



Hello, everyone. This is Lisa Wilson with the **Aspen Center for Empowerment and Healing**. Thank you so much for being here today.

Today, I want to talk about a question that continues to be presented to me in **the work that I do**. I read about it online, and it's just a hot question. And that question is:

Can the narcissist **heal** themselves from being a narcissist?

And the thing that I want to say about that is—let's ask a different question. Let's actually go into a **more powerful question**, which would be:

Will the narcissist ever **choose to heal** themselves?

**Will they choose to heal** themselves from it?

**Can they heal** themselves from it? Absolutely.

Can people **change**? Absolutely.

The narcissist is your **greatest teacher**. They're your biggest gift. If you have brought a narcissistic personality disorder experience into your life, you did it because you wanted to really **step into the truth of Who You Are**. You did it to **wake up**.

Anything is possible. We live in the **most incredible universe where anything is possible**. But a more powerful question would be:

Will they?

Let's dive in there. One of the things that I have witnessed on this **journey** and in the **understanding** that I have around narcissistic personality disorder is that I understand this pattern from **all aspects**.

I had a **life experience** at the age of 9 of being face-to-face with a serial killer. Through the spiral of life—because it's a **constant spiral**—as we go



up the spiral, we'll continue to bring to us the same experiences in different ways to allow us to either **do the work around healing it** or **have a deeper understanding of it**.

What happened to me, which ignited a **spiritual awakening** for me that opened up my third eye and activated my **clarity and understanding**, was I brought that same energy of what I experienced at 9 when the serial killer came to me, as I witnessed it locking its eyes onto my son. And I chased this man down the street.

Then I went into **nature**. I went on a hike, and **I commanded to see it clearly**. I was then led through a **journey** over the course of a few years that brought in the **clarity, awareness, and understanding** for me to see it on all levels.



So when I talk about “Will a narcissist change?” and what I'm ready to say about that, I want you to understand why I'm saying it and where this is coming from. Because I say it **without a shadow of a doubt**. Because of the clarity, awareness, and understanding that I was **gifted to receive and to see**.

At the time when I was brought through this journey of seeing it from an **energy perspective**—whooh! That scared the daylights out of me. What I saw, most people will never see, and **I was able to see it clearly**.

I knew that there was a reason for my asking that question. Number one, my being **willing to receive the answer** to that question. Number two, my



**figuring out what to do with what I saw** after that. And I knew, and this is why I do the work I do.

So, let's just first say right off the bat—the narcissist is your **greatest teacher**. They're your biggest gift. They have a big red bow on their head.

I want you to see them as **a present with a big bow**. Because if you have brought a narcissistic personality disorder experience into your life, you did it because you wanted to really **step into the truth of Who You Are**. You did it to **wake up**.

Yet, there's always a choice. We have **free will** to choose to either see the glass half-empty or **half-full**. It's up to you. So I will just share my understanding and my take on it:

Will the narcissist **change**? No. Most won't.

Why won't they change? Why will they **choose** not to change?

An **honest person** will never understand the **nature** of a dishonest person because it's not your nature. **It's not who you are.**

Let me just say **a quote** that I say all the time because this really **helps my clients** understand it. It was something that just came through me. I woke up just saying it over and over and over again. I use it often now. It is this:

An **honest person** will never understand the **nature** of a dishonest person because it's not your nature. **It's not who you are.**

That's **profound**. When you really understand that aspect of it—an honest person will never understand the nature of a dishonest person because it's not your nature. It's not who you are.



And the same is **true** for the opposite: A dishonest person will never believe in the **honesty** and the **authenticity** of an **honest person** because it's not who they are.

My father had extreme narcissistic personality disorder tendency and traits. He didn't **trust** the world. He thought everybody was out to get him. He, of course, would align himself with **life experiences** to prove him **right**. That was his **vibrational frequency**, and that's what he always brought in. It even anchored in his **belief** even more. He never understood that anybody could have **integrity**.

But I honestly don't necessarily think he knew what **integrity** was at a human level because it wasn't in his nature. It wasn't how he was **raised**. It wasn't his **life experience**.

So I share that because of the question: "Will a narcissist **change**?"

They will choose, most likely, not to. And let me now say why I **believe** that to be **true**.



Most people with narcissistic personality disorder—take a **deep breath** because this one doesn't always sit well with people, and when you can get this, when you can really let this sink in at a cellular level, then you have the ability to **make a choice** from this **awareness, clarity, and understanding**.

Narcissists will not choose to change because they believe that **honesty, integrity, transparency, and vulnerability** are weaknesses. That is your weakness. They see it as a weakness. They believe that's not something they ever want in themselves. That's a weakness.



I really want you to **integrate** that and sync with that because it's **huge**.

When you get that, then you'll understand why they're not capable of choosing to **heal** from being narcissists. Because they actually *like* who they are at some level.

They're very well aware of the emptiness that they feel. But to narcissists, **your honesty, your vulnerability, and your integrity** are weaknesses that they just don't want to have any part of. So they would rather feel the emptiness within themselves than **fully step** into their role as an **honest and integrity-based person**.

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I have had so many experiences in my physical life to **shine a light** on that and in a **beautiful way**.

I recently read a story I went through a few years ago in my community. I had a lot of clients that were impacted by Bernie Madoff and his Ponzi scheme. He is an extreme sociopath, who is on the verge of being a psychopath.

When you understand how this personality trait thinks—the mindset of this human—then you have an **awareness** to really see it through a **clear lens**.

Anyway, I was reading one of the Harvard Business journals recently, and I actually listened to an interview of a man who interviewed Bernie Madoff in prison.

Although he had a lot of aspects **correct** about him, there was a piece that he was missing. Because Bernie Madoff's son killed himself and his wife divorced him, there was a fallout around this man's behavior. People really



do **believe** that those experiences would bring him into a place of remorse, that he would **open up his heart**, and that this is going to change him.



And yet he's in prison, and I **guarantee** you, he's doing something very similar to the people he's hanging out with in prison.

They actually find **joy** in creating chaos, destruction, havoc, and pain in others. They find joy in your suffering and in your pain. I know that's a really **strong**

**statement**, and yet I have witnessed it many times over and over and over.

So, will a narcissist **change**? Most likely, they will not.

Can they change? **Absolutely.**

Can they have an **awakening** that cracks them open at their heart? Absolutely.

We live in an **amazing universe**. There's so much **magic and power**. But the thing that you need to understand, first and foremost, is most likely, narcissists will not change.

It's one of the gifts that the narcissist brings to you—to **teach you how to take care of yourself.**

And it's up to you to **love yourself** so much and to **trust yourself** so explicitly that the actions and the choices that you make are for **taking care of yourself first and foremost.**



It's one of the gifts that the narcissist brings to you—to **teach you how to take care of yourself**. Because most likely, if you've brought a narcissist into your life, it's because you give too much. You people-please.

Part of that wounded core self is the opposite of the narcissist, you **care-take** and you **give off your heart**. You have a **big heart**.

Part of the **balance** for you is **learning** to really **discern** who you give to, learning how to **take care** of yourself, and saying no to situations that don't feel good.