



Hi, everyone. It's Lisa Wilson. Thank you so much for being here, following me, and subscribing to my page. **I am just so grateful.**

Today, I want to continue to dive into certain ways that the narcissist operates and how they impact our lives because I do believe that they're **your greatest gift.**

You have two choices when you get into a relationship with someone who has narcissistic personality disorder. It's either stand up and fight, or you get completely debilitated and taken out in this lifetime.

I say that because when you go up against this kind of personality disorder, when **you've called this to you**—because **that's how powerful you are**, you've called this to you—you did it **to really wake yourself up.**

You have **two choices** when you get into one of these relationships. It's either **stand up and fight**, or you get completely debilitated and taken out in this lifetime.

So I do feel that you set it up in a way that you know **you can win.** You know **you have what it takes to thrive on the other side of this relationship.** But it's going to take **all of you** to do that.



I'll always say, if you have **children** or you're in a work environment situation with a narcissist, there are going to be **ways** that you have **to navigate that terrain.**

However, if **you've awakened** to the fact that you're in a relationship with someone who has narcissistic personality disorder across any part

Healing Toxic Relationships - Taking Back Your Power & Healing From Emotional Abuse Part 1

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of that scale—whether it be the over-inflated ego all the way down to the psychopath, and in the middle is the sociopath—**you do no contact with these people.**

What did Dr. Christiane Northrup say in a video I recently watched? She is also **speaking up** about coming in contact with this person, this type of personality disorder because they're everywhere. They're really here **to help us grow, to shine a light on our own cracks**, but the quote she used that I just loved is, **“They are sicker than you are smart.”**

Sometimes we think, “Well, **I'm just smarter** than that person.” Or we think, “They don't really have **the power** to access me.”

But they **think outside the box** in ways that most people just don't think. It's very calculated, and the actions that they take support them because it's **survival instinct** for them.

Narcissists think outside the box in ways that most people just don't think. It's very calculated, and the actions that they take support them because it's survival instinct for them. They feed off people's energy.

They get fed. They're like energy vampires. They feed off people's energy. They feed off **your energy**. It's up to them **to make sure that they always have food**, that they're always in supply.

They don't know **how to fill their own container up** because there is such a lack of self-love with these people. There is such a schism within **their own heart**.

They can't even imagine **the beauty of who they really are at their core**, so they have to find a way to get it from someone else or to take it from somebody else.



For whatever reason these relationships are here, I know one reason is that **they're here to serve your highest and best good**. They're here to **call in the power of who you truly are**. One of the ways that we do that is we have to shut the back door.

What does that mean?

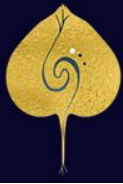
The narcissist operates in the shadows. The back door is **the place within our own selves** that we are not able to see or not willing to see. We may not even know that there is that **shadow aspect** that's not integrated because it's hidden from ourselves. Why is that hidden? It's because the ego really steps in.



I bring this in because I study **the shamanic practices**. I do **energy healing work**. I just believe that this is **a whole component that goes together**. But if you looked at the indigenous tribes, they would use **the shaman within the tribe**. There was usually only one or two people that held this type of position within the tribe.

For whatever reason these toxic relationships are here, I know one reason is that they're here to serve your highest and best good. They're here to call in the power of who you truly are.

As part of the **healing work** that was done, they would do what was called a **"soul retrieval."** A soul retrieval is where we go into **the energy body** and we bring back from the depths wherever those parts of ourselves might have gone, **back home into fullness**.



Because the only way that we really are able to operate in this lifetime as a **fully complete and Divine Human** is by **bringing all these essences back home to us.**