narcissistic injury ranges from mild irritation to outright physical attacks. Some narcissists will gaslight, deflect, project, verbally assault, or experience a narcissistic collapse.

- **Deflect:** to cause something to change direction by interposing something; turn aside from a straight course.
- **Gaslighting-** To gaslight someone means to manipulate another person into doubting their own perceptions, experiences or understanding of events

Causes of Narcissistic Rage

Their Self-Esteem or Image Has Been Harmed

A Narcissistic injury occurs when a narcissist thinks their self-esteem or self-worth is threatened. Because narcissists have very low self-esteem, they become incredibly defensive and frustrated when their shortcomings are pointed out. Thus, the distress associated with their false self being exposed can result in narcissistic rage.

They Do Not Get Their Way

Narcissists truly believe that the world revolves around them and that their needs are superior and more important than anyone else's. When they do not get their way, narcissists feel a loss of control, resulting in bouts of rage as a way to regain the upper hand.



They Are Criticized

When a narcissist is criticized, their inflated sense of self is damaged. Any perceived negative feedback, even if offered in gentle or productive ways, can easily result in outbursts of narcissistic rage. A narcissist cannot tolerate threats to their massive egos and grandiose self-image.

They Are No Longer the Center of Attention

To remain powerful and in control, a narcissist needs to have a constant source of admiration and validation to fuel their narcissistic supply and ego. When the attention of others is directed elsewhere, they may use anger, verbal aggression, or shouting to shift the situation back to them.

They Are Exposed for Their Behaviors

Being exposed for one's actions brings vulnerability. For narcissists, this emotion is an uncomfortable or unbearable experience. For example, if their delusions of grandeur are put on display or inadequacies are highlighted, they might react with anger to avoid shame or accountability.

They Are Asked to Be Accountable for Their Actions

Upholding and maintaining their image is what makes a narcissist thrive. Being held accountable for hurting or abusing someone directly targets their ego and induces shame. Reacting with anger, deflection, and fury allows the narcissist to pivot the direction of a situation away from owning up to their mistakes and behavior.

They Face a Setback, Disappointment, or Conflict

A narcissist can become easily enraged if a setback occurs in their life, job, or relationship. Not getting their way results in both a loss of control and a bruised ego. In these situations, they may lash out with rage to either deflect from the conflict or regain a sense of authority.

They Feel a Loss of Control

If the narcissist feels like they are losing control of the situation, a rage fit allows them to regain power over those around them. Even if they are receiving unfavorable reactions from their targets, the narcissist revels in the attention and superiority they have restored.



Narcissistic Rage Cycle

Anger in healthy individuals is proportionate to the situation at hand. However, with narcissistic rage, a narcissist's reaction is illogical and extreme. When triggered, they may become stressed and anxious before the intense blow-up. The cycle continues, leading to emotional dysfunction and dysregulation.

Below are the stages of a narcissistic rage cycle:

- **Stress:** A narcissist may subconsciously ignore anger for a moment when met with a stressful trigger.
- **Anxiety:** After becoming stressed, the anger begins to seep through in small ways, such as outward displays of anxiety.
- **Agitation and frustration:** Eventually and often very fast, the narcissist shows the first signs of anger through words or facial expressions.
- **Rage:** Finally, a narcissistic rage fit occurs with visible acts of aggression and loss of temper.

11 Signs of Narcissistic Collapse:

1. Impulsive Behaviors

Impulsivity is a trademark characteristic of narcissism. When a narcissist's overinflated confidence is injured, they may ignore advice and make impulsive decisions to show they are *always* right. Impulsive behaviors, such as fornication, gambling, or excessive spending for example, help them counteract challenges to their ego.

2. Depression

Depression and narcissism often go hand-in-hand. Narcissists frequently have trouble regulating their emotions, which can cause depressive episodes when they cannot cope with a challenge to their self-worth. The narcissist's access to supply dwindles during a narcissistic collapse, contributing to these low moods.

3. Gaslighting

Narcissistic gaslighting is a narcissistic manipulation tactic used to distort a person's reality or memory. A narcissist may gaslight others when they feel threatened to divert attention from their shortcomings. When a narcissistic collapse occurs, they use this tactic to hurt the person questioning them.



4. Mental Breakdowns

A narcissist may have a breakdown if their supply is cut off or separated from them and they feel vulnerable, embarrassed, or out of control. Narcissistic breakdown symptoms can include rage, impulsive behaviors, or other ways of showcasing intense mental suffering. A narcissist will lash out at you in any way they can or hurt themselves to cope with the shame. Usually more like a downward spiral.

5. Anger Outbursts & Rage

Rage outbursts are commonly seen during a narcissistic collapse episode. In the narcissist's mind, it is easier to be angry than deal with the uncomfortable emotions of embarrassment, rejection, or shame. Rage is especially typical with vindictive narcissists.

6. Smearing Someone's Reputation

A narcissistic smear campaign may happen after a narcissist ends a relationship or feels shamed in one because of their actions, especially if they lose control of or access to supply. Smear campaigns are intended to harm a person's social, familial, or professional reputation. The narcissist may do so by saying the victim is "crazy" or "unstable or has a problem." A smear campaign ensures the narcissist maintains control of the narrative and that their image is sustained.

7. Self-Harm Behaviors

A covert narcissist may engage in self-harming behaviors when they feel slighted. By doing so, the narcissist can maintain control and regain attention or sympathy during a narcissistic collapse.

8. Making Accusations

During a narcissistic collapse, a narcissist may make untrue accusations toward another person to deflect from their behaviors. Such allegations distract from a narcissist's mistakes or faults if they are called out. In this way, they avoid feeling ashamed or embarrassed if they can place blame on their victim and negate taking accountability for their actions.



9. Intense Anxiety

Narcissists may experience anxiety during a narcissistic collapse, possibly as irritability, increased distressing thoughts, or engaging in rituals. Anxiety may develop if they fear certain behaviors will be exposed or they are ignored, lose control, or receive too little attention.

10. Stonewalling

Stonewalling refers to a narcissist's refusal to communicate with others, allowing them to preserve control by making their challenger feel guilty, confused, or stressed. The narcissist wants their victim to respond and engage with them so they can twist the situation in their favor and recover from a collapse.

- **stone-wall:** delay or block (a request, process, or person) by refusing to answer questions or by giving evasive replies, especially in politics.

11. Suddenly Ending a Relationship

A narcissist may end a relationship if it fails to meet their needs or feel guilty and end the relationship in attempts to end it before you if they feel they have done wrong which is a form of manipulation. This action, or the "narcissistic discard," is often considered the final stage of narcissistic collapse. If the narcissist realizes their supply is being cut off, they move on to their next victim but remain involved in the person's life by spreading a smear campaign or hoovering.

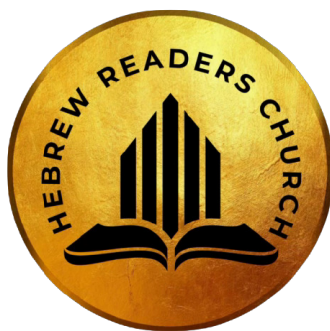
DARVO- Deny, Attack, Reverse, Victim, Offender:

The perpetrator or offender may Deny the behavior, Attack the individual doing the confronting, and Reverse the roles of Victim and Offender such that the perpetrator assumes the victim role and turns the true victim -- or the whistle blower -- into an alleged offender. This occurs, for instance, when an actually guilty perpetrator assumes the role of "falsely accused" and attacks the accuser's credibility and blames the accuser of being the perpetrator of a false accusation.



Why Do Narcissists Need Supply?

Narcissists seek endless validation, attention, and praise to compensate for low self-esteem, confidence, and a perceived lack of acceptance. These struggles are often a result of early childhood trauma and attachment issues. Typically, the narcissist did not receive enough love as a child. They use people as objects to obtain what was lacking in their childhood, further feeding their supply. Caregivers may have ignored their emotional needs, never catering to their inner child. This happens a lot when a parent suffers from Narcissism, usually the main care giver. Their caregivers emotionally abandoned them, usually because of their own needs, resulting in psychological damage that extends into adulthood. As a result, the narcissist uses people and things to provide for their emotional needs and narcissistic supply. The primary function of narcissistic supply is to foster ego, self-worth, confidence, and self-esteem. It also defines the boundaries in a relationship so the “False Self” remains intact. The False Self develops to protect a narcissist from a world viewed as hostile, unstable, unrewarding, unjust, and unpredictable. This defense mechanism helps the narcissist feel a sense of security for a short period of time, but when the facade crumbles, the narcissist collapses.



9 Ways a Narcissist Gains Their Supply

There are many tactics that narcissists use in order to get their narcissistic supply. They may pretend to be an expert on something, emotionally manipulate others, or violate boundaries. Here are nine ways narcissists get their supply:

1. Dominating & Controlling Others

Narcissists position themselves in personal or professional relationships to control through dominating, minimizing, and devaluing their target. These behaviors may even look like rescuing others to put the narcissists in a position as the “good Samaritan” or “dependable savior.” The narcissist thrives on the feeling of fully controlling and conquering others.

2. Receiving Constant Attention, Compliments, & Praise

Narcissists rely on praise and admiration to gain a sense of emotional stability that they did not receive in the past. Accumulating these compliments not only satisfies this but also fuels their grandiosity and ego. Additionally, admiration hides their narcissistic tendencies and shows the world that people love and accept them.

3. Being Aggressive & Abuse

Although aggression is not an abnormal reaction to injury or shame, narcissists use it to feed their narcissistic supply. If a person responds to a narcissist’s anger, they fuel the fire and offer the narcissist the attention they desire. Arguments give the narcissist more motivation to keep going and continue the narcissistic abuse because its eliciting a reaction to their behavior.

4. Being Intentionally Negative

Some narcissists are often unreasonably, deliberately, and persistently demanding, uncooperative, or argumentative. There is a perceived power that comes from being disliked. This pattern of behavior confirms the narcissist’s inner self-loathing—that they do not deserve love, acceptance, or to be in a happy, healthy relationship.

5. Exploiting Others

Many narcissists do not relate to others—they use them. Narcissists utilize charm, power of persuasion, or manipulation to force people to give in to unreasonable, one-sided demands or surrender their boundaries. The narcissist views this as winning and another way to feed their ego. They bask in the reflected glory of those whom they abuse and exploit.



6. Using Addictive Substances

Narcissists tend to have co-occurring mental health or substance use disorders. Misusing substances allows the narcissist to feel superior or “above” everyone else, further satisfying their narcissistic supply. The associated momentary thrills also aid them in avoiding any other underlying issues, such as traumas.

7. Feeling Powerful

The feelings of power and entitlement that come from constant admiration feed the narcissist’s ego. In their mind, the narcissist solidifies their superiority and deserving of high status. Furthermore, appearing reputable allows the narcissist to gain the trust of others, building up the power to control and manipulate them for supply.

8. Intercourse

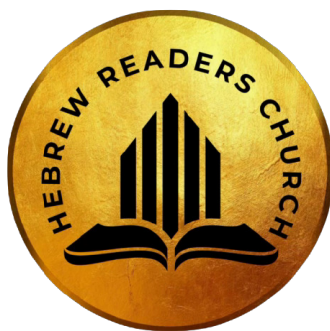
Intercourse with a narcissist is often one-sided because the narcissist may use it to fill their supply. Sexual intimacy requires attention from both partners, but the narcissist may demand or expect praise or compliments while ignoring their partner’s needs. Feeling sexually superior to a partner helps them obtain their desire to be the “best.”

9. Feeding Off of Others’ Emotional Energy

If someone is happy, a narcissist uses this person’s happiness as an opportunity to tear them down. When someone is sad, the narcissist views this as an opening to manipulate or make them feel worse. Either way, a narcissist uses another person’s emotional energy and emotions to redirect the attention back to themselves for their own gain.

Common Covert Narcissist traits:

1. **Self-serving empathy:** A covert narcissist may outwardly show what looks like empathy, but their underlying purpose is to get you to engage with them so they serve their own needs in some way.
2. **Inflated sense of self-importance:** A covert narcissist may use more subliminal ways of exerting superiority over others with subtle indications. For example, they may roll their eyes during conversation rather than directly confront someone.
3. **Excessive need for admiration:** A covert narcissist may use a “woe is me” approach to getting attention by encouraging someone to pity or reassure them.
4. **Appearing shy or withdrawn:** Presenting outwardly as an introvert allows a covert narcissist to hide and protect their insecurities. However, once they begin talking about themselves, there will still be an underlying sense of superiority and condescension.



Covert Narcissism in Relationships

While covert narcissists can be difficult to spot initially, their traits will eventually become apparent in every relationship. They will always have an excessive need for reassurance, use manipulation for control, and seek to establish control over another person.



14 Signs of a Covert Narcissist

Covert narcissists will not present in ways stereotypical of standard narcissists, so you have to look deeper to know what and who you are dealing with. Some narcissists make it clear from first contact that they have narcissistic traits, meaning they're easier to spot. Being aware of the signs of covert narcissism can help you know how to respond accordingly.

1. They're Insecure

Whereas other narcissists seem to hit people over the head with their grandiosity and confidence, the covert narcissist has a presentation of uncertainty and self-doubt. They may let other people make important choices for them because they claim to be indecisive. Because they constantly compare themselves to others, covert narcissists may feel they don't stack up to friends, family, or coworkers. For example, a narcissist in the workplace may need constant reassurance and validation from coworkers. They may be quick to compliment others for their successes, but instead of feeling happy for the person, they only feel bad for themselves.

2. They're Passive-Aggressive

Covert narcissists do not have the same extraversion as overt narcissists, so they tend to use more indirect communication methods. Covert narcissists are incredibly sensitive to criticism, so using indirect communication, passive-aggressive behavior, and judgment allows them to protect themselves from confrontation.

3. Hypersensitive to Criticism

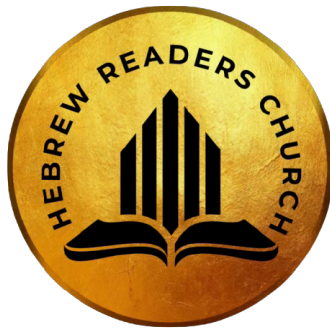
Due to unstable self-esteem, people with covert narcissism are incredibly fragile and sensitive. If someone criticizes their work, family, or personality, the covert narcissist will respond extremely and emotionally. They may become overly sad from even a minor comment.

4. They Procrastinate & Disregard Others' Needs

Narcissists lack empathy and believe they are the most important person in any situation. Therefore, they will struggle to understand that procrastinating on a project that someone else needs will negatively impact that person. If both they and another person need something, they will always put their own tasks before others.

5. They're Easily Stressed

The mood changes that come with being a covert narcissist creates great discomfort. With so much weight assigned to every critique, the narcissist will feel incredibly stressed and anxious as they stand by for the next comment. This stress commonly builds toward narcissistic rage and aggression, resulting in one exploding on others or harming themselves when met with negative feedback.



Pro 26:28

A lying tongue hateth *those that are* afflicted by it; and a flattering mouth worketh ruin

6. They're Chronically Envious

The outward sense of inferiority experienced by a covert narcissist will lead to powerful and chronic envy of others. For instance, if the covert narcissist has a four-bedroom house, they will want a five-bedroom house. When they get the bigger house, they will be jealous of a person with a pool, movie theater, or bowling alley in the basement. No matter what, the covert narcissist will never be able to appreciate what they have. The focus will only be on what they lack, whether possessions, attributes, status, or employment.

7. They Put Themselves Down

A covert narcissist will often make self-deprecating comments before anyone else can to protect themselves ahead of time. Seeing as criticism from others is considered the ultimate narcissistic injury, the narcissist may use this self-deprecation or questioning of himself to gain reassurance rather than negative feedback.

8. They Have Difficulties With Anxiety & Depression

Covert narcissists tend to be more sensitive than overt narcissists, which makes them prone to anxiety and the shame associated with depression. If their imperfections are pointed out or there is a threat, they will withdraw and isolate themselves, further contributing to their anxiety and depression.

9. They Blame Others for Their Behavior

Covert narcissists will not take responsibility for their behavior if they've hurt someone when protecting their low self-esteem or avoiding confrontation. Blaming another person through narcissistic projection is just one of many narcissistic manipulation tactics a covert narcissist will use.

- **Narcissistic projection** is a defense tactic narcissists use to pivot the blame of their actions onto others. This is often done unconsciously to protect their low self-esteem, through which individuals “project” or see their own negative behaviors, emotions, and traits in someone else.



Wis 17:11

For wickedness, condemned by her own witness, is very timorous, and being pressed with conscience, always forecasteth grievous things

- **timorous:** showing or suffering from nervousness, fear, or a lack of confidence.

10. They Have Superficial Relationships

While they do have feelings and narcissists cry from time to time, all narcissists, including covert narcissists, lack the essential qualities necessary to form deep, connected relationships. Their shortage of empathy, need for constant reassurance, inability to focus on anyone but themselves, and tendency to manipulate others are all things that make it a challenge to keep people in their lives.

11. They Have Difficulty Fitting In

Covert narcissists often carry a lot of anxiety and self-deprecating beliefs about themselves. When they're around other people, covert narcissists may get stuck on analyzing and monitoring their behaviors, making it difficult to catch social cues and build genuine relationships. Because covert narcissists don't want others to judge them, they usually show a curated version of what they think people want to see instead of their true selves. This version will often feel like it doesn't quite fit because they're building a facade based on social cues they don't understand.

12. They Go Above & Beyond in Everything

Covert narcissism can be disguised under a mask of altruism. Doing kind and charitable things is great, but engaging in these to gain praise and admiration from others may indicate narcissism. Because covert narcissists fear they are lacking in some respect, narcissism disguised as altruism can be their way of proving that fear to be wrong.

- **obsequious:** obedient or attentive to an excessive or servile degree
- **chicanery:** the use of trickery to achieve a political, financial, or legal purpose.

13. They're Manipulative For Personal Gain

Whether covert or overt, a narcissist will be self-absorbed and only consider what is best for them and how they can get what they want. This self-centeredness leads to two outcomes, emotional manipulation and a lack of empathy. Covert narcissists will do anything to achieve their goals, even emotionally manipulating others. They will use people for their personal gain by guilt-tripping, threats of violence, and other forms of coercion. Furthermore, a narcissist will never experience empathy. They won't care about others—only what others can do for them.



14. They Have Grandiose Fantasies

On the outside, a person with covert narcissism will seem quiet, meek, and self-critical. However, on the inside, they feel an intense sense of specialness. Despite their jealousy, envy, and apparent shyness, covert narcissists will believe they are better than everyone else. Instead of engaging with people like the overt narcissist, the covert narcissist chooses to be alone because no one can live up to their high expectations.



How to Spot an Overt Narcissist: Lack of Empathy

An overt narcissist lacks empathy. Empathy is different from sympathy. Sympathy is feeling sorry for someone. Empathy is genuinely putting yourself in someone else's shoes and understanding their struggle or pain. The overt narcissist is too self-centered and sees themselves as too far above others to experience empathy. Because an overt narcissist cannot feel empathy, other people are merely a means to an end. One reason the overt narcissist can seem so charismatic is that often they have many, many friends. The overt narcissist often appears very popular, with lots of friends and admirers. This makes others want to be around them. The trouble is, the overt narcissist has very few if any real friends. For the overt narcissist, "friends" are merely fans, groupies, or sycophants.

- **Sycophants**- a person who acts obsequiously towards someone important in order to gain advantage.

Charming

There is a prevailing stereotype of a narcissist as an A-type bully, opinionated and obnoxious. However, the overt narcissist is often charming, smooth-talking, and likable. Remember, despite their grandiose persona, the overt narcissist suffers from low self-esteem. The overt narcissist needs positive affirmation, needs constant validation. That's where other people come in. When an overt narcissist is charming, it's usually an illusion and can't be maintained too long, hence they'll feel the need to recharge and be alone. When an overt narcissist appears to care and even listen, the lack of empathy and their own beliefs usually outweigh the person's genuine concerns. The overt narcissist is usually charming, generous, or kind with their own ulterior motives. The overt narcissist is obsessed with their public persona, and often that persona includes being a great humanitarian. An overt narcissist is good at faking. They can appear to be good listeners, generous, sensitive, loving, and faithful. These qualities are why so many people are drawn to the overt narcissist. The overt narcissist draws others into their inner circle, while at the same time keeping them at arm's length.



Demands Admiration

The overt narcissist, while pretending to be your friend, will at the same time demand your admiration. Admiration and praise are prerequisites for having a relationship with an overt narcissist. What this means is that the overt narcissist won't try to trick you or manipulate you into complimenting them. Admiration, affirmation, and praise are conditions for any kind of relationship with an overt narcissist.

The overt narcissist will let you know they need to be praised. The overt narcissist will even instruct you in ways they prefer to be praised or what to be praised for. Verbal and emotional abuse are often tools the overt narcissist uses to gain and keep relationships. And yet, because the overt narcissist often has a larger-than-life personality, people will tolerate abuse to be near them.

Hard Working/Successful

Another reason people often gravitate to an overt narcissist is that they're usually are wealthy, successful, and can offer perks of relationships. The overt narcissist is often hard-working and successful. Part of the overt narcissist's desire to be perceived as larger-than-life is being perceived by others as "successful". Many people enjoy being around successful, wealthy and enlightened people. This makes the overt narcissist very desirable, as both a significant other and friend. The overt narcissist doesn't just provide others with their winning personality, but with perks and fringe benefits. Often, the overt narcissist is happy to share the wealth or give you a perk from their friendship. i.e Weekends at their lake house, fine dining, expensive cars, toys, and etc. For the overt narcissist, hard work brings wealth, wealth brings worldly possessions, and these bring other people closer. But remember, the generosity of an overt narcissist is never without cost. The overt narcissist will always demand their due, always demand your admiration and praise. And if you refuse an overt narcissist, you will not only do without, you may face other consequences. If denied admiration and praise, an overt narcissist will often use their wealth and privilege to exact revenge. An overt narcissist will never let you easily leave their fan club of friends and admirers. Because if you desert an overt narcissist, others may follow suit and expose the charade. Be aware, if you shatter the public persona of an overt narcissist, they will attempt to ostracize you from friends, family, and other valuable relationships.

Testament of Dan 3:4

4 Therefore, he that is wrathful, if he be a mighty man, hath a threefold power in his anger: one by the help of his servants; and a second by his wealth, whereby he persuadeth and overcometh wrongfully; and thirdly, having his own natural power he worketh thereby the evil.



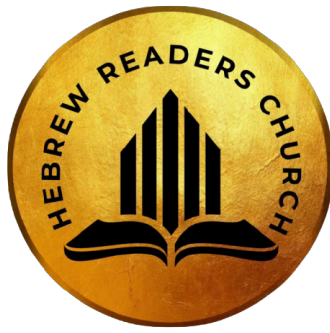
Shallow Relationships

The only relationship an overt narcissist can have is a shallow relationship. Remember, the overt narcissist is a good actor and always protecting themselves by creating an outward persona that differs from their true self. So good that the overt narcissist can play the dutiful lover, a loyal friend, or a trusted mentor. However, the overt narcissist must keep their relationships shallow and superficial so they can control them. True love and friendship mean making yourself vulnerable, accessible, and open to constructive criticism. The overt narcissist rejects all of these. The overt narcissist must be in control. All narcissism is about manipulation. An overt narcissist needs the relationship to be shallow, so they can offer their approval or discard you if need be.

Narcistic Discard

All relationships are ultimately disposable to the overt narcissist when these things may occur.

1. **Challenge to their Confidence:** When challenged, the narcissists' brittle egos are unable to accept the idea that they were wrong or seen as imperfect. They turn this into a personal attack and respond with rage or a mental breakdown toward that person to regain their sense of superiority.
2. **Injury to Self-Esteem:** When a narcissist's shortcomings are pointed out by someone, or they're corrected they feel an overwhelming sense of shame. The rage is executed to seek revenge upon the accuser. The need for revenge results in explosive rage and does not die down until the narcissist feels the person was dealt appropriate punishment.
3. **False Sense of Self:** Underlying this false sense of self are feelings that he/she is not loveable for who he/she is or what he/she offers in relationships. When a lover or partner begins to feel doubts about the narcissist, that is when the narcissistic rage surfaces."



Relationships with Narcissists

Idealization, Devaluation and Discarding Stages

Idealization Stage

The overt narcissist has decided that you are a good source of supply (you give them a lot of attention or the attention they desire). They will commence love bombing you and finding out as much about you as possible. The danger being that if you give them too much information they will use it against you in the future. They will also do their utmost to convince you that they have never been in a relationship with somebody quite like you. They will be on their best behavior and the euphoria felt during this stage will draw you close to them.

Like the covert narcissist the overt narcissist also has a tendency to play the victim and the martyr. They will speak of the abuse that they had to endure in past relationships to get sympathy. They will use love bombing and mirroring excessively at this stage of the relationship. You will be put on a pedestal and can do no wrong.

- **Mirroring** is the behavior in which one person subconsciously imitates the gesture, speech pattern, or attitude of another.
- **love bombing**: a tactic in which someone bombs you with extreme displays of attention and affection with the intent to manipulate you.



Devaluation Stage

Once they have you hooked the overt narcissist will start to pull away. They will find faults in you and to them you are now not as perfect as they perceived you to be in the idealization stage. They will start to downplay the things that you do and there will be criticism of things about you that they once found attractive. This will happen gradually over time and may take months or years. They will also use triangulation on a regular basis to try and elicit jealousy, whether it be a family member or friend.

- **Triangulation** is when a toxic or manipulative person, often a person with strong narcissistic traits, brings a third person into their relationship in order to remain in control.

They may also decide to devalue you if for some reason cannot provide them with the same level of narcissistic supply that you did in the past. When they start to distance themselves this could be due to not being given an adequate amount of supply/attention or they have started to become bored with you. If they perceive a weakness in you they may regard you as no longer being perfect. Narcissistic rage will also become very apparent. This can be very confusing for the target as it appears as a total personality change from the person that they initially met.

Discarding Stage

Because the target is feeling overwhelmed with this abuse they may start to pull away. Rather than try and figure out what the problem is and fix the problem, the overt narcissist may promptly end the relationship. They will be quite blunt in how they do this and it will result in further distress for the target. During the "devaluation stage" the overt narcissist may have found another source of supply so you are no longer any use to them. They may choose to cease contact with you or start to triangulate you with their new source of supply. This will either cause you to either cling more or totally withdraw. The clinging could be the beginning of trauma bonding. You will be in a state of shock and confusion wondering how your mate could be so cruel to you? You may also be longing for the loving person that you had initially met. What many people fail to understand is that this was only a persona that they used to get you hooked and give them a new supply. The target may have not seen the end of the overt narcissist who may try a number of hoovering techniques to try and get them back into the relationship. If they are successful the cycle of abuse will continue and usually increase. Their actions are usually very ingrained and all that they are able to do is idealize, devalue and discard anybody that tries to form a relationship with them.



The “Becoming One” Effect

At the beginning of the relationship a narcissist will love-bomb you and will find out your hobbies and interests. By chance they will also be interested in what kind of person you are and use the similarities to create a bond between you. You will be told that you are unlike anybody that they have met in the past and you are their other half. The similarities and the ability to communicate and interact well with them are proof of this.

Playing the Victim

Another strategy used by a narcissist to get their target hooked is portraying themselves as a victim. This ploy is effective in gaining sympathy and support especially if the person is an empath. They will play on the empath's kind and caring nature and they are aware that these people are nurturers so they will take advantage of this. When questioning the relationship after the discard the target will come to understand that the opposite of the narcissist is true and this is the cycle that they put all those that they have been in relationships with through.

Lies

The overt narcissist is skilled at lying but not as clever as the covert narcissist in concealing their lies. At some point they will be found out. Once this happens trust will be lost and there will be the perception that if they lied once there will be other lies that would have been covered up.

How They Test You

Testing will start early in the relationships. The overt narcissist will create scenarios to see how you respond to them because they want to know what they can get away with. Testing could be comprised of an increase in their lying, getting angry for no reason, discrediting something that they previously liked about you, lacking empathy or putting you down.

Becoming friends with your friends

The purpose behind this is so that they can portray a false sense of being a good person to your friends and build up a friendship so if needed they can discredit you to them in the future. When they are successful at turning your friends against you they can also use your friends for information gatherers who pass things on to the narcissist.

**Discarding you at the worst possible time**

The discard can be done so quickly and can be a shock to the covert narcissist's victim. It could be done at a low point in time when they require support from their partner. This can add additional stress to the situation.

Hoovering

Once you have withdrawn from them and especially if you have had no contact, the overt or covert narcissist will often try and draw you back into the relationship. There is a tendency for them to project their bad traits and behavior onto you. They will rationalize that the problem is not them and if you ended the relationship it was due to some flaw in your personality or something you're struggling with. This is more likely to happen if they have lost their current source of supply or they are looking to triangulate.

Projection

Projecting a flaw/s of oneself onto another person allows an overt narcissist to displace their bad traits and behaviors onto a significant other who does not possess these characteristics.

Abuse

Abuse is in most cases not apparent to others as it is done discreetly and subtlety within the context of the relationship. Like the covert narcissist any abuse inflicted onto their target is done behind closed doors. If angered the overt narcissist will speak with your friends and colleagues about how you have wronged them so that any blame is reverted from them back onto you..

Triangulation

The comparing of two or more people and playing each other off.

Trauma Bonding

This cycle comprises of positive and negative reinforcement (reward - punishment). It tends to confuse the victim but creates an emotional bond to the narcissist. An example of this can be seen in the phenomenon known as the Stockholm Syndrome.



Why a Narcissist Chooses You?

A narcissist will choose an easy target. Prime targets would be an empath:

- An **Empath** which is a person with the ability to perceive and understand the mental or emotional state of another individual.

Also, an easy going person, a highly sensitive person or a co-dependent.

- **Co-dependency** is a type of dysfunctional helping relationship where one person supports or enables another person's drug addiction, alcoholism, gambling addiction, poor mental health, immaturity, irresponsibility, or under-achievement.

They want to possess the traits of others that they do not have so the greater the number of positive traits you have the higher the value you are to them. Narcissists may also be attracted to you if they perceive you have qualities such as being rich, successful, or physically attractive. Having a partner with these qualities will boost their fragile ego. The level of self-esteem of the target at the time of initial contact would also be a consideration. Having a lower self-esteem will make them an easier target. If you have had a recent significant life event such as a death, divorce or a traumatic situation this will also factor into the equation and make you more vulnerable.



Romantic Relationships

Romantic relationships with a narcissist will typically feel one-sided, particularly with emotional soothing, support, and reassurance. Most energy and attention will be directed toward the narcissistic partner, which is unlikely to change throughout the relationship.

Signs of a Covert Narcissist partner include:

- **Being inattentive and distracted:** The covert narcissist is self-absorbed and will give little time and attention to a partner.
- **Jealousy and paranoia:** Covert narcissists will constantly struggle with coveting, whether its material things or being like their partner
- **Inability to understand a partner's point of view:** With a lack of empathy, a narcissist will be unwilling and unable to consider a partner's different opinions.
- **Unexpected angry outbursts:** narcissists are fragile and overly sensitive, so they could quickly become angry and violent or break down in tears.
- **Issues bonding with children:** Again, without a strong sense of empathy, narcissists struggle to bond and connect with children at any age.
- **Legal issues:** A narcissists thinks that rules and laws do not apply to them, so they often engage in illegal activities and/or struggle to keep or downplay the laws of Alahayim when its against their desires

Luk 4:9

And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of Alahayim, cast thyself down from hence:

Luk 4:10 For it is written, He shall give his angels charge over thee, to keep thee:

Luk 4:11 And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

Luk 4:12 And Yache answering said unto him, It is said, Thou shalt not tempt the Lord thy Alahayim.



Parental Relationships

Having a narcissistic father or mother is a trying experience. Seeing as the covert narcissist is sneaky, the usual signs of narcissism may not be present in a narcissistic family dynamic.

Within a narcissistic family, there is usually a specific structure that keeps the homeostasis of the family, thus continuing the enabling of the narcissist. The narcissistic individual can be anyone in the family, but is generally an adult such as a parent or grandparent. This person often has traits of or has been diagnosed with narcissistic personality disorder (NPD).

Because the dysfunctional family dynamics center around fulfilling this person's needs, the needs of everyone else are generally overlooked. If the parent or grandparent is an overt narcissist the child usually becomes a covert narcissist seeing that the overt narcissist requires so much space, control and attention the child usually has to live in a small space or has to seem invisible when living with the overt narcissist. Additionally, manipulation tactics such as blaming, disrespect, and gaslighting are commonly utilized in these families, and are used to further the control of the narcissistic individual, so innately the child learns the tactics and considers them normal.

A narcissist views their family as a "status symbol" that can be used for their own benefit. Within a narcissistic family structure, the narcissistic individual dominates over other members, reigning control and influencing the roles that each family member is given. They are the person who sets the rules for the family, whether implicit or explicit. These rules establish the status of each member, and the narcissist's mood determines the feeling within the entire household.



Family Dynamic

Because a king wouldn't have any power without their servants, a narcissist would not have as much reign without their enablers. In a narcissistic family, the narcissist enabler is the person who reinforces the power of the narcissist. They do so by engaging in the manipulation of others in the family, assisting with the gaslighting, not correcting or standing against the behavior, and pursue other avenues for psychological abuse. They tend to the needs of the narcissist, keeping them happy. In turn, they receive positive reinforcement through the form of praise or other commendations.

Depending on the family dynamics, this person might engage directly in the narcissistic abuse, stand by while it unfolds and says nothing, or pretend not to notice it at all. But, the main consistency is their reinforcement of the narcissist's actions by refusing to stop them. This role is filled by anyone in the family who the narcissist feels comfortable with, usually a spouse, child, or their parent.

Golden child

The golden child is frequently one that can be easily molded into the narcissist's image or easy to manipulate to become like the narcissist. Whether chosen for their looks, intelligence, or other qualities, this child is usually given the impression that they are somehow better than their siblings. They may believe they are the "chosen one" and can do no wrong. This child is typically the one who represents the family to the public, to further maintain their good public image.

Scapegoat

As in most dysfunctional families, the scapegoat is the one who everyone blames for the problems and misfortunes within the family. This person is easy to blame, perhaps due to their personality or other circumstances. They are frequently the most outspoken child or person in the family unit, as they may choose to speak back to or question the narcissist. Thus, they are often subjected to "family mobbing." In these cases, the whole family comes together to dump their problems on the scapegoat, in order to deflect from the larger dysfunction of the family unit.



Narcissistic Family

A narcissistic family structure will often be full of deceit, emotional abuse, and multiple forms of narcissistic manipulation. These dynamics are extremely dysfunctional and harmful for any family members involved, no matter their position or “role” in the family system. Unhealthy communication, poor boundaries, and a need for control are some clear signs that a family is being governed by these maladaptive behaviors. The kind of childhood trauma that causes (narcissistic personality disorder) is anything that disrupts the normal psychosocial development progress of the child. Of prime importance is the caregiver’s lack of empathy during critical developmental stages or highly over indulged meaning they cockered the child and made them feel like they could do no wrong. This results in an adult who vacillates between grandiosity and shame.

Childhood Trauma

witnessing violence, physical neglect, emotional neglect, emotional abuse, physical abuse, sexual abuse

10 Signs of a Narcissistic Family:

1. Image Is Everything

A narcissistic family is often obsessed with creating and keeping the “perfect family” image. A narcissist’s illogical false self needs this perfect image in order to present themselves appropriately to the world. Any imperfections are usually blamed on the scapegoat, who is an easy and ready target for the family’s shortcomings. When every member of the family sticks to their “role” without making any waves, this keeps the narcissistic individual happy and decreases the risk of any narcissistic rage. If someone were to speak up, and let the world know that they are not perfect, then this person would be punished by the narcissist or their enabler.



2. Lack of Communication

One of the major elements of a dysfunctional family is poor communication, and a narcissistic family takes this to the extreme. Not only is there a lack of communication, but the communication that does take place is often filled with triangulation and gaslighting. These tactics are used to maintain power and control, put family members against each other, and keep confusion and chaos within the family system. This creates anger, mistrust, confusion, and chaos, thus further maintaining the narcissist's control. It is common for punishment tactics such as the silent treatment and other passive-aggressive behaviors to be used, as well. These are implemented if someone acts out of line, such as speaking up against the narcissistic individual or behaving in a way that angers them.

3. No Clear Boundaries

In any healthy social system, families included, boundaries are respected and encouraged. Boundaries are what separates one person from another, whether physically, emotionally, mentally, or spiritually. For example, not touching someone without their consent, or not invading their personal space without their consent for example. However, in a narcissistic family there are very few boundaries. Any and all boundaries are often ignored, and there is a lack of privacy for everyone but the narcissist. This is damaging to a family system, because it can create enmeshment trauma.

- **Enmeshment trauma** is a type of childhood emotional trauma that involves a disregard for personal boundaries and loss of autonomy between individuals. The purpose of enmeshment is to create emotional power and control within the family. Children who experience this may feel like their emotional needs weren't met due to lack of individuality or proper roles within enmeshed families. This type of over-intimacy can become traumatic when children are exposed to inappropriate situations that adults should protect them from. Additionally, enmeshment trauma can happen when a child is expected to take on adult emotions or responses.

It teaches children that their boundaries will not be respected, and shows them that the world is an unsafe place. This can also cause childhood trauma and additional mental health concerns. Furthermore, it can set children up to be taken advantage of in other interpersonal relationships outside of the family.



4. Surrogate Spouse

One of the less known family roles in narcissistic families is the role of the “surrogate spouse.” This role, usually given to one of the children, exists to support the narcissistic individual’s emotional needs. Because of this, the child who is the surrogate spouse is often relied on for emotional support and comforting. This places an unfair burden on a child, who is not yet mature enough to handle adult feelings and responsibilities. Children who are surrogate spouses frequently struggle with unresolved anxiety, depression, and self-esteem issues.

5. Control Issues

Narcissists often exhibit control issues within the family unit. All families have different rules and expectations for those within the family. For example, some cultures and older generations expect that children do not question adults, as this is seen as disrespectful. However, respect for elders is much different than the expectations within narcissistic family systems. In these families, no one can question anything—no matter how dysfunctional, bizarre, or uncomfortable something may be. To question is to undermine the authority of the narcissist, which they take as a threat.

6. “Not Good Enough” Messages

When a developing child isn’t provided with unconditional love and value, the child learns that love from their parents only comes if they are “good enough.” Narcissistic families continually send the message that the children are not adequate, which contributes to poor self-esteem, self-image, self-respect, and self-compassion. They may also be taught that they need the narcissist in order to make decisions or to survive because they are taught that they always mess up when they don’t listen to the narcissist and follow their guidance.

7. Unhealthy Competition

In these families, siblings and other family members are often pitted against each other through unhealthy competition. This competition is reinforced through the unhealthy communication, dysfunctional dynamics within the family, and the family roles that are reinforced through the family system. Due to this, many children from these families struggle to develop healthy relationships and attachments with others.

8. Secret Keeping

Secrets are one of the major elements of a narcissistic family system. Each member is expected to keep secrets in order to maintain the ideal public image that is protected. The biggest secret is the fact that the family is dysfunctional, which is hidden at every cost. Deception is reinforced through the family roles, manipulation, and denial that is reinforced by all of the family members.



9. Adults Are Emotionally Reactive

Survivors of narcissistic families understand all too well that the adults frequently behave worse than the children. While it is understandable for children to be emotionally reactive, narcissistic parents often behave this way, with limited insight into their behavior and little remorse for how their behaviors affect others.

10. Blackmail Is Common

Not surprising, your feelings and things you do can and will be used against you. Vulnerabilities will be exploited to further the narcissist's control. If a child shares that they are scared or embarrassed, this can be used against them as a way to establish dominance and remind the child who is in control. A child may have shared information with a parent in confidence, only for it to be used publicly to ridicule them as punishment for a recent mishap. Children are then humiliated, and realize that even their parents were cruel and unsafe creating either a trauma or building up a covert narcissists.

Signs of a Covert Narcissistic Parent may include:

- **Constant disappointment:** If the parent expresses consistent disappointment, no matter the child's achievements.
- **Physical absence:** A covert narcissist may not be interested in being physically present with their child. For example, events, and graduations may appear entirely unimportant to them.
- **Emotional absence:** If a covert narcissist parent is physically present, they may not be emotionally present. They may often ignore their child by limiting communication.
- **Comparing a child to others:** A covert narcissist parent may routinely state that a child lacks worth if they are not as successful, smart, strong, athletic, or wealthy as others.
- **Anger when children need attention:** Because of enduring self-centeredness, a narcissist will become annoyed or irritated when their child needs time and attention, even for serious medical matters.
- **Exploiting children for personal gain:** A narcissist will find ways to benefit from their child, whether financially, at work, or in relationships. Their child essentially becomes a bargaining tool or a trophy to brag about their accomplishments.



Solutions: What Parents Should Be Doing

Acts of Thomas chapter 12

“Remember, my children, what my brother said to you, and to whom he commended you; and know that if you refrain from this filthy intercourse you become temples holy and pure, being released from afflictions and troubles, known and unknown, and you will not be involved in the cares of life and of children, whose end is destruction. But if you get many children, for their sakes you become grasping and avaricious, plundering orphans and deceiving widows, and by doing this you subject yourselves to most grievous punishments. For most children become unprofitable, being possessed by demons, some openly and some secretly. For they become either lunatics or half-withered or crippled or deaf or dumb or paralytics or idiots. And though they be healthy, they will be again good-for-nothing, doing unprofitable and abominable works. For they will be detected either in adultery or in murder or in theft or in unchastity, and by all these you will be afflicted. But if you obey and preserve your souls pure to Alahayim, there will be born to you living children, untouched by these hurtful things, and you will be without care, spending an untroubled life, free from grief and care, looking forward to receive that incorruptible and true marriage, and you will enter as groomsmen into that bridal chamber full of immortality and light.”

Platonic Relationships

Platonic relationships with a covert narcissist will look similar to romantic relationships with one in that these feel entirely one-sided. The narcissist will maneuver most of the attention and energy toward themselves to fill their narcissistic supply.

Signs of a Covert Narcissist in a platonic relationship include:

- **Emotionally draining others:** Spending time with a covert narcissist is draining because they often share deep emotions of anxiety and depression to get further attention through sympathy.
- **Lack of generosity:** Narcissists only focus on meeting their own needs and wants, making them appear restrictive with their energy, resources, and attention.
- **Being overly critical:** Covert narcissists are frequently quick to point out flaws and imperfections in others to distract from their own flaws.



Things Covert Narcissists Say

When their behavior does not help when identifying a covert narcissist, what they say can. At times, the things covert narcissists say will make their status and narcissistic qualities quite clear.

Below are common things a covert narcissist may say:

- I don't know what you're talking about.
- You're being too sensitive and dramatic.
- You're lucky I'm so kind and patient with you.
- Can't you bother someone else with this?
- I'm doing important things and can't be bothered by your thoughts and feelings.
- You probably forgot.
- You always misunderstand what I say.
- Why aren't you paying more attention to me?

The kind of childhood trauma that causes (narcissistic personality disorder) is anything that disrupts the normal psychosocial development progress of the child. Of prime importance is the caregiver's lack of empathy during critical developmental stages or highly over indulged. This results in an adult who vacillates between grandiosity and shame.

Childhood Trauma

witnessing violence, physical neglect, emotional abuse, physical abuse, sexual abuse



Is Narcissism a new ailment and is it in the Scriptures?

Ecc 1:9

The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun.

1Ki 21:4

And Ahab came into his house heavy and displeased because of the word which Naboth the Jezreelite had spoken to him: for he had said, I will not give thee the inheritance of my fathers. And he laid him down upon his bed, and turned away his face, and would eat no bread.

1Ki 21:5 But Jezebel his wife came to him, and said unto him, Why is thy spirit so sad, that thou eatest no bread?

1Ki 21:6 And he said unto her, Because I spake unto Naboth the Jezreelite, and said unto him, Give me thy vineyard for money; or else, if it please thee, I will give thee another vineyard for it: and he answered, I will not give thee my vineyard.

1Ki 21:7 And Jezebel his wife said unto him, Dost thou now govern the kingdom of Israel? arise, and eat bread, and let thine heart be merry: I will give thee the vineyard of Naboth the Jezreelite.

1Ki 21:8 So she wrote letters in Ahab's name, and sealed them with his seal, and sent the letters unto the elders and to the nobles that were in his city, dwelling with Naboth.

1Ki 21:9 And she wrote in the letters, saying, Proclaim a fast, and set Naboth on high among the people:

1Ki 21:10 And set two men, sons of Belial, before him, to bear witness against him, saying, Thou didst blaspheme Alahayim and the king. And then carry him out, and stone him, that he may die.

1Ki 21:11 And the men of his city, even the elders and the nobles who were the inhabitants in his city, did as Jezebel had sent unto them, and as it was written in the letters which she had sent unto them.

1Ki 21:12 They proclaimed a fast, and set Naboth on high among the people.

1Ki 21:13 And there came in two men, children of Belial, and sat before him: and the men of Belial witnessed against him, even against Naboth, in the presence of the people, saying, Naboth did blaspheme Alahayim and the king. Then they carried him forth out of the city, and stoned him with stones, that he died.

1Ki 21:14 Then they sent to Jezebel, saying, Naboth is stoned, and is dead.

1Ki 21:15 And it came to pass, when Jezebel heard that Naboth was stoned, and was dead, that Jezebel said to Ahab, Arise, take possession of the vineyard of Naboth the Jezreelite, which he refused to give thee for money: for Naboth is not alive, but dead.



1Ki 21:16 And it came to pass, when Ahab heard that Naboth was dead, that Ahab rose up to go down to the vineyard of Naboth the Jezreelite, to take possession of it.

1Ki 21:25

But there was none like unto Ahab, which did sell himself to work wickedness in the sight of Ahayah, whom Jezebel his wife stirred up.

1Ki 21:26 And he did very abominably in following idols, according to all things as did the Amorites, whom Ahayah cast out before the children of Israel.

1Ki 22:6

Then the king of Israel gathered the prophets together, about four hundred men, and said unto them, Shall I go against Ramothgilead to battle, or shall I forbear? And they said, Go up; for the Lord shall deliver it into the hand of the king.

1Ki 22:7 And Jehoshaphat said, Is there not here a prophet of Ahayah besides, that we might enquire of him?

1Ki 22:8 And the king of Israel said unto Jehoshaphat, There is yet one man, Micaiah the son of Imlah, by whom we may enquire of Ahayah: but I hate him; for he doth not prophesy good concerning me, but evil. And Jehoshaphat said, Let not the king say so.

1Ki 22:13

And the messenger that was gone to call Micaiah spake unto him, saying, Behold now, the words of the prophets declare good unto the king with one mouth: let thy word, I pray thee, be like the word of one of them, and speak that which is good.

1Ki 22:15

So he came to the king. And the king said unto him, Micaiah, shall we go against Ramothgilead to battle, or shall we forbear? And he answered him, Go, and prosper: for Ahayah shall deliver it into the hand of the king.

1Ki 22:16 And the king said unto him, How many times shall I adjure thee that thou tell me nothing but that which is true in the name of Ahayah?

1Ki 22:17 And he said, I saw all Israel scattered upon the hills, as sheep that have not a shepherd: and Ahayah said, These have no master: let them return every man to his house in peace.

1Ki 22:18 And the king of Israel said unto Jehoshaphat, Did I not tell thee that he would prophesy no good concerning me, but evil?



Levi 16:2

2 And ye shall make void the law, and set at nought the words of the prophets by evil perverseness. And ye shall persecute righteous men, and hate the holy, the words of the faithful shall ye abhor.

1Ki 22:19

And he said, Hear thou therefore the word of Ahayah: I saw Ahayah sitting on his throne, and all the host of heaven standing by him on his right hand and on his left.

1Ki 22:20 And Ahayah said, Who shall persuade Ahab, that he may go up and fall at Ramothgilead? And one said on this manner, and another said on that manner.

1Ki 22:21 And there came forth a spirit, and stood before Ahayah, and said, I will persuade him.

1Ki 22:22 And Ahayah said unto him, Wherewith? And he said, I will go forth, and I will be a lying spirit in the mouth of all his prophets. And he said, Thou shalt persuade him, and prevail also: go forth, and do so.

1Ki 22:23 Now therefore, behold, Ahayah hath put a lying spirit in the mouth of all these thy prophets, and Ahayah hath spoken evil concerning thee.

Psa 18:26

With the pure thou wilt shew thyself pure; and with the froward thou wilt shew thyself froward.

1Ki 22:24

But Zedekiah the son of Chenaanah went near, and smote Micaiah on the cheek, and said, Which way went the Spirit of Ahayah from me to speak unto thee?

1Ki 22:25 And Micaiah said, Behold, thou shalt see in that day, when thou shalt go into an inner chamber to hide thyself.

1Ki 22:26 And the king of Israel said, Take Micaiah, and carry him back unto Amon the governor of the city, and to Joash the king's son;

1Ki 22:27 And say, Thus saith the king, Put this fellow in the prison, and feed him with bread of affliction and with water of affliction, until I come in peace.

1Ki 22:28

And Micaiah said, If thou return at all in peace, Ahayah hath not spoken by me. And he said, Hearken, O people, every one of you.

1Ki 22:29 So the king of Israel and Jehoshaphat the king of Judah went up to Ramothgilead.



1Ki 22:30 And the king of Israel said unto Jehoshaphat, I will disguise myself, and enter into the battle; but put thou on thy robes. And the king of Israel disguised himself, and went into the battle.

1Ki 22:31 But the king of Syria commanded his thirty and two captains that had rule over his chariots, saying, Fight neither with small nor great, save only with the king of Israel.

1Ki 22:32 And it came to pass, when the captains of the chariots saw Jehoshaphat, that they said, Surely it is the king of Israel. And they turned aside to fight against him: and Jehoshaphat cried out.

1Ki 22:33 And it came to pass, when the captains of the chariots perceived that it was not the king of Israel, that they turned back from pursuing him.

1Ki 22:34 And a certain man drew a bow at a venture, and smote the king of Israel between the joints of the harness: wherefore he said unto the driver of his chariot, Turn thine hand, and carry me out of the host; for I am wounded.

1Ki 22:35 And the battle increased that day: and the king was stayed up in his chariot against the Syrians, and died at even

Are the Spirits of Narcissism Prophesied to be at Work in these Last Days?

2Ti 3:1

This know also, that in the last days perilous times shall come.

2Ti 3:2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,

2Ti 3:3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,

2Ti 3:4 Traitors, heady, highminded, lovers of pleasures more than lovers of Alahayim;

2Ti 3:5 Having a form of holiness, but denying the power thereof: from such turn away.

2Ti 3:6 For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts,

2Ti 3:7 Ever learning, and never able to come to the knowledge of the truth.

2Ti 3:8 Now as Jannes and Jambres withstood Moses, so do these also resist the truth: men of corrupt minds, reprobate concerning the faith.

2Ti 3:9 But they shall proceed no further: for their folly shall be manifest unto all men, as theirs also was.



Walking in Wisdom in these Last Days

Sir 25:16

I had rather dwell with a lion and a dragon, than to keep house with a wicked woman.

Sir 25:17 The wickedness of a woman changeth her face, and darkeneth her countenance like sackcloth.

Testament of Simeon

5 1 Therefore was Joseph comely in appearance and goodly to look upon, because no wickedness dwelt in him; for some of the trouble of the spirit the face manifesteth. And now, my children, Make your hearts good before the Lord, And your ways straight before men. And ye shall find grace before the Lord and men. 3 Beware, therefore, of fornication, For fornication is mother of all evils, Separating from Alahayim, and bringing near to Beliar.

A Narcissistic Woman

Sir 25:18

Her husband shall sit among his neighbours; and when he heareth it shall sigh bitterly.

Sir 25:19 All wickedness is but little to the wickedness of a woman: let the portion of a sinner fall upon her.

Sir 25:20 As the climbing up a sandy way is to the feet of the aged, so is a wife full of words to a quiet man.

Sir 25:21 Stumble not at the beauty of a woman, and desire her not for pleasure.

Sir 25:22 A woman, if she maintain her husband, is full of anger, impudence, and much reproach.

Sir 25:23 A wicked woman abateth the courage, maketh an heavy countenance and a wounded heart: a woman that will not comfort her husband in distress maketh weak hands and feeble knees.

Sir 25:24 Of the woman came the beginning of sin, and through her we all die.

Sir 25:25 Give the water no passage; neither a wicked woman liberty to gad abroad.

Sir 25:26 If she go not as thou wouldest have her, cut her off from thy flesh, and give her a bill of divorce, and let her go.



Understanding the Beginning of Sin

Apocalypse of Moses

CHAPTER XV

Then saith Eve to them: "Hear, all my children and children's children, and I will relate to you how the enemy deceived us. It befell that we were guarding paradise, each of us the portion allotted to us from Alahayim. Now I guarded in my lot the west and the south. But the devil went to Adam's lot, where the male creatures were. For Alahayim divided the creatures; all the males he gave to your father, and all the females he gave to me.

CHAPTER XVI

"And the devil spake to the serpent, saying, 'Rise up, come to me and I will tell thee a word whereby thou mayst have profit.' And he rose and came to him. And the devil saith to him: 'I hear that thou art wiser than all the beasts, and I have come to counsel thee. Why dost thou eat of Adam's tares and not of paradise? Rise up and we will cause him to be cast out of paradise, even as we were cast out through him.' The serpent saith to him, 'I fear lest the Lord be wroth with me.' The devil saith to him: 'Fear not, only be my vessel and I will speak through thy mouth words to deceive him.'

CHAPTER XVII

"And instantly he hung himself from the wall of paradise, and when the angels ascended to worship Alahayim, then Satan appeared in the form of an angel and sang hymns like the angels. And I bent over the wall and saw him, like an angel. But he saith to me: 'Art thou Eve?' And I said to him, 'I am.' 'What art thou doing in paradise?' And I said to him, 'Alahayim set us to guard and to eat of it.' The devil answered through the mouth of the serpent: 'Ye do well but ye do not eat of every plant.' And I said: 'Yea, we eat of all, save one only, which is in the midst of paradise, concerning which, Alahayim charged us not to eat of it: for, He said to us, on the day on which ye eat of it, ye shall die the death.'

CHAPTER XVIII

"Then the serpent saith to me, 'May Alahayim live! - but I am grieved on your account, for I would not have you ignorant. But arise, come hither, harken to me and eat and mind the value of that tree.' But I said to him, 'I fear lest Alahayim be wroth with me as he told us.' And he saith to me: 'Fear not, for as soon as thou eatest of it ye too shall be as Alahayim, in that ye shall know good and evil. But Alahayim perceived this that ye would be like Him, so he envied you and said -, Ye shall not eat of it. Nay, do thou give heed to the plant and thou wilt see its great glory.' Yet I feared to take of the fruit. And he saith to me: 'Come hither, and I will give it thee. Follow me.'



Chapter XIX

"And I opened to him and he walked a little way, then turned and said to me: 'I have changed my mind, and I will not give thee to eat until thou swear to me to give also to thy husband.' And I said, 'What sort of oath shall I swear to thee? Yet what I know, I say to thee: By the throne of the Master, and by the Cherubim and the Tree of Life, I will give also to my husband to eat.' And when he had received the oath from me, he went and poured upon the fruit the poison of his wickedness, which is lust, the root and beginning of every sin, and he bent the branch on the earth and I took of the fruit and I ate.

CHAPTER XX

"And in that very hour my eyes were opened, and forth- with I knew that I was bare of the righteousness with which I had been clothed upon, and I wept and said to him: 'Why hast thou done this to me in that thou hast deprived me of the glory with which I was clothed?' But I wept also about the oath, which I had sworn. But he descended from the tree and vanished. And I began to seek, in my nakedness, in my part for leaves to hide my shame, but I found none, for as soon as I had eaten, the leaves showered down from all the trees in my part, except the fig-tree only. But I took leaves from it and made for myself a girdle and it was from the very same plant of which I had eaten.

CHAPTER XXI

"And I cried out in that very hour, 'Adam, Adam, where art thou? Rise up, come to me and I will show thee a great secret.' But when your father came, I spake to him words of transgression which have brought us down from our great glory. For, when he came, I opened my mouth and the devil was speaking, and I began to exhort him and said, 'Come hither, my adonai Adam, harken to me and eat of the fruit of the tree of which Alahayim told us not to eat of it, and thou shalt be as a Alahayim.' And your father answered and said, 'I fear lest Alahayim be wroth with me.' And I said to him, 'Fear not, for as soon as thou hast eaten thou shalt know good and evil.' And speedily I persuaded him, and he ate, and straightway his eyes were opened and he, too, knew his nakedness. And to me he saith, 'O wicked woman! what have I done to thee that thou hast deprived me of the glory of Alahayim?'



Why are Narcissists unable to come to the Knowledge of the Truth?

Isa 29:9

Stay yourselves, and wonder; cry ye out, and cry: they are drunken, but not with wine; they stagger, but not with strong drink.

Isa 29:10 For Ahayah hath poured out upon you the spirit of deep sleep, and hath closed your eyes: the prophets and your rulers, the seers hath he covered.

Isa 29:11 And the vision of all is become unto you as the words of a book that is sealed, which men deliver to one that is learned, saying, Read this, I pray thee: and he saith, I cannot; for it is sealed:

Isa 29:12 And the book is delivered to him that is not learned, saying, Read this, I pray thee: and he saith, I am not learned.

1Co 4:10

We are fools for Christ's sake, but ye are wise in Christ; we are weak, but ye are strong; ye are honourable, but we are despised.

1Co 1:25

Because the foolishness of Alahayim is wiser than men; and the weakness of Alahayim is stronger than men.

Isa 29:13

Wherefore the Lord said, Forasmuch as this people draw near me with their mouth, and with their lips do honour me, but have removed their heart far from me, and their fear toward me is taught by the precept of men:

What is the Cause of Speaking the Precepts of Men?

2Th 2:9

Even him, whose coming is after the working of Satan with all power and signs and lying wonders,

2Th 2:10 And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.

2Th 2:11 And for this cause Alahayim shall send them strong delusion, that they should believe a lie:

2Th 2:12 That they all might be damned who believed not the truth, but had pleasure in unrighteousness



Apocalypse of Peter chapter 2

Verily I say unto thee, when the twigs thereof have sprouted forth in the last days, then shall feigned Christs come and awake expectation saying: I am the Christ, that am now come into the world. And when they (Israel) shall perceive the wickedness of their deeds they shall turn away after them and deny him [whom our fathers did praise], even the first Christ whom they crucified and therein sinned a great sin.

Ascension Isa 3:30-31

30 For there will be great jealousy in the last days; for every one will speak whatever pleases him in his own eyes. 31 And they will make ineffective the prophecy of the prophets who were before me, and my visions also the two witnesses after me will they make ineffective, in order that they may speak what bursts out of their own heart.

Rev 22:14

Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

Rev 22:15 For without are dogs, and sorcerers, and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie

Ascension of Isaiah 3:25-29

25 And many will exchange the glory of the robes of the saints for the robes of those who love money; and there will be much respect of persons in those days and lovers of the glory of this world. 26 And there will be many slanderers and much vainglory at the approach of the Lord, and the Holy Spirit will withdraw from many. 27 And in those days there will not be many prophets, nor those who speak reliable words, except one here and there in different places, 28 Because of the spirit of error and fornication and of vainglory, and of the love of money, which there will be among those, who are said to be the servants of that One and among those who receive that One. 29 And among the shepherds and the elders there will be great hatred towards one another.



Overcoming Narcissism: Admonitions on the spirit of Hatred

Sir 28:1

He that revengeth shall find vengeance from the Lord, and he will surely keep his sins in remembrance.

Sir 28:2 Forgive thy neighbour the hurt that he hath done unto thee, so shall thy sins also be forgiven when thou prayest.

Sir 28:3 One man beareth hatred against another, and doth he seek pardon from the Lord?

Sir 28:4 He sheweth no mercy to a man, which is like himself: and doth he ask forgiveness of his own sins?

Sir 28:5 If he that is but flesh nourish hatred, who will intreat for pardon of his sins?

Sir 28:6 Remember thy end, and let enmity cease; remember corruption and death, and abide in the commandments.

Sir 28:7 Remember the commandments, and bear no malice to thy neighbour: remember the covenant of the Highest, and wink at ignorance.

Sir 28:8 Abstain from strife, and thou shalt diminish thy sins: for a furious man will kindle strife,

Sir 28:9 A sinful man disquieteth friends, and maketh debate among them that be at peace.

Sir 28:10 As the matter of the fire is, so it burneth: and as a man's strength is, so is his wrath; and according to his riches his anger riseth; and the stronger they are which contend, the more they will be inflamed.

Sir 28:11 An hasty contention kindleth a fire: and an hasty fighting sheddeth blood.

Sir 28:12 If thou blow the spark, it shall burn: if thou spit upon it, it shall be quenched: and both these come out of thy mouth.

Sir 28:13 Curse the whisperer and doubletongued: for such have destroyed many that were at peace.

Sir 28:14 A backbiting tongue hath disquieted many, and driven them from nation to nation: strong cities hath it pulled down, and overthrown the houses of great men.

Sir 28:15 A backbiting tongue hath cast out virtuous women, and deprived them of their labours.

Sir 28:16 Whoso hearkeneth unto it shall never find rest, and never dwell quietly.

Sir 28:17 The stroke of the whip maketh marks in the flesh: but the stroke of the tongue breaketh the bones.

Sir 28:18 Many have fallen by the edge of the sword: but not so many as have fallen by the tongue.



Sir 28:19 Well is he that is defended through the venom thereof; who hath not drawn the yoke thereof, nor hath been bound in her bands.

Sir 28:20 For the yoke thereof is a yoke of iron, and the bands thereof are bands of brass.

Sir 28:21 The death thereof is an evil death, the grave were better than it.

Sir 28:22 It shall not have rule over them that fear Alahayim, neither shall they be burned with the flame thereof.

Sir 28:23 Such as forsake the Lord shall fall into it; and it shall burn in them, and not be quenched; it shall be sent upon them as a lion, and devour them as a leopard.

Sir 28:24 Look that thou hedge thy possession about with thorns, and bind up thy silver and gold,

Sir 28:25 And weigh thy words in a balance, and make a door and bar for thy mouth.

Sir 28:26 Beware thou slide not by it, lest thou fall before him that lieth in wait.

The Prophecies of Deliverance from the Spirits of Narcissism

Isa 29:14

Therefore, behold, I will proceed to do a marvellous work among this people, even a marvellous work and a wonder: for the wisdom of their wise men shall perish, and the understanding of their prudent men shall be hid.

Isa 29:15 Woe unto them that seek deep to hide their counsel from Ahayah, and their works are in the dark, and they say, Who seeth us? and who knoweth us?

Isa 29:16 Surely your turning of things upside down shall be esteemed as the potter's clay: for shall the work say of him that made it, He made me not? or shall the thing framed say of him that framed it, He had no understanding?

Isa 29:17 Is it not yet a very little while, and Lebanon shall be turned into a fruitful field, and the fruitful field shall be esteemed as a forest?

Isa 29:18 And in that day shall the deaf hear the words of the book, and the eyes of the blind shall see out of obscurity, and out of darkness



Overcoming Narcissism

Understanding Anger & Wrath

THE TESTAMENT OF DAN, THE SEVENTH SON OF JACOB AND BILHAH.

1 1 The copy of the words of Dan, which he spake to his sons in his last days, in the hundred and 2 twenty-fifth year of his life. For he called together his family, and said: Hearken to my words, ye 3 sons of Dan; and give heed to the words of your father. I have proved in my heart, and in my whole life, that truth with just dealing is good and well pleasing to Alahayim, and that lying and anger 4 are evil, because they teach man all wickedness. I confess, therefore, this day to you, my children, 5 that in my heart I resolved on the death of Joseph my brother, the true and good man. [And 6 I rejoiced that he was sold, because his father loved him more than us.] For the spirit of jealousy 7 and vainglory said to me: Thou thyself also art his son. And one of the spirits of Beliar stirred me up, saying: Take this sword, and with it slay Joseph: so shall thy father love thee when he is dead.

1Ki 21:26

And he did very abominably in following idols, according to all things as did the Amorites, whom Ahayah cast out before the children of Israel.

8 Now this is the spirit of anger that persuaded me to crush Joseph as a leopard crusheth a kid. 9 But the Alahayim of my fathers did not suffer him to fall into my hands, so that I should find him alone and slay him, and cause a second tribe to be destroyed in Israel.

2 1 And now, my children, behold I am dying, and I tell you of a truth, that unless ye keep yourselves from the spirit of lying and of anger, and love truth and longsuffering, ye shall perish. 2 For anger is blindness, and does not suffer one to see the face of any man with truth. 3 For though it be a father or a mother, he behaveth towards them as enemies; though it be a brother, he knoweth him not; though it be a prophet of the Lord, he disobeyeth him; though 4 a righteous man, he regardeth him not; though a friend, he doth not acknowledge him. For the spirit of anger encompasseth him with the net of deceit, and blindeth his eyes, and through lying 5 darkeneth his mind, and giveth him its own peculiar vision. And wherewith encompasseth it his eyes? With hatred of heart, so as to be envious of his brother.



3 1 For anger is an evil thing, my children, for it troubleth even the soul itself. And the body of the angry man it maketh its own, and over his soul it getteth the mastery, and 3 it bestoweth upon the body power that it may work all iniquity. And when the body does all 4 these things, the soul justifieth what is done, since it seeth not aright. Therefore he that is wrathful, if he be a mighty man, hath a threefold power in his anger: one by the help of his servants; and a second by his wealth, whereby he persuadeth and overcometh wrongfully; and thirdly, having his 5 own natural power he worketh thereby the evil.

1 Timothy 6:10

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

Testament of Dan 3:5

And though the wrathful man be weak, yet hath 6 he a power twofold of that which is by nature; for wrath ever aideth such in lawlessness. This spirit goeth always with lying at the right hand of Satan, that with cruelty and lying his works may be wrought.

4 1, 2 Understand ye, therefore, the power of wrath, that it is vain. For it first of all giveth provocation by word; then by deeds it strengtheneth him who is angry, and with sharp losses disturbeth his 3 mind, and so stirreth up with great wrath his soul.

Jas 1:19

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

Jas 1:20

For the wrath of man worketh not the righteousness of Alahayim

Testament of Dan 4:3

Therefore, when any one speaketh against you, be not ye moved to anger, [and if any man praiseth you as holy men, be not uplifted: be not moved 4 either to delight or to disgust]. For first it pleaseth the hearing, and so maketh the mind keen to perceive the grounds for provocation; and then being enraged, he thinketh that he is justly angry 5 If ye fall into any loss or ruin, my children, be not afflicted; for this very spirit maketh (a man) 6 desire that which is perishable, in order that he may be enraged through the affliction. And if ye suffer loss voluntarily, or involuntarily, be not vexed; for from vexation ariseth wrath with lying. 7 Moreover, a twofold mischief is wrath with lying; and they assist one another in order to disturb the heart; and when the soul is continually disturbed, the Lord departeth from it, and Beliar ruleth over it.



5 1 Observe, therefore, my children, the commandments of the Lord, And keep His law; Depart from wrath, And hate lying, That the Lord may dwell among you, And Beliar may flee from you. 2 Speak truth each one with his neighbour.

John 14:6

I am the way, the truth, and the life: no man cometh unto the Father, but by me in John 14:6

Testament of Dan 5:2

So shall ye not fall into wrath and confusion;

Jas 3:16

For where envying and strife is, there is confusion and every evil work

Testament of Dan 5:2

But ye shall be in peace, having the Alahayim of peace, So shall no war prevail over you. 3 Love the Lord through all your life, And one another with a true heart.

Testament of Dan

6 1, 2 And now, fear the Lord, my children, and beware of Satan and his spirits. Draw near unto Alahayim and unto the angel that intercedeth for you, for he is a mediator between Alahayim and man, and for the 3 peace of Israel he shall stand up against the kingdom of the enemy. Therefore is the enemy eager 4 to destroy all that call upon the Lord. For he knoweth that upon the day on which Israel shall 5 repent, the kingdom of the enemy shall be brought to an end.

2Co 10:4

(For the weapons of our warfare are not carnal, but mighty through Alahayim to the pulling down of strong holds;)

2Co 10:5

Casting down imaginations, and every high thing that exalteth itself against the knowledge of Alahayim, and bringing into captivity every thought to the obedience of Christ;

2Co 10:6

And having in a readiness to revenge all disobedience, when your obedience is fulfilled.



Testament of Dan 6:5

For the very angel of peace shall 6 strengthen Israel, that it fall not into the extremity of evil. And it shall be in the time of the lawlessness of Israel, that the Lord will not depart from them, but will transform them into a nation 7 that doeth His will, for none of the angels will be equal unto him. And His name shall be in every place in Israel, and among the Gentiles. 8 Keep, therefore, yourselves, my children, from every evil work, And cast away wrath and all lying, And love truth and long-suffering. 9 And the things which ye have heard from your father, do ye also impart to your children [that the Saviour of the Gentiles may receive you; for he is true and long-suffering, meek and lowly, and 10 teacheth by his works the law of Alahayim]. Depart, therefore, from all unrighteousness, and cleave unto the righteousness of Alahayim.



The Inclinations of the Mind

Testament of Asher

1:3 Two ways hath Alahayim given to the sons of men, and two inclinations, and two kinds of action, and 4 two modes (of action), and two issues. Therefore all things are by twos, one over against the 5 other. For there are two ways of good and evil, and with these are the two inclinations in our 6 breasts discriminating them. Therefore if the soul take pleasure in the good (inclination), all its 7 actions are in righteousness; and if it sin it straightway repenteth. For, having its thoughts set upon righteousness, and casting away wickedness, it straightway overthroweth the evil, and uprooteth 8 the sin. But if it incline to the evil inclination, all its actions are in wickedness, and it driveth away the good, and cleaveth to the evil, and is ruled by Beliar; even though it work what is good, 9 he perverteth it to evil. For whenever it beginneth to do good, he forceth the issue of the action into evil for him, seeing that the treasure of the inclination is filled with an evil spirit.

2 1 A person then may with words help the good for the sake of the evil, yet the issue of the action 2 leadeth to mischief. There is a man who showeth no compassion upon him who serveth his turn in 3 evil; and this thing hath two aspects, but the whole is evil. And there is a man that loveth him that worketh evil, because he would prefer even to die in evil for his sake; and concerning this it is clear that it hath two aspects, but the whole is an evil work. 4 Though indeed he have love, yet is he wicked who concealeth what is evil for the sake of the good name, but the end of the action tendeth unto evil. 5 Another stealeth, doeth unjustly, plundereth, defraudeth, and withal pitieth the poor: this too 6 hath a twofold aspect, but the whole is evil. He who defraudeth his neighbour provoketh Alahayim, and sweareth falsely against the Most High, and yet pitieth the poor: the Lord who commandeth the 7 law he setteth at nought and provoketh, and yet he refresheth the poor. He defileth the soul, and maketh gay the body; he killeth many, and pitieth a few: this, too, hath a twofold aspect, but the 8 whole is evil.

Php 2:3

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

Php 2:4 Look not every man on his own things, but every man also on the things of others.

Php 2:5 Let this mind be in you, which was also in Christ Yache:



Testament of Asher 2:8

Another committeth adultery and fornication, and abstaineth from meats, and when he fasteth he doeth evil, and by the power of his wealth overwhelmeth many; and notwithstanding his excessive wickedness he doeth the commandments: this, too, hath a twofold aspect, but the 9 whole is evil. Such men are hares; clean, - like those that divide the hoof, but in very deed are 10 unclean. For Alahayim in the tables of the commandments hath thus declared.

Jer 17:9

The heart is deceitful above all things, and desperately wicked: who can know it?

Pro 16:2

All the ways of a man are clean in his own eyes; but Ahayah weigheth the spirits.

Testament of Asher

3 1 But do not ye, my children, wear two faces like unto them, of goodness and of wickedness; but 2 cleave unto goodness only, for Alahayim hath his habitation therein, and men desire it. But from wickedness flee away, destroying the (evil) inclination by your good works; for they that are double-faced serve not Alahayim, but their own lusts, so that they may please Beliar and men like unto themselves.

4 1 For good men, even they that are of single face, though they be thought by them that are double 2 faced to sin, are just before Alahayim. For many in killing the wicked do two works, of good and evil; 3 but the whole is good, because he hath uprooted and destroyed that which is evil. One man hateth the merciful and unjust man, and the man who committeth adultery and fasteth: this, too, hath a twofold aspect, but the whole work is good, because he followeth the Lord's example, in that he 4 accepteth not the seeming good as the genuine good. Another desireth not to see a good day with them that riot, lest he defile his body and pollute his soul: this, too, is double-faced, but the whole is 5 good. For such men are like to stags and to hinds, because in the manner of wild animals they seem to be unclean, but they are altogether clean; because they walk in zeal for the Lord and abstain from what Alahayim also hateth and forbiddeth by His commandments, warding off the evil from the good.



5 1 Ye see, my children, how that there are two in all things, one against the other, and the one is hidden by the other: in wealth (is hidden) covetousness, in conviviality drunkenness

- **conviviality:** the quality of being friendly and lively; friendliness

, in laughter 2 grief, in wedlock profligacy.

- **profligacy:** reckless extravagance or wastefulness in the use of resources.

Death succeedeth to life, dishonour to glory, night to day, and darkness to light; [and all things are under the day, just things under life, unjust things under 3 death;] wherefore also eternal life awaiteth death. Nor may it be said that truth is a lie, nor 4 right wrong; for all truth is under the light, even as all things are under Alahayim. All these things, therefore, I proved in my life, and I wandered not from the truth of the Lord, and I searched out the commandments of the Most High, walking according to all my strength with singleness of face unto that which is good.

6 1 Take heed, therefore, ye also, my children, to the commandments of the Lord, following the truth 2 with singleness of face. For they that are double-faced are guilty of a twofold sin; for they both do the evil thing and they have pleasure in them that do it, following the example of the spirits of 3 deceit, and striving against mankind. Do ye, therefore, my children, keep the law of the Lord, and give not heed unto evil as unto good; but look unto the thing that is really good, and keep it in all 4 commandments of the Lord, having your conversation therein, and resting therein. For the latter ends of men do show their righteousness (or unrighteousness), when they meet the angels of 5 the Lord and of Satan. For when the soul departs troubled, it is tormented by the evil spirit which also it served in lusts and evil works. 6 But if he is peaceful with joy he meeteth the angel of peace, and he leadeth him into eternal life.

7 1 Become not, my children, as Sodom, which sinned against the angels of the Lord, and perished for 2 ever.



Working Righteousness to Overcome Narcissism

Testament of Gad

1:2 Hearken, my children, I was the ninth son born to Jacob, 3 and I was valiant in keeping the flocks. Accordingly I guarded at night the flock; and whenever the lion came, or the wolf, or any wild beast against the fold, I pursued it, and overtaking (it) 4 I seized its foot with my hand and hurled it about a stone's throw, and so killed it. Now Joseph my brother was feeding the flock with us for upwards of thirty days, and being young, he fell sick 5 by reason of the heat. And he returned to Hebron to our father, who made him lie down near him, 6 because he loved him greatly. And Joseph told our father that the sons of Zilpah and Bilhah were slaying the best of the flock and eating them against the judgement of Reuben and Judah. 7 For he saw that I had delivered a lamb out of the mouth of a bear, and put the bear to death; but 8 had slain the lamb, being grieved concerning it that it could not live, and that we had eaten it. And 9 regarding this matter I was wroth with Joseph until the day that he was sold, And the spirit of hatred was in me, and I wished not either to hear of Joseph with the ears, or see him with the eyes because he rebuked us to our faces saying that we were eating of the flock without Judah. For whatsoever things he told our father, he believed him.

2 1 I confess now my sin, my children, that oftentimes I wished to kill him, because I hated him from 2 my heart. Moreover, I hated him yet more for his dreams; and I wished to lick him out of the land of the living, even as an ox licketh up the grass of the field. 3 Therefore I and Simeon sold him to the Ishmaelites [for thirty pieces of gold, and ten of them we hid, and showed the twenty to our brethren] 4 And thus through covetousness we were bent on slaying him. 5 And the Alahayim of my fathers delivered him from my hands, that I should not work lawlessness in Israel.

3 1 And now, my children, hearken to the words of truth to work righteousness, and all the law of the Most High, and go not astray through the spirit of hatred, for it is evil in all the doings of 2 men. Whatsoever a man doeth the hater abominateth him: and though a man worketh the law of the Lord, he praiseth him not; though a man feareth the Lord, and taketh pleasure in that which is 3 righteous, he loveth him not. He dispraiseth the truth, he envieth him that prospereth, he welcometh evil-speaking, he loveth arrogance, for hatred blindeth his soul; as I also then looked on Joseph.



4 I Beware, therefore, my children of hatred; for it worketh lawlessness even against Ahayah Himself. 2 For it will not hear the words of His commandments concerning the loving of one's neighbour, 3 and it sinneth against Alahayim. For if a brother stumble, it delighteth immediately to proclaim it to all men, and is urgent that he should be judged for it, and be punished and be put to death. 4 And if it be a servant it stirreth him up against his master, and with every affliction it deviseth against 5 him if possibly he can be put to death, For hatred worketh with envy also against them that prosper: so long as it heareth of or seeth their success, it always languisheth. 6 For as love would quicken even the dead, and would call back them that are condemned to die, so hatred would slay the living, and those that had sinned venially it would not suffer to live. 7 For the spirit of hatred worketh together with Satan, through hastiness of spirit, in all things to men's death; but the spirit of love worketh together with the law of Alahayim in long-suffering unto the salvation of men.

5 1 Hatred, therefore, is evil, for it constantly mateth with lying, speaking against the truth; and it maketh small things to be great, and causeth the light to be darkness, and calleth the sweet bitter, and teacheth slander, and kindleth wrath, and stirreth up war, and violence and all covetousness; 2 it filleth the heart with evils and devilish poison. These things, therefore, I say to you from experience, my children, that ye may drive forth hatred, which is of the devil, and cleave to 3 the love of Alahayim. Righteousness casteth out hatred, humility destroyeth envy. For he that is just and humble is ashamed to do what is unjust, being reprov'd not of another, but of his own heart, 4 because the Lord looketh on his inclination. He speaketh not against a holy man, because the fear 5 of Alahayim overcometh hatred. For fearing lest he should offend the Lord, he will not do wrong to any 6, 7 man, even in thought.

1Jn 5:3

For this is the love of Alahayim, that we keep his commandments: and his commandments are not grievous



Testament of Gad 5:6

These things I learnt at last, after I had repented concerning Joseph. For true repentance after a holy sort [destroyeth ignorance, and] driveth away the darkness, and 8 enlighteneth the eyes, and giveth knowledge to the soul, and leadeth the mind to salvation. And 9 those things which it hath not learnt from man, it knoweth through repentance. For Alahayim brought upon me a disease of the liver; and had not the prayers of Jacob my father succoured me, it had 10 hardly failed but my spirit had departed, For by what things a man transgresseth, by the same also 11 is he punished. Since, therefore, my liver was set mercilessly against Joseph, in my liver too I suffered mercilessly, and was judged for eleven months, for so long a time as I had been angry against Joseph.

6 1 And now, my children, I exhort you, love ye each one his brother, and put away hatred from 2 your hearts, love one another in deed, and in word, and in the inclination of the soul. For in the presence of my father I spake peaceably to Joseph; and when I had gone out, the spirit of hatred darkened my mind, and stirred up my soul to slay him. 3 Love ye, therefore, one another from the heart; and if a man sin against thee, cast forth the poison of hate and speak peaceably to him, and in thy soul hold not guile; and if he confess and repent, forgive him. 4 But if he deny it, do not get into a passion with him, lest catching the poison from thee he take 5 to swearing and so thou sin doubly. [Let not another man hear thy secrets when engaged in legal strife, lest he come to hate thee and become thy enemy, and commit a great sin against thee; for 6 oft times he addresseth thee guilefully or busieth himself about thee with wicked intent.] And though he deny it and yet have a sense of shame when reproved, give over reproving him. For he who denieth may repent so as not again to wrong thee; yea, he may also honour thee, and [fear 7 and] be at peace with thee And if he be shameless and persist in his wrong-doing, even so forgive him from the heart, and leave to Alahayim the avenging.



7 1 If a man prospereth more than you, do not be vexed, but pray also for him, that he may have 2 perfect prosperity. For so it is expedient for you. And if he be further exalted, be not envious of him, remembering that all flesh shall die; and offer praise to Alahayim, who giveth things good and 3 profitable to all men. Seek out the judgements of the Lord, and thy mind will rest and be at peace. 4 And though a man become rich by evil means, even as Esau, the brother of my father, be not jealous; 5 but wait for the end of the Lord. For if he taketh away (from a man) wealth gotten by evil 6 means He forgiveth him if he repent, but the unrepentant is reserved for eternal punishment. For the poor man, if free from envy he pleaseth the Lord in all things, is blessed beyond all men, because 7 he hath not the travail of vain men. Put away, therefore, jealousy from your souls, and love one another with uprightness of heart.

8 1 Do ye also therefore tell these things to your children,



Holding Fast to the Faith to Help a Narcissist

Testament of Joseph

2 1, 2 And this chief captain of Pharaoh entrusted to me his house. And I struggled against a shameless woman, urging me to transgress with her; but the Alahayim of Israel my father delivered me from 3 the burning flame. I was cast into prison, I was beaten, I was mocked; but the Lord granted me to find mercy in the sight of the keeper of the prison. 4 For the Lord doth not forsake them that fear Him, Neither in darkness, nor in bonds, nor in tribulations, nor in necessities. 5 For Alahayim is not put to shame as a man, Nor as the son of man is he afraid, Nor as one that is earth-born is He [weak or] affrighted. 6 But in all those things doth He give protection, And in divers ways doth He comfort, (Though) for a little space He departeth to try the inclination of the soul. 7 In ten temptations He showed me approved, And in all of them I endured; For endurance is a mighty charm, And patience giveth many good things.

3 1 How often did the Egyptian woman threaten me with death! How often did she give me over to punishment, and then call me back and threaten me, and when I was unwilling to company with 2 her, she said to me: Thou shalt be master of me, and all that is in my house, if thou wilt give thyself 3 unto me, and thou shalt be as our master. But I remembered the words of my father, and going 4 into my chamber, I wept and prayed unto the Lord. And I fasted in those seven years, and I appeared to the Egyptians as one living delicately, for they that fast for Alahayim's sake receive beauty of face. 5 And if my master were away from home, I drank no wine; nor for three days did I take my food, but 6 I gave it to the poor and sick. And I sought the Lord early, and I wept for the Egyptian woman of Memphis, for very unceasingly did she trouble me, for also at night she came to me under pretense of visiting me. 7 And because she had no male child she pretended to regard me as a son, and so I prayed to the Lord, and she bare a male child. 8 And for a time she embraced me as a son, and I knew it not; but later, she sought to draw me 9 into fornication. And when I perceived it I sorrowed unto death; and when she had gone out, I came to myself, and lamented for her many days, because I recognized her guile and her deceit. 10 And I declared unto her the words of the Most High, if haply she would turn from her evil lust.



4 1 Often, therefore, did she flatter me with words as a holy man, and guilefully in her talk praise my 2 chastity before her husband, while desiring to ensnare me when we were alone. For she lauded me openly as chaste, and in secret she said unto me: Fear not my husband; for he is persuaded concerning 3 thy chastity: for even should one tell him concerning us, he would not believe. Owing to all these things I lay upon the ground, and besought Alahayim that the Lord would deliver me from her 4 deceit. And when she had prevailed nothing thereby, she came again to me under the plea of 5 instruction, that she might learn the word of Alahayim. And she said unto me: If thou willest that I should leave my idols, lie with me, and I will persuade my husband to depart from his idols, and 6 we will walk in the law of thy Lord. And I said unto her: the Lord willeth not that those who reverence Him should be in uncleanness, nor doth He take pleasure in them that commit adultery, 7 but in those that approach Him with a pure heart and undefiled lips. But she held her peace, 8 longing to accomplish her evil desire. And I gave myself yet more to fasting and prayer, that the Lord might deliver me from her.

5 1 And again, at another time she said unto me: If thou wilt not commit adultery, I will kill my 2 husband by poison; and take thee to be my husband. I therefore, when I heard this, rent my garments, and said unto her: Woman, reverence Alahayim, and do not this evil deed, lest thou be 3 destroyed; for know indeed that I will declare this thy device unto all men. She therefore, being 4 afraid, besought that I would not declare this device. And she departed soothing me with gifts, and sending to me every delight of the sons of men.

Exo 23:8

And thou shalt take no gift: for the gift blindeth the wise, and perverteth the words of the righteous.



Testament of Joseph

6 1, 2 And afterwards she sent me food mingled with enchantments. And when the eunuch who brought it came, I looked up and beheld a terrible man giving me with the dish a sword, and 3 I perceived that (her) scheme was to beguile me. And when he had gone out I wept, nor did 4 I taste that or any other of her food. So then after one day she came to me and observed the food, 5 and said unto me: Why is it that thou hast not eaten of the food? And I said unto her: It is because thou hast filled it with deadly enchantments; and how saidst thou: I come not near to 6 idols, but to the Lord alone. Now therefore know that the Alahayim of my father hath revealed unto me by His angel thy wickedness, and I have kept it to convict thee, if haply thou mayst see and repent. 7 But that thou mayst learn that the wickedness of the unholy hath no power over them that worship Alahayim with chastity, behold I will take of it and eat before thee. And having so said, I prayed thus: The Alahayim of my fathers and the angel of Abraham, be with me; and ate. 8 And when she saw this she fell upon her face at my feet, weeping; and I raised her up and admonished her. And she promised to do this iniquity no more. 7 1 But her heart was still set upon evil, and she looked around how to ensnare me, and sighing deeply she became downcast, though she was not sick. 2 And when her husband saw her, he said unto her: Why is thy countenance fallen? And she said unto him: I have a pain at my heart, and the groanings of my spirit oppress me; and so 3 he comforted her who was not sick. Then, accordingly seizing an opportunity, she rushed unto me while her husband was yet without, and said unto me: I will hang myself, or cast myself over a cliff, 4 if thou wilt not lie with me. And when I saw the spirit of Beliar was troubling her, I prayed unto 5 the Lord, and said unto her: Why, wretched woman, art thou troubled and disturbed, blinded through, sins? Remember that if thou kill thyself, Asteho, the maid-wife of thy husband, thy rival, 6 will beat thy children, and thou wilt destroy thy memorial from off the earth. And she said unto me: Lo, then thou lovest me; let this suffice me: only strive for my life and my children, and 7 I expect that I shall enjoy my desire also. But she knew not that because of my master I spake 8 thus, and not because of her. For if a man hath fallen before the passion of a wicked desire and become enslaved by it, even as she, whatever good thing he may hear with regard to that passion, he receiveth it with a view to his wicked desire.



8 1 I declare, therefore, unto you, my children, that it was about the sixth hour when she departed from me; and I knelt before the Lord all day, and all the night; and about dawn I rose up, weeping 2 the while and praying for a release from her. At last, then, she laid hold of my garments, forcibly dragging me to have connection with her. 3 When, therefore, I saw that in her madness she was holding fast to my garment, I left it behind, and fled away naked. 4 And holding fast to the garment she falsely accused me, and when her husband came he cast me into prison in his house; and on the morrow he scourged me and sent me into Pharaoh's prison. 5 And when I was in bonds, the Egyptian woman was oppressed with grief, and she came and heard how I gave thanks unto the Lord and sang praises in the abode of darkness, and with glad voice rejoiced, glorifying my Alahayim that I was delivered from the lustful desire of the Egyptian woman.

9 1 And often hath she sent unto me saying: Consent to fulfill my desire, and I will release thee from thy bonds, and I will free thee from the darkness. And not even in thought did I incline unto 2 her. For Alahayim loveth him who in a den of wickedness combines fasting with chastity, rather than the man who in kings' chambers combines luxury with licence. And if a man liveth in chastity, and desireth also glory, and the Most High knoweth that it is expedient for him, He bestoweth this 3 also upon me. How often, though she were sick, did she come down to me at unlooked for times, 5 and listened to my voice as I prayed! And when I heard her groanings I held my peace. For when I was in her house she was wont to bare her arms, and breasts, and legs, that I might lie with her; for she was very beautiful, splendidly adorned in order to beguile me. And the Lord guarded me from her devices.

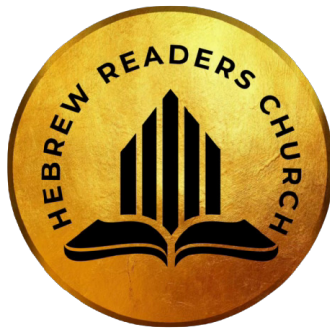
10 1, 2 Ye see, therefore, my children, how great things patience worketh, and prayer with fasting. So ye too, if ye follow after chastity and purity with patience and prayer, with fasting in humility of 3 heart, the Lord will dwell among you, because He loveth chastity. And wheresoever the Most High dwelleth, even though envy, or slavery, or slander befalleth (a man), the Lord who dwelleth in him, for the sake of his chastity not only delivereth him from evil, but also exalteth him even as me. 4, 5 For in every way the man is lifted up, whether in deed, or in word, or in thought. My brethren knew how my father loved me, and yet I did not exalt myself in my mind: although I was a child, 6 I had the fear of Alahayim in my heart; for I knew that all things would pass away. And I did not raise myself (against them) with evil intent, but I honoured my brethren; and out of respect for them, even when I was being sold, I refrained from telling the Ishmaelites that I was a son of Jacob, a great man and a mighty.



11 1 Do ye also, my children, have the fear of Alahayim in all your works before your eyes, and honour 2 your brethren. For every one who doeth the law of the Lord shall be loved by Him. And when I came to the Indocolpita^e with the Ishmaelites, they asked me, saying: Art thou a slave? And 3 I said that I was a home-born slave, that I might not put my brethren to shame. And the eldest of them said unto me: Thou art not a slave, for even thy appearance doth make it manifest. But 4 I said that I was their slave. Now when we came into Egypt they strove concerning me, which of 5 them should buy me and take me. Therefore it seemed good to all that I should remain in Egypt 6 with the merchant of their trade, until they should return bringing merchandise. And the Lord 7 gave me favour in the eyes of the merchant, and he entrusted unto me his house. And Alahayim blessed 8 him by my means, and increased him in gold and silver and in household servants. And I was with him three months and five days.

12 1 And about that time the Memphian woman, the wife of Pentephri, came down in a chariot, with 2 great pomp, because she had heard from her eunuchs concerning me. And she told her husband that the merchant had become rich by means of a young Hebrew, and they say that he had assuredly 3 been stolen out of the land of Canaan. Now, therefore, render justice unto him, and take away the youth to thy house; so shall the Alahayim of the Hebrews bless thee, for grace from heaven is upon him.

13 1 And Pentephris was persuaded by her words, and commanded the merchant to be brought, and said unto him: What is this that I hear concerning thee, that thou stealest persons out of the land 2 of Canaan, and sellest them for slaves? But the merchant fell at his feet, and besought him, saying: 3 I beseech thee, my master, I know not what thou sayest. And Pentephris said unto him: Whence, then, is the Hebrew slave? And he said: The Ishmaelites entrusted him unto me until they should return. 4 But he believed him not, but commanded him to be stripped and beaten. And when he persisted 5 in this statement, Pentephris said: Let the youth be brought. And when I was brought in, I did 6 obeisance to Pentephris (for he was third in rank of the officers of Pharaoh). And he took me apart 7 from him, and said unto me: Art thou a slave or free? And I said: A slave. And he said: 8 Whose? And I said: The Ishmaelites. And he said: How didst thou become their slave? And 9 I said: They bought me out of the land of Canaan. And he said unto me: Truly thou liest; and strightway he commanded me to be stripped and beaten.



14 1 Now the Memphian woman was looking through a window at me while I was being beaten, for her house was near, and she sent unto him saying: Thy judgement is unjust; for thou dost punish 2 a free man who hath been stolen, as though he were a transgressor. And when I made no change in my statement, though I was beaten, he ordered me to be imprisoned, until, he said, the owners 3 of the boy should come. And the woman said unto her husband: Wherefore dost thou detain the 4 captive and well-born lad in bonds, who ought rather to be set at liberty, and be waited upon? For 5 she wished to see me out of a desire of sin, but I was ignorant concerning all these things. And he said to her: It is not the custom of the Egyptians to take that which belongeth to others before 6 proof is given. This, therefore, he said concerning the merchant; but as for the lad, he must be imprisoned.

15 1 Now after four and twenty days came the Ishmaelites; for they had heard that Jacob my father² was mourning much concerning me. And they came and said unto me: How is it that thou saidst that thou wast a slave? And lo, we have learnt that thou art the son of a mighty man in the land of 3 Canaan, and thy father still mourneth for thee in sackcloth and ashes. When I heard this my bowels were dissolved and my heart melted, and I desired greatly to weep, but I restrained myself, that I should not put my brethren to shame. And I said unto them, I know not, I am a slave. 4, 5 Then, therefore, they took counsel to sell me, that I should not be found in their hands. For they feared my father, lest he [should come and] execute upon them a grievous vengeance. For they had 6 heard that he was mighty with Alahayim and with men. Then said the merchant unto them: Release 7 me from the judgement of Pentiphri. And they came and requested me, saying: Say that thou wast bought by us with money, and he will set us free.

16 1 Now the Memphian woman said to her husband: Buy the youth; for I hear, said she, that they are selling him. 2 And straightway she sent a eunuch to the 3 Ishmaelites, and asked them to sell me. But since the eunuch would not agree to buy me (at their price) he returned, having made trial of them, and he made known to his mistress that they asked a large price for their slave. 4 And she sent another eunuch, saying: Even though they demand two minas, give them, do not spare the gold; only buy the boy, and bring him to me. 5 The eunuch therefore went and gave them eighty pieces of gold, and he received me; but to the Egyptian woman he said: I have given a hundred. 6 And though I knew (this) I held my peace, lest the eunuch should be put to shame.



Pro 15:23

A man hath joy by the answer of his mouth: and a word spoken in due season, how good is it!

Sir 5:11

Be swift to hear; and let thy life be sincere; and with patience give answer.

Testament of Joseph

17 1 Ye see, therefore, my children, what great things I endured that I should not put my brethren to 2 shame. Do ye also, therefore love one another, and with long-suffering hide ye one another's 3 faults. For Alahayim delighteth in the unity of brethren, and in the purpose of a heart that takes 4 pleasure in love. And when my brethren came into Egypt they learnt that I had returned their 5 money unto them, and upbraided them not, and comforted them. And after the death of Jacob my father I loved them more abundantly, and all things whatsoever he commanded I did very 6 abundantly for them, And I suffered them not to be afflicted in the smallest matter; and all that 7 was in my hand I gave unto them. And their children were my children, and my children as their servants; and their life was my life, and all their suffering was my suffering, and all their sickness 8 was my infirmity. My land was their land, and their counsel my counsel. And I exalted not myself among them in arrogance because of my worldly glory, but I was among them as one of the least.

18 1 If ye also, therefore, walk in the commandments of the Lord, my children, He will exalt you there, 2 and will bless you with good things for ever and ever. And if any one seeketh to do evil unto you, 3 do well unto him, and pray for him, and ye shall be redeemed of the Lord from all evil. [For], behold, ye see that out of my humility and long-suffering I took unto wife the daughter of the priest of Heliopolis. And a hundred talents of gold were given me with her, and the Lord made 4 them to serve me. And He gave me also beauty as a flower beyond the beautiful ones of Israel; and He preserved me unto old age in strength and in beauty, because I was like in all things to Jacob.



The Heart & Mind to Help a Narcissist

Testament of Benjamin

3 1 Do ye also, therefore, my children, love the Lord Alahayim of heaven and earth, and keep His commandments, following the example of the good and holy man Joseph. 2 And let your mind be unto good, even as ye know me; for he that hath his mind right seeth 3 all things rightly. 3 Fear ye the Lord, and love your neighbour; and even though the spirits of Beliar claim you to afflict you with every evil, yet shall they not have dominion over you, even 4 as they had not over Joseph my brother. How many men wished to slay him, and Alahayim shielded him! For he that feareth Alahayim and loveth his neighbour cannot be smitten by the spirit of 5 Beliar, being shielded by the fear of Alahayim. Nor can he be ruled over by the device of men or beasts, for he is helped by the Lord through the love which he hath towards his neighbour. 6 For Joseph also besought our father that he would pray for his brethren, that the Lord would 7 not impute to them as sin whatever evil they had done unto him. And thus Jacob cried out: My good child, thou hast prevailed over the bowels of thy father Jacob. And he embraced him, and kissed him for two hours, saying: 8 In thee shall be fulfilled the prophecy of heaven [concerning the Lamb of Alahayim, and Saviour of the world], and that a blameless one shall be delivered up for lawless men, and a sinless one shall die for unholy men [in the blood of the covenant. for the salvation of the Gentiles and of Israel, and shall destroy Beliar and his servants].

4 1 See ye, therefore, my children, the end of the good man? Be followers of his compassion, therefore, 2 with a good mind, that ye also may wear crowns of glory. For the good man hath not 3 a dark eye; for he showeth mercy to all men, even though they be sinners. And though they devise with evil intent concerning him, by doing good he overcometh evil, being shielded by Alahayim: 4 and he loveth the righteous as his own soul. If any one is glorified, he envieth him not; if any one is enriched, he is not jealous; if any one is valiant, he praiseth him; the virtuous man he laudeth, on the poor man he hath mercy; on the weak he hath compassion; unto Alahayim he singeth praises. 5 As for him who hath the fear of Alahayim, he protecteth him as with a shield; him that loveth Alahayim he helpeth; him that rejecteth the Most High he admonisheth and turneth back; and him that hath the grace of a good spirit he loveth as his own soul.



5 1 If, therefore, ye also have a good mind, then will both wicked men be at peace with you, and the profligate will reverence you and turn unto good; and the covetous will not only cease from 2 their inordinate desire, but even give the objects of their covetousness to them that are afflicted. If 3 ye do well, even the unclean spirits will flee from you; and the beasts will dread you. For where there is reverence for good works and light in the mind, even darkness fleeth away from him

- **Reverence**- deep respect for someone or something.

4 For if any one does violence to a holy man, he repenteth; for the holy man is merciful to his reviler, and holdeth his peace. 5 And if any one betrayeth a righteous man, the righteous man prayeth: though for a little he be humbled, yet not long after he appeareth far more glorious, as was Joseph my brother.

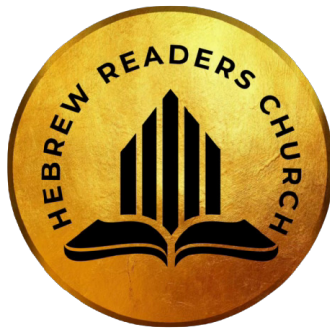
6 1 The inclination of the good man is not in the power of the deceit of the spirit of Beliar, for the 2 angel of peace guideth his soul. And he gazeth not passionately upon corruptible things, nor 3 gathereth together riches through a desire of pleasure. He delighteth not in pleasure, [he grieveth not his neighbour], he sateth not himself with luxuries, he erreth not in the uplifting of the eyes, for 4 the Lord is his portion. The good inclination receiveth not glory nor dishonor from men, and it knoweth not any guile, or lie, or fighting or reviling; for the Lord dwelleth in him and lighteth up his 5 soul, and he rejoiceth towards all men alway. The good mind hath not two tongues, of blessing and of cursing, of contumely and of honor, of sorrow and of joy, of quietness and of confusion, of hypocrisy and of truth, [of poverty and of wealth]; but it hath one disposition, uncorrupt and pure, concerning all 6 men. It hath no double sight, nor double hearing; for in everything which he doeth, or speaketh, or 7 seeth, he knoweth that the Lord looketh on his soul. And he cleanseth his mind that he may not be condemned by men as well as by Alahayim.

Pro 24:16

For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

Shepherd of Hermas Vision 2

1[5]:1 I was on the way to Cumae, at the same season as last year, and called to mind my last year's vision as I walked; and again a Spirit taketh me, and carrieth me away to the same place as last year.



Testament of Benjamin 6

And in like manner the works of Beliar are twofold, and there is no singleness in them.

7 1 Therefore, my children, I tell you, flee the malice of Beliar; for he giveth a sword to

them that obey him. 2 And the sword is the mother of seven evils. First the mind

conceiveth through Beliar, and first there is bloodshed; secondly ruin; thirdly,

tribulation; fourthly, exile; fifthly, dearth; sixthly, panic; seventhly, destruction. 3

Therefore was Cain also delivered over to seven vengeance by Alahayim, for in every

hundred years the Lord brought one plague upon him. 4 And when he was two hundred

years old he began to suffer, and in the eight- hundredth and twenty ninth year he was

destroyed. For on account of Abel, his brother, with all the evils was he judged, but

Lamech with seventy times seven. 5 Because for ever those who are like Cain in envy and

hatred of brethren, shall be punished with the same judgment.

8 1 And do ye, my children, flee evil-doing, envy, and hatred of brethren, and cleave to

goodness 2and love. He that hath a pure mind in love, looketh not after a woman with a

view to fornication; for he hath no defilement in his heart, because the Spirit of

Alahayim resteth upon him. 3 For as the sun is not defiled by shining on dung and mire,

but rather drieth up both and driveth away the evil smell; so also the pure mind, though

encompassed by the defilements of earth, rather cleanseth (them) and is not itself

defiled.



Admonitions for Parenting

Sir 30:1

He that loveth his son causeth him oft to feel the rod, that he may have joy of him in the end.

Sir 30:2 He that chastiseth his son shall have joy in him, and shall rejoice of him among his acquaintance.

Psa 4:4

Stand in awe, and sin not: commune with your own heart upon your bed, and be still.
Selah.

Eph 6:4

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord

Sir 30:3

He that teacheth his son grieveth the enemy: and before his friends he shall rejoice of him.

Sir 30:4 Though his father die, yet he is as though he were not dead: for he hath left one behind him that is like himself.

Sir 30:5 While he lived, he saw and rejoiced in him: and when he died, he was not sorrowful.

Sir 30:6 He left behind him an avenger against his enemies, and one that shall requite kindness to his friends.



The Effects of Enabling

Sir 30:7 He that maketh too much of his son shall bind up his wounds; and his bowels will be troubled at every cry.

Sir 30:8 An horse not broken becometh headstrong: and a child left to himself will be wilful.

Sir 30:9 Cocker thy child, and he shall make thee afraid: play with him, and he will bring thee to heaviness.

Sir 30:10 Laugh not with him, lest thou have sorrow with him, and lest thou gnash thy teeth in the end.

Sir 30:11 Give him no liberty in his youth, and wink not at his follies.

Sir 42:1

Of these things be not thou ashamed, and accept no person to sin thereby:

Sir 42:2

Of the law of the most High, and his covenant; and of judgment to justify the unalahayimly;

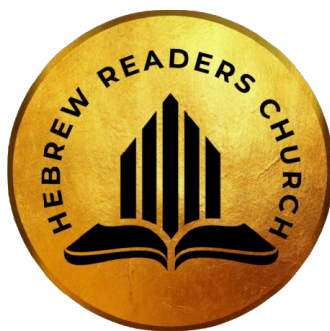
Sir 42:5

And of merchants' indifferent selling; of much correction of children;

The Purpose of Chastening

Sir 30:12 Bow down his neck while he is young, and beat him on the sides while he is a child, lest he wax stubborn, and be disobedient unto thee, and so bring sorrow to thine heart.

Sir 30:13 Chastise thy son, and hold him to labour, lest his lewd behaviour be an offence unto thee.



Admonitions for Growth

Mat 7:3

And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?

Mat 7:4 Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye?

Mat 7:5 Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

Mat 7:6 Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

Pro 28:13

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh *them* shall have mercy.

Covereth H3680 (Strong)

כסה

A primitive root; properly to *plump*, that is, *fill up* hollows; by implication to *cover* (for clothing or secrecy): - clad self, close, clothe, conceal, cover (self), (flee to) hide, overwhelm. Compare H3780.

Prosper H6743 (Strong)

צלח צלח

A primitive root; to *push* forward, in various senses (literally or figuratively, transitively or intransitively): - break out, come (mightily), go over, be good, be meet, be profitable, (cause to, effect, make to, send) prosper (-ity, -ous, -ously).

Forsaketh H5800 (Strong)

עזב

A primitive root; to *loosen*, that is, *relinquish*, *permit*, etc.: - commit self, fail, forsake, fortify, help, leave (destitute, off), refuse, X surely.