

***The Narcissist on Instagram:  
Epigrams and Observations***  
***The First Book***

by

**Sam Vaknin, Ph.D.**

Professor of Psychology

Southern Federal University, Rostov-on-Don, Russian Federation and SIAS-CIAPS

Centre for International Advanced Professional Studies (SIAS Outreach)

The author is NOT a Mental Health Practitioner

The book is based on interviews since 1996 with 2000 people diagnosed with

Narcissistic and Antisocial Personality Disorders (narcissists and psychopaths)

and with thousands of family members, friends, therapists, and colleagues.

Editing and Design:

**Lidija Rangelovska**

*A Narcissus Publications Imprint*

*Prague & Haifa 2021*

© 2017-21 Copyright Narcissus Publications

All rights reserved. This book, or any part thereof, may not be used or reproduced in any manner without written permission from:

Sam Vaknin – write to: [malignantselflove@gmail.com](mailto:malignantselflove@gmail.com)

To get FREE updates of this book JOIN the Narcissism Study List.

To JOIN, visit our Web sites:

<http://www.narcissistic-abuse.com/narclist.html> or

<http://groups.yahoo.com/group/narcissisticabuse>

**Visit the Author's Web site** <http://www.narcissistic-abuse.com>

**Facebook** <http://www.facebook.com/samvaknin>

<http://www.facebook.com/narcissismwithvaknin>

**YouTube channel** <http://www.youtube.com/samvaknin>

**Instagram** <https://www.instagram.com/vakninsamnarcissist/> (archive)

<https://www.instagram.com/narcissismwithvaknin/>

**Buy other books and video lectures about pathological narcissism and relationships with abusive narcissists and psychopaths here:**

<http://www.narcissistic-abuse.com/thebook.html>

**Buy Kindle books here:**

[http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?\\_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank)

# C O N T E N T S

Throughout this book click on blue-lettered text to navigate to different chapters  
or to access online resources

- I. [Scams, Scandals, and Scoundrels](#)
- II. [Men, Women, Gender Wars](#)
- III. [Narcissists, Psychopaths, and Other Predators](#)
- IV. [Sex and Intimacy: Forgotten Arts](#)
- V. [Democracy, History, and Other Fictions](#)
- VI. [Me, Me, and Me](#)
- VII. [Public Intellect, Private Rants](#)

[Author Bio](#)

**Scams  
Scandals  
And  
Scoundrels**

1.

Medical doctors falsify lab results and order unnecessary and sometimes injurious medical tests in order to extort money from gullible, scared, and hypochondriac patients. This is a global phenomenon - 200 BILLION USD in the USA alone! I initiated and participated in the healthcare committee of Macedonia headed by then Minister of Health (now Deputy Prime Minister) Bujar Osmani. Here is its interim report <https://issuu.com/samvaknin/docs/health>

2.

Interesting and courageous point of view. The Holocaust is a touchy subject. I received death threats on these 2 videos about Hitler, the Jews (I am a Jew!), and the Holocaust <https://m.youtube.com/watch?v=eIZv9QwoQVc> and <https://m.youtube.com/watch?v=VjRwearNVII>

3.

There are no diagnostic HPV tests for MEN. All HPV "tests" for men are FAKE. Such tests are sold exclusively in poor countries to the gullible and ignorant population. The most prestigious private clinic in the USA, Mayo Clinic write: "The HPV test is available only to women; no HPV test yet exists to detect the virus in men." <https://www.mayoclinic.org/tests-procedures/hpv-test/about/pac-20394355> About Mayo Clinic [https://en.m.wikipedia.org/wiki/Mayo\\_Clinic](https://en.m.wikipedia.org/wiki/Mayo_Clinic)

4.

These are my new - brandname - shoes. My previous branded shoes - bought in Geneva - disintegrated within the year. My 250 euros belt purchased a year ago started falling apart in 6 months. All my 25 euros belts and shoes are intact years - even decades - later. Brands are the biggest forms of commercial fraud ever perpetrated. They are manufactured in poor countries often using inferior materials (despite claims to the contrary) and then sold as status symbols in societies that elevate conspicuous and ostentatious consumption to the level of a religion. The gullible and the vain pay 10 times the right price just to own - and show off - the "right" label. More about differential pricing <https://samvak.tripod.com/pp151.html>

5.

Could official, institutionalized corruption actually be a GOOD thing?

Corruption runs against the grain of meritocratic capitalism. It skews the level playing-field; it imposes onerous and unpredictable transaction costs; it guarantees extra returns where none should have been had; it encourages the misallocation of economic resources; and it subverts the proper functioning of institutions. It is, in other words, without a single redeeming feature, a scourge.

Strangely, this is not how it is perceived by its perpetrators: both the givers and the recipients. They believe that corruption helps facilitate the flow and exchange of goods and services in hopelessly clogged and dysfunctional systems and markets (corruption and the informal economy "get things done" and "keep people employed"); that it serves as an organizing principle where chaos reigns and institutions are in their early formative stages; that it supplements income and thus helps the state employ qualified and skilled personnel; and that it preserves peace and harmony by financing networks of cronyism, nepotism, and patronage.

Bribes are paid in order to limit choice and eliminate competition. Consequently, in corrupt environments consumers pay less than optimal prices. The difference between the competitive price and the new, post-corruption cost equals the amount of bribe paid in cash or in kind. Corruption amounts to a unilateral transfer from the consumers's pockets to the manufacturers's. In times of economic crisis, consumers tend to shop around (in other words: they prefer price competition and encourage it via their behavior). Producers/manufacturers tend to collude in order to fix prices. In recessions, businesses regard consumers as enemies and vice versa: producer-firms court consumers, but they also seek to limit their choices by "channelling" their purchases and determining their preferences.

More about venality and corruption here: <https://samvak.tripod.com/corruption.html>

6.

According to British law, there were two types of suicide: an act committed by a person of unsound mind and "felo de se" ("felon upon himself") - an act of self-destruction committed knowingly and willingly by a person of sound mind: "A felo-de-se, therefore, is he that deliberately puts an end to his own existence."—Blackstone: Commentaries, book iv. chap. xiv. p. 189. But killing oneself inadvertently, while trying to kill another, is also considered felo-de-se: "If one commits any unlawful malicious act, the consequence of which is his own death, as if attempting to kill another he runs upon his antagonist's sword, or shooting at another the gun bursts and kills himself." Prior to 1870, the estate of a felo-de-se - except his land - reverted to the crown. The relatives could redeem the chattels and goods for a fee. The body was subjected to an "ignominious burial on the highway, with a stake driven through the body." The Burial Act of 1823 forbade such practices and ordered to bury the felo-de-se within 24 hours after the coroner's inquest, between 9 PM and midnight, and without Christian last rites.

The Interments act of 1882 permitted to inter the culprit in a churchyard or parish burial grounds, again without rites - though a special kind of rite was allowed.

British law did not cross the ocean. Thus, William Penn included this clause in the charter of privileges he granted to the inhabitants of Pennsylvania: "If any person, through temptation or melancholy, shall destroy himself, his estate, real and personal, shall notwithstanding, descend to his wife and children, or relations, as if he had died a natural death."

More: <https://samvak.tripod.com/factoids.html>

7.

***"The most scandalous charges were suppressed; the vicar of Christ was only accused of piracy, murder, rape, sodomy, and incest."***

***(English historian Edward Gibbon on Pope John XXIII)***

The Bible: no other book has been compiled and composed by men of genius only to be avidly championed by the retarded and the insane. Institutionalized religion leveraged this discrepancy to great benefit. Consider the Catholic Church: its history reads like the annals of a global crime concern. It gave the world the inquisition, incestuous and murderous popes, religious warfare, paedophilic sex scandals, idolatry, money laundering scandals, and the gnawing guilt that comes from embracing life-defying ideals. Its intentional lack of transparency, murky dealings, and refusal to be held accountable for the actions of its adherents and officials have rendered the Catholic Church

complicit in the most horrendous events of the last two millennia. It might well meet the criteria for a “criminal organization” set in the London Charter and endorsed and implemented in the Nuremberg Trials.

With a modicum of justice it has been accused of anything and everything from collaborating with the Nazi regime (and helping war criminals flee justice) to instigating and perpetrating the more insidious forms of [anti-Semitism](#). The Church’s current head – Pope Benedict XVI, former chief of the current-day intolerant incarnation of the infamous Inquisition - was a member of the Nazi youth movement: when he had joined, in 1939, only one third of Germany’s youth belonged to the Hitlerjugend although membership of Aryan youth was theoretically compulsory by law. The German Pope added insult to injury by reinstating patently anti-Semitic bishops, excommunicated by his predecessor (who, on his part, actively spread AIDS throughout the developing world by prohibiting the use of contraceptives).

Hence "The da Vinci Code" and a slew of other anti-Catholic tomes. This genre thrives on the widespread conviction that there is nothing the Catholic Church will refrain from doing or find too abhorrent to further its earthly wealth and might. Alas, history this time is on the side of the [conspiracy theorists](#).

8.

According to David McClintick ("Swordfish: A True Story of Ambition, Savagery, and Betrayal"), in the late 1980's, the FBI and DEA set up dummy corporations to deal in drugs. They funnelled into these corporate fronts money from drug-related asset seizures.

The idea was to infiltrate global crime networks but a lot of the money in "Operation Swordfish" may have ended up in the wrong pockets. Government agents and sheriffs got mysteriously and filthily rich and the whole sorry affair was wound down. The GAO reported more than \$3.6 billion missing. This bit of history gave rise to at least one blockbuster with Oscar-winner Halle Berry.

Alas, [slush funds](#) are much less glamorous in reality. They usually involve grubby politicians, pawky bankers, and philistine businessmen - rather than glamorous hackers and James Bondean secret agents.

[Slush funds](#) infect every corner of the globe, not only the more obscure and venal ones. Every secret service - from the Mossad to the CIA - operates outside the stated state budget. Slush funds are used to launder money, shower cronies with patronage, and bribe decision makers. In some countries, setting them up is a criminal offense, as per the 1990 Convention on Laundering, Search, Seizure, and Confiscation of the Proceeds from Crime. Other jurisdictions are more forgiving.

Some officeholders binge on endless quantities of lucre. They abscond with billions of USD from the coffers of their destitute countries.

These inconceivable dollops of hard cash & valuables often remain stashed & untouched, mouldering in bank accounts & safes in Western banks. They serve no purpose, either political or economic. But they do fulfill a psychological need. These stashes aren't the megalomaniacal equivalents of savings accounts. Rather they are of the nature of compulsive hoarding.

The ever-heightening mountains of greenbacks in their vaults soothe them, fill them with confidence, regulate their sense of self-worth, and serve as a love substitute. The balances in their bulging bank

accounts are of no practical import or intent. They merely cater to their psychopathology.

These politicians are not only crooks but also kleptomaniacs. They can no more stop thieving than Hitler could stop murdering. Venality is an integral part of their psychological makeup.

Kleptomania is about acting out. It is a compensatory act. Politics is a drab, uninspiring, unintelligent, & often humiliating business. It is also risky & rather arbitrary. It involves enormous stress and unceasing conflict. Politicians with mental health disorders (for instance, narcissists or psychopaths) react by decompensating. They rob the state and coerce businessmen to grease their palms because it makes them feel better, it helps them to repress their mounting fears & frustrations, & to restore their psychodynamic equilibrium. These politicians and bureaucrats "let off steam" by looting.

Kleptomaniacs fail to resist or control the impulse to steal, even if they have no use for the booty. According to the Diagnostic and Statistical Manual IV-TR (2000), the bible of psychiatry, kleptomaniacs feel "pleasure, gratification, or relief when committing the theft." The good book proceeds to say that " ... (T)he individual may hoard the stolen objects ...". As most kleptomaniac politicians are also psychopaths, they rarely feel remorse or fear.

More about slush funds: <https://samvak.tripod.com/pp138.html>

9.

The Truman Show is a profoundly disturbing movie. On the surface, it deals with the worn out issue of the intermingling of life and the media.

The blurring line between life and its representation in the arts is arguably the main theme. The hero, Truman, lives in an artificial world, constructed especially for him. He was born and raised there. He knows no other place. The people around him – unbeknownst to him – are all actors. His life is monitored by 5000 cameras and broadcast live to the world, 24 hours a day, every day. He is spontaneous and funny because he is unaware of the monstrosity of which he is the main cogwheel.

But Peter Weir, the movie's director, takes this issue one step further by perpetrating a massive act of immorality on screen. Truman is lied to, cheated, deprived of his ability to make choices, controlled and manipulated by sinister, half-mad Shylocks. As I said, he is unwittingly the only spontaneous, non-scripted, "actor" in the on-going soap of his own life. All the other figures in his life, including his parents, are actors. Hundreds of millions of viewers and voyeurs plug in to take a peep, to intrude upon what Truman innocently and honestly believes to be his privacy. They are shown responding to various dramatic or anti-climactic events in Truman's life. That we are the moral equivalent of these viewers-voyeurs, accomplices to the same crimes, comes as a shocking realization to us. We are (live) viewers and they are (celluloid) viewers. We both enjoy Truman's inadvertent, non-consenting, exhibitionism. We know the truth about Truman and so do they. Of course, we are in a privileged moral position because we know it is a movie and they know it is a piece of raw life that they are watching. But moviegoers throughout Hollywood's history have willingly and insatiably participated in numerous "Truman Shows". The lives (real or concocted) of the studio stars were brutally exploited and incorporated in their films.

Continued: <https://samvak.tripod.com/seahaven.html>

10.

Banks are the least safe institutions in the world. Worldwide, there were more than 40 major banking crises in the past 100 years alone.

That banks are very risky - is proven by the inordinate number of regulatory institutions which supervise banks and their activities.

The word "BANK" is derived from the old Italian word "BANCA" - bench or counter. Italian bankers used to conduct their business on benches. Nothing much changed ever since - maybe with the exception of the scenery. Banks hide their fragility and vulnerability - or worse - behind marble walls. The American President, Andrew Jackson, was so set against banks that he dismantled the nascent central bank, the Second Bank of the United States.

Banks operate through credit multipliers. When a depositor places her hard-earned cash with a bank, the bank puts aside about 20% of the money. This is labelled a reserve and is intended to serve as an insurance policy cum a liquidity cushion. The implicit assumption is that no more than 20% of the total number of depositors will claim their money at any given moment.

In times of panic, when ALL the depositors want their money back, the bank is rendered illiquid, having locked away in its reserves only 20% of the funds. Commercial banks hold their reserves with the Central Bank or with a third party institution, explicitly and exclusively set up for this purpose.

More about banking crises: <https://samvak.tripod.com/nm07.html>

11.

Western civilization is now global and is less ideologically pluralistic and more ideationally monolithic than ever. Liberal capitalism is the only game in town. The principle of the Rule of Law guarantees the state a monopoly on violence and all its uses.

The label "terrorist" is misapplied liberally to stigmatize and penalize a variety of nonstate actors which compete with the state and challenge its hold on power. Liberation and freedom movements, ersatz anarchists and social activists, as well as territorial crime organizations are lumped together with echt terrorists.

Not surprisingly, true terrorists are dedicated to one goal: to terrorize civilians. They have no other or ulterior motives: not money, not power, not crime.

But why would anyone in their right mind terrorize others for no other benefit? Because terrorists are not in their right minds. They are mentally ill and deviant. They are usually psychopathic narcissists who failed at garnering narcissistic supply in all the socially acceptable ways and are, therefore, aggressively acting out their frustration. Most terrorists are lone wolves or members of tiny cells or death cults.

As is the case with the sadistic serial killer, when the terrorist induces fear in people, it restores his or her feeling of godlike omnipotence and buttresses his or her fantastic grandiosity. The terrorist regulates his or her labile sense of self-worth by terrorizing. It is that simple. Real terrorism is a psychopathology, not a radical form of social, religious, or political activism.

More <https://samvak.tripod.com/terrorism.html>

12.

Crime is a growth industry - but not only for the criminals.

Millions of professionals - judges, police officers, criminologists, psychologists, journalists, publishers, prosecutors, lawyers, social workers, probation officers, wardens, sociologists, non-governmental-organizations, weapons manufacturers, laboratory technicians, graphologists, and private detectives - derive their livelihood, parasitically, from crime. They often perpetuate models of punishment and retribution that lead to recidivism rather than to the reintegration of criminals in society and their rehabilitation.

Organized in vocal interest groups and lobbies, they harp on the insecurities and phobias of the alienated urbanites. They consume ever growing budgets and rejoice with every new behaviour criminalized by exasperated lawmakers. In the majority of countries, the justice system is a dismal failure and law enforcement agencies are part of the problem, not its solution.

The sad truth is that many types of crime are considered by people to be normative and common behaviours and, thus, go unreported. Victim surveys and self-report studies conducted by criminologists reveal that most crimes go unreported. The protracted fad of criminalization has rendered criminal many perfectly acceptable and recurring behaviours and acts. Homosexuality, abortion, gambling, prostitution, pornography, and suicide have all been criminal offences at one time or another.

But the quintessential example of over-criminalization is drug abuse.

More about the state as the ultimate crime organization: <https://samvak.tripod.com/crime.html>

13.

Deepfakes are videos that appear to be completely authentic but are actually forgeries. The heads of celebrities are superimposed & juxtaposed into the bodies of porn stars amidst the scintillating action.

This raises the question: what is a copy and what is the original? This conundrum was first raised in 1935 in a seminal, groundbreaking tome: "The Work of Art in the Age of Mechanical Reproduction" by Walter Benjamin.

Consider these mindbenders:

1. A brilliant geek invents a 3D printer which replicates flawlessly the Mona Lisa. Leonardo's masterpiece and the copy spewed out by the machine are indistinguishable even under an electron microscope: they cannot be told apart. In which sense, therefore, is the artist's Mona Lisa superior to or different from its identical clone?
2. An ancient letter unearthed in the archives of the Church in France proves beyond any doubt that the Mona Lisa was not painted by Leonardo da Vinci, but by an obscure apprentice of his. The painting's value drops overnight even though it has undergone no physical or chemical

transformation.

3. A world-renowned photographer uses the latest in digital photography equipment to shoot the Mona Lisa in a thought-provoking, fresh manner. The resulting oeuvre becomes a sensation overnight. He then proceeds to attach the photo to 15,000 e-mail messages and sends them to his entire voluminous addressbook. In which sense is the photo that he had shot more worthwhile than its numerous digital replicas?

Intuitively, we feel that Leonardo's Mona Lisa is not the same as its clones and that its monetary value and intrinsic worth depend crucially on its provenance: its authorship, the historical background, and its proven "biography." The concepts of originality and authenticity, therefore, have little to do with the work of art itself and everything to do with its context and pedigree.

More: <https://samvak.tripod.com/context.html>

14.

[Was 9-11 an inside job?](https://samvak.tripod.com/911.html) I interviewed the sanest conspiracy theorist I could find. You can read the entire interview here: <https://samvak.tripod.com/911.html>

In 1983, I was an up and coming young Vice-President in a closely-held and secretive Jewish family multi-billion USD group of companies. I was transferred to New-York and given a corner office on a high floor in one of the Twin Towers. I hated the glass-encased building: it was ugly, massive, impersonal, badly maintained, and it swayed with the winds. I asked to be reassigned to our Park Avenue outfit and my wish was granted.

Fast forward 18 years. On September 11, 2001 I entertained a couple of house guests, senior journalists from Scandinavia. I remember watching in horror and disbelief the unfolding drama, as the United States was being subjected to multiple deadly attacks on-screen. I turned to the international affairs editor of a major Danish paper and told her "This could not have been done by al-Qaida." I am an Israeli and, as such, I have a fair "sixth sense" as to the capabilities of terrorists and their potential reach.

Enter David Ray Griffin. I was introduced to him by a mutual acquaintance. He is emeritus professor of philosophy of religion and theology at Claremont School of Theology and Claremont Graduate University. He has published over 30 books, including eight about 9/11, the best known of which is "The New Pearl Harbor Revisited: 9/11, the Cover-Up, and the Exposé." On the face of it, his credentials with regards to intelligence analysis are hardly relevant, let alone impressive. But, to underestimate him would be a grave error. Being a philosopher, he is highly trained and utterly qualified to assess the credibility of data; the validity and consistency of theories (including conspiracy theories); and the rationality and logic of hypotheses. These qualifications made him arguably the most visible and senior member of what came to be known as the 9/11 Truth Movement.

[Return](#)

Men,  
Women,  
Gender Wars

1.

[In Russia, "love" is measured by how many expensive gifts the woman extorts from her man.](#)

Relationships between men and women there are so hopelessly dysfunctional and antagonistic that the men have to bribe the women to stay with them. It is a part of the general culture of bribery and corruption in Russia. See my book on sex, monogamy, and relationships <http://www.narcissistic-abuse.com/sexmonogamy.pdf>

2.

If your [husband or boyfriend bullies you](#), he does not love you. Bullying and abuse can never coexist or go together. They are mutually exclusive because bullying ruins intimacy and engenders sex aversion - and there is no love without intimacy. If he bullies you and then buys you flowers for your birthday - it is not an act of love but a crude attempt to bribe you to not abandon him and thus collaborate in your own abuse. Throw these poisoned flowers back in his face. Do not succumb to intermittent reinforcement (hot and cold, approach and then avoidance, torture and then gestures of "love"). Of course, some women explicitly make the trade: they consent to being mistreated in return for a generous expense account. Such women say: "I'd rather be miserable in a Mercedes than happy on a bicycle." To each her own, I guess. More here: <http://www.narcissistic-abuse.com/intimacyabuse.html>

3.

In the movie "Roman J. Israel, Esq.", the eponymous character, a savant civil rights lawyer, is savagely verbally abused by two women as "sexist and patronizing". His sin? He suggested that 2 men in the audience vacate their seats and, in an act of chivalry, offer them to the standing "ladies". Many [#metoo](#) claims of [sexual harassment](#) made by women in the West would be considered laudatory compliments in countries such as Russia. Women there regard such male macho gestures as proof positive of their own irresistibility. They are devastated when they are ignored by men. "Better inappropriate attention and behavior - then no attention at all", they exclaim. They expect the men in their lives - husbands and lovers, even one night stands or hookups - to defray all their costs, treat them to expensive restaurants, hotels, and trips and shower them with gifts. They are not shy about their precise wishes either.

I grew up, was educated and worked in many countries in the West. Women's Lib rendered women there more manly. Gender roles have blurred to the point of vanishing. Everyone is unisex.

In the West, women "go Dutch": they pay their share of the bills in restaurants, their rooms in hotels. They believe that only prostitutes let men pay their expenses and then fuck them. They reject gifts: only cheap whores expect, accept or even demand gifts after sex or in an affair. Even flowers in abundance are suspect and smarmy.

These women of the West would never dream of being the recipients of special treatment (opening doors and such). They are emancipated and equal to men in every way.

The women of the East regard the women of the West with disdain: as too masculine, too aggressive, tasteless, charmless, even repellent. "They are not women at all!" The women of the West regard the women of the East as glorified prostitutes, always on sale to the highest bidder, slaves in disguise, their tawdry and often vulgar femininity and sex a mere weapon.

I wrote this about the women of eastern and central Europe 20 years ago: <https://samvak.tripod.com/pp70.html>

4.

Divorce in modern times constitutes one of the biggest transfers of wealth in the annals of Mankind. Amounts of cash and assets, which dwarf anything OPEC used to have in its heyday, pass between spouses yearly. Most of the beneficiaries are women. Because the earning power of men is almost double that of women (depending on the country) – most of the wealth accumulated by any couple is directly traceable to the husband's income. A divorce, therefore, constitutes a transfer of part of the husband's wealth to his wife. Because the cumulative disparities over years of income differentials are great – the wealth transferred is enormous.

Consider a husband that makes an average of US \$40,000 after-tax annually throughout his working years. He is likely to save c. \$1,000 annually (net savings in the USA prior to 1995 averaged 2.5% of disposable income). This is close to US \$8,000 in 7 years with interest and dividends reinvested and assuming no appreciation in the prices of financial assets.

His wife stands to receive half of these savings (c. \$4,000) if the marriage is dissolved after 7 years. Had she started to work at the same time as her husband and continued to do so for 7 years as well – on average, she will have earned 60% of his income.

Assuming an identical savings rate for her, she would have saved only US \$5,000 and her husband would be entitled to US \$2,500 of it. Thus, a net transfer of US \$1,500 in cash from husband to wife is one of the the likely outcomes of the divorce of this very typical couple.

But this ignores the transfer of tangible and intangible assets from husband to wife. A seven year old couple in the West typically owns \$100,000 in assets. When they divorce, by splitting the assets right down the middle, the man actually transfers to the woman about \$10,000 in assets, taking their income differential into account.

An average of 45% of the couples in the Western hemisphere end up divorcing within 7 years. Divorce is, by far, the most powerful re-distributive mechanism in modern society.

More here: <https://samvak.tripod.com/nm057.html>

5.

What kind of a spouse/mate/partner is likely to be attracted to a narcissist, or to attract a narcissist?

On the face of it, there is no (emotional) partner or mate, who typically "binds" with a narcissist. They come in all shapes and sizes. The initial phases of attraction, infatuation and falling in love are pretty normal. The narcissist puts on his best face – the other party is blinded by budding love. The narcissist is indiscriminate: if you are capable and willing to provide secondary narcissistic supply - you "qualify" as his partner.

Living with a narcissist can be exhilarating, is always onerous, often harrowing.

First and foremost, the narcissist's partner must have a deficient or a distorted grasp of her self and of reality. Otherwise, she (or he) is bound to abandon the narcissist's ship early on. The cognitive distortion is likely to consist of belittling and demeaning herself – while aggrandising and adoring the narcissist.

The partner is, thus, placing herself in the position of the eternal victim: undeserving, punishable, a scapegoat. Sometimes, it is very important to the partner to appear moral, sacrificial and victimised. At other times, she is not even aware of this predicament. The narcissist is perceived by the partner to be a person in the position to demand these sacrifices from her because he is superior in many ways (intellectually, emotionally, morally, professionally, or financially). The status of professional victim sits well with the partner's tendency to punish herself, namely: with her masochistic streak. The tormented life with the narcissist is just what she deserves.

In this respect, the partner is the mirror image of the narcissist: <http://www.narcissistic-abuse.com/faq6.html>

The codependent, covert narcissist, and inverted narcissist: <http://www.narcissistic-abuse.com/faq66.html>

6.

In contemporary thought, incest is invariably associated with child abuse and its horrific, long-lasting, and often irreversible consequences. Incest is not such a clear-cut matter as it has been made out to be over millennia of taboo. Many participants claim to have enjoyed the act and its physical and emotional consequences. It is often the result of seduction. In some cases, two consenting and fully informed adults are involved.

Many types of relationships, which are defined as incestuous, are between genetically unrelated parties (a stepfather and a daughter), or between fictive kin or between classificatory kin (that belong to the same matriline or patriline). In certain societies (the Native American or the Chinese) it is sufficient to carry the same family name (=to belong to the same clan) and marriage is forbidden.

Some incest prohibitions relate to sexual acts - others to marriage. In some societies, incest is mandatory or prohibited, according to the social class or particular circumstances (Ugarit, Bali, Papua New Guinea, Polynesian and Melanesian islands). In others, the Royal House started a tradition of incestuous marriages, which was later imitated by lower classes (Ancient Egypt, Hawaii, Pre-Columbian Mixtec). Some societies are more tolerant of consensual incest than others (Japan, India until the 1930's, Australia). Perhaps the strongest feature of incest has been hitherto downplayed: it is, essentially, an autoerotic act.

Having sex with a first-degree blood relative is like having sex with oneself. It is a Narcissistic act and like all acts Narcissistic, it involves the objectification of the partner. The incestuous Narcissist over-values and then devalues his sexual partner. He is devoid of empathy.

But it is the reaction of society that transforms incest into such a disruptive phenomenon. The condemnation, the horror, the revulsion and the attendant social sanctions interfere with the internal processes and dynamics of the incestuous family. It is from society that the child learns that something is horribly wrong.

More: <https://samvak.tripod.com/incest.html>

7.

It is common knowledge among [unicorns](#) that even the THOUGHT of a cake - especially a wedding cake - is enough to induce the most profound slumber, safe and at peace in the arms of Hypnos and Morpheus. But I have yet to meet a unicorn who could resist taking a bite of anything syrupy and sweet, perfect and luscious, and so promisingly round.

Having sunk her tiny teeth into the ambrosia, content, the unicorn rests her horny head on the roundness that so gratified her, her mark discernible in her besotted floury prey.

There, surrounded by smells and tastes and textures, she dreams of other lands and mighty adventures and of Love itself.

And when she wakes up, as all unicorns do, she finds that it is all reality, all true. Thus happy, she rushes to take another bite.

The older I get the better I can spot them. They typically pretend to be human, you know.

8.

The majority of women in the world still live in [male-dominated patriarchal societies](#) replete with sex aversion, male chauvinism & misogyny.

Such a societal mindset is the effluence of backward religiosity, oppressive economic & legal circumstances, and, in some parts of the globe, a numerical surplus of women over men.

Women in such environments encounter the same problems as women everywhere: loveless & sexless marriages, pay gaps, glass ceilings, sexual harassment, & economic hardship. They react in largely the same ways: they resort to lovers, for example. Or they enter the workforce. Or they focus on their offspring.

But there are major differences, too: women in patriarchal societies are fierce supporters and defenders of the social order and its attendant values of male superiority. Men are expected to be the primary providers, the sole decision-makers, the leaders. Women are eminences grise: the power behind the throne and behind the scenes. Western mores and solutions to inter-gender problems are frowned upon as both decadent & unworkable, destructive & dangerous.

In traditionalist cultures, women channel their rebellion and are passive-aggressive & manipulative rather than being openly defiant. In such societies men initiate divorces, not women. By comparison, in the West most divorces are the initiative of disgruntled & disheartened women.

Even women who maintain long-term extramarital affairs will bear children only to their estranged, alienated, hateful, and hated husbands. Most businesses are family owned. The family - however dysfunctional - is sacred, an organizing principle, & renders life itself meaningful.

So, most women in these backward communities lead double lives. They have a hidden, occult inner world to which they retreat. They are unhealthily and incestuously obsessed with their children. Homo-eroticism between women is rife & rampant. Some of these women find love with other men

but never as viable options or substitutes to husband or family. They lead compartmentalized, sad - indeed, tragic - lives.

9.

As Eric Berne noted in the founding text of [Transactional Analysis](#), human relationships are "games people play". There are two types of people who adamantly and proudly refuse to partake of such ludic exchanges: the narcissist and the psychopath.

When they would not play "sex" or "intimacy" or "family" with a woman, she resorts to other playmates. When they decline to play "business" or "friendship" with someone, the rejected parties revert to another partner. These ineluctable self-inflicted losses warp, thwart, and stunt the minds and the lives of narcissists and psychopaths. In his seminal survey of grandiose psychopathy, "The Mask of Sanity", Hervey Cleckley branded it a "rejection of life itself".

The only game the narcissist will participate in is "let us all pretend that this is for real": a delusional shared fantasy with limited longevity and guaranteed expiry. The psychopath's only concession to human intercourse is a zero-sum "let's play my game: you give it all and I take everything you have and then some."

10.

From a correspondence:

"I think that there is a schism between men and women. I am sorry but I am neo-Weiningerian. I fear women and loathe them viscerally - while, in the abstract, I recognize that they are members of the human species and eligible to the same rights as men do. Still, the biological, biochemical and psychological differences between us (men versus women) are so profound - that I think that a good case can be made in favour of a theory which will assign them to another (perhaps even more advanced) species. I am heterosexual, so it has nothing to do with sexual preferences. Also I know that what I have to say will alienate and anger you. Still, I believe - as does Dr. Grey - that cross-gender communication is all but impossible. We are separated by biology, by history, by culture, by chemistry, by genetics, in short: by too much. Where we see cruelty they see communication, where we see communication they see indifference, where we see a future they see a threat, where we see a threat they see an opportunity, where we see stagnation they see security and where we see safety they see death, where we get excited they get alarmed, where we get alarmed they get bored, we love with our senses, they love with their wombs and mind, they tend to replicate, we tend to assimilate, they are Trojan horses, we are dumb Herculesees, they succumb in order to triumph, we triumph in order to succumb.

And I see no difference between the three terms that you all used. "Love", "cruelty" and "impotence" are to me three sides of the same coin. We love in order to overcome our (perceived) impotence. We burden our love with impossible dreams: to become children again. We want to be unconditionally loved and omnipotent. No wonder love invariably ends in disappointment and disillusionment. It can never fulfil our inflated expectations. This is when we become cruel. We avenge our paradise lost. We inflict upon our lover the hell that he or she fostered in us. We do so impotently because we still love, even as we fervently hate (Freudian ambivalence). Thus we always love cruelly, impotently and desperately, the desperation of the doomed."

11.

Dances are thinly disguised simulations of sex acts. But there's more to dancing than bawdy ribaldry. The sweaty proximity allows the partners to exchange an enormous amount of information about their respective bodies: from joint suppleness, through spatial orientation and coordination, and down to the fine details of their immunological systems (such as the major histocompatibility complex MHC) carried by their body odours. In this sense, dancing aids and abets the forces of natural selection and eugenic breeding. Indeed, in many 16<sup>th</sup> and 17<sup>th</sup> century textbooks dancing is grouped with hunting, fighting, wrestling, and running.

In times past, the dance-hall was the only venue open to prospective partners to gather such fitness data. Indeed, there is reason to believe that dancing was consciously invented and designed to do precisely that. Capriol, a protagonist in Thoinot Arbeau's dance manual "Orchesography", complains: "(W)ithout knowledge of dancing, I could not please the damsels." Arbeau himself is nothing if not brutally explicit:

***"Dancing is practised to reveal whether lovers are in good health and sound of limb, after which they are permitted to kiss their mistresses in order that they may touch and savour one another, thus to ascertain if they are shapely or emit an unpleasant odour as of bad meat."***

Arbeau and dance masters such as Caroso actually named dances to reflect the underlying amorous, matchmaking process. Inevitably, Puritans and other spoilsports targeted the practice and its purveyors repeatedly in both England and its overseas colonies.

But dancing, as a form of health-enhancing strenuous exercise, also serves to perpetuate the species. This aspect of dancing was especially important when and where women's movements were restricted by tradition, social mores, and religion: allowed to indulge in dances, even with their own sex, women have thus secured a modicum of sanatory locomotion.

Nowadays, dancing is often thought of as a couple's activity. But, this is a recent development. Until the nineteenth century, dancing was a social act and the vast majority of dances involved frequently switched multiple partners, as demanded by ballroom etiquette. Thus, dancing and saltation yielded social cohesion; increased social interaction; and enhanced the opportunities for mating and cooperation.

12.

Is it wrong to marry just for money? [Gigolos & goldiggers](#) are roundly condemned by their envious & less fortunate peers. But, ethically & rationally, there is nothing amiss in choosing your life partner based on his or her bank account.

Good looks, intelligence, an agreeable or reliable personality, even one's domicile or abode & other personal attributes are all deemed acceptable as mating criteria. But they are all mutable & passing. Good looks fade, one's personality changes. *Panta rei*. Nothing lasts.

The capacity to make money is directly & strongly correlated with innate intelligence, resilience, perseverance, gregariousness, curiosity, creativity, educational level, good mental & physical health, generosity, & a host of other excellent personal traits. It is a useful shorthand & proxy for the entirety of the (rich) individual. Rich people are indeed superior quality material in many ways: they are the fittest survivors. Money also often comes with power which guarantees personal safety & access to critical goods & services, such as healthcare.

It, therefore, makes a lot of sense to choose someone as a spouse or intimate partner based on how much money they have made. Their wealth is an integral part of who they are, their identity. It is an

attractive feature precisely because it tells us so much about the potential mate. It is much more salient than any other evaluative criterion.

Finally, the poor console themselves with the thought that the rich may have lucre but are not happy. Studies show exactly the opposite: by virtue of their dollops, the wealthy are much more content than the less endowed.

Even if you are not in love with your intimate partner & the sex sucks (or is absent altogether), there is nothing that a stay in a truly luxury hotel or a yacht cannot fix. Shopping is a potent form of self-medication as is travel. And lovers are never in short supply when you can afford them. Both the poor & the rich end up stuck in dysfunctional marriages - but the rich can do something about it!

13.

Like the optimal toilet paper, [men should be both strong and soft](#). It is here that narcissists fail: they are brittle and aggressive rather than soft and strong. There is no balance - only an ever-swinging pendulum.

The narcissist's personality is precariously poised, his access to and intimations of his positive emotions restricted and ambiguous, and his overpowering negative emotions so rampant that he needs to compensate for his vulnerabilities with a pyrotechnic display of dominance and abuse ("alpha male" and bullying). But such antisocial maltreatment of others - especially of his "nearest and dearest" - does not render the narcissist strong either in reality or in the eyes of others. It does however endow him with a reputation for obnoxiousness and even repellent clownishness.

Similarly, when the narcissist does his thwarted imitation of "being soft", the thespian effort strains the seams of his affected conduct. He becomes maudlin, exaggerates, goes over the top with demonstrations of gratuitous and smarmy courtesy or feigned pity, goal-oriented charity, and his version of deformed pseudo-empathy.

The narcissist comes across as a badly programmed humanoid robot with an insufficient table of data on how to act human. He immediately fosters unease and trepidation in people around him (the uncanny valley). He is incapable of true intimacy and emoting because deep inside, where a human being should have been, the abode is empty, the flag at half mast. The narcissist walks and talks, but otherwise he is long dead, like the zombies and vampires of yore.

14.

Why did butt-ugly, far from intelligent, and septuagenarian Trump end up with drop dead gorgeous considerably younger Melania? Because he could.

There are two major lies in modern education: 1. If you only put your mind to it, you can accomplish anything (not true: most people are between retards and average); and 2. There are no leagues and, therefore, no one is [out of your league](#).

News flash: there are leagues and you are likely to end up being married to someone who is as ugly and impoverished and ignorant as you are. Your children will wind up even worse off. Social class and status are uncompromisingly harsh and rigid cross-generational realities.

This is known as the matching hypothesis: people end up in committed relationships with partners who are equally socially desirable - or undesirable. This politically incorrect tenet of social psychology has been around since 1966.

The whole phenomenon is natural (read: genetic). It is called assortative mating. Like mate with like: the rich, powerful, and well-educated tend to intermarry. Look up homogamy.

So, if she is a traffic-stopping beauty, has money, and her shoes cost more than your annual income - don't bother. You may end up banging her as her entertainment du jour - but it will never amount to anything more serious. And she will dump you the second you ask for more - or begin to bore her. Toys and pets should never aspire to usurp their owners. Know your place, boy!

15.

I guess I am a throwback to the men of the 18th or 19th century: [patriarchal and transactional](#). I have had several serious relationships, including two engagements to be married and two marriages.

The pattern had always been the same: having selected a woman far inferior to my position in life (and, thus, less likely to abandon ship) and following a brief period of rampant sex (to demonstrate to her that I am 'normal' and to make her look forward to years of great physical and emotional intimacy - false advertising, I admit), I subside into this recluse, interested only in my studies, reading, writing, and the universe of the mind. Zero sex, no love, no intimacy, physical or emotional, no children, no home (lived in rented flats most of my life), and no family. Take it or leave it and minimal nuisance value.

Her roles are: (1) to admire me; (2) to remind me of my past accomplishments and 'glory'; (3) to act as a glorified housemaid and do the chores; (4) to serve as my companion, available on the spur of the moment to do my bidding and adhere to my plans and decisions; (5) to reflect well on me by not shaming me in public with her ignorance, promiscuity, or idleness.

As long as she fulfilled the aforementioned functions, I didn't really care what else she did with her time and with whom. Nothing stirred in me, not even a hint of jealousy, when my women told me that they had cheated on me with other men, some of them multiply. Women went to incredible lengths to extricate themselves from their addiction to me. To no avail: I never cared.

But, when they showed clear signs of bolting, when they became disenchanted, bitterly disappointed, disaffected, disillusioned, cold, aloof, weary, demonstratively absent, lost all interest in me and my work, verbally and psychologically abused me, and refused to do things together anymore, I panicked because I was afraid to lose their valued services.

How did I behave then? Read about it here: <https://samvak.tripod.com/faq6.html>

16.

There is a surging global [subculture of misogyny](#) (woman hatred) that women have been ignoring at their peril: incels (involuntary celibates), MGTOW (Men Going Their Own Way), pickup artists, redpillers (men who "realize" that women rule the world and are cruelly manipulating men), blackpillers (men who give up on ever having any sexual or romantic relationship with women), and so on.

Many in these groups espouse militancy and even violence against women.

Such strident misogyny is new. Woman hatred is not (see the works of Otto Weininger and August Strindberg a century ago).

I wrote this when I was 19 anticipating recent developments by more than four decades:

"I think that there is a schism between men and women. I am sorry but I am neo-Weiningerian. I fear women and loathe them viscerally - while, in the abstract, I recognize that they are members of the human species and eligible to the same rights as men do. Still, the biological, biochemical and psychological differences between us (men versus women) are so profound that I think that a good case can be made in favour of a theory which will assign them to another (perhaps even more advanced) species. I am heterosexual, so it has nothing to do with sexual preferences. Also I know that what I have to say will alienate and anger you. Still, I believe - as does Dr. Grey - that cross-gender communication is all but impossible. We are separated by biology, by history, by culture, by chemistry, by genetics, in short: by too much. Where we see cruelty they see communication, where we see communication they see indifference, where we see a future they see a threat, where we see a threat they see an opportunity, where we see stagnation they see security and where we see safety they see death, where we get excited they get alarmed, where we get alarmed they get bored, we love with our senses, they love with their wombs and mind, they tend to replicate, we tend to assimilate, they are Trojan horses, we are dumb Herculeses, they succumb in order to triumph, we triumph in order to succumb."

17.

There are [three types of women](#): homemakers, backpack adventurers, and luxury cruisers. All women, including career women, belong to one of these three encampments.

The homemaker derives happiness from home and hearth, children and kitchen. Recent studies show that ever more women revert to these traditional roles as a refuge from an increasingly more menacing world. They value stability and intimacy more than success, thrills, and wealth.

The backpack adventurer is itinerant and peripatetic. She dreads stagnation and feels suffocated in familiar settings and with too much intimacy. She travels light and sometimes alone. She is frugal and abstemious. She may choose professions such as war correspondent, diplomat, sales executive, or volunteer in a charity. She answers to no one. She is very curious and cherishes her liberty and autonomy above all else. Many of these women are single or single mothers.

The luxury cruiser loves comfort and opulence. She can be vulgar or have a refined taste. She can run her own business empire or be a serial golddigger. But her happiness consists in the freedom and safety that unlimited dollops of money and what it can buy afford her. She is into brands and status symbols and is very competitive and envious. She climbs the social ladder one bed at a time. She is a huntress and a predator, often a femme fatale. Family, emotions, attachment, and other such trappings pale in significance besides her addiction to sumptuous consumption.

18.

[Men](#) come in a bewildering array of shapes, sizes, and colors. Yet, they relate to women in one of four ways:

1. The Idealizer-Mystifier

Regards women as mythical, mystical, magical creatures, endowed with supernatural powers to mother, mend hearts and break them. These men, when rebuffed, become stalkers and erotomaniacs.

## 2. The Woman Lover

Loves and adores everything feminine. Truly interested in women as persons: their lives, interests, emotions, and thoughts. Considers women exotic and alluring but not alien and irresistible.

## 3. The Woman Hater (misogynist)

Regards all women as rapacious, merciless, dangerous, and narcissistic predators, devoid of true emotions and loyalties. Fears women and loathes them or holds them in unmitigated contempt. All women are for sale to the highest bidder (whores) and best avoided or enslaved as a precautionary measure.

## 4. The User

Considers women as mere utilitarian functions: uses their bodies to masturbate with; demands and expects to be worshipped by them; absconds with their money; leverages their business contacts. Their role in his life is to serve obediently and unthinkingly in a variety of roles: sex slave, cook, maid, punching bag, witness to glorious accomplishment, acolyte, student.

19.

Women regard all men as raw materials: coarse, at times fatuous, unnecessarily aggressive, and invariably puerile. Inevitably, they end up being frustrated, disappointed, and enraged when they fail to shape, mould, educate, reform, direct, manipulate, or teach the men in their lives.

Men regard all women as hopelessly finished products, beyond logic, growth, or transformation. They accept the women in their lives as frivolous, flawed, inexplicable, enigmatic, irrational, manipulative, and capricious beings. They do their best to work around the true, rigid, and fully-formed nature of their females.

Both misperceptions yield inefficient coping strategies and lead to erroneous decisions. The hostile gap between men and women has never yawned bigger. As women encroach on traditionally male territory and adopt male roles and behaviors, the misunderstandings multiply. We are very near a tipping point of a total disconnect between men and women. This is one thing our species will not survive.

20.

This was the ideal of beauty in Persia 120 years ago. Or so they say. In Russia, women are supposed to look anorectic. In the Arab world, full, curvaceous, and soft. The aristocracy well into the end of the 19th century regarded chalk white skin as the ideal because it was proof positive that you were not tilling the fields all day. A century later, a suntanned hide was de rigueur because it indicated that you were well-off and could afford your leisure time in the sun.

Evolutionary explanations of our aesthetic standards are dead wrong. If they were right, the ideals of beauty in the same place and civilization would have remained by and large constant over extended periods of time. They do not.

A far better source is sociocultural. Different mores and expectations, fads and circumstances yield changing beauty practices and discourses.

Women and men alter their looks to conform and belong, wield influence and manipulate, buttress their self-esteem and self-confidence, or signal to peers and potential mates. As the language between genders changes and as social, cultural, and technological winds blow hither and thither, so do the ways we see and then mold ourselves. It is all one gigantic, everlasting body dysmorphic disorder.

[Return](#)

**Narcissists,  
Psychopaths,  
And  
Other Predators**

1.

[Hate and fear - the twin fuels of pathological narcissism](#) of both individuals and collectives. [Narcissists are emotional cannibals](#). A quote from my book "Malignant Self-love: Narcissism Revisited" (<http://www.narcissistic-abuse.com/thebook.html>)

2.

[Empathy has three components: reflexive-instinctual, cognitive, and emotional](#). Narcissists and psychopaths have only the first two (I coined the phrase: "cold empathy" to describe it). More about empathy - or lack thereof - in personality disorders: <http://www.narcissistic-abuse.com/personalitydisorders68.html>

3.

The Histrionic (woman or man with [Histrionic Personality Disorder - HPD](#)) does not like sex at all - she likes the POWER that her sexuality gives her over men. So when the man is hers, when she had won, conquered, mastered, and subjugated her man, she loses all sexual interest in him and begins to pay sexual attention to other men. She reframes her extinguished flame (discarded lover) and the now dead relationship or infatuation: instead of a much desired lover he is now a good friend, a sadistic enemy, or a much-needed interlude. My latest vid on the topic: <https://www.youtube.com/watch?v=T9zoMG9Jzys>

4.

["Sociopath" is not a mental health diagnosis. Neither is "psychopath"](#). These are labels given - by the media and by an assortment of self-styled experts and scholars - to the extreme end of the spectrum of Antisocial Personality Disorder. Robert Hare, who spent all his career in the prison system, contributed more than anyone else to common misunderstandings and widespread misinformation regarding psychopathy. He also devised an idiotic and deeply flawed "test" for "psychopathy" - the PCL-R - that unfortunately caught on in corporate America and its typically ignorant media. Here is my critique of his "test": <https://samvak.tripod.com/personalitydisorders11.html#pcl>

5.

Thinking up [clever answers](#) for the comments on my Insta posts. The narcissist does not use language to communicate but to impress and subjugate: <http://www.narcissistic-abuse.com/journal34.html>

6.

[Sherlock Holmes in an ultimate display of cold empathy](#) (instinct and cognition but no emotion). Contrary to widely held views, [Narcissists and Psychopaths may actually possess empathy](#). They may even be hyper-empathic, attuned to the minutest signals emitted by their victims and endowed with a penetrating "X-ray vision". They tend to abuse their empathic skills by employing them exclusively for personal gain, the extraction of narcissistic supply, or in the pursuit of antisocial and sadistic goals. They regard their ability to empathize as another weapon in their arsenal. There are two possible pathological reactions to childhood abuse and trauma: codependence and narcissism. They both involve fantasy as a defense mechanism: the codependent has a pretty realistic assessment of herself, but her view of others is fantastic; the narcissist's self-image and self-perception are delusional and grandiose, but his penetrating view of others is bloodcurdlingly accurate.

I suggest to label the narcissist's and psychopath's version of empathy: "cold empathy", akin to the "cold emotions" felt by psychopaths. The cognitive element of empathy is there, but not so its

emotional correlate. It is, consequently, a barren, detached, and cerebral kind of intrusive gaze, devoid of compassion and a feeling of affinity with one's fellow humans.

More about cold empathy (typical of narcissists and psychopaths): <http://www.narcissistic-abuse.com/personalitydisorders68.html>

The FULL VIDEO: <https://m.youtube.com/watch?v=utwenXbh9hA>

7.

Like every histrionic, she was flirtatious, voluptuous, obsessed with her looks, seductive, sultry, and irresistible. Like every borderline, she was labile, moody, terrified of abandonment, and somewhat delusional. Like every narcissist, she was grandiose. Like every psychopath, she was ruthless and callous. These "dramatic" cluster B personality disorders are frequently comorbid (diagnosed together in the same patient). She was a man's wettest dream and most horrifying nightmare, a withering addiction, an oasis of promise, and a fatal malediction. She was [Marilyn Monroe](#). Read more about her psychology here: <http://www.narcissistic-abuse.com/faqpd.html>

8.

If you are self-loathing and self-destructive and self-punitive, you would want [to stay in your sick relationship with a narcissist](#). Here are some tips:

FIVE DON'T DO'S – How to Avoid the Wrath of the Narcissist

Never disagree with the narcissist or contradict him;

Never offer him any intimacy;

Look awed by whatever attribute matters to him (for instance: by his professional achievements or by his good looks, or by his success with women and so on);

Never remind him of life out there and if you do, connect it somehow to his sense of grandiosity;

Do not make any comment, which might directly or indirectly impinge on his self-image, omnipotence, judgment, omniscience, skills, capabilities, professional record, or even omnipresence.

The TEN DO'S – How to Make your Narcissist Dependent on You If you INSIST on Staying with Him

Listen attentively to everything the narcissist says and agree with it all. Don't believe a word of it but let it slide as if everything is just fine, business as usual.

Personally offer something absolutely unique to the narcissist which they cannot obtain anywhere else. Also be prepared to line up future Sources of Primary Narcissistic Supply for your narcissist because you will not be IT for very long, if at all. If you take over the procuring function for the narcissist, they become that much more dependent on you.

Be endlessly patient and go way out of your way to be accommodating, thus keeping the narcissistic supply flowing liberally, and keeping the peace. Act as “background noise”: ask no questions, never criticize or disagree, when addressed confine your response to the issues broached and do not introduce new topics into the conversation. In short: never initiate or be proactive – always react meekly, compliantly, and subserviently.

Be endlessly giving. This one may not be attractive to you, but it is a take it or leave it proposition.

Be absolutely emotionally and financially independent of the narcissist. Take what you need: the excitement and engulfment and refuse to get upset or hurt.

Additional tips here: <http://www.narcissistic-abuse.com/npdtips.html>

9.

**Body image disorder. Body dysphoria.** We are all unhappy with our bodies: we are obese (too fat). Anorectic (too thin). Boobs are too small. Hips too wide. Lips too pronounced. Cheeks. Even vaginas (outer labia get in the way or not aesthetic). Diets. Gyms. Fitness training (and muscular trainers 😊). Plastic cosmetic surgeries (some of which go horribly wrong as in the photo). This is a new phenomenon. It started in the 1950s. Prior to that people just accepted their bodies as god-given and immutable.

Under the influence of fashion magazines, the media, the entertainment industry, and medical fads, women - now increasingly joined by men - started to hate their bodies and seek to divorce them by altering them beyond recognition.

The new ideal of feminine beauty was promulgated by homosexuals in the fashion and beauty industries. Inevitably, it resembled a flat-chested pubescent boy. Women were supposed to become Twiggies: thin, bosoms and asses suppressed, hair cropped.

But this is all part of a larger trend: our bodies have become superfluous. We do not need them anymore. We have outsourced most of the physical activities that have once been indispensable: from food production to sex and childbirth.

We are all being transformed into atomized brains in cyber jars. No bodies needed, thank you. Too much trouble, too much hassle, too much maintenance. Not enough pleasurable return on onerous investment.

More here: <http://www.narcissistic-abuse.com/journal31.html> and <http://www.narcissistic-abuse.com/journal35.html>

10.

Narcissists try to follow this sage advice in Proverbs: they elicit narcissistic supply from their sources. But when they fail to do so, they are not above bragging incessantly. They resort to egregious and aggressive self-promotion: they attest to their own superior traits, they embellish their alleged accomplishments, they lie about their education or acquired skills, they attribute to themselves superhuman qualities or powers. And they react with rage or even violence if you dare disagree with this self-promulgated self-assessment.

But there is another, more insidious technique: **false modesty**.

The "modesty" displayed by narcissists - especially covert, or inverted narcissists - is false. It is mostly and merely verbal. It is couched in flourishing phrases, emphasised to absurdity, repeated unnecessarily – usually to the point of causing gross inconvenience to the listener. The real aim of such behaviour and its subtext are exactly the opposite of common modesty.

False modesty is intended to either aggrandise the narcissist or to protect his grandiosity from scrutiny and possible erosion. Such modest outbursts precede inflated, grandiosity-laden statements made by

the narcissist and pertaining to fields of human knowledge and activity in which he is sorely lacking.

The narcissist publicly chastises himself for being unfit, unworthy, lacking, not trained and not (formally) schooled, not objective, cognisant of his own shortcomings and vain. This way, if (or, rather, when) exposed he could always say: "But I told you so in the first place, haven't I?" False modesty is, thus an insurance policy. The narcissist "hedges his bets" by placing a side bet on his own fallibility, weakness, deficiencies and proneness to err.

Yet another function is to extract Narcissistic Supply from the listener. By contrasting his own self-deprecation with a brilliant, dazzling display of ingenuity, wit, intellect, knowledge, or beauty – the narcissist aims to secure an adoring, admiring, approving, or applauding protestation from his interlocutor.

Much more here: <https://samvak.tripod.com/faq36.html>

11.

[Histrionics and psychopaths experience their needs and wishes](#) as uncontrollable urges, akin to extreme hunger or thirst. It is a torture to deny these insatiable inner drives.

Though perfectly capable to control their impulses and delay gratification, histrionics and psychopaths choose not to do so for two reasons:

1. Pathological narcissism is a diagnostic-clinical dimension of all cluster B personality disorders. Consequently, histrionics and psychopaths place a higher value and weight on their needs compared to the needs of others. They come first.
2. They lack empathy and, therefore, do not really grasp the hurt and pain they cause. Even when they do - they do not care. And even when they do care - they believe that they have a right to gratify their desires and fulfill their wishes no matter the cost to others. Histrionics may feel guilty and ego-dystonic (bad about themselves and their actions) - but it will not prevent them from misbehaving.

So when a histrionic feels the need for male attention and admiration, she will seek it without dedicating a single thought to the pain and hurt she may be inflicting on her nearest and dearest or on her male targets.

And when a psychopath wishes to secure money or power or sex he will go to any ruthless length and embark on any number of unconscionable and callous acts until he feels sated and gratified.

Histrionics and psychopaths are not evil. The pain, damage, harm, and hurt they invariably cause are rarely premeditated. They are like self-absorbed children or natural catastrophes replete with enormous collateral damage.

Are narcissists evil? <https://samvak.tripod.com/journal65.html>

12.

he narcissist forces his nearest and dearest, his colleagues and employees to lie to him, to be dishonest. Communicating openly and sincerely with the narcissist carries a high price tag.

There is no winning strategy with the narcissist. If you are honest and truthful with him, you are punished. If you are deceitful, you are equally penalized because the narcissist feels that you have tried to manipulate him with your lies and underestimated his intelligence.

[Narcissists invariably react with narcissistic rage to narcissistic injury.](#)

Narcissistic injury (or wound) is any threat (real or imagined) to the narcissist's grandiose and fantastic self-perception (False Self) as perfect, omnipotent, omniscient, and entitled to special treatment and recognition, regardless of his actual accomplishments (or lack thereof). The narcissist perceives every disagreement – let alone criticism – as nothing short of a threat. He reacts defensively. He becomes conspicuously indignant, aggressive and cold. He detaches emotionally for fear of yet another (narcissistic) injury. He devalues the person who made the disparaging remark, the critical comment, the unflattering observation, the innocuous joke at the narcissist's expense.

By holding the critic in contempt, by diminishing the stature of the discordant conversant – the narcissist minimises the impact of the disagreement or criticism on himself. This is a defence mechanism known as cognitive dissonance.

Like a trapped animal, the narcissist is forever on the lookout: was this comment meant to demean him? Was this utterance a deliberate attack? Gradually, his mind turns into a chaotic battlefield of paranoia and ideas of reference until he loses touch with reality and retreats to his own world of fantasised and unchallenged grandiosity.

When the disagreement or criticism or disapproval or approbation are public, though, the narcissist tends to regard them as Narcissistic Supply! Only when they are expressed in private – does the narcissist rage against them.

More here: <https://samvak.tripod.com/faq73.html>

13.

The [narcissist masturbates with and in his partner's body](#). She is an inert object. He does things to her - never with her. He rarely bothers to ascertain her likes and dislikes. And because narcissists are misogynists, sex with the narcissist is frequently sadistic, painful, repulsive, and humiliating. The partner feels used if not abused. Many describe the encounters as "sick and perverted". Yet, counterfactually, the narcissist considers himself to be the world's greatest lover. Moreover: he coerces his unfortunate sexual partners to uphold this grandiose fantasy and its attendant delusions.

He is likely to enquire if he is the best lover the woman has ever had, how many times she climaxed, if she has had with him experiences she had never had with another man. Sex with the narcissist is akin to an anxiety producing 100 meters dash coupled with a reality TV quizz.

The partner would do well to lie and acquiesce, to tell the narcissist that his was the best sex she has ever had and that he is, by far, the most endowed, creative, and skilled of lovers. Narcissists do not take well to being contradicted, criticized, or disagreed with. Advice is not welcome. No equal partnership bladderdash here.

But the deception has to be subtle and convincing because if the narcissist finds out that he had been conned about his sexual prowess it constitutes severe narcissistic injury and produces narcissistic rage

or even withdrawal.

More here: <http://www.narcissistic-abuse.com/faq29.html>

14.

The [narcissist ages without mercy and without grace](#). His withered body and his overwrought mind betray him all at once. He stares with incredulity and rage at cruel mirrors. He refuses to accept his growing fallibility. He rebels against his decrepitude and mediocrity. Accustomed to being awe-inspiring and the recipient of adulation - the narcissist cannot countenance his social isolation and the pathetic figure that he cuts.

The narcissist suffers from mental progeria. Subject to childhood abuse, he ages prematurely and finds himself in a time warp, constantly in the throes of a midlife crisis. On the other hand, he is a puer aeternus, an eternal child: immature, sulking and pouting, unable to delay gratification, unwilling to commit or to assume adult roles and chores.

As a child prodigy, a sex symbol, a stud, a public intellectual, an actor, an idol - the narcissist was at the centre of attention, the eye of his personal twister, a black hole which sucked people's energy and resources dry and spat out with indifference their mutilated carcasses. No longer. With old age comes disillusionment. Old charms wear thin.

Having been exposed for what he is - a deceitful, treacherous, malignant egotist - the narcissist's old tricks now fail him. People are on their guard, their gullibility reduced. The narcissist - being the rigid, precariously balanced structure that he is - can't change. He reverts to old forms, re-adopts hoary habits, succumbs to erstwhile temptations. He is made a mockery by his accentuated denial of reality, by his obdurate refusal to grow up, an eternal, malformed child in the sagging body of a decaying man.

More about the pathetic, ageing narcissist: <http://www.narcissistic-abuse.com/journal54.html>

15.

[Cold Therapy Level 1 seminar](#) in Rostov-on-Don April 12-14. Cold Therapy is a treatment for pathological narcissism and for depression.

Developed by Sam Vaknin, Cold Therapy is based on two premises: (1) That narcissistic and depressive disorders are actually forms of complex post-traumatic conditions; and (2) That narcissists are the outcomes of arrested development and attachment dysfunctions. Consequently, Cold Therapy borrows techniques from child psychology and from treatment modalities used to deal with PTSD.

Cold Therapy consists of the re-traumatization of the narcissistic client in a hostile, non-holding environment which resembles the ambience of the original trauma. The adult patient successfully tackles this second round of hurt and thus resolves early childhood conflicts and achieves closure rendering his now maladaptive narcissistic defenses redundant, unnecessary, and obsolete.

Cold Therapy makes use of proprietary techniques such as erasure (suppressing the client's speech and free expression and gaining clinical information and insights from his reactions to being so stifled). Other techniques include: grandiosity reframing, guided imagery, negative iteration, other-

scoring, happiness map, mirroring, escalation, role play, assimilative confabulation, hypervigilant referencing, and re-parenting.

Lecture notes: <https://www.scribd.com/document/349440458/Cold-Therapy-Seminar-Level-1-Lecture-Notes>

16.

Here is a detailed [guide on how to divorce a narcissist or a psychopath](#): courts, custody, property, stalking - what to do, how to behave, and what to expect.

Visit this link: <http://www.narcissistic-abuse.com/5.html>

17.

There is no reliable information on [covert narcissism](#) online. None. It is all misinformed hype. "Covert" sounds good: sneaky, shifty, cunning. Unscrupulous YouTubers caught on to this mass psychosis and cynically and ignorantly leveraged the ominously-sounding clinical construct to garner views - and money.

This table was put together by Akhtar and Cooper in 1989. It summarizes the main traits and behaviors of the two cardinal types of narcissist: overt/grandiose vs. covert/shy.

And what about the inverted narcissist? the clinical subtype that I proposed back in 1999?

The Inverted Narcissist is a co-dependent who depends exclusively on narcissists (narcissist-co-dependent) ... To "qualify" as an inverted narcissist, you must CRAVE to be in a relationship with a narcissist, regardless of any abuse inflicted on you by him/her. You must ACTIVELY seek relationships with narcissists and ONLY with narcissists, no matter what your (bitter and traumatic) past experience has been. You must feel EMPTY and UNHAPPY in relationships with ANY OTHER kind of person. Only then, and if you satisfy the other diagnostic criteria of a Dependent Personality Disorder, can you be safely labelled an "inverted narcissist". Not all covert narcissists are inverted narcissists. But all inverted narcissists are covert ("shy", "fragile") narcissists. They are self-centred, sensitive, vulnerable, and defensive, or hostile, and paranoid. They harbour grandiose fantasies and have a strong sense of entitlement. They tend to exploit other, albeit stealthily and subtly. Covert narcissists are aware of their innate limitations and shortcomings and, therefore, constantly fret and stress over their inability to fulfil their unrealistic dreams and expectations. They avoid recognition, competition, and the limelight for fear of being exposed as frauds or failures.

Much more about codependents, covert and inverted narcissists

here: <https://samvak.tripod.com/faq66.html>

18.

The bibliotherapist Bijal A. Shah recommends my book, "Malignant Self-love: Narcissism Revisited" as the [number 1 tome President Trump should peruse](#).

A bibliotherapist is a mental health professional or life coach who recommends books to facilitate personal healing.

[Shah writes](#): "I chose this book based on President Trump's inherent 'NPD' or 'Narcissistic Personality Disorder'. defined as 'an enduring pattern of grandiose beliefs and arrogant behaviour together with an overwhelming need for admiration and a lack of empathy for (and even exploitation

of others'. The author, Sam Vaknin, a lifelong NPD sufferer hits the nail on the head when describing the disorder and his experience, documenting it magnificently. On reading the book, Trump may feel that the book is about him. Connecting strongly with the author through his writing, he may get some insight and awareness into his own behaviour."

You do not have to be Trump to afford to purchase my book. Just go here: <http://www.narcissistic-abuse.com/thebook.html>

19.

The funniest of books, "Three Men in a Boat", opens with one of the protagonists - a man, obviously - convincing himself that he is suffering from every affliction in a voluminous medical encyclopedia with one exception (a disorder of the womb). [Hypochondriasis](#) ("somatic symptom disorder" coupled with "illness anxiety disorder") is a combination of delusional disorder and the cognitive impairment known as "catastrophizing"

It comprises elements of delusion because never mind how many times the patient is reassured by medical authorities that he is healthy, he persists in his insistence that he is not. Never mind how symptom-free the hypochondriac is, she will conjure up some pain or malaise to support her narrative of imminent doom and decomposition. She is emotionally invested (cathected) in her self-destruction, helplessness, and death.

The hypochondriac also catastrophizes: he regards even the slightest itch and the most minor glitch as a sure portent of his long overdue demise. She exaggerates to the point of comic inanity the daily vicissitudes of her utterly normal and hale body.

More here: <https://samvak.tripod.com/journal31.html>

And <https://samvak.tripod.com/journal35.html>

20.

There are two possible pathological reactions to childhood abuse and trauma: [codependence and narcissism](#). They both involve fantasy as a defense mechanism: the codependent has a pretty realistic assessment of herself, but her view of others is fantastic; the narcissist's self-image and self-perception are delusional and grandiose, but his penetrating view of others is bloodcurdlingly accurate ("cold empathy"). Pathological narcissism is a form of addiction to narcissistic supply.

The narcissist is caught in a conundrum of his own making: on the one hand he considers himself superior and godlike. On the other hand, to maintain his inflated, grandiose, and fantastic sense of self-worth, the narcissist is abjectly and humiliatingly dependent on constant input from people whom he considers vastly inferior to him. He clings to them but hates and resents them and himself for his dependence. This leads to bouts of approach followed by avoidance, a repetition complex.

About codependency: <http://www.narcissistic-abuse.com/personalitydisorders22.html>

About narcissistic supply: <http://www.narcissistic-abuse.com/faq76.html>

21.

I adore [children. Babies, toddlers, and even adolescents](#) love me back unreservedly, enthusiastically, and wholeheartedly.

Being the narcissist that I am, it is a self-interested affection: It is addictively gratifying to teach, to be a guru and a sagacious, infallible guide. With children and teenagers everything I do and say is imbued with a sense of wonder and revelation: I am showing them the world and the way and they look up to me with awe. With the young I am always awesome. Adults often perceive me as repellent, pathetic, or pitiable.

But if the child is immune to my charms (I have yet to come across one, admittedly), if the child resists me and is ornery - my attitude darkens considerably. I then regard the child as a competitor for scarce narcissistic supply (attention, adulation). Moreover: I feel that the child is using his or her unfair advantages to deprive me of what is rightfully mine. Read about my state of mind when I am like that here: <https://samvak.tripod.com/journal36.html>

Philip Larkin, my favorite modern poet described best my inner experience, my inscape when children fail to cater to my grandiosity: "... I should be unhappy ... having to put up indefinitely with the company of other children, their noise, their nastiness, their boasting, their back-answers, their cruelty, their silliness ... The realization that it was not people I disliked but children was for me one of those celebrated moments of revelation ..." (Philip Larkin, *Required Writing: Miscellaneous Pieces 1955-1982*, Faber, 1983, p. 111) "Anybody who hates children and dogs can't be all bad." (Leo Rosten, introducing W.C. Fields at a dinner)

22.

People with severe dissociation (memory lapses and "lost time") are often misunderstood and perceived as liars.

Frequently they appear to be lying - but they are actually not prevaricating.

It is just that because of their extreme dissociation, these people have learned to NOT FORGET. They hoard memories, they never discard even the tiniest detail. They memorize dates and numerous trivial data as "handles", some things to hang on to in their hole-ridden minds.

Consequently, dissociative people often have CONTRADICTIONARY memories about the SAME OBJECT, EVENT, or PERSON AT THE SAME TIME!

A dissociative man can regard the same woman as irresistible AND as repulsive; the same building as prestigious and as decrepit; the same person as someone who makes him feel good and bad.

Such gaping discrepancies make dissociative people appear inconsistent and deceitful. But it is NOT LYING or deception! It is simply their archaeological memory: they maintain access to ALL the conflicting layers and strata AT ONCE.

But why would they have radically differing viewpoints about the same person, event, or object?

Precisely because of the way they struggle to maintain their unruly memory and cling to it. They never DELETE a memory because they CHERISH their memories like treasures. And they cherish their memories like treasures because they have SO FEW OF THEM. Where there is a troubling gap & their memory fails them, such patients CONFABULATE: they invent a plausible narrative or scenario that must - or may - have happened.

So, they never get rid of a memory, replace it with another, or modify it. They simply ADD to it another memory even if the 2 memories are diametrically opposed.

Dissociation is typical in Borderline Personality Disorder. Borderlines are LABILE. The changes in their internal states (cognitions, emotions, moods) are so abrupt and violent that they disrupt any personal continuity and sense of coherent identity. This discontinuity also makes them APPEAR to be lying - but they are not! They are just struggling with their fragmented memories and excruciating lability.

23.

The narcissist can get better, but rarely does he get well ("heal"). The reason is the narcissist's enormous life-long, irreplaceable and indispensable emotional investment (cathexis) in his disorder. It serves two critical functions, which together maintain the precariously balanced house of cards called the narcissist's personality. His disorder endows the narcissist with a sense of uniqueness, of "being special" - and it provides him with a rational explanation of his behaviour (an "alibi"). Most narcissists reject the notion or diagnosis that they are mentally disturbed. Absent powers of introspection and a total lack of self-awareness are part and parcel of the disorder. Pathological narcissism is founded on alloplastic defences - the firm conviction that the world or others are to blame for one's behaviour. The narcissist firmly believes that people around him should be held responsible for his reactions or have triggered them.

With such a state of mind so firmly entrenched, the narcissist is incapable of admitting that something is wrong with HIM.

But that is not to say that the narcissist does not experience his disorder.

He does. But he re-interprets this experience. He regards his dysfunctional behaviours - social, sexual, emotional, mental - as conclusive and irrefutable proof of his superiority, brilliance, distinction, prowess, might, or success. Rudeness to others is reinterpreted as efficiency. He considers himself to be the next step in the evolutionary ladder of humanity.

Abusive behaviours are cast as educational. Sexual absence as proof of preoccupation with higher functions. His rage is always just and a reaction to injustice or being misunderstood by intellectual dwarves.

Thus, paradoxically, the disorder becomes an integral and inseparable part of the narcissist's inflated self-esteem and vacuous grandiose fantasies.

More here: <http://www.narcissistic-abuse.com/narcissistlove.html>

24.

Contrary to online popular online "information", most narcissists are self-aware.

Cognitive understanding of the disorder does not constitute a transforming INSIGHT though: it has no emotional correlate. The narcissist does not INTERNALIZE what he understands and learns about his disorder. This new gained knowledge does not become a motivating part of the narcissist. It remains an inert and indifferent piece of knowledge, with minor influence on the narcissist's psyche.

Moreover: the narcissist may grow aware of certain behaviors of his that are pathological, dysfunctional, or self-defeating. He may even label them as such. But he never grasps the

psychodynamic significance of his conduct, the deeper layers of motivation, and the relentless and inexorable engine at the convoluted and tormented core of his being. So he may say: "I really like attention" or even, disparagingly or self-deprecatingly: "I am an attention whore". But, he won't be able to fully account for WHY it is that he is addicted to narcissistic supply and what role it plays in his psychology, interpersonal relationships, and life. The narcissist may realize, belatedly, that he is ticking – but never what makes him tick.

Sometimes, when the narcissist first learns about Narcissistic Personality Disorder (NPD), he really believes he could change (usually, following a period of vehement denial). He fervently wants to. This is especially true when his whole world is in shambles. Time in prison, a divorce, a bankruptcy, a death of a major source of narcissistic supply - are all transforming life crises. The narcissist admits to a problem only when abandoned, destitute, and devastated. He feels that he doesn't want any more of this. He wants to change. And there often are signs that he IS changing. And then it fades. He reverts to old form. The "progress" he had made evaporates virtually overnight. Many therapists refuse to treat narcissists because of the Sisyphian frustration involved.

More here: <https://samvak.tripod.com/2.html>

25.

[Asperger's Disorder \(renamed in the DSM V Autistic Spectrum Disorder Level 1\)](#) is often misdiagnosed as Narcissistic Personality Disorder (NPD), though evident as early as age 3 (while pathological narcissism cannot be safely diagnosed prior to early adolescence). In both cases, the patient is self-centered & engrossed in a narrow range of interests & activities. Social and occupational interactions are severely hampered & conversational skills (the give and take of verbal intercourse) are primitive. The Asperger's patient body language - eye to eye gaze, body posture, facial expressions - is constricted and artificial, akin to the narcissist's. Nonverbal cues are virtually absent and their interpretation in others lacking.

Yet, the gulf between Asperger's and pathological narcissism is vast.

The narcissist switches between social agility and social impairment voluntarily. His social dysfunctioning is the outcome of conscious haughtiness and the reluctance to invest scarce mental energy in cultivating relationships with inferior and unworthy others. When confronted with potential Sources of Narcissistic Supply, however, the narcissist easily regains his social skills, his charm, and his gregariousness.

Many narcissists reach the highest rungs of their community, church, firm, or voluntary organization. Most of the time, they function flawlessly - though the inevitable blowups and the grating extortion of Narcissistic Supply usually put an end to the narcissist's career and social liaisons.

The Asperger's patient often wants to be accepted socially, to have friends, to marry, to be sexually active, and to sire offspring. He just doesn't have a clue how to go about it. His affect is limited. His initiative - for instance, to share his experiences with nearest and dearest or to engage in foreplay - is thwarted. His ability to divulge his emotions stilted. He is incapable or reciprocating and is largely unaware of the wishes, needs, and feelings of his interlocutors or counterparties.

Much more here: <https://samvak.tripod.com/journal72.html>

26.

Lecture in Southern Federal University in Rostov-on-Don about "[Mind and Personality](#)". Do dogs have a mind (hint: we anthropomorphize dogs - but also people. In both cases, we only ASSUME the existence of a mind). Is the mind "real" or just an element of the language we use to describe our introspection? Is the construct of "individual" rigorously defensible? Is the mind a-priori and categorical - or a-posteriori and acquired? Are brain and mind one and the same? Will humans be enslaved by AI (Artificial Intelligence)? Why wasn't the computer invented by giraffes? And much more besides. Tentative conclusion: "mind" and "personality" are theories used to reduce angst and make sense of our experiences of ourselves and of the world.

More here: <http://www.narcissistic-abuse.com/faq24.html>

27.

How a [predator psychopathic narcissist](#) describes his strategy of hunting for women, penetrating their defenses and inflicting unbearable agony on them for profit (psychopathy) or pleasure (sadism).

And before you ask: it is NOT about me. I am not like that in my relationships with women. "You first create a fissure, a crack in the facade that runs deep into the frozen quiddity of a love-starved woman. Then you introduce into this abyss her tears born of arbitrary incomprehensible avoidance. As they congeal and expand they tear the mental tissue apart, giving one access to and view into the barely beating, rarely hopeful heart - all ready for the ripping, the Aztec rite of appeasing the predatory hunter that is such a woman's only possible lover."

28.

To a [narcissistic employer](#), the members of his "staff" are Secondary Sources of Narcissistic Supply. Their role is to accumulate the supply (remember events that support the grandiose self-image of the narcissist) and to regulate the Narcissistic Supply of the narcissist during dry spells - to adulate, adore, admire, agree, provide attention and approval, and, generally, serve as an audience to him.

The staff (or should we say "stuff"?) is supposed to remain passive. The narcissist is not interested in anything but the simplest function of mirroring. When the mirror acquires a personality and a life of its own, the narcissist is incensed. When independent minded, an employee might be in danger of being sacked by his narcissistic employer (an act which demonstrates the employer's omnipotence). The employee's presumption to be the employer's equal by trying to befriend him (friendship is possible only among equals) injures the employer narcissistically. He is willing to accept his employees as underlings, whose very position serves to support his grandiose fantasies.

But his grandiosity is so tenuous and rests on such fragile foundations, that any hint of equality, disagreement or need (any intimation that the narcissist "needs" friends, for instance) threatens the narcissist profoundly. The narcissist is exceedingly insecure. It is easy to destabilise his impromptu "personality". His reactions are merely in self-defence.

Classic narcissistic behaviour is when idealisation is followed by devaluation. The devaluing attitude develops as a result of disagreements or simply because time has eroded the employee's capacity to serve as a FRESH Source of Supply.

The veteran employee, now taken for granted by his narcissistic employer, becomes uninspiring as a source of adulation, admiration and attention. The narcissist always seeks new thrills and stimuli.

More: <https://samvak.tripod.com/faq81.html>

29.

It is very easy to "break" a [narcissist in court](#) by revealing facts that contradict his inflated perception of his grandiose (false) self; by criticising and disagreeing with him; by exposing his fake achievements, belittling his self-imputed and fantasized "talents and skills"; by hinting that he is subordinated, subjugated, controlled, owned or dependent upon a third party; by describing the narcissist as average, common, indistinguishable from others; by implying that the narcissist is weak, needy, dependent, deficient, slow, not intelligent, naive, gullible, susceptible, not in the know, manipulated, a victim, an average person of mediocre accomplishments.

Detailed guide here: <http://www.narcissistic-abuse.com/faq78.html>

How to Divorce a Narcissist or a Psychopath? <http://www.narcissistic-abuse.com/5.html>

30.

The [narcissist is the guru at the centre of a cult](#). Like other gurus, he demands complete obedience from his flock: his spouse, his offspring, other family members, friends, and colleagues. He feels entitled to adulation and special treatment by his followers. He punishes the wayward and the straying lambs. He enforces discipline, adherence to his teachings, and common goals. The less accomplished he is in reality – the more stringent his mastery, the more outlandish and incredible his mission and message, and the more pervasive the brainwashing.

Cults are, therefore, person-centred organizations compared to other impersonal bureaucracies. This is the ironic paradox at the heart of cults: even as cult leaders dehumanize and objectify people, they do it with a "human face", the face of the cult's charismatic founder and chieftain.

Cult leaders are narcissists who failed in their quest to "be someone", to become famous, and to impress the world with their uniqueness, talents, traits, and skills. Such disgruntled narcissists withdraw into a "Pathological Narcissistic Space" that assumes the hallmarks of a cult.

The – often involuntary – members of the narcissist's mini-cult inhabit a twilight zone of his own construction. He imposes on them an exclusionary or inclusionary shared psychosis, replete with persecutory delusions, "enemies", mythical-grandiose narratives, and apocalyptic scenarios if he is flouted. It is a mental enclave of suspended judgement which fast becomes the disciples's comfort zone where – devoid of all responsibilities and the guilt attendant on failure ("performance anxiety") – they feel calm and assured of the master's unconditional acceptance and "love". It is a re-enactment of the follower's early childhood, only this time with an ideal, benevolent parent.

Exclusionary shared psychosis involves the physical and emotional isolation of the narcissist and his "flock" (spouse, children, fans, friends) from the outside world.

More: <https://samvak.tripod.com/journal79.html>

31.

The narcissistic medical doctor or mental health professional and his patients, the narcissistic guide, teacher, or mentor and his students, the narcissistic leader, guru, pundit, or psychic and his followers

or admirers, and the narcissistic business tycoon, boss, or employer and his underlings – all are instances of Pathological Narcissistic Spaces.

The narcissist naturally gravitates towards those professions which guarantee the abundant and uninterrupted provision of Narcissistic Supply. He seeks to interact with people from a position of authority, advantage, or superiority. He thus elicits their automatic admiration, adulation, and affirmation – or, failing that, their fear and obedience.

Several vocations meet these requirements: teaching, the clergy, show business, corporate management, the medical professions, the military, law enforcement agencies, politics, and sports. It is safe to predict that narcissists would be over-represented in these occupations.

The cerebral narcissist is likely to emphasize his intellectual prowess and accomplishments (real and imaginary) in an attempt to solicit supply from awe-struck students, devoted parishioners, admiring voters, obsequious subordinates, or dependent patients. His somatic counterpart derives his sense of self-worth from body building, athletic achievements, tests of resilience or endurance, and sexual conquests.

More: <http://www.narcissistic-abuse.com/journal70.html>

32.

Ironically, guilty people experience guilt because they have had the power to make a different choice. One cannot feel guilty when one is powerless or impotent and therefore not responsible for events, circumstances, and decisions.

So, guilt goes with empowerment. Helpless people feel shame, not guilt.

This is why pathological narcissism is associated with shame, not with guilt.

The Grandiosity Gap is the difference between self-image - the way the narcissist perceives himself - and contravening cues from reality. The greater the conflict between grandiosity and reality, the bigger the gap and the greater the narcissist's feelings of shame.

There are two varieties of shame:

Narcissistic Shame – which is the narcissist's experience of the Grandiosity Gap (and its affective correlate). Subjectively it felt as a pervasive feeling of worthlessness (the dysfunctional regulation of self-worth is the crux of pathological narcissism), "invisibility" and ridiculousness. The patient feels pathetic and foolish, deserving of mockery and humiliation.

Narcissists adopt all kinds of defences to counter narcissistic shame. They develop addictive, reckless, or impulsive behaviours. They deny, withdraw, rage, or engage in the compulsive pursuit of some kind of (unattainable, of course) perfection. They display haughtiness and exhibitionism and so on. All these defences are primitive and involve splitting, projection, projective identification, and intellectualization.

The second type of shame is Self-Related. It is a result of the gap between the narcissist's grandiose

Ego Ideal and his Self or Ego. This is a well-known concept of shame and it has been explored widely.

Guilt is an "objectively" determinable philosophical entity (given relevant knowledge regarding the society and culture in question). It is context-dependent. It is the derivative of an underlying assumption by OTHERS that a Moral Agent exerts control over certain aspects of the world.

More about guilt, shame, codependence, and narcissism here: <http://www.narcissistic-abuse.com/faq01.html>

33.

I am often described as a [creep or freak or weirdo](#). This is because, as a narcissistic psychopath, I am not fully human. I am a near perfect imitation or simulation - but not quite there. There is something plastic and forced and artificial that people detect often unconsciously. It puts them off or even frightens them, though some traumatized women find my high-octane eeriness irresistible.

The concept of “Uncanny Valley” was coined in 1970 by the Japanese roboticist Masahiro Mori. Mori suggested that people react positively to androids (humanlike robots) for as long as they differ from real humans in meaningful and discernible ways. But the minute these contraptions come to resemble humans uncannily, though imperfectly, human observers tend to experience repulsion, revulsion, and other negative emotions, including fear.

The same applies to psychopathic narcissists: they are near-perfect imitations of humans, but, lacking empathy and emotions, they are not exactly there. Psychopaths and narcissists strike their interlocutors as being some kind of “alien life-forms” or “artificial intelligence”, in short: akin to humanoid robots, or androids. When people come across narcissists or psychopaths the Uncanny Valley reaction kicks in: people feel revolted, scared, and repelled. They can’t put the finger on what it is that provokes these negative reactions, but, after a few initial encounters, they tend to keep their distance.

At the other extreme of this spectrum, we find “empaths” whose super- or hyper- empathy amounts to a kind of “Empathic Personality Disorder”: their overabundant empathy leads them to ignore, deny, and suppress their own personality, needs, wishes, desires, dreams, and priorities in order to cater to the emotional requirements of significant others (or, in some cases, of total strangers). Empaths are not necessarily codependent or even people-pleasers: they are simply overwhelmed by their resurgent empathy, by their “exposed nerve ends” to the point of self-suspension.

More <https://samvak.tripod.com/personalitydisorders68.html>

34.

[Pathological narcissism is an addiction to Narcissistic Supply](#) (attention), the narcissist's drug of choice. It is, therefore, not surprising that other addictive and reckless behaviours – workaholism, alcoholism, drug abuse, pathological gambling, compulsory shopping, or reckless driving – piggyback on this primary dependence.

The narcissist – like other types of addicts – derives pleasure from these exploits. But they also sustain and enhance his grandiose fantasies as "unique", "superior", "entitled", and "chosen". They place him above the laws and pressures of the mundane and away from the humiliating and sobering

demands of reality. They render him the centre of attention – but also place him in "splendid isolation" from the madding and inferior crowd.

Such compulsory and wild pursuits provide a psychological exoskeleton. They are a substitute to quotidian existence. They afford the narcissist with an agenda, with timetables, goals, and faux achievements. The narcissist – the adrenaline junkie – feels that he is in control, alert, excited, and vital. He does not regard his condition as dependence. The narcissist firmly believes that he is in charge of his addiction, that he can quit at will and on short notice.

The narcissist denies his cravings for fear of "losing face" and subverting the flawless, perfect, immaculate, and omnipotent image he projects. When caught red handed, the narcissist underestimates, rationalises, or intellectualises his addictive and reckless behaviours – converting them into an integral part of his grandiose and fantastic False Self.

A drug abusing narcissist may claim to be conducting first hand research for the benefit of humanity or that his substance abuse results in enhanced creativity and productivity. The dependence of some narcissists becomes a way of life: e.g. busy corporate executives, race car drivers, or professional gamblers.

Narcissists, addicts, 12 steps and more: <https://samvak.tripod.com/journal66.html>

35.

Some victims never learn. They say: "It is true that he is a narcissist and his behaviour is unacceptable & repulsive. But all he needs is a little love and he will change. I will rescue him from his misery and misfortune. I will give him the love that he lacked as a child. Then his narcissism will vanish and we will live happily ever after." Such sad examples of the powers of self-delusion that the narcissist provokes in his victims I call "[malignant optimism](#)". People refuse to believe that some questions are unsolvable, some diseases incurable, some disasters inevitable. They see a sign of hope in every fluctuation. They read meaning and patterns into every random occurrence, utterance, or slip. They are deceived by their own pressing need to believe in the ultimate victory of good over evil, health over sickness, order over disorder.

Life appears otherwise so meaningless, so unjust and so arbitrary... So, they impose upon it a design, progress, aims, and paths. This is magical thinking. "If only he tried hard enough", "If he only really wanted to heal", "If only we found the right therapy", "If only his defences were down", "There MUST be something good and worthy under the hideous facade", "NO ONE can be that evil and destructive", "He must have meant it differently" "God, or a higher being, or the spirit, or the soul is the solution and the answer to our prayers." The Pollyanna defences of the abused are aimed against the emerging and horrible understanding that humans are specks of dust in a totally indifferent universe, the playthings of evil and sadistic forces, of which the narcissist is one - as well as against the unbearable realization that their pain means nothing to anyone but themselves.

The narcissist holds such thinking in barely undisguised contempt. To him, it is a sign of weakness, the scent of prey, a gaping vulnerability. He uses and abuses this human need for order, good, and meaning - as he does all other human needs. Gullibility, selective blindness, malignant optimism - these are the weapons of the abuser.

36.

In 2000 I was the first to suggest to apply the new proposed diagnosis of [CPTSD to victims of "narcissistic abuse"](#) (a phrase I coined in 1995). Here are excerpts from my original article (The full text is available here: <https://samvak.tripod.com/abusefamily22.html>):

"Contrary to popular misconceptions, Post-Traumatic Stress Disorder (PTSD) and Acute Stress Disorder (or Reaction) are not typical responses to prolonged abuse. They are the outcomes of sudden

exposure to severe or extreme stressors (stressful events). Yet, some victims whose life or body have been directly and unequivocally threatened by an abuser react by developing these syndromes. PTSD is, therefore, typically associated with the aftermath of physical and sexual abuse in both children and adults.

This is why another mental health diagnosis, C-PTSD (Complex PTSD) has been proposed by Dr. Judith Herman of Harvard University to account for the impact of extended periods of trauma and abuse."

37.

[Fear of flying \(aviophobia, not aerophobia\)](#) affects well over 6% of the world's adult population.

Like all phobias, aviophobia is irrational: air flight is by far the safest means of transportation and a very safe technology. It symbolizes and reifies inner mental processes which have little to do with actual flying, airplanes, or airports.

Fear of flying is the symbolic representation and culmination of three other psychological problems:

1. Performance anxiety 2. Fear of loss of control (over one's life) and 3. Fear of being autonomous or independent.

Aviophobia is not associated with paranoid tendencies or other issues with trust.

Aviophobia is treated like all other phobias: desensitization (exposure therapy) coupled with talk therapy (usually CBT - Cognitive Behavioral Therapy).

38.

Feel [trapped in an unhappy, sexless, emotionally-dead, loveless, and doomed marriage?](#) Don't dump your partner. Studies show that there is a 70% chance that in 10 years you will be very happy that you stayed. And your chances of finding happiness and fulfillment in a new marriage are even lower than in the current one.

You should, however, immediately divorce your partner if s/he is ABUSIVE: verbally, psychologically, or physically. Bullying, rejection, humiliation, neglect, and abandonment are all forms of abuse. If the lack of sex and love are permanent features of the relationship, they are also forms of aggression or passive-aggression. Then you should leave your spouse and the sooner the better.

But what if divorce is out of the question? Common children, a common business, social stigma, religious proscriptions ... Divorce is not always an option.

The truth is that separation or divorce are always viable alternatives to a bad marriage, but they do call for painful sacrifices or compromises. People are unlikely to divorce if they want the cake and to eat it, too; if they lack the courage and self-confidence to go it alone; or if they fail to secure a viable alternative to their current spouse. They are likely to opt for compromises such as having fuck buddies or lovers rather than divorce.

More here: <https://samvak.tripod.com/family.html>

39.

We are so grateful to our abusers when - once in a blue moon, incomprehensibly and unpredictably - they are actually nice and civil to us. We are in tears at the unexpected relief.

The more sadistic and bullying the abuser - the more profound our gratitude when he is not.

[Stockholm Syndrome, traumatic bonding, and intermittent reinforcement](#) - the trifecta of weaponry in the abuser's arsenal.

Domestic abuse and family violence

<http://www.narcissistic-abuse.com/abusefamily.html>

<http://www.narcissistic-abuse.com/abuse.html>

40.

May 1. Chance for some quality family time - but not for the narcissist!

[Holidays and birthdays](#) should be times of family get-togethers, love shared, & relatives and friends brought up to date. They are supposed to be the reification of that contradiction in terms: mass or group intimacy.

Instead, for victims of family violence and abuse, holidays and birthdays are recurring nightmares, replete with danger and duplicity, a theater of the absurd with menacing overtones. It is important to understand the mindset of such abusers.

Narcissists hate it when other people are happy if they are not the cause of such happiness. Plus no one should tell the narcissist how to feel and WHEN.

Holiday blues are a common occurrence even among the mentally sound. In abusers with narcissistic or antisocial personalities, they provoke a particularly virulent strain of pathological envy. The psychopathic narcissist is jealous at others for having a family, or for being able to celebrate, or for possessing the right, festive mood. He keeps telling himself: "look at these inferior people, wasting their time, pretending to be happy". Yet, deep inside, the narcissist knows that he is defective. He realizes that his inability to rejoice is a protracted and unusual punishment meted out to him by his own hands. Though he will never admit it, the narcissistic or psychopathic abuser is actually sad and enraged. Consequently, he wants to spoil the party for everyone else. He wants them to share his misery, to reduce them to his level of emotional abstinence and absence.

Holidays remind the narcissist of his childhood, of the supportive and loving family he never had. The narcissistic and psychopathic abuser feels deprived and, coupled with his rampant paranoia, he feels cheated and persecuted. To him, holidays are a conspiracy of the emotional haves against the emotional haves not.

Read about other reasons (control freakery and passive-aggression) and how to behave here:

<https://samvak.tripod.com/narcissisthappiness.html>

41.

Narcissists do not want to communicate: they want to impress and establish superiority over their interlocutors (you see what I mean? 😏) In the narcissist's surrealistic world, even language is pathologized. It mutates into a weapon of self-defence, a verbal fortification, a medium without a message, replacing words with duplicitous and ambiguous vocables. “Conversational narcissism”, Charles Derber calls it, replete with “shift responses” (replicas that shift the attention back to the narcissist). Narcissists don't talk, or communicate. They fend off. They hide and evade and avoid and disguise. They lecture and hector and preach. In their planet of capricious and arbitrary unpredictability, of shifting semiotic and semantic dunes they perfect the ability to say nothing in lengthy, Castro-like orations. Their speech is impregnated with first-person pronoun density: it is saturated with first person pronouns ("I", "me", "my", "mine"). The ensuing convoluted sentences are arabesques of meaninglessness, acrobatics of evasion, a lack of commitment elevated to an ideology.

It is often impossible to really understand a narcissist. The evasive syntax fast deteriorates into ever more labyrinthine structures. The grammar tortured to produce the verbal Doppler shifts essential to disguise the source of the information, its distance from reality, the speed of its degeneration into rigid "official" versions.

Buried under the lush flora and fauna of idioms without an end, the language erupts, like some exotic rash, an autoimmune reaction to its infection and contamination. Like vile weeds it spread throughout, strangling with absent minded persistence the ability to understand, to feel, to agree, to disagree and to debate, to present arguments, to compare notes, to learn and to teach.

Much more here: <https://samvak.tripod.com/journal34.html>

42.

Selfies of a [newfound friend](#) and me.

Narcissists can't empathise or love and, therefore, have no friends. The narcissist is one track minded. He is interested in securing Narcissistic Supply from Narcissistic Supply Sources. He is not interested in people as such. He is incapable of empathising, is a solipsist, and recognises only himself as human. To the narcissist, all others are three dimensional cartoons, tools and instruments in the tedious and Sisyphean task of generating and consuming Narcissistic Supply.

The narcissist over-values (idealizes) people (when they are judged to be potential sources of such supply), uses them, devalues them (when no longer able to supply him) and discards them nonchalantly. This behaviour pattern tends to alienate and distance people.

Gradually, the social circle of the narcissist dwindles (and ultimately vanishes). People around him who are not turned off by the ugly succession of his acts and attitudes are rendered desperate and fatigued by the turbulent nature of the narcissist's life. The narcissist especially resents his benefactors and sponsors because they remind him of his inferiority, neediness, and helplessness. Diderot, the 18th century French encyclopedist, wrote: “Rousseau is a monster ... He said he hated all those he had reason to be grateful to and he has proved it.” Rousseau, of course, was a prime narcissist.

Those few still loyal to the narcissist gradually abandon him because they can no longer withstand and tolerate the ups and downs of his career, his moods, his confrontations and conflicts with authority, his chaotic financial state and the dissolution of his emotional affairs. The narcissist is a

human roller coaster: fun for a limited time, nauseating in the long run.

Read what Sherlock Holmes, Dr. Watson, and Hercule Poirot have to do with all that: <https://samvak.tripod.com/journal85.html>

43.

If you are a rebellious child or teenager you are at risk of being labelled and pathologized. The DSM informs us that "The essential feature of [Oppositional Defiant Disorder](#) is a recurrent pattern of negativistic, defiant, disobedient, and hostile behavior towards authority figures that persists for at least 6 months." Unbelievable as this Orwellian, Big Brother text is - it gets worse. If you are under 18 years old and you lose your temper, argue with adults, actively "defy or refuse to comply with the requests or rules of adults", deliberately do things that annoy said adults, blame others for your mistakes or misbehavior - then unquestionably you are a sick little puppy. And who is to make these value judgements? An adult psychologist or psychiatrist or social worker or therapist. And what if you disagree with these authorities? They get annoyed and this is proof positive that you are afflicted with Oppositional Defiant Disorder (ODD). Did anyone mention catch-22?

And the charade continues, masquerading as "science". If you are touchy or get easily annoyed (for instance by the half-baked diagnoses rendered by certain mental health practitioners), you are ODD (i.e., you suffer from Oppositional Defiant Disorder). You are allowed to be touchy when you are an adult - it is then called assertiveness. You are allowed to get pissed off when you are above the crucial (though utterly arbitrary) age limit. Then it is called "expressing your emotions", which is by and large a good thing. So tell us the charlatans that call themselves mental health 'professionals' (as though psychology is an exact science, not merely an elaborate literary exercise). If you are habitually angry and resentful, spiteful or vindictive and these traits impair your "normal" social, academic, or occupational functioning (whatever "normal" means in today's pluralistic and anomic culture), beware: you may be harbouring Oppositional Defiant Disorder (ODD).

More about this "diagnosis": <https://samvak.tripod.com/personalitydisorders43.html>

44.

[All people lie](#) some of the time. They use words to convey their lies while their body language usually gives them away. This is curious. Why did evolution prefer this self defeating strategy?

We lie for three main reasons and these give rise to three categories of lies:

The Empathic Lie – is a lie told with the intention of sparing someone's feelings. It is a face saving lie – but someone else's face. It is designed to prevent a loss of social status, the onslaught of social sanctions, the process of judgment involved in both. It is a derivative of our ability to put ourselves in someone else's shoes – that is, to empathize. It is intended to spare OUR feelings, which are bound to turn more and more unpleasant the more we sympathize with the social-mental predicament of the person being lied to. The lie achieves its goal only if the recipient cooperates, does not actively seek out the truth and acquiescently participates in the mini-drama unfolding in his or her honour. The reverse, brutal honesty, at all costs and in all circumstances – is a form of sadistic impulse.

Brutal honesty is:

1. Gratuitous (there is really no need to be honest)
2. Aggressive. You can say the same thing in many ways. Abrasiveness is not an essential part of

honesty.

3. Repeated despite the obvious discomfort of the listener(s). 4. With the intent of causing pain or harm and with a clear enjoyment in inflicting them.

The Egocentric Lie – is a lie intended to further the well being of the liar. This can be achieved in one of two ways. The lie can help the liar to achieve his goals (a Goal Seeking Lie) or to avoid embarrassment, humiliation, social sanctions, judgement, criticism and, in general, unpleasant experiences related to social standing (a Face Saving Lie). The Goal Seeking Lie is useful only when considering the liar as an individual, independent unit. The Face Saving type is instrumental only in social situations. We can use the terms: Individualistic Lie and Social Lie respectively.

The Narcissistic Lie – <https://samvak.tripod.com/fragments2.html>

45.

The [narcissistic or psychopathic leader](#) is the culmination and reification of his period, culture, & civilization. He is likely to rise to prominence in narcissistic societies. The leader's mental health pathologies resonate with the anomies of his society and culture ("psychopathological resonance".) The leader and the led form a self-enhancing & self-reinforcing feedback loop, a dyad of mirrored adoration & reflected love. By elevating and idealizing their "Fuehrer", the mob actually elevates and idealizes itself & the leader's harnessed ochlocracy; in the "Duce's" ascendance they find hope, in his manifest illness – curative solace & a legitimation of their own collective insanity. The dictator himself equates being elected – however patently unfairly – with being chosen by the transcendental forces of the gods & history. His is a manifest destiny, his exceptionalism - the nation's own.

The leader's personal-intimate life and persona may be utterly different to his political-public ones. It is an unsettling Dr. Jekyll and Mr. Hyde effect. In private, the narcissistic-psychopathic leader may be avuncular, empathic, sentimental, helpful, dull, bourgeois, mediocre, middling, sickly, fussy, aloof, or friendly. But, he is at great pains to conceal these attributes from the public.

The narcissist's personality is so precariously balanced that he cannot tolerate even a hint of criticism and disagreement. Most narcissists are paranoid and suffer from ideas of reference (the delusion that they are being mocked or discussed when they are not). Thus, narcissists often regard themselves as "victims of persecution". The narcissistic leader fosters and encourages a personality cult with all the hallmarks of an institutional religion: priesthood, rites, rituals, temples, worship, catechism, mythology. The leader is this religion's ascetic saint. He monastically denies himself earthly pleasures (or so he claims) in order to be able to dedicate himself fully to his calling.

Much more: <https://samvak.tripod.com/15.html>

46.

[Schizoids](#) enjoy nothing and seemingly never experience pleasure (they are anhedonic). Even their nearest and dearest often describe them as "automata", "robots", or "machines". But the schizoid is not depressed or dysphoric, merely indifferent. Schizoids are uninterested in social relationships and bored or puzzled by interpersonal interactions. They are incapable of intimacy and have a very limited range of emotions and affect. Rarely does the schizoid express feelings, either negative (anger) or positive (happiness). Schizoids never pursue an opportunity to develop a close relationship. Schizoids

are asexual - not interested in sex. Consequently, they appear cold, aloof, bland, stunted, flat, and "zombie"-like. They derive no satisfaction from belonging to a close-knit group: family, church, workplace, neighborhood, or nation. They rarely marry or have children.

Schizoids are loners. Given the option, they invariably pursue solitary activities or hobbies. Inevitably, they prefer mechanical or abstract tasks and jobs that require such skills. Many computer hackers, crackers, and programmers are schizoids, for instance - as are some mathematicians and theoretical physicists. Schizoids are inflexible in their reactions to changing life circumstances and developments - both adverse and opportune. Faced with stress they may disintegrate, decompensate, and experience brief psychotic episodes or a depressive illness.

Schizoids have few friends or confidants. They trust only first-degree relatives - but, even so, they maintain no close bonds or associations, not even with their immediate family.

Schizoids pretend to be indifferent to praise, criticism, disagreement, and corrective advice (though, deep inside, they are not). They are creatures of habit, frequently succumbing to rigid, predictable, and narrowly restricted routines. From the outside, the schizoid's life looks "rudderless" and adrift.

Some narcissists are also schizoid: <https://samvak.tripod.com/faq67.html>

47.

Pathological narcissism - originally a defense mechanism intended to shield the narcissist from an injurious world - becomes the main source of hurt, a generator of injuries, counterproductive and dangerous. Overwhelmed by negative or absent Narcissistic Supply, the narcissist is forced to let go of it.

The narcissist then resorts to self-delusion. Unable to completely ignore contrarian opinion and data - he transmutes them. Unable to face the dismal failure that he is, the narcissist partially withdraws from reality. To soothe and salve the pain of disillusionment, he administers to his aching soul a mixture of lies, distortions, half-truths and outlandish interpretations of events around him.

Read about the FOUR SOLUTIONS to the narcissist's predicament when narcissistic supply is scarce: <https://samvak.tripod.com/journal42.html>

I. The Delusional Narrative Solution

II. The Antisocial Solution

III. The Paranoid Schizoid Solution

IV. The Paranoid Aggressive (Explosive) Solution

48.

Birth is life's first major trauma. The womb is a self-contained though open (not self-sufficient) ecosystem. The Baby's Planet is spatially confined, almost devoid of light and homeostatic. The fetus breathes liquid oxygen, rather than the gaseous variant. He is subjected to an unending barrage of noises, most of them rhythmical. Otherwise, there are very few stimuli to elicit any of his fixed action responses. There, dependent and protected, his world lacks the most evident features of ours. There are no dimensions where there is no light. There is no "inside" and "outside", "self" and "others", "extension" and "main body", "here" and "there". Our Planet is exactly converse. There could be no

greater disparity. In this sense, the baby is an alien. He has to train himself and to learn to become human.

To assume that the child is born a "tabula rasa" is superstition. Cerebral processes and responses have been observed in utero. Sounds condition the EEG of fetuses. They startle at loud, sudden noises. This means that they can hear and interpret what they hear. Fetuses even remember stories read to them and music while in the womb. They prefer these stories and music to others after they are born. This means that they can tell auditory patterns and parameters apart. They tilt their head at the direction sounds are coming from. They do so even in the absence of visual cues (e.g., in a dark room). They can tell the mother's voice apart. In general, babies are tuned to human speech and can distinguish sounds better than adults do. Chinese and Japanese babies react differently to "pa" and to "ba", to "ra" and to "la". Adults no longer do.

The equipment of the newborn is not limited to the auditory. It has clear smell and taste preferences (it likes sweet things a lot). It sees the world in three dimensions with a perspective (a skill which it could not have acquired in the dark womb). Depth perception is well developed by the sixth month of life.

Much more about the amazing processes of pregnancy and birth: <https://samvak.tripod.com/alien.html>

49.

The "[winter blues](#)" are supposed to cause suicidal ideation. There is even a mental health syndrome called Seasonal Affective Disorder (SAD), supposedly alleviated by bright light therapy (therapy using artificial sources emulating daylight). But suicide rates are HIGHEST in the spring and summer months. They are LOWEST in winter. The propensity to commit suicide INCREASES with increasing hours of daylight. It is not correlated with any other meteorological variable, such as rainfall or temperature.

Suicide rates appeared to increase with increasing hours of daylight, and showed no connection to other meteorological factors such as changing temperature or rainfall.

Surprisingly, sunlight is known to indirectly induce heightened brain levels of serotonin, a biochemical inversely linked to depression. The lower the levels - the deeper the depressive episode. Serotonin drops during winter months.

It seems that suicide has nothing to do with depression! Depressed people do not commit suicide - they are too busy being their depressed selves.

If suicide were caused by depression, suicide rates would have been HIGHEST in winter - when serotonin is lowest and depression rates are highest. But suicide peaks in spring and summer.

Depression is a biochemical illness. One can feel hopelessness and helplessness to the point of committing suicide WITHOUT being clinically depressed.

It is this feeling that is very dangerous: that there is no satisfactory solution, no way out, that one is helpless, trapped. Of course it is SHEER NONSENSE. There is always a way out and a solution. Always!

SOURCE: American Journal of Psychiatry 2003;160:793-795.

50.

Some narcissists seek to imitate or even emulate their (ever changing) role models. It is as if by imitating the [object of his envy](#), the narcissist BECOMES that object. So, narcissists are likely to adopt their boss' typical gestures, the vocabulary of a successful politician, the views of an esteemed tycoon, even the countenance and actions of the (fictitious) hero of a movie or a novel.

In his pursuit of peace of mind, in his frantic effort to alleviate the burden of consuming jealousy, the narcissist often deteriorates to conspicuous and ostentatious consumption, impulsive and reckless behaviours and substance abuse.

Other narcissists "choose" to destroy the object that gives them so much grief by provoking in them feelings of inadequacy and frustration. They display obsessive, blind animosity and engage in a compulsive acts of rivalry often at the cost of self-destruction and self-isolation.

More here: <https://samvak.tripod.com/narcissistjealous.html>

51.

If you want to read ONLY ONE TEXT to capture the [essence of the narcissist](#), read Ken Heilbrunn's insightful and magisterial introduction to "Malignant Self-love: Narcissism Revisited" by Sam Vaknin written back in 1999 when no one even heard of narcissism!

Read the full text here: <http://www.narcissistic-abuse.com/kenintro.html>

"Hello. Recognise me? No? Well, you see me all the time. You read my books, watch me on the big screen, feast on my art, cheer at my games, use my inventions, vote me into office, follow me into battle, take notes at my lectures, laugh at my jokes, marvel at my successes, admire my appearance, listen to my stories, discuss my politics, enjoy my music, excuse my faults, envy me my blessings. No? Still doesn't ring a bell? Well, you have seen me. Of that I am positive. In fact, if there is one thing I am absolutely sure of, it is that. You have seen me.

Perhaps our paths crossed more privately. Perhaps I am the one who came along and built you up when you were down, employed you when you needed a job, showed the way when you were lost, offered confidence when you were doubting, made you laugh when you were blue, sparked your interest when you were bored, listened to you and understood, saw you for what you really are, felt your pain and found the answers, made you want to be alive. Of course you recognise me. I am your inspiration, your role model, your saviour, your leader, your best friend, the one you aspire to emulate, the one whose favour makes you glow.

But I can also be your worst nightmare. First I build you up because that's what you need. Your skies are blue. Then, out of the blue, I start tearing you down. You let me do it because that's what you are used to. You are dumfounded. But I was wrong to take pity on you. You really ARE incompetent, disrespectful, untrustworthy, immoral, ignorant, inept, egotistical, constrained, disgusting. You are a social embarrassment, an unappreciative partner, an inadequate parent, a disappointment, a sexual flop, a financial liability."

52.

A quintessential loser, an out-of-job puppeteer, is hired by a firm, whose offices are ensconced in a half floor (literally. The ceiling is about a metre high, reminiscent of Taniel's hallucinatory Alice in Wonderland illustrations). By sheer accident, he discovers a tunnel (a "portal", in Internet-age parlance), which sucks its visitors into the mind of the celebrated actor, [John Malkovich](#). The movie is a tongue in cheek discourse of identity, gender and passion in an age of languid promiscuity. It poses all the right metaphysical riddles and presses the viewers' intellectual stimulation buttons.

A two line bit of dialogue, though, forms the axis of this nightmarishly chimerical film. John Malkovich (played by himself), enraged and bewildered by the unabashed commercial exploitation of the serendipitous portal to his mind, insists that Craig, the aforementioned puppet master, cease and desist with his activities. "It is MY brain" - he screams and, with a typical American finale, "I will see you in court". Craig responds: "But, it was I who discovered the portal. It is my livelihood". This apparently innocuous exchange disguises a few very unsettling ethical dilemmas.

Read about them here: <https://samvak.tripod.com/being.html>

53.

The irony is that narcissists, who consider themselves worldly, discerning, knowledgeable, shrewd, erudite, and astute - are actually more [gullible](#) than the average person. This is because they are fake. Their self is false, their life a confabulation, their reality test gone. They live in a fantasy land all their own in which they are the center of the universe, admired, feared, held in awe, and respected for their omnipotence and omniscience.

Narcissists are prone to magical thinking. They hold themselves immune to the consequences of their actions (or inaction) and, therefore, beyond punishment and the laws of Man. Narcissists are easily persuaded to assume unreasonable risks and expect miracles to happen. They often find themselves on the receiving end of investment scams, for instance.

Narcissists feel entitled to money, power, and honors incommensurate with their accomplishments or toil. The world, or God, or the nation, or society, or their families, co-workers, employers, even neighbors owe them a trouble-free, exalted, and luxurious existence. They are rudely shocked when they are penalized for their misconduct or when their fantasies remain just that.

The narcissist believes that he is destined to greatness - or at least the easy life. He wakes up every morning fully ready for a fortuitous stroke of luck. That explains the narcissist's reckless behaviors and his lazed lack of self-discipline. It also explains why is so easily duped.

By playing on the narcissist's grandiosity and paranoia, it is possible to deceive and manipulate him effortlessly. Just offer him Narcissistic Supply - admiration, affirmation, adulation - and he is yours. Harp on his insecurities and his persecutory delusions - and he is likely to trust only you and cling to you for dear life. Both paranoia and grandiosity impair the narcissist's reality test and lead to the erection of complex and wasteful defences against non-existent threats.

Narcissists attract abuse: <https://samvak.tripod.com/journal68.html>

54.

Fantasy is a psychological defense mechanism: "One day I will (divorce my spouse, make millions, move to live in ...)". Fantasy has many functions: to avoid a painful or disagreeable (ego-dystonic) reality; to rehearse, plan, and prepare for possible futures founded on strong wishes or desires (including of a sexual nature); to escape into imaginative daydreaming and render life more pleasant; to act as an organizing principle with explanatory power; to compensate for lacks and deficiencies in oneself (narcissistic compensatory fantasy) or in one's life; and so on.

It is generally true that fantasy is a substitute for action. He who fantasizes rarely acts and she who acts rarely talks. To fantasize is to procrastinate and fantasies often include elements of unattainable perfectionism and unrealistic goals, narratives, and scenarios precisely in order to justify and account for such inaction. Often people conjure up conditional fantasies: "I will (do that or be there) IF (certain usually difficult or impossible conditions) are met." The conditions thus imposed ascertain that the fantasy can never be realized.

Some people have made fantasy their main realm of existence and their overriding preoccupation. Society affords such individuals socially-sanctioned outlets: they can write fiction or make films. But the majority of fantasists lose touch with reality and rapidly descend and degenerate into psychopathological states such as narcissism or paranoia. Some people fantasize precisely in order to transcend or flee social inhibitions, constraints, or mores. Some paraphilias - such as pedophilia and fetishism - and some sexual practices emanate from powerful conscious fantasies.

More about grandiose fantasies: <https://samvak.tripod.com/faq3.html>

55.

Depression is a big component in the narcissist's emotional make-up. But it mostly has to do with the absence of Narcissistic Supply, with nostalgia to more plentiful days, full of adoration and attention and applause. It occurs after the narcissist has depleted or had lost his Secondary Source of Narcissistic Supply (his lover, spouse, mate, girlfriend, colleagues) - his external memory - and thus the ability to "replay" his days of glory. Some narcissists even cry - but they cry exclusively for themselves and for their lost paradise. And they do so conspicuously and publicly to attract attention.

The narcissist is a human pendulum hanging by the thread of the void that is his False Self. He swings between brutal and vicious abrasiveness - and mellifluous, saccharine sentimentality. It is all a simulacrum. A verisimilitude. A facsimile. Enough to fool the casual observer. Enough to extract the drug - other people's glances - the reflection that sustains this house of cards somehow.

But the stronger and more rigid the defenses - and nothing is more resilient than narcissism - the bigger and deeper the hurt they aim to compensate for.

One's narcissism stands in direct relation to the seething abyss and the devouring vacuum that one harbors in one's True Self.

I know it's there. I catch glimpses of it when I am tired, when I hear music, when reminded of an old friend, a scene, a sight, a smell. I know it is awake when I am asleep. I know that it subsists of pain - diffuse and inescapable. I know my sadness. I have lived with it and I have encountered it full force.

Perhaps I choose narcissism, as I have been "accused". And if I do, it is a rational choice of self-

preservation and survival. The paradox is that being a self-loathing narcissist may be the only act of self-love I have ever committed.

56.

We are [surrounded with malignant narcissists](#). How come this disorder has hitherto been largely ignored? How come there is such a dearth of research and literature regarding this crucial family of pathologies? Even mental health practitioners are woefully unaware of it and unprepared to assist its victims.

The sad answer is that narcissism meshes well with our culture [see: <https://samvak.tripod.com/lasch.html> ]. It is kind of a "background cosmic radiation", permeating every social and cultural interaction. It is hard to distinguish pathological narcissists from self-assertive, self-confident, self-promoting, eccentric, ambitious, or highly individualistic persons. Hard sell, greed, envy, self-centredness, exploitativeness, diminished empathy are all socially condoned features of Western civilization.

Our society is atomized, the outcome of malignant individualism gone awry. It encourages and rewards narcissistic leadership and role models: <https://samvak.tripod.com/15.html>

Its sub-structures - institutionalized religion, political parties, civic organizations, the media, corporations - are all suffused with narcissism and pervaded by its pernicious outcomes: <https://samvak.tripod.com/14.html>

The very ethos of materialism and capitalism upholds and extols certain narcissistic traits, such as reduced empathy, exploitation, a sense of entitlement, or grandiose fantasies ("vision"). More about this here: <https://samvak.tripod.com/journal37.html>

Narcissists are aided, abetted and facilitated by four types of people and institutions: the adulators, the blissfully ignorant, the self-deceiving and those deceived by the narcissist.

More about these supporters of narcissists here: <https://samvak.tripod.com/journal62.html>

57.

[Abandonment \(separation\) anxiety](#) is the outcome of object inconstancy: the infantile belief that the physical absence of a love object is forever and portends an imminent emotional absence. This is why a baby cries when mommy leaves the room: it catastrophizes. The inner narrative of doom is: mommy will never return, she will not love me anymore, and, consequently, I am bound to die. "Normal" people sublimate urges, drives, powerful emotions, and attendant anxieties: they redirect the energy into other activities (sports, writing, gardening, and so on). Adults with mental health disorders react to abandonment anxiety in two major ways:

Codependents and Borderlines (people who suffer from Dependent or Borderline personality disorders) cling. They seek to micromanage and control significant figures in their lives with emotional blackmail, labile drama, modulated aggression, or outright bribes (sex, money, power). "I cannot live without you" is the manipulative battlecry of such personalities.

Narcissists and psychopath dissociate. They mentally delete the source of frustration, anxiety, discomfort, and threat. They avoid emotional depth and continuity. Shallow or flat affect and no emotional investment guarantee little to no pain when they are abandoned or separated. They simply move on to the next partner or sexualize their anxiety and frustration by becoming promiscuous. The saying "out of sight, out of mind" must have been coined by a psychopath.

58.

When is a [mother a good \(enough\) mother](#)? According to Winnicott, when she gradually and increasingly frustrates her child. These cumulative denials of the child's wishes and negations of his delusional and fantastic magical thinking are crucial to his emerging perception of an external world and his unimpaired reality test.

The good mother encourages the child's separation from her and its individuation via the formation of inviolable and respected personal boundaries. She does not sacrifice her autonomy and identity and does not fuse or merge with her child or treat it as her extension.

The good mother acknowledges her own moments of exasperation and depression. She does neither idealize nor devalue herself or the child. She harbors realistic expectations of the budding relationship and reacts proportionately. She has no mood swings and is not labile. She is stable, firm but not harsh, just and predictable but never dull. She encourages her offspring's curiosity even as she indulges her own.

More about the dysfunctional mother: <http://www.narcissistic-abuse.com/faq64.html>

59.

Is narcissism contagious? Can we become narcissists just by living with a narcissist or working with him?

For example: many moderators & owners of discussion groups & support forums for traumatized victims of abuse are tyrannical narcissistic bullies with little or no impulse control & the tendency to form cult-like settings where the wayward are sadistically penalized and publicly humiliated by peers for speaking out of turn and in contravention of the "party line." Some people adopt the role of a professional victim. In doing so, they become self-centred, devoid of empathy, abusive, and exploitative. In other words, they become narcissists. The role of "[professional victims](#)" - people whose existence and very identity rests solely and entirely on their victimhood - is well researched in victimology. It doesn't make for a nice reading.

These victim "pros" are often more cruel, vengeful, vitriolic, lacking in compassion and violent than their abusers. They make a career of their victimhood, real and alleged, factual and embellished. They identify with this role to the exclusion of all else. I call this phenomenon "Narcissistic Contagion" or "Narcissism by Proxy". The proxy narcissist entertains the (false) notion that she can compartmentalize her narcissistic behavior and direct it only at the narcissist. In other words, she trusts in her ability to segregate her conduct and to be verbally abusive towards the narcissist while civil and compassionate with others, to act with malice where the narcissist is concerned and with Christian charity towards all others.

She clings to the "faucet theory". She believes that she can turn on and off her negative feelings, her abusive outbursts, her vindictiveness and vengefulness, her blind rage, and her non-discriminating judgment. This, of course, is untrue. These behaviors spill over into interactions with innocent non-narcissists.

More about narcissistic contagion plus many interview transcripts: <https://samvak.tripod.com/faq42.html>

60.

#### The Discarder

Any [thing can serve as a Source of Narcissistic Supply](#)

, providing that it has the potential to attract people's attention & be the subject of their admiration. This is why narcissists are enamoured of status symbols, i.e., objects, which comprehensively encapsulate and concisely convey a host of data regarding their owners which generate a reaction in people: they make them look on, admire, envy, dream, compare, or aspire. In short: they elicit Narcissistic Supply.

But, generally, discarder narcissists do not like souvenirs & the memories they foster. They are afraid to get emotionally attached to them & then get hurt if the objects are lost or stolen or taken.

Objects, situations, voices, sights, colours provoke and evoke unwanted memories. The narcissist tries to avoid them. The discarder narcissist callously discards or gives away hard-won objects, memorabilia, gifts, and property. This behaviour sustains his sense of omnipotent control & lack of vulnerability. It also proves to him that he is unique, not like "other people" who are attached to their material belongings. He is above it.

#### The Accumulator

This kind of narcissist jealously guards his possessions – his collections, his furniture, his cars, his children, his women, his money, his credit cards... Objects comfort him. They remind him of his status. They are linked to gratifying events & thus, constitute Secondary Sources of Narcissistic Supply. They attest to the narcissist's wealth, connections, achievements, friendships, conquests, & glorious past. No wonder he is so attached to them. Objects connected with failures or embarrassments have no place in his abode. They get cast out.

More about narcissists and objects:

<https://samvak.tripod.com/faq46.html>

<https://samvak.tripod.com/journal53.html>

61.

Nothing is more hated by the narcissist than the sentence "[I Love You](#)". It provokes him to uncontrollable rage. Why is that?

a. The narcissist hates women virulently and vehemently. A misogynist, he identifies being loved with being possessed, encroached upon, shackled, transformed, reduced, exploited, weakened, engulfed, digested and excreted. To him love is a dangerous pursuit, fickle and labile. He believes in fear and hate as immutable, reliable motivations, not in love. He gets married only so as to secure the services of his "partner" as homemaker, audience, personal assistant, and companion. He, therefore, is rarely possessive and jealous: he doesn't care what she does, when, and with whom, as long as his needs and expectations are impeccably met. He avoids intimacy also because it demands reciprocity and, thus, a waste of his scarce and precious resources on the tedious chore of maintaining a relationship when all he wants is a business-like, contractual arrangement.

When a woman tries to pick up a narcissist, flirt with him, or court him, he is likely to react by subjecting her to humiliating and cool disdain (if he is a cerebral narcissist) or by dumping her after having sex with her (somatic narcissist). In both cases the abusive message is: you have no power over me because I am unique, omnipotent, not your typical run-of-the-mill sap; you are nothing to me but a pitiful parasite or an object to be violated. Your very approach and attempt to seduce me is proof of your imbecility, blindness, or maliciousness for how could you not have noticed that I am different and superior?

b. Being loved means being known intimately. The narcissist likes to think that he is so unique and deep that he can never be fathomed. The narcissist believes that he is above mere human understanding and empathy, that he is one of a kind (*sui generis*). To say to him "I love you", means to negate this feeling, to try to drag him to the lowest common denominator, to threaten his sense of uniqueness.

Continued: <https://samvak.tripod.com/faq74.html>

62.

The narcissist has either of three types of (non-)intimate (not) relationship with his (in)significant other:

1. As playmates, sex buddies, or casual collaborators: no shared fantasy, no drama, very businesslike (transactional), loads of fun til it's abruptly over or peters out;
2. Companionship shared fantasy: grooming as an admirer/fan and occasional sex partner or sexless service provider (but without lovebombing or honeymoon). A very stable and resilient bond that can last a lifetime;
3. Romantic shared fantasy (usually with labile, dysregulated, promiscuous, approach-avoidant women and imminent abandonment). Involves both grooming and lovebombing (honeymoon phase), lots of sex (often kinky or sadistic), drama, near-psychotic levels of fantasy, and a rollercoaster of idealization and devaluation. Ends with narcissistic mortification.

63.

As the inimitable Hervey Cleckley had observed in 1942, psychopaths (and narcissists) reject life itself. Their nihilistic acts of self-destruction are driven by a proud ideology of defiance, contumaciousness, and reactance. Their self-defeat signals their profound contempt for others, for authority, society, and for everything that everyone hold dear.

Narcissists and psychopaths consider themselves superior, unique, and, therefore entitled.

They disdain mediocrity and sheeple reflexes to obey, trust, and follow. They are contrarians: they act against all norms, subvert all expectations, and reject all the attributes of civilized co-existence and collaboration.

They smugly and ostentatiously trample upon the rewards, incentives, and inducements that reality has to offer (love, family, career, safety, reason).

When they do pursue anything that is deemed conformant and sublimated (socially acceptable), they take

great care to do it their way: in the most extravagant, antisocial, reckless, callous, ruthless, merciless, and shocking manner.

They consider being hated and feared a badge of honor. They strive to be an enigma to the great unwashed teeming masses: being widely misunderstood is the coveted pinnacle of their accomplishments.

What others consider a [wasted, abandoned, sad life](#) - they see as poking society's collective eye with a triumphant middle finger. They prevail by refusing to play the game and by aggressively upturning the social tables in everyone's temples. The devastation of their own lives is a statement of how little they value the lives and toils of others.

64.

Narcissists react with [rage, envy, and possessiveness](#) when they are abandoned or betrayed - but only when their locus of grandiosity is directly challenged and undermined in the process.

The cerebral narcissist is largely asexual. His grandiosity is vested in his spectacular intellect, not in his non-existent maturity or virility. He is, therefore, utterly indifferent to his intimate partner's affairs or sex hookups with other men (which, typically, he is fully apprised of) - unless they indicate imminent abandonment.

The cerebral couldn't care less when his wife, girlfriend, or lover is whiling night or even years with other - likely predatory - men: he is incapable of attachment, bonding, or love. He is not bound to his partner - but to the services that she affords him. As long as these are guaranteed, he is content with her frequent absences.

But when his partner gravitates towards another guru or father figure, he erupts with extreme jealousy and hurt. If he fails to reclaim her exclusive admiration and awe, he discards her.

Like his cerebral brethren, the somatic often maintains a sexless household with his insignificant other - but, unlike the cerebral, he expects her to remain sexually exclusive. He perceives her straying with other men as an implied criticism of his sexual prowess - the very core of his grandiosity.

The somatic doesn't mind when his spouse falls in love or is emotionally intimate with another man. Nor does he pay attention if she admires someone as intellectually superior or as a father figure. All he cares about is to make sure that she does not share her body and her sex with others. Having experienced his orgasmic pyrotechnics, she should be inured to the seductive allure of any and all other contestants.

65.

Shielded from reality by his [grandiose view of himself](#) as perfect and irresistibly desirable, the narcissist fails to realize how embarrassed people in his orbit are with his personality and misconduct.

If his intimate partner has daddy issues, she would feel ashamed being seen with a old man, often self-neglected and past his prime, if he ever had any.

If he is easy on the eyes and her peer, he tends to lack an operable neocortex.

If he is capable of thinking, he misses the curiosity needed to exercise this faculty.

If he is gregarious, he is obnoxious. When he is reclusive, he is abusive.

When he is smart, he is never wise.

When he is knowledgeable, he is asexual and incapable of any form of romance or attachment.

If he is into sex, he prefers porn and masturbation, even with his partners' bodies.

He ostentatiously oscillates between a jejune wimp and a macho caricature, convincingly in neither.

His jokes fall flat or excel in their brutality, his commentary inane or paranoid, his gestures overdone, his honesty sadistic, his succor rife with conditional toxicity, his assertiveness defiant and ill-timed, his swagger cartoonish. A buffoon with regal airs.

People around him cringe in shocked amazement at his antics and wish they were somewhere else, or could bury their way into invisibility.

66.

The lovebombing and grooming phase involves [co-idealization](#): both the narcissist and his targeted prospective partner idealize each other.

The narcissist needs to delusionally misperceive his partner as perfection reified because her impeccability reflects on him: "she is such a treasure - and she chose ME!"

The narcissist's mate idealizes him because it is through him that she experiences self-love (probably for the first time in her life). She gets emotionally invested (cathected) in his fantastic rendition of her. This is the "hall of mirrors" effect.

The victim aggressively rejects any attempt by family and friends to restore her reality testing and to open her eyes as to the true nature of the predator she had become infatuated with.

In extremis, she may even sever all communication with anyone who dares to criticize her man or disagree with him. Hurt and befuddled, loved ones reciprocate by shunning her.

Gradually, she forms a cultish shared psychosis (shared fantasy) with the narcissist and excludes all others from her life, leaving her as isolated and vulnerable as any hostage.

67.

The [cerebral narcissist's inner monologue](#), addressed and signaled to his insignificant other:

I am a Genius Child (Wunderkind).

Admire me and serve me as the Genius that I am.

Love me unconditionally as a mother loves her Child - not as a woman loves a man. I am a child, not

a man: real as the former, fake as the latter.

Satisfy with other men your emotional needs for adult intimacy and your physical urge to have sex. Expect and demand nothing grown up from me, your Child.

I prefer to explore the world and its marvels on my own, leveraging my magnificent brain. You are not invited: don't be the kind of intrusive mother who makes a nuisance of herself. Go away until I call for you!

68.

Psychoanalysis is now widely considered nothing better than a confabulation, a baseless narrative, a snapshot of Freud's tormented psyche and thwarted 19th century Mitteleuropa middle class prejudices.

Most of the criticism is hurled by mental health professionals and practitioners with large axes to grind. Few, if any, theories in psychology are supported by modern brain research. All therapies and treatment modalities - including medicating one's patients - are still forms of art and magic rather than scientific practices. The very existence of mental illness is in doubt - let alone what constitutes "healing". Psychoanalysis is in bad company all around.

Some criticism is offered by practicing scientists - mainly experimentalists - in the life and exact (physical) sciences. Such diatribes frequently offer a sad glimpse into the critics' own ignorance. They have little idea what makes a theory scientific and they confuse materialism with reductionism or instrumentalism and correlation with causation.

Few physicists, neuroscientists, biologists, and chemists seem to have plowed through the rich literature on the psychophysical problem. As a result of this obliviousness, they tend to proffer primitive arguments long rendered obsolete by centuries of philosophical debates.

Continued: <https://samvak.tripod.com/psychoanalysis.html>

69.

Even when the cerebral narcissist is all by himself and a woman is fully available and keen on him, he is not interested or aroused when he is in the throes of a shared fantasy, including in a sexless or a fractious one.

He becomes promiscuous only in between shared fantasies.

It is not that he is loth to risk the shared fantasy by engaging in extradyadic sex: he simply becomes contentedly asexual when he is involved in one.

The incentive structure in the shared fantasy disables his sex drive: masturbation to porn is part substitute to real life sex and the disincentives are many and powerful:

1. Aversion to incest (the partner is a maternal figure);
2. Powerful sublimation: intellectual pursuits pleasure him way more than sex and the gratification is

deeper and more enduring as his intellectual accomplishments - real or imagined - resonate with his grandiosity;

3. Indolent inertia: the prize of sex is not worth the price of having to endure a woman's carping and her tedious company;

4. Difficulty of finding a partner to his autoerotic, immature, often sadistic, kinky sex;

5. He feels safe within the shared fantasy, as long as there is no anticipated abandonment and no challenges to his grandiosity.

In contrast, the cerebral feels unsafe - paranoid, even - when he ventures out. He also foresees ineluctable hurt and mortification down the road in any new liaison and shared fantasy.

70.

Protracted dysphoria and anxiety reduce the urge to have sex (hyposexuality is actually one of the presenting signs of both). The cerebral narcissist's asexuality could well be the outcome of depression and anticipatory anxiety: he fully expects to be betrayed and abandoned once his partner had found out the truth about him.

It is as self-fulfilling prophecy: the very anticipated abandonment which he so fears and his concomitant hurt-aversion lead to his emotional and sexual withdrawal (avoidance) which inevitably results in the dreaded outcome: breakup and heartbreak.

71.

Are memories of trauma and abuse any different to other memories? Are they mostly real or mostly false? Can memories be truly repressed? How are they accessed and recalled late in life?

Two types of recovered false memories:

1. Denying, altering, or minimizing personal involvement in and contribution to the abuse or the abuser's role or the abuse itself;

2. Recalling false incidents, typology, or pattern of abuse.

Double whammy of gaslighting and confabulation encourages disorientation, dissociation, and formation of false memories, some of them compensatory (confabulations).

## CONFABULATION

Confabulation is a memory error defined as the production of fabricated, distorted, or misinterpreted memories about oneself or the world, without the conscious intention to deceive.

## FALSE MEMORY

False memory refers to cases in which people remember events differently from the way they happened or, in the most dramatic case, remember events that never happened at all.

False memories can be very vivid and held with high confidence, and it can be difficult to convince someone that the memory in question is wrong.

Second part of third winter semester lecture to South Federal University, Rostov on Don, Russian Federation, and to the Psychology track in SIAS-CIAPS.

72.

### Typology of Revenge

The need to seek revenge on wrong- and evil-doers is as ancient as Mankind. But people attempt to address their grievances in three ways:

#### 1. Punitive-moralistic

The aim of this type of vengeance is to restore justice and, with it, the victim's view of the world as orderly, predictable, and causal. Perpetrators should be punished; victims should be soothed and elevated; and society should publicly acknowledge who is who and mete out opprobrium and succour respectively.

This type of revenge tends to devolve into an obsession (intrusive, uncontrolled thoughts) and compulsion (an irresistible urge to behave in a way that is sometimes inconsistent with one's values or even true wishes, or incommensurate with one's skills, needs, long-term interests, capabilities, or wherewithal.) It is unhealthy and, in the long-term, counterproductive as it taxes the victim's time and resources; adversely affects her other relationships; renders her dysfunctional; and, ultimately, consumes her.

#### 2. Narcissistic

Vindictiveness is the narcissist's way of restoring his self-imputed grandiosity and of recuperating from a narcissistic injury. Having fallen prey to malfeasance or crime, the narcissist is proven to be gullible, ignorant, and helpless. This experience is humiliating and the circumstances of victimhood contrast sharply with the narcissist's inflated view of himself as omniscient, omnipotent, brilliant, shrewd, and perfect. Only by bringing the culprit to utter ruin does the narcissist regain his sense of self.

Ask yourself if your bruised ego is the main reason for your indignation and spite. If it is, try to separate the elements of your conduct that have to do with your justified grievance and those that revolve around your unhealthy narcissism. Avoid the latter and pursue the former.

#### 3. Pragmatic-restorative

With this type of revenge, the victim merely wishes to restore her fortunes and reassert her rights – in other words: to revert the world to its erstwhile state by acting against her violator decisively and assertively.

Continue: <https://samvak.tripod.com/faq75.html>

73.

Your abuser "agrees" (is forced) to [attend therapy](#). But are the sessions worth the effort? What is the success rate of various treatment modalities in modifying the abuser's conduct, let alone in "healing" or "curing" him? Is psychotherapy the panacea it is often made out to be – or a nostrum, as many victims of abuse claim? And why is it applied only after the fact – and not as a preventive measure?

Courts regularly send offenders to be treated as a condition for reducing their sentences. Yet, most of the programs are laughably short (between 6 to 32 weeks) and involve group therapy – which is useless with abusers who are also narcissists or psychopaths.

Rather than cure him, such workshops seek to "educate" and "reform" the culprit, often by introducing him to the victim's point of view. This is supposed to inculcate in the offender empathy and to rid the habitual batterer of the residues of patriarchal prejudice and control freakery. Abusers are encouraged to examine gender roles in modern society and, by implication, ask themselves if battering one's spouse was proof of virility.

Anger management – made famous by the eponymous film – is a relatively late newcomer, though currently it is all the rage. Offenders are taught to identify the hidden – and real – causes of their rage and learn techniques to control or channel it.

But batterers are not a homogeneous lot. Sending all of them to the same type of treatment is bound to end up in recidivism. Neither are judges qualified to decide whether a specific abuser requires treatment or can benefit from it. The variety is so great that it is safe to say that – although they share the same misbehavior patterns – no two abusers are alike.

Continued: <https://samvak.tripod.com/abusefamily8.html>

74.

[Compensatory personal boundaries](#) are rigid, hypervigilant, aggressive (often defiant), and excessive (disproportional). They are intended to compensate for the lack of enforced boundaries in any one or more other areas of life.

Thus, if an individual has no boundaries in his private life, acts as a people pleasing doormat, and is subject to all manner of disrespectful abuse by his "nearest" and "dearest" - he is likely to be a tyrant in the workplace, keen to spot transgressions and slights where there are none, acting entitled and temperamental, and insisting on perfection or unthinking obeisance to his every whim.

This implies the existence of a "law of conservation of personal boundaries". One's very identity depends on such fortified demarcations in at least one realm of one's being, functional existence, and day to day operations.

75.

How to Divorce a Narcissist or a Psychopath - click on the links (they apply to all types of relationships with narcissistic or psychopathic abusers of both genders):

<http://vaksam.tripod.com/5.html>

<http://vaksam.tripod.com/abuse3.html>

<http://vaksam.tripod.com/abuse18.html>

<http://vaksam.tripod.com/abuse.html>

<http://vaksam.tripod.com/abusefamily.html>

<http://vaksam.tripod.com/faq1.html>

76.

The [Power Threat Meaning Framework](#) is a new perspective on why people sometimes experience a whole range of forms of distress, confusion, fear, despair, and troubled or troubling behaviour. It is an alternative to the more traditional models based on psychiatric diagnosis.

Cold Therapy and Nothingness: False Self is organizing and explanatory principle and generator of meaning. By dismantling, the narcissist re-experiences his traumas and must try to make sense of them (construct a new narrative).

Viktor Frankl's Logotherapy is based on the premise that the human person is motivated by a "will to meaning," an inner pull to find a meaning in life. The following list of tenets represents basic principles of logotherapy:

1. Life has meaning under all circumstances, even the most miserable ones.
2. Our main motivation for living is our will to find meaning in life.
3. We have freedom to find meaning in what we do, and what we experience, or at least in the stand we take when faced with a situation of unchangeable suffering.

77.

Victims of prolonged abuse often introject (internalize) their abusers and convert them into permanent persecutory objects. Henceforth, they trauma bond with this inner tormenting voice even when the original bully is long out of their lives.

Victimhood becomes a cozy comfort zone and the victims is emotionally invested (cathected) in maintaining it pristine and operational. It becomes a determinant of the victim's identity and helps her to regulate her emotions and ameliorate her anxiety and mood lability.

Perpetual victimhood serves four indispensable psychological needs:

1. It restores a sense of agency and self-efficacy and reverts the locus of control from external to internal. Many victims garner attention and make money from their newly found "profession";
2. It makes sense of the victim's personal history and of the world around her thereby rendering them meaningful: structure, order, and even a sense of "karmic" justice are restored;
3. It legitimizes avoidant behaviors. The world out there is challenging and painful: shunning it guarantees tranquility and an inert peace of mind;

4. Victimhood allows the victim to indulge her grandiosity and sense of moral superiority: it paints her as immaculate, angelic, empathic, supportive, loving, caring, compassionate, and, in short, perfect, blemishless, and blameless. It is a morality play or a crusade and she is the warrior angel fighting off the demonic narcissists.

Victimhood affords the victim membership in tight-knit communities of like-minded people and a sense of belonging and being finally understood, vindicated, and elevated. It is an intoxicating mix and victims become aggressive if and when you try to take it away from them by alerting them to their own imperfections and contributions to their sad state of affairs.

With one or two laudable exceptions, unscrupulous "coaches" and "experts" online seek to perpetuate this state of victimhood: telling your clients what they want to hear and what they are willing to pay for is good for business. The truth and healing have a negative effect on their burgeoning bottom lines.

78.

Two wrongs never make you right.

If you cheat on your cheating narcissist - you are still a cheater.

If you abuse your abuser - you are an abuser yourself.

If you behave like a psychopath - then you are one.

If you mirror evil - you become it.

Stare into the abyss and it will consume you whole.

Being a victim is not a license to join the ranks of your tormentors.

Beware of self-righteousness and moral superiority: they are paving stones on the path to hell.

Important message: [Victim - Do not Become Your Abuser!](#)

Plus

In 1995, I coined the term "narcissistic abuse" and gave language and voice to its victims. Listen to the original article I had written back then.

Have happier, healthier, many more years to come. Stay hale and well and sane. Don't let yourself become that which you had feared the most.

79.

The cerebral narcissist's grandiose celibacy is the sexual equivalent of "silent treatment": a passive-aggressive behavior intended to denude you of femininity and personhood, to deny that you exist or that you are desirable. It is a potent, corrosive sadistic weapon.

80.

Fantasy is the enemy of action. It is an addictive cocktail of imminent promise and procrastination.

81.

For her traumatic wounds to heal, the victim of abuse requires closure - one final interaction with her tormentor in which he, hopefully, acknowledges his misbehaviour and even tenders an apology. Fat chance. Few abusers - especially if they are narcissistic - are amenable to such weakling pleasantries. More often, the abused are left to wallow in a poisonous stew of misery, self-pity, and self-recrimination.

Depending on the severity, duration, and nature of the abuse, there are three forms of effective closure.

#### Conceptual Closure

This most common variant involves a frank dissection of the abusive relationship. The parties meet to analyze what went wrong, to allocate blame and guilt, to derive lessons, and to part ways cathartically cleansed. In such an exchange, a compassionate offender (quite the oxymoron, admittedly) offers his prey the chance to rid herself of cumulating resentment.

He also disabuses her of the notion that she, in any way, was guilty or responsible for her maltreatment, that it was all her fault, that she deserved to be punished, and that she could have saved the relationship (malignant optimism). With this burden gone, the victim is ready to resume her life and to seek companionship and love elsewhere.

#### Dissociative Closure

Absent other forms of closure, victims of egregious and prolonged mistreatment tend to repress their painful memories. In extremis, they dissociate. Dissociative Identity Disorder (DID) - formerly known as "Multiple Personality Disorder" - is thought to be such a reaction. The harrowing experiences are "sliced off", tucked away, and attributed to "another personality". Sometimes, the victim "assimilates" his or her tormentor, and even openly and consciously identifies with him. This is the narcissistic defence. In his own anguished mind, the victim becomes omnipotent and, therefore, invulnerable. He or she develops a False Self. The True Self is, thus, shielded from further harm and injury.

Other forms of closure: <https://samvak.tripod.com/abuse17.html>

82.

Hemingway penned this excellent encapsulation of impulse control decades back, before I made narcissism a household epithet via my work & online presence in the 1990s.

Narcissists are not prone to "irresistible impulses" & dissociation (blinking out of certain stressful events and actions). They more or less fully control their behavior & actions at all times. But exerting control over one's conduct requires the investment of resources, both mental and physical. Narcissists regard this as a waste of their precious time, or a humiliating chore. Lacking empathy, they don't care about other people's feelings, needs, priorities, wishes, preferences, & boundaries. As a result, narcissists are awkward, tactless, painful, taciturn, abrasive & insensitive.

The narcissist often has rage attacks & grandiose fantasies. Most narcissists are also mildly obsessive-compulsive. Yet, all narcissists should be held accountable to the vast and overwhelming majority of their actions.

At all times, even during the worst explosive episode, the narcissist can tell right from wrong and reign in their impulses. The narcissist's impulse control is unimpaired, though he may pretend otherwise in order to terrorize, manipulate & coerce his human environment into compliance.

The only things the narcissist cannot "control" are his grandiose fantasies. All the same, he knows that lying & confabulating are morally wrong & can choose to refrain from doing so.

The narcissist is perfectly capable of anticipating the consequences of his actions & their influence on others. Actually, narcissists are "X-ray" machines: they are very perceptive and sensitive to the subtlest nuances (cold empathy). But the narcissist does not care. For him, humans are dispensable, rechargeable, reusable. They are there to fulfil a function: to supply him with Narcissistic Supply. They do not have an existence apart from carrying out their "duties". Still, it is far from a clear-cut case: <https://samvak.tripod.com/personalitydisorders49.html>

83.

Narcissists invariably react with [narcissistic rage to narcissistic injury](#).

These two terms bear clarification (also see note): Narcissistic Injury

Any threat (real or imagined) to the narcissist's grandiose and fantastic self-perception (False Self) as perfect, omnipotent, omniscient, and entitled to special treatment and recognition, regardless of his actual accomplishments (or lack thereof). Narcissistic injury can be passive (when the narcissist enviously compares himself to or measures himself against another person) or active (the outcome of the interpretation or misinterpretation of someone else's act, inaction, or utterance as a humiliating insult). Narcissists are hypervigilant and paranoid and they constantly scan for narcissistic injuries.

Narcissistic rage has two forms:

I. Explosive – The narcissist flares up, attacks everyone in his immediate vicinity, causes damage to objects or people, and is verbally and psychologically abusive.

II. Pernicious or Passive-Aggressive (P/A) – The narcissist sulks, gives the silent treatment, and is plotting how to punish the transgressor and put her in her proper place. These narcissists are vindictive and often become stalkers. They harass and haunt the objects of their frustration. They sabotage and damage the work and possessions of people whom they regard to be the sources of their mounting wrath.

84.

People with certain personality disorders (mainly borderline, narcissistic, compulsive-obsessive, schizotypal, and paranoid) have a [persecutory object](#). It is a tormenting, devaluing, and sadistic inner voice (introject). It repeatedly and authoritatively informs them that they are bad, worthless, weak, immoral, and a disappointment.

Such an inner critic, a relentless integrated prosecutor and judge is of course intolerable. In an attempt to exorcise it, the patient projects it - usually onto an intimate partner. The spouse, mate, or lover then become the outer embodiment or reification of the internal agonizing construct.

The patient tries to coerce and shoehorn the intimate partner into behaving in a way that upholds his newfound status as an enemy and a threat. This defense mechanism is known as "projective identification". If the intimate partner has his own issues, he will comply in his assigned role and transform himself into an abuser ("introjective identification"). The patient then proceeds to rebel against her externalized persecutory object (=her intimate partner), punish, and defy him by behaving promiscuously and cheating ("being a slut or whore"); envying and sabotaging her partner's career; passive-aggressively challenging and provoking him; humiliating, rejecting, and undermining his well-being and self-esteem; compromising his public image and standing in society; and penalizing him in myriad other ways.

Naturally, the patient then expects a penalty commensurate with her egregious misbehavior. She becomes paranoid, hypervigilant, and exceedingly anxious. These dissonant emotions only augment her perception of the intimate partner as a source of unmitigated sadistic control and judgment, an imminent and omnipresent threat, and the fount of ambivalence (love-hate relationship).

85.

If your [psychotherapy](#) is painLESS - change your therapist. Professionally administered and efficacious psychotherapy is not about getting advice. The therapist is not your best friend, avuncular guru, or bespectacled and loving granny. Therapy is about dismantling and forgoing: defenses, narratives, habits, cognitions, deepset behaviors, & emotions. It is about unearthing long buried & traumatic content. And, most important, it is about wrenching & agonizing change.

Victims of abuse are saddled with emotional baggage which often provokes even in the most experienced therapists reactions of helplessness, rage, fear & guilt. Countertransference is common: therapists of both genders identify with the victim & resent her for making them feel impotent & inadequate (for instance, in their role as "social protectors"). To fend off anxiety & a sense of vulnerability ("it could have been me, sitting there!"), female therapists involuntarily blame the "spineless" victim & her poor judgement for causing the abuse. Some female therapists concentrate on the victim's childhood (rather than her harrowing present) or accuse her of overreacting.

Male therapists may assume the mantle of a "chivalrous rescuer", "savior", or "knight in the shining armour" – thus, inadvertently upholding the victim's view of herself as immature, helpless, in need of protection, vulnerable, weak, & ignorant. The male therapist may be driven to prove to the victim that not all men are "beasts", that there are "good" specimen (like himself). If his (conscious or unconscious) overtures are rejected, the therapist may identify with the abuser and re-victimise or pathologise his patient.

Many therapists tend to overidentify with the victim and rage at the abuser, at the police, & at "the system". They expect the victim to be equally aggressive even as they broadcast to her how powerless, unjustly treated, & discriminated against she is. If she "fails" to externalise aggression & show assertiveness, they feel betrayed & disappointed.

Pitfalls of therapy: <https://samvak.tripod.com/abusefamily24.html>

86.

The narcissist rates people according to their capacity to provide him with Narcissistic Supply (including money). Those who fail this simple test do not exist. They are two-dimensional cartoon figures. Their feelings, needs and fears are of no interest or importance to the narcissist.

Those he identifies as potential Sources of Narcissistic Supply are then subjected to a meticulous examination and probing of the volume and quality of the Supply that they are likely to provide. The narcissist nurtures and cultivates these people. He is all over them. He caters to their needs, desires, and wishes. He considers their emotions. He encourages those aspects of their personality that are likely to enhance their ability to provide him with his much needed supply. He love bombs them.

In this very restricted sense, the narcissist regards and treats potential sources of money, power, attention, sex, and admiration as "human". This is his way of "maintaining and servicing" them. Needless to say that he loses any and all interest in them and in their needs when they cause him narcissistic injuries or once he decides that they are no longer able to supply him with an audience, attention, money, power, sex and the witnessing of his accomplishments and moments of glory (as his external memory). [Does the narcissist ever help someone or supports her?](#)

The narcissist gives a helping hand, consoles, guides, provides succour, and encourages another person only if that person is important, powerful, has access to other important or powerful people, or to the media, or has a following - in other words, only if she can provide the narcissist with benefits or narcissistic supply.

The same applies if helping, consoling, guiding, or encouraging that person is likely to win the narcissist applause, approval, adoration, a following, or some other kind of Narcissist Supply from on-lookers and witnesses to the interaction. The act of helping another person must be documented and thus transformed into narcissistic nourishment.

But WHO is a true narcissist? <https://samvak.tripod.com/1.html>

87.

When a woman with mental health issues is sexually or otherwise rejected by her intimate partner she [acts out in one of two typical ways](#). This is especially true if the husband also justifies his sadistic cruelty by adding abuse & overt humiliation to injury: "You are ugly, you do not turn me on, you do not know how to be a woman, you are stupid & repulsive, you are whorish, you do not understand my sexual & psychological needs." The union then devolves into a power match. The personality disordered (narcissistic, histrionic, borderline) woman seeks to obtain two goals to redress her grievances & her sense of offended justice.

The first goal is to disprove her partner's evaluation of her & restore her self-esteem & self-confidence by proving mainly to herself how other men desire her. This she accomplished by becoming a flirtatious, promiscuous & seductive cockteaser.

The second goal is to punish her (non) intimate partner by rendering "his woman" (herself) a slut - or by transmogrifying into a non-woman.

By sexually egregiously misbehaving with multiple men, the rejected woman transforms herself into a

"whore". This is her way to penalize her abuser by devaluing & debasing herself (his "property"). But some women choose the exact opposite solution: they passive-aggressively stop being women altogether. In a way, they unconsciously adopt the abuser's view of them as repellent & validate it. They neglect their appearance, abandon their personal hygiene, dress in tattered & shabby garb, put on no make up, are physically inert, and neglect their duties - including in business, childbearing & childrearing. This is their way of defying their mean and nasty partner: "You say that I am not a woman? Well, here you are, I stop being one". These women eradicate their femininity & womanhood as a way of getting back at their mistreating spouse.

88.

The narcissist's unrealistic expectations of himself ineluctably lead to failure, depression, asexuality, & acting out.

The narcissist often strikes people as "laid back" - or, less charitably: lazy, parasitic, spoiled, & self-indulgent. But, as usual with narcissists, appearances deceive. Narcissists are either compulsively driven over-achievers - or chronic under-achieving wastrels. Most of them fail to make full and productive use of their potential & capacities. Many avoid even the now standard path of an academic degree, a career, or family life.

The disparity between the often meagre accomplishments of the narcissist & his grandiose fantasies & inflated self-image - the [Grandiosity Gap](#) - is staggering &, in the long run, insupportable. It imposes onerous exigencies on the narcissist's grasp of reality & social skills. It pushes him either to seclusion or to a frenzy of "acquisitions": cars, women, wealth, and power.

Yet, no matter how successful the narcissist is - many of them end up being abject failures - the Grandiosity Gap can never be bridged. The narcissist's fantastic False Self is so unrealistic & his Superego so sadistic that there is nothing the narcissist can do to extricate himself from the Kafkaesque trial that is his life. The Narcissist explains away the yawning abyss between his omnipotent & omniscient self-image and his drab, pedestrian life by attributing it to outside forces which conspire to keep him down - or by regarding it as an inevitable, albeit unwelcome phase in his ultimate ascendance & self-actualization.

The narcissist is a slave to his own inertia. Some narcissists are forever accelerating on the way to ever higher peaks & ever greener pastures. Others succumb to numbing routines, the expenditure of minimal energy, and to preying on the vulnerable. But either way, the narcissist's life is out of control, at the mercy of merciless inner voices & internal forces.

More about overachiever and underachiever narcissists: <https://samvak.tripod.com/grandiositygap.html>

89.

The narcissist's lies are not goal-orientated. This is what makes his constant dishonesty both disconcerting & incomprehensible. The narcissist lies at the drop of a hat, needlessly, & almost ceaselessly. He lies in order to avoid the Grandiosity Gap: the gaping abyss between fact and (narcissistic) fiction. E.g., he plagiarizes, pilfers, and purloins in order to appear original, brilliant, a genius. But he also lies in order to not hurt or shock his sources of supply lest he loses them.

The narcissist lies in order to preserve appearances, uphold fantasies, support the tall (and impossible) tales of his False Self & extract Narcissistic Supply from unsuspecting sources, who are not yet on to him. Confabulation and prevarication are not merely his way of life - but life itself.

Lies serve to make him interesting or attractive & thus secure Narcissistic Supply (attention, adulation). The narcissist refuses to believe that he can be of interest to anyone as he is. In his childhood, he was “loved” only when he had achieved something. He flaunts his achievements or invents ones. He feels certain that people are more interested in his fantasies than in the real him.

This way the narcissist also avoids the routine, the mundane, the predictable, the boring.

The narcissist is good at convincing people to participate in his scripts. It is movie-making. Every narcissist is a film director.

Pseudologica Fantastica is the compulsive need to lie consistently and about everything, however inconsequential, even if it yields no benefits to the liar.

Some narcissists love to see people excited, filled with wonder, bedazzled, dreamy, starry eyed, or hopeful. They are inveterate myth spinners, legend tellers like the troubadours of yore. They know that at the end of their ephemeral rainbows there is nothing but a broken pot. But they so want to make people happy! They so want to feel the power of a giver, a God, a benefactor, a privileged witness. So, they lie and fantasize.

90.

The narcissist’s False Self requires constant dollops of narcissistic supply (attention.) The narcissist’s sense of entitlement and innate superiority collide painfully with his unmitigated dependence on other people for the regulation of his labile sense of self-worth and the maintenance of his grandiose fantasies. Narcissists who are also psychopaths (antisocial) or schizoids (asocial loners) choose to avoid the constant hurt and injuries entailed by this conflict by withdrawing from society – physically as well as psychologically - into a cocoon of self-delusion, confabulated narratives, and vivid dreams of triumph and revenge. They become “lone wolf” narcissists and prey on society at large by indiscriminately victimizing, abusing, and attacking any of person unfortunate enough to cross their path.

Inevitably, the lone wolf narcissist is in a constant state of deficient narcissistic supply, very much like a junkie deprived of access to his drug of choice. This overwhelming, unquenched, vampiric hunger coupled with an almost-psychotic state render the lone wolf narcissist dangerous to others. His aggression often turns to outright violence; his frustration to vindictive rage; his addiction to narcissistic supply drives him to coerce people – often randomly selected – to serve as sources of adulation, affirmation, and support; his detachment evolves into a loss of touch with reality, cognitive deficits, and utter misjudgement of his environment and milieu; he seeks fame and celebrity by all means available to him, even by resorting to crime and terrorism. “Purebred” schizoids shrug off their disorder: they simply don’t like being around people and they resent the pathologizing of their lifestyle “choice” to remain aloof and alone.

Narcissists, as usual, tend to rationalize and aggrandize their schizoid conduct. They propound the idea that being alone is the only logical and heroic choice in today’s hostile, anomic, and atomized world.

A lot more here: <https://samvak.tripod.com/faq67.html>

91.

Who and what is NORMAL? what constitutes normal behavior, a normal personality?

There is the statistical response: the average and the common are normal. But it is unsatisfactory and incomplete. Conforming to social edicts and mores does not guarantee normalcy. Think about anomic societies and periods in history such as Hitler's Germany or Stalin's Russia. Model citizens in these hellish environments were the psychopath, the criminal, and the sadist.

Rather than look to the outside for a clear definition, many mental health professionals ask: is the patient functioning and happy (ego-syntonic)? If he or she is both functioning and ego-syntonic then all is well and normal. Abnormal traits, behaviors, and personalities are, therefore defined as those traits, behaviors, and personalities that are dysfunctional and cause subjective distress.

But, of course, this falls flat on its face at the slightest scrutiny. Many evidently mentally ill people are rather happy and reasonably functional.

Some scholars reject the concept of "normalcy" altogether. The anti-psychiatry movement object to the medicalization and pathologization of whole swathes of human conduct. Others prefer to study the disorders themselves rather to "go metaphysical" by trying to distinguish them from an imaginary and ideal state of being "mentally healthy". I subscribe to the later approach. I much prefer to delve into the phenomenology of mental health disorders: their traits, characteristics, and impact on others.

92.

Narcissists exhibit the cognitive bias known as the "Dunning-Kruger effect": they are grandiosely deluded about the true level of their abilities, knowledge, and skills. They hold themselves all-pervasively and innately superior to everyone else. But, narcissists tend to sustain this delusion of transcendence also by devaluing and underestimating others.

Grandiosity can be conceived of as a set of cognitive biases constructed on an edifice of cognitive deficits which emanate from a profoundly flawed reality test. The narcissist cathezes his grandiosity: he invests in it emotionally and "gets attached" to it.

More about the multifarious manifestations of fantastic and delusional grandiosity here: <http://www.narcissistic-abuse.com/faq3.html>

93.

Narcissistic Supply is exciting. When it is available, the narcissist feels elated, omnipotent, omniscient, handsome, sexy, adventurous, invincible, and irresistible. When it is missing, the narcissist first enters a manic phase of trying to replenish his supply and, if he fails, the narcissist shrivels, withdraws and is reduced to a zombie-like state of numbness.

Some people – and all narcissists – are addicted to excitement, to the adrenaline rush, to danger, to drama or even panic. They are adrenaline junkies.

When unable to secure "normal" Narcissistic Supply – adulation, recognition, fame, celebrity, notoriety, infamy, affirmation, or mere attention – the narcissist resorts to "abnormal" Narcissistic Supply. He tries to obtain his drug – the thrills, the good feeling that comes with Narcissistic Supply – by behaving recklessly, by succumbing to substance abuse, or by living dangerously.

Such narcissists become criminals, or race drivers, or gamblers, or soldiers, or investigative journalists. They defy authority. They avoid safety, routine and boredom: no safe sex, no financial prudence, no stable marriage or career. They become peripatetic, change jobs, acquire lovers, swap vocations, or avocations, or residences, or friendships.

But sometimes even these extreme and demonstrative steps are not enough. When confronted with a pedestrian, mundane existence these narcissists compensate by inventing thrills where there are none.

They become paranoid, full of delusional persecutory notions and ideas of reference. Or they develop phobias: fear of flying, of heights, of enclosed or open spaces, of cats or spiders. Paranoia is grandiose ("I am sufficiently important and unique to become the target of conspiracies"). Fears are stimulating.

Anxiety leads to a frenetic search for Narcissistic Supply. Obtaining the supply causes a general – albeit transient – sense of wellbeing, relief and release as the anxiety is alleviated. This cycle is addictive.

94.

The narcissistic parent may single out one of his children and encourage the “golden” or “sunshine” child to idolise the parent, to adore him/her, to be awed by him/her, to admire his/her deeds and capabilities, to learn to blindly trust and obey him/her, in short to surrender to his/her charisma and to become submerged in his/her follies-de-grandeur. The remains of the litter – the chosen one’s brothers and sisters - are ignored, neglected, left to fend off for themselves, or worse: relegated to the role of much-maligned, ridiculed, thwarted, stunted, and hated scapegoats.

Such discriminatory conduct emanates from the narcissistic parent’s projected splitting: a confluence of two psychological defense mechanisms (projection and splitting). The narcissistic parent splits her personality into good and bad traits, qualities, and dimensions. She projects the good aspects, the ones she finds to be acceptable (ego-syntonic) or even desirable onto the [golden child](#) who then embodies and reifies everything that’s right and proper in the parent’s personality, an extension of the parent’s grandiosity.

In contradistinction, the traits and qualities of himself or herself that the narcissistic parent finds bad, unacceptable, rejected, or shame-inducing are projected onto and attributed to the scapegoat child, the black sheep of the family, the reject and the outcast who is then rendered a constant reminder of the parent’s shortcomings, a challenge to her fantastic self-perception and, therefore, a permanent narcissistic injury.

Splitting and projection are "primitive" defense mechanism.

Watch: <https://m.youtube.com/watch?v=C5HO-Ogd-2c>

95.

[Depression is another label for hopelessness](#). When we see no prospect for a happier, hope-filled future, our present is rendered unbearable.

Why no such hope for the future? Because we refuse to let go of the past, because we try to keep our past alive. The present is merely the name we give to the results of our past choices.

Both the past and the future are mere dreams. But you cannot have two dreams simultaneously. Either you wake up from your past and then dream your future - or you have no future.

So: let go! It is over! You can be happy! Choose the future and its happiness over your past and its misery.

96.

One's body is the sole place in which one's privacy, intimacy, integrity and inviolability are guaranteed. The body is a unique temple and a familiar territory of sense and personal history. The torturer invades, defiles and desecrates this shrine. He does so publicly, deliberately, repeatedly and, often, sadistically and sexually, with undisguised pleasure. Hence the all-pervasive, long-lasting, and, frequently, irreversible effects and outcomes of torture.

In a way, the torture victim's own body is rendered his worse enemy. It is corporeal agony that compels the sufferer to mutate, his identity to fragment, his ideals and principles to crumble. The body becomes an accomplice of the tormentor, an uninterrupted channel of communication, a treasonous, poisoned territory.

It fosters a humiliating dependency of the abused on the perpetrator. Bodily needs denied – sleep, toilet, food, water – are wrongly perceived by the victim as the direct causes of his degradation and dehumanization. As he sees it, he is rendered bestial not by the sadistic bullies around him but by his own flesh.

The concept of "body" can easily be extended to "family", or "home". Torture is often applied to kin and kith, compatriots, or colleagues. This intends to disrupt the continuity of "surroundings, habits, appearance, relations with others", as the CIA put it in one of its manuals. A sense of cohesive self-identity depends crucially on the familiar and the continuous. By attacking both one's biological body and one's "social body", the victim's psyche is strained to the point of dissociation.

The psychology of torture victims: <https://samvak.tripod.com/torturepsychology.html>

97.

The narcissist hates women virulently, viscerally, & vehemently (a misogynist). To him, love is a dangerous pursuit, fickle and labile. He believes only in fear & hate as immutable, reliable motivations. He professes "love" only to secure the services of his "partner" as homemaker, audience, personal assistant, & companion. His "love" lasts only as long as his needs & expectations are impeccably met. Intimacy demands reciprocity &, thus, a waste of his scarce and precious resources on the tedious chore of maintaining a relationship when all he wants is a business-like, contractual arrangement.

When a woman tries to pick up a narcissist, flirt with him, or court him, he reacts by contemptuously humiliating her (cerebral) or by discarding her having conquered her sexually (somatic). The abusive message is: you have no power over me because I am unique, omnipotent, not your typical run-of-the-mill sap; you are nothing to me but a pitiful though useful parasite or an object to be violated. Your very attempt to seduce me is proof of your imbecility & blindness for how could you not have noticed that I am different and superior to you?

Being loved means being known intimately. The narcissist likes to think that he is so unique and profound that he can never be fathomed, that he is above being understood & empathized with, one of a kind (sui generis). To say to him "I love you", means to negate this feeling, to try to drag him to the lowest common denominator, to threaten his sense of uniqueness. After all, everyone is capable of loving & of animalistic lovemaking. Even the basest human beings fall in love.

The narcissist knows that he is a con artist, a fraud, an elaborate hoax, a script, hollow and really non-existent. The person who claims to love him is either lying (what is there to love in a narcissist?), or a self-deceiving, clinging, and immature codependent. The narcissist cannot tolerate the thought that he has chosen a liar or an idiot for a mate. Indirectly, her declaration of love is a devastating critique of the narcissist's own powers of discernment.

More <https://samvak.tripod.com/faq74.html>

98.

The profoundly disturbing film "We Need to Talk about Kevin" is told from the mother's point of view. Kevin is a maladjusted kid with a conduct disorder who blooms into a full-fledged blood-curdling psychopath in his teens. His mother is one of his victims. Kevin ends up killing his entire family (his mother being the sole survivor & witness to the massacre) as well as numerous schoolmates before he is apprehended.

The film ends with his mother, now reduced to a dysfunctional shell & shadow of her former self, visiting him in prison on a regular basis & hugging him for good measure.

Some victims never learn. You hear them saying: "It is true that he is a chauvinistic narcissist, that his behaviour is abusive & obnoxious, that I catch him in lie after deception. But all he needs is a little love & he will be different. I will rescue him by giving him the love that he lacked as a child. Then his narcissism will vanish & we will live happily ever after." I often come across sad examples of the powers of self-delusion that the narcissist provokes in his victims. It is what I call "[malignant optimism](#)". It is magical thinking: the dysfunctional antithesis of a useful coping strategy known as defensive pessimism. People refuse to believe that some questions are unsolvable, some diseases incurable, some disasters inevitable. They see a sign of hope in every fluctuation. They read meaning and patterns into every random occurrence, utterance, or slip. They are deceived by their own pressing need to believe in the ultimate victory of good over evil, health over sickness, order over disorder, love conquers all. "If only she tried hard enough", "she is lying in order to not hurt me" "she really wants to get better", "If only we found the right therapy", "If only his defences were down", "There MUST be something good and worthy deep inside her, NO ONE can be that evil and destructive", "He must have meant it differently" "God or Jesus is the solution and the answer to our prayers".

More <https://samvak.tripod.com/journal27.html>

99.

[Narcissism brushes off](#). It is contagious. Our reactions to the narcissist: the initial ridicule, the occasional rage, or the frustration tend to affect and deform us. Gradually, the narcissist distorts the personalities of those he is in constant touch with, casts them in his defective mould, limits them, redirects them, & inhibits or disinhibits them. When sufficiently cloned, the narcissist uses the people he affected as narcissistic proxies, narcissistic vehicles of vicarious narcissism.

The narcissist provokes in us emotions, which are predominantly negative & unpleasant. The initial

reaction is likely to be ridicule. The narcissist, pompous, verbose, incredibly self-centred, fantastically grandiose, self-indulgent, entitled, and odd, often elicits smirks in lieu of admiration.

But the entertainment value is fast over. The narcissist's behaviour becomes tiresome, irksome & cumbersome. Ridicule is supplanted by ire and, then, by overt anger. The narcissist's inadequacies are so glaring and his denial & other defence mechanisms so primitive that we constantly feel like screaming at him, reproaching him, or even striking at him literally as well as figuratively.

Ashamed at these reactions, we begin to also feel guilty. We find ourselves attached to a mental pendulum, swinging between repulsion & guilt, rage & pity, lack of empathy & remorse. Slowly we acquire the very characteristics of the narcissist that we so deplore. We become as tactless as he is, as devoid of empathy and of consideration, as ignorant of the emotional makeup of other people, as abusive, aggressive, negativistic, and as one track minded.

Exposed to the sick halo of the narcissist, we are "infected". The narcissist invades our personality. He makes us react the way he would have liked to, had he dared, or had he known how to (a mechanism known as "projective identification"). We are exhausted by his eccentricity, by his extravagance, by his grandiosity, by his constant entitlement.

How else are we infected with narcissism? <https://samvak.tripod.com/faq42.html>

100.

[Jesus was a malignant narcissist](#) & a dismal loser. Did deficient narcissist supply drive him to delusional insanity - or was he a mere Jewish con artist?

Early on, Jesus developed magical thinking, compensatory grandiose delusions, & fantasies of omnipotence & omniscience. A firstborn & a bastard, he was much pampered by his doting & anxious mother.

When he was a mere 12 years old: "(T)hey found him in the temple, sitting in the midst of the doctors, both hearing them, & asking them questions." (Luke 2:46)

Even at this tender age, he showed a marked lack of empathy & a full-fledged case of pathological grandiosity: "His mother said unto him, Son, why hast thou thus dealt with us? behold, thy father and I have sought thee sorrowing. And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business?" ("My Father" being God - SV). (Luke 2:48-49)

Contrary to his much-cultivated image, Jesus, like the vast majority of cult leaders, lacked empathy & was a heartless & irresponsible manipulator whose magical thinking ruined the lives of many. He instructed his followers to commit acts that must have had harshly adverse impacts on their hitherto nearest & dearest. Jesus monopolized the lives of his disciples to the exclusion of all else and all others: "For I am come to set a man at variance against his father, & the daughter against her mother, & the daughter in law against her mother in law. And a man's foes shall be they of his own household." (Matthew 10:35-36)

Here is how Jesus, the lowly, unmarried, and itinerant son of a carpenter - an abysmal failure by the standards of his society - viewed himself: "When the Son of man shall come in his glory, & all the holy angels with him, then shall he sit upon the throne of his glory: And before him shall be gathered all nations: & he shall separate them one from another, as a shepherd divideth his sheep from the goats ... And these shall go away into everlasting punishment: but the righteous into life eternal." (Matthew 25:31-32 and 25:46)"

Much more <http://malignantselflove.tripod.com/journal79.html>

101.

God is everything the narcissist ever wants to be: omnipotent, omniscient, omnipresent, admired, much discussed, and awe inspiring. God is the narcissist's wet dream, his ultimate grandiose fantasy. But God comes handy in other ways as well.

The narcissist alternately idealizes and then devalues figures of authority, especially with God, the quintessential authority figure.

Even when disillusionment and iconoclastic despair have set in - the narcissist continues to pretend to love God and follow Him. The narcissist maintains this deception because his continued proximity to God confers on him authority. Priests, leaders of the congregation, preachers, evangelists, cultists, politicians, intellectuals - all derive authority from their allegedly privileged relationship with God.

Religious authority allows the narcissist to indulge his sadistic urges and to exercise his misogyny freely and openly. Such a narcissist is likely to taunt and torment his followers, hector and chastise them, humiliate and berate them, abuse them spiritually, or even sexually. The narcissist whose source of authority is religious is looking for obedient and unquestioning slaves upon whom to exercise his capricious and wicked mastery. The narcissist transforms even the most innocuous and pure religious sentiments into a cultish ritual and a virulent hierarchy. He preys on the gullible. His flock become his hostages.

Religious authority also secures the narcissist's Narcissistic Supply. His coreligionists, members of his congregation, his parish, his constituency, his audience - are transformed into loyal and stable Sources of Narcissistic Supply. They obey his commands, heed his admonitions, follow his creed, admire his personality, applaud his personal traits, satisfy his needs (sometimes even his carnal desires), revere and idolize him.

Moreover, being a part of a "bigger thing" is very gratifying narcissistically. Being a particle of God, being immersed in His grandeur, experiencing His power & blessings first hand, communing with him yield narcissistic supply.

More <https://samvak.tripod.com/journal45.html>

102.

The cerebral narcissist renders himself unattractive to his partner by gaining weight, neglecting his body and personal hygiene, not attending to his rotting teeth and crumbling health, and dressing shabbily. This self-inflicted and ostentatious abuse has the effect of bringing sexual and physical intimacy to a screeching halt and forcing his mate or spouse into patterns of behavior and lifestyle alien to her nature: if she is a codependent and fears abandonment she abjures sex altogether (becomes asexual) and if she is not, she is forced into adultery and promiscuity.

This kind of narcissist is afraid of encounters with the opposite sex and is even more afraid of emotional involvement or commitment that he fancies himself prone to develop following a sexual encounter. In general, such a narcissist withdraws not only sexually – but also emotionally. If married – he loses all overt interest in his spouse, sexual or otherwise. He confines himself to his world and

makes sure that he is sufficiently busy to preclude any interaction with his nearest (and supposedly dearest). He becomes completely immersed in "big projects", lifelong plans, a vision, or a cause – all very rewarding narcissistically and all very demanding and time consuming. In such circumstances, sex inevitably becomes an obligation, a necessity, or a maintenance chore reluctantly undertaken to preserve his sources of supply (his family or household). The cerebral narcissist does not enjoy sex and by far prefers masturbation or "objective", emotionless sex, like consuming porn, or, much more rarely, group sex, or visiting prostitutes. "I practice the safest and most thrilling sex there is: masturbating to pornography". Actually, he uses his mate or spouse as an "alibi", a shield against the attentions of other women, an insurance policy which preserves his virile image while making it socially and morally commendable for him to avoid any intimate or sexual contact with others, ostentatiously ignoring women other than his wife (a form of aggression I call "ostentatious fidelity").

103.

### Psychology of School Shootings

Healthy narcissism is common in adolescents. Their narcissistic defenses help them cope with the anxieties and fears engendered by the demands and challenges of modern society: leaving home, going to college, sexual performance, marriage, and other rites of passage. There is nothing wrong with healthy narcissism. It sustains the adolescent in a critical time of his life and shields him or her from emotional injuries.

Still, in certain circumstances, healthy narcissism can transform into a malignant form, destructive to self and to others.

Adolescents who are consistently mocked and bullied by peers, role models, and socialization agents (such as teachers, coaches, and parents) are prone to find succor in grandiose fantasies of omnipotence and omniscience. To sustain these personal myths, they may resort to violence and counter-bullying.

The same applies to youths who feel deprived, underestimated, discriminated against, or at a dead end. They are likely to evoke narcissistic defenses to fend off the constant hurt and to achieve self-sufficient and self-contained emotional gratification.

Finally, pampered adolescents, who serve as mere extensions of their smothering parents and their unrealistic expectations are equally liable to develop grandiosity and a sense of entitlement incommensurate with their real-life achievements. When frustrated they become aggressive.

This propensity to other-directed violence is further exacerbated by what Lasch called "The Culture of Narcissism". We live in a civilization which condones and positively encourages malignant individualism, bad hero worship (remember "Born Killers"?), exploitativeness, inane ambitiousness, and the atomization of social structures and support networks. Alienation is a hallmark of our age, not only among youngsters.

When societies turn anomic, under both external and internal pressures (terrorism, crime, civil unrest, religious strife, economic crises, immigration, widespread job insecurity, war, rampant corruption, and so on), narcissists tend to become violent: <https://samvak.tripod.com/9.html>

104.

Are narcissists EVIL? Their actions shock us less than the WAY they act. To capture the spectrum of narcissistic depravity, we default to habitual adjectives such as "good" & "evil". This does this pernicious phenomenon & its victims little justice.

To qualify as evil a person (Moral Agent) must:

1. Consciously and consistently prefer & choose the (morally) wrong;
2. Act on his choice regardless of the consequences to himself & to others.

Clearly, evil must be premeditated.

Francis Hutcheson & Joseph Butler argued that evil is a by-product of the pursuit of one's interest or cause at the expense of other people's interests or causes. But this ignores the conscious choice among equally efficacious alternatives. Some people (sadomasochists, vindictive) often pursue evil even when it jeopardizes their well-being & obstructs their interests.

Narcissists satisfy both conditions only partly. Their evil is utilitarian. They are evil only when being malevolent secures a certain outcome. Sometimes, they consciously choose the morally wrong – but not invariably so. They act on their choice even if it inflicts misery & pain on others. But they never opt for evil if they are to bear the consequences. They act maliciously because it is expedient to do so, not because it is "in their nature". The narcissist is able to tell right from wrong & to distinguish between good & evil. In the pursuit of his interests & causes, he sometimes chooses to act wickedly. Lacking empathy, the narcissist is rarely remorseful. Because he feels entitled, exploiting others is second nature. The narcissist abuses others absent-mindedly, off-handedly, as a matter of fact.

The narcissist objectifies people & treats them as expendable commodities to be discarded after use. Admittedly, that, in itself, is evil. Yet, it is the mechanical, thoughtless, heartless face of narcissistic abuse – devoid of human passions and of familiar emotions – that renders it so alien, so frightful & so repellent.

Are narcissists just another destructive force of nature, like viruses or tornadoes? <https://samvak.tripod.com/journal65.html>

105.

Countess Erszebet Bathory was a breathtakingly beautiful, unusually well-educated woman, married to a descendant of Vlad Dracula. In 1611, she was tried - though, being a noblewoman, not convicted - in Hungary for slaughtering 612 young girls. The true figure may have been 40-100, though the Countess recorded in her diary more than 610 girls & 50 bodies were found in her estate when it was raided.

The Countess was notorious as an inhuman sadist. She once ordered the mouth of a servant sewn. It is rumoured that in her childhood she witnessed a gypsy being sewn into a horse's stomach and left to die.

The girls were not killed outright. They were kept in a dungeon & repeatedly pierced, prodded, pricked, & cut. The Countess may have bitten chunks of flesh off their bodies while alive. She is said to have bathed and showered in their blood in the mistaken belief that she could thus slow down the aging process.

Cases like Barothy's give the lie to the assumption that serial killers are a modern - or even post-

modern - phenomenon, a cultural-societal construct, a by-product of urban alienation, Althusserian interpellation, and media glamorization. Serial killers are, indeed, largely made, not born. But they are spawned by every culture & society, molded by the idiosyncrasies of every period as well as by their personal circumstances & genetic makeup.

Still, every crop of [serial killers](#) mirrors and reifies the pathologies of the milieu, the depravity of the Zeitgeist, and the malignancies of the Leitkultur. The choice of weapons, the identity and range of the victims, the methodology of murder, the disposal of the bodies, the geography, the sexual perversions and paraphilias - are all informed and inspired by the slayer's environment, upbringing, community, socialization, education, peer group, sexual orientation, religious convictions, and personal narrative. Movies like "Born Killers", "Man Bites Dog", "Copycat", and the Hannibal Lecter series captured this truth.

Serial killers are the quiddity and quintessence of malignant narcissism: <https://samvak.tripod.com/serialkillers.html>

106.

The [manic phase of Bipolar I Disorder](#) is often misdiagnosed as a Personality Disorder.

In it, patients exhibit many of the signs and symptoms of certain personality disorders, such as the Narcissistic, Borderline, Histrionic, or even Schizotypal: they are hyperactive, self-centered, lack empathy, and are control freaks. The manic patient is euphoric, delusional, has grandiose fantasies, spins unrealistic schemes, and has frequent rage attacks (is irritable) if her or his wishes and plans are (inevitably) frustrated.

Bipolar Disorder got its name because the mania is followed by - usually protracted - depressive attacks. A similar pattern of mood shifts and dysphorias occurs in many personality disorders such as the Borderline, Narcissistic, Paranoid, and Masochistic. But whereas the bipolar patient sinks into deep self-deprecation, self-devaluation, unbounded pessimism, all-pervasive guilt and anhedonia - patients with personality disorders, even when depressed, never lose the underlying and overarching structure of their primary mental health problem. The narcissist, for instance, never foregoes his narcissism, even when down and blue: his grandiosity, sense of entitlement, haughtiness, and lack of empathy remain intact.

More: <https://samvak.tripod.com/personalitydisorders61.html>

107.

When I coined the phrases "[somatic and cerebral narcissist](#)" in 1995, people naturally assumed that I am referring to mutually exclusive types.

It is a mistake to assume type-constancy. In other words, all narcissists are BOTH cerebral and somatic. In each narcissist, one of the types is dominant. So, the narcissist is either OVERWHELMINGLY cerebral - or DOMINANTLY somatic. But the other type, the recessive (manifested less frequently) type, is there. It is lurking, waiting to erupt.

In the case of the cerebral narcissist, there are several triggers that facilitate the transition from the dominant to the recessive type (to somatic narcissism) and back:

I. A life crisis that causes the narcissist to hit rock bottom and to exhaust all his options. In need of a quick fix of narcissistic supply, the cerebral resorts to sex with its immediate gratification and palpable, measurable outcomes (“conquests”). Sex is also the narcissist’s way of roping in a new intimate partner and of maintaining her presence and loyalty to him;

II. Deficient narcissistic supply: When the cerebral’s source of secondary supply (his intimate partner) “quits” and no longer fulfils her functions as a repository of and a voluble witness to the narcissist’s past triumphs and accomplishments, when she becomes critical of him or disagrees with him, no longer follows his leadership and ignores his commands - the narcissist switches from somatic to cerebral. In the narcissist, narcissistic supply is intimately linked and directly proportional to his libido (and more particularly to his sex drive): the dwindling of the former results in the abolition of the latter and in depression;

III. When the narcissist’s partner refuses to partake in his sexual fantasies and to collaborate in their execution, he experiences it as rejection, the most extreme form of narcissistic injury and he withdraws and becomes cerebral.

Read about my life experience here: <https://samvak.tripod.com/journal21.html>

108.

### Cold Therapy

Developed by Sam Vaknin, Cold Therapy is based on two premises: (1) That narcissistic disorders are actually forms of complex post-traumatic conditions; and (2) That narcissists are the outcomes of arrested development and attachment dysfunctions. Consequently, Cold Therapy borrows techniques from child psychology and from treatment modalities used to deal with PTSD. It is proving to be effective in the treatment of major depressive episodes as well.

Cold Therapy consists of the re-traumatization of the narcissistic client in a hostile, non-holding environment which resembles the ambience of the original trauma. The adult patient successfully tackles this second round of hurt and thus resolves early childhood conflicts and achieves closure rendering his now maladaptive narcissistic defenses redundant, unnecessary, and obsolete.

Cold Therapy makes use of proprietary techniques such as erasure (suppressing the client’s speech and free expression and gaining clinical information and insights from his reactions to being so stifled). Other techniques include: grandiosity reframing, guided imagery, negative iteration, other-scoring, happiness map, mirroring, escalation, role play, assimilative confabulation, hypervigilant referencing, and re-parenting.

Paper in the Journal of Clinical Review and Case Reports <http://www.opastonline.com/wp-content/uploads/2018/08/cold-therapy-and-narcissistic-disorders-of-the-self-jcrc-18.pdf>

109.

One of the most important symptoms of pathological narcissism (Narcissistic Personality Disorder) is grandiosity. Grandiose fantasies (megalomaniac delusions of grandeur) permeate every aspect of the narcissist's personality. They are the reason that the narcissist feels entitled to special treatment which

is typically incommensurate with his real accomplishments. The Grandiosity Gap is the abyss between the narcissist's self-image (as reified by his False Self) and reality.

When Narcissistic Supply is deficient, the narcissist de-compensates and acts out in a variety of ways. Narcissists often experience psychotic micro-episodes during therapy and when they suffer narcissistic injuries in a life crisis. But can the narcissist "go over the edge"? [Do narcissists ever become psychotic?](#)

The narrowest definition of psychosis, according to the DSM-IV-TR, is "restricted to delusions or prominent hallucinations, with the hallucinations occurring in the absence of insight into their pathological nature". Granted, the narcissist's hold on reality is tenuous (narcissists sometimes fail the reality test). Admittedly, narcissists often seem to believe in their own confabulations. They are unaware of the pathological nature and origin of their self-delusions and are, thus, technically delusional (though they rarely suffer from hallucinations, disorganised speech, or disorganised or catatonic behaviour). In the strictest sense of the word, narcissists appear to be psychotic.

But, actually, they are not. There is a qualitative difference between benign (though well-entrenched) self-deception or even malignant con-artistry – and "losing it". More about psychotic narcissism here: <https://samvak.tripod.com/journal91.html>

110.

The [narcissist's aggression](#) wears many forms. The narcissist suddenly becomes brutally "honest", or bitingly "humorous", or smotheringly "helpful", or sexually "experimental", or socially "reclusive", or behaviourally "different", or find yet another way to express his scathing and repressed hostility. He often labels such thinly disguised aggression: "tough love". The narcissist's favourite sadistic cocktail is brutal honesty coupled with "helpful advice" and "concern" for the welfare of the person attacked. The narcissist blurts out - often unprovoked - hurtful observations. These statements are invariably couched in a socially impeccable context. Akin to "anger management", the sadistic narcissist also requires "truth management" to teach him how to contain his impulsive and offensive "honesty" and "directness". For instance, "Do you know you have a bad breath? You will be much more popular if you treated it", "You are really too fat, you should take care of yourself, you are not young, you know, who knows what this is doing to your heart", "These clothes do not complement you. Let me give you the name of my tailor...", "You are behaving very strangely lately, I think that talk therapy combined with medication may do wonders", and so on.

The misanthropic and schizoid narcissist at once becomes sociable and friendly when he spots an opportunity to hurt or to avenge. He then resorts to humour - black, thwarted, poignant, biting, sharpened and agonizing. Thinly disguised barbs follow thinly disguised threats cloaked in "jokes" or "humorous anecdotes". Another favourite trick is to harp on the insecurities, fears, weaknesses, and deficiencies of the target of aggression. If married to a jealous spouse, the narcissist emphasizes his newfound promiscuity and need to experiment sexually.

Of course, most narcissists are also plain aggressive, even violent: <https://samvak.tripod.com/journal50.html>

111.

Shoreditch, London, October 1, Sam Vaknin. [Funzing Talk](#).

Details and BUY YOUR TICKET (£12) here: <https://bit.ly/2BxBtYR>

Vain, egotistic & self-obsessed, have you ever felt like someone in your life or perhaps even yourself shows these characteristics a little too often to ignore? Join Sam Vaknin, a narcissist and professor of psychology who dedicated his life to understanding and educating people on this personality disorder.

What is pathological narcissism? Is it a mental health disorder - or an adaptation to our anomic, sick, and, yes, narcissistic civilization? Where is the demarcation between assertiveness, self-confidence, and self-esteem - and grandiose fantasies? Is leadership enhanced by narcissism - or diminished by it? Should we encourage our children to be more narcissistic? How are narcissists made? Is early childhood abuse in the family really the precursor or is the aetiology far more complex and involves an interplay with peers, role models, and the prevailing culture? I coined the phrase "narcissistic abuse" in 1995. But what does it mean in an age when narcissism is no longer a diagnosis but a pejorative? Are the victims somehow complicit in their own maltreatment? Is codependence just another form of pernicious malignant narcissism?

Details and BUY YOUR TICKET (£12) here: <https://bit.ly/2BxBtYR>

FULL ADDRESS: <https://uk.funzing.com/funz/funzing-talks-do-you-have-a-narcissist-in-your-life-19205>

112.

[The Beauty and the Beast](#). In the photo, [@richard\\_grannon](#) Richard had just emerged from 11 hours of conversations with me, over two days (plus another 8 hours in 2 dinners). He is making a valiant effort to smile but he is visibly shaken, poor thing (just kidding). I always knew that Richard had a versatile, lively intellect. But I was positively surprised by his breadth of interests and erudition. If there is a topic he did not touch upon, I have never heard of it.

Of course narcissism and narcissistic abuse featured dominantly. But also highly personal matters: my early child abuse, for example, or why the MILLIONS of people whose lives I helped save or at least change for the better with my pioneering and much copied work since 1995 - why such people universally hate, fear, and loathe me rather than being grateful if not love me for my contributions. I have made all my work, all my articles, books, videos, tips and advice available FREE online since 1997. No one else in the field has been 1% as generous as me.

But we also discussed Einstein and God (in this order), physics, the Devil, Catholicism, the end of sex, teenagers, Marx, Stalin, and lots of Hitler and Donald Trump. Phew!

Richard is so highly intelligent and endowed with such a zany, wry, and black sense of humor that I already miss him badly. He is a good man struggling to do good in a world that has decidedly turned to evil. And isn't this what each and every one of us should aspire to do

113.

[Healthy narcissism and self-love](#) are the foundations of mental health: proper regulation of a sense of self-worth and the maintenance of realistic and evidence-based self-esteem and self-confidence.

What are the differences between self-love and pathological narcissism and how do they affect the

capacity to love others? (a) In the ability to tell reality from fantasy, and (b) in the ability to empathise and, indeed, to fully and maturely love others. The narcissist does not love himself: he has very little True Self to love.

The narcissist loves an image which he projects onto others who reflect it to him: the False Self. This process reassures the narcissist of both the objective existence of his False Self and of the boundaries of his Ego. It blurs all distinctions between reality and fantasy.

The False Self leads to false assumptions and to a contorted personal narrative, to a false worldview, and to a grandiose, inflated sense of being. The latter is rarely grounded in real achievements or merit. The narcissist's feeling of entitlement is all-pervasive, demanding and aggressive. It easily deteriorates into open verbal, psychological and physical abuse of others.

Self-love is a precondition for the experience and expression of mature love. One cannot truly love someone else if one does not first love one's True Self. If we had never loved ourselves – we had never experienced unconditional love and, therefore, we do not know how to love.

If we keep living in a world of fantasy – how could we notice the very real people around us who ask for our love and who deserve it? The narcissist wants to love. In his rare moments of self-awareness, he feels ego-dystonic (unhappy with his situation and with his relationships with others). This is his predicament: he is sentenced to isolation precisely because his need of other people is so great and he resent his dependence on them for narcissistic supply.

More: <https://samvak.tripod.com/faq23.html>

114.

Unlike psychopaths and like borderlines, [narcissists suffer from extreme abandonment anxiety](#). In most narcissists it is unconscious. It is channeled via various self-defeating and reckless behaviors, deteriorating impulse control, and acting out.

The narcissist is terrified of losing his source of secondary narcissistic supply, usually his spouse. One of her roles is to serve as his external memory: to record, recall, and replay his moments of glory ("You looked so great up there on the podium last year!"). She also buttresses the narcissist's grandiosity by colluding with him in a shared psychosis ("You are a misunderstood and much envied genius, honey"). Her personality perfectly matches his pathologies and resonates with them: if he is a masochist, she hurts him; if he is sadistic, she submits; if he is a paranoid, she concurs with his persecutory delusions; if he is power-crazed, she envies him and competes with him - only to succumb time and again.

To allay his anxiety over the impending and ineluctable loss of the relationship, the narcissist pushes his intimate partner away: "preemptive abandonment". This counterintuitive behavior fulfills two psychodynamic needs: 1. To regain control and mastery of the relationship ("She did not abandon me! It is I who discarded her!") and 2. To resolve the cognitive dissonance of being so utterly dependent on an inferior person and thus exposed to possible hurt and rejection: "I didn't really love her or need her - so I got rid of her!"

Having rejected and humiliated his partner (counterdependence), the narcissist is mortified by the

possible consequences of his actions. He tries to make amends, compensate, Hoover, and reacquire his better half. He suddenly becomes romantic or sexual or generous or kindly or caring or helpful or supportive or protective. This is especially discernible when the injured partner is in bad mental and physical shape or in need of assistance. It is the infamous "approach-avoidance repetition compulsion"

115.

This is the Inner Narcissist: a mischievous infantilized pseudo-adult among what he regards as hordes of sheeple & herds of meeple. In constant need of narcissistic supply, he waves in a friendly gesture - but beware his teeth. And it is alien: distinctly nonhuman. "Puer Aeternus" (eternal adolescent or youth, sempiternal Peter Pan) is associated with pathological narcissism. People who refuse to grow up strike others as self-centred & aloof, petulant & brattish, haughty & demanding – in short: as childish or infantile.

Childhood involves the acquisition of new skills & adaptation to change. Modern life continuously challenges us to do both and thus we remain in a perpetual state of "infancy". But, while a normal adult seeks to confront these challenges head on, the narcissist is hell-bent on avoiding & evading them.

In an abusive environment, the child finds it difficult to assert his personal boundaries, to separate from his parents, & to individuate. Consequently, it chooses either of two solutions: to internalize & introject the abuser (to become a monster), thereby siding with the strong & winning party – or to remain a child forever, thus securing empathy, compassion, & pity in a heartless, hostile universe. The typical narcissist chooses to adopt both solutions at once and is, therefore, simultaneously a monster & a child.

The narcissist is a partial adult. He seeks to avoid adulthood via infantilisation: the discrepancy between one's advanced chronological age and one's retarded behaviour, cognition, and emotional development. Some narcissists even use a childish tone of voice and adopt a toddler's body language.

They reject or avoid adult chores, commitments, and functions. They refrain from acquiring adult skills (such as driving) or an adult's formal education. They evade adult responsibilities towards others, including and especially towards their nearest and dearest. They hold no steady jobs, or never get married, remain childless, cultivate no roots, maintain no real friendships or meaningful relationships.

More: <https://samvak.tripod.com/journal92.html>

116.

Narcissists and psychopaths dissociate (erase memories) a lot (are amnesiac) because their contact with the world and with others is via a fictitious construct: the False Self. Narcissists never experience reality directly but through a distorting lens darkly. They get rid of any information that challenges their grandiose self-perception and the narrative they had constructed to explicate, excuse, and legitimize their antisocial, self-centred, and exploitative behaviors, choices, and idiosyncrasies.

In an attempt to compensate for the yawning gaps in memory, narcissists and psychopaths confabulate: they invent plausible "plug ins" and scenarios of how things might, could, or should have plausibly occurred. To outsiders, these fictional stopgaps appear as lies. But the narcissist fervently

believes in their reality: he may not actually remember what had happenend - but surely it could not have happened any other way!

These tenuous concocted fillers are subject to frequent revision as the narcissist's inner world and external circumstances evolve. This is why narcissists and psychopaths often contradict themselves. Tomorrow's confabulation often negates yesterday's. The narcissist and psychopath do not remember their previous tales because they are not invested with the emotions and cognitions that are integral parts of real memories.

117.

Victims are now fully aware of narcissistic abuse. Why do they keep falling for it? Why don't they resist, recoil, regroup, & retreat?

Because repeat victims share two things with their abusers: a partially latent pathway of mental processing & impaired object constancy.

A healthy person reacts to someone they have just met on a "gut level": a biochemical-emotional exchange followed by a layering of cognitions which lead to either the deepening or the negation of the initial reactions.

Victims & abusers react to each other almost exclusively viscerally. They suppress their cognitions & experience them as threats. There is a bonding of resonating pathologies, sometimes way beyond their awareness.

But why do victims refuse to face their abusers down? What do they stand to lose?

Most abusers and victims are LONELY. They fail to internalize (or introject) significant others. When their nearest are away, they cease to be their dearest.

Healthy people interact with internal representations of their loved ones in the absence of the originals. They cognitively recall the absentees and are flooded with emotions which evoke & elicit memories of the departed.

Habitual victims and their abusers also start by cognitively dwelling on the missing person. But then they have to resort to memories to experience a dim and diffuse nostalgia which passes for emotions. There is a void where an avatar of the ostensibly beloved should have been, replete with attendant memories & feelings. Abusers & victims fulfil each others' voids.

These two idiosyncrasies are at the heart of trauma bonding & dysfunctional attachment styles, often culminating in a shared psychosis.

The victim feels that only the abuser can truly understand her, is her soulmate & twin. And, in these two ways, he really is. He provides external object constancy & simulated emotions and like his target, agrees to suspend introspection & judgment. It is an intoxicating offering of merger & fusion that is not mediated or scrutinized cerebrally & which no victim can resist.

118.

Catastrophizing is a form of habitual thinking informed by several interlocking cognitive deficits. It often leads to emotional dysregulation.

But, to simplify matters, catastrophic thinking can be broken down to two escalating components:

1. If something BAD is possible then it is probable and likely to happen. This leads to anxiety responses and disorders and dysregulates one's sense of self-worth, self-esteem, and self-confidence.

2. If something BAD is probable then it is certain, it will occur for sure. This strand results in hypochondriasis, phobias, traumas, and post-traumatic conditions and responses (such as CPTSD and PTSR).

Both hidden assumptions are utterly irrational, of course. Most possible things are very improbable and most probable things never materialize.

119.

What happens when a [male narcissist targets a female psychopath](#) as his source of secondary supply ("intimate" partner)? He ends up being traumatized by her. Why & how?

The psychopath challenges & obliterates the narcissist's grandiose self-perceptions & assumptions, especially his fantasy of being unique.

The psychopath's promiscuity, risk-seeking reckless behaviors, & addictions to novelty & thrills ("adrenaline junkie") render the narcissist just one of her many sexual conquests. She never gets emotionally attached to him or misses him. To her, he is just another notch in her belt, a mere casualty of her cockteasing power plays with men, road kill. He is soon forgotten as she moves on - often by cheating on him as she had done to all her previous men.

The narcissist believes in his unique ability to detect lying & takes pride in his intelligence & resistance to being duped. But narcissists are very gullible. The psychopathic female uses their thirst for narcissistic supply to manipulate them with half-truths & outright lies. She tells them what they want to hear, flatters them, rewrites her own history to render them unique, & deceives them repeatedly, faking everything from emotions through tears to orgasms. The narcissist gets taken in. When he discovers the truth, his grandiosity is devastated.

Finally: the narcissist holds himself to be irresistible. But the psychopath is not interested in him! She is goal-oriented: she wants his money, contacts, protection, or prestige. She is a gold digger, or a social climber, or sleeps her way to the top. When the narcissist finds out that he had merely been used as an instrument, he is wounded to the quick.

These narcissistic injuries often evolve into a form of ruminative obsession or stalking as the narcissist tries in vain to integrate the painful experiences into his view of himself as godlike, omniscient, and desirable. The psychopath gives the narcissist a taste of his own medicine and it is bitter and sometimes threatens what is left of his sanity and even life.

120.

The [narcissistic stalker](#) stalks the source of his narcissist injury in order to restore his grandiose, inflated, and fantastic self-image. Once he deems his grandiosity (superiority, irresistibility, omnipotence, brilliance, entitlement) re-established, he lets go of his victim.

The narcissist feels entitled to your time, attention, admiration, and resources. Interprets every

rejection as an act of aggression which leads to a narcissistic injury. He reacts with sustained rage and vindictiveness and can turn violent because he feels omnipotent and immune to the consequences of his actions.

But Borderline Narcissists react differently: they love bomb, beg forgiveness, buy gifts, send photos and mementos, cry, prostrate and, generally disintegrate in full view as they attempt to Hoover the target and reacquire her.

How to cope with various types of stalkers: <https://samvak.tripod.com/abuse18.html>

121.

[How to Divorce a Narcissist or a Psychopath?](#) By attending the Grannon-Vaknin seminar of course! On November 4 in London. BUY YOUR TICKETS from [@richard\\_grannon](#):

<http://spartanlifecoach.com/london-seminar-with-sam-vaknin-plus-dialogues-november-5-2018/>

Also watch the relevant video on my YouTube channel where I explain the differences between divorcing a normal person and divorcing a narcissist or a psychopath:

<https://www.youtube.com/samvaknin>

Plus buy tickets to the DIALOG between Grannon and Vaknin in front of a LIVE AUDIENCE! Well, live at the beginning, at least 😊

Someone wrote to me: "I finally mustered the courage and determination to divorce him. But he refuses to let go, he threatens me and stalks and harasses me. I am sometimes afraid for my life. He is also a convincing pathological liar. I am afraid he will turn the judge against me..." My answer:

We are not divorce attorneys and, therefore, cannot relate to the legal aspects of your predicament. But we can and will elaborate on three important elements:

I. How to cope with your narcissist throughout the prolonged process and its aftermath? Custody? Alimony? Child Support? The System? WHAT IS GOING ON THROUGH HIS MIND?

II. How to expose the manipulations of the narcissist in court?

III. What to expect of the narcissist as your divorce unfolds and afterwards? Will he become violent? Stalker? Gaslighting, Abuse by Proxy?

Divorce is a life crisis – and more so for the narcissist. The narcissist stands to lose not only his spouse but an important source of narcissistic supply. This results in narcissistic injury, rage, and all-pervasive feelings of injustice, helplessness and paranoia.

122.

Narcissists are eternal Peter Pans, children or, at the oldest, adolescents, who refuse to grow up ("Puer Aeternus"). In 1995, I described a subspecies of such perpetual youth who I dubbed "Wunderkind Mask"

The [Wunderkind Mask](#) is a narcissist who was idolized & put on a pedestal in his formative years, usually by his adoring & pampering parents who coerced him into realizing their unfulfilled dreams & quelling their frustrations. He could do no wrong & was entitled to everything without commensurate effort.

Usually a gifted child, when he grows out of his hallowed childhood, at least chronologically, such a narcissist wants three things in his relationships with women (even in marriage):

1. A playmate or a toy. He treats the woman's body as a sandbox to masturbate in & with. He wants to travel & have incessant fun with her. He wants her to be available at his instant beck & call and respond to all his whims enthusiastically & forthrightly;
2. An admiring, adulating audience to applaud him & marvel at his ossified precocity. His woman should be his greatest & unthinking fan, available interminably to listen to his rants & ramblings and remind him of his glories & triumphs, past & present (constitute a source of secondary narcissistic supply);
3. Serve him hand & foot and fulfill the multiple roles of mother, personal assistant, butler, personal manager or agent, chambermaid, cook, & dog-walker.

Apart from these three infantile & immature roles & interactions, the Wunderkind Mask has no interest whatsoever in women and in many cases is a rabid & virulent misogynist. No wonder women shun & avoid him like the plague.

After a brief spell of initial acquaintance & succumbing to his charms, women withdraw in horror & repulsion, mildly traumatized, unable to verbalize their experience with this alien creature: "He looks like a man, but he is not, no man vibe! He is like a child, a machine or an adolescent. It is eerie & he is creepy". They are shocked that they fell for him & angry at themselves for having fallen prey to this clunky imitation of an adult.

123.

As a [cerebral narcissist](#), I use sex to acquire (hoover) new mates. My sexuality reflects my mind: exuberant, inventive, creative, experimental, kinky, well-informed, & sometimes deliciously forbidden & shocking. It is addictive & hooks the woman. She keeps craving sex with me & coming back for more.

But, for me, sex is a tool. I enjoy not the sex itself but the exhibition of skill & prowess, techniques & games. Displaying my sexuality to a potential partner is the equivalent of the peacock spreading its multicolored tail. I expect applause for every orgasm, admiration for every role play I construct, amazement at my stamina (which is truly formidable). It is all about narcissistic supply & nothing to do with intimacy.

Consequently, women complain that sex with me may be virtuously accomplished & pyrotechnical - but also very mechanical & impersonal, even faintly sadistic. They feel objectified & dehumanized, even as their bodies & brains want ever more of me in bed (really, everywhere 😊). Once the woman is secured as a source of secondary supply & a service provider, I lose all interest in sex & become utterly asexual & celibate. My partner finds the transition from a sex addict to a monk unnerving,

creepy, & eerie.

I miraculously regain my sex drive when I need to transition from one spouse to another or when my intimate partner cheats on me. Inevitably, all my women end up having multiple emotional & sexual affairs of which I am fully aware & acquiesce with as a way to get rid of their nagging presence in my life. But if the cheating becomes blatant & indiscreet & involves emotions (if my partner falls in love with another man), my sex drive is reawakened & I engage in brief spells of reclaim sex. Having secured her return to the fold, I turn off again.

The only way for me to remain sexually interested in my woman in the long run is to share her with other men in threesomes & group sex. There is a complex psychology behind that & you can read about it here, in the section on swinging: <https://samvak.tripod.com/pedophilia.html>

[Return](#)

Sex  
And  
Intimacy:  
Forgotten Arts

1.

Outside can be hell: snow and dirt and noise and worse. But when a [woman flowers on your windowsill](#) - all is well: she is happiness and love and life regained. Happy 8th of March to these magical wonder-filled fairies we call "women" and to the one special woman in every man's life.

2.

For some people, [love and pain are flip sides of the same tortured coin](#). Intimacy is an agony that leads to lustful ecstasy and to an orgy of self-annihilation. The woman in such couples loves with all her being, her quiddity and essence. When rebuffed, she turns into an untouchable, stone-faced, and cruel Madonna-mistress and an unspeakable whore. The man prostitutes her, shares her with other men because his arousal crucially subsists on her humiliation and degradation. They punish each other via sadistic sex and desired betrayal in a futile attempt to restore justice and sanity to an escalating spiral of obsession and abandonment anxiety. Their love becomes a dungeon, their bodied tools of mutual execution. As for me: I have experienced several such relationships. There is nothing that comes close to them in intensity and color. I felt exuberantly alive and profoundly entombed. Such affairs are exhilarating. But not for the fainthearted. Reviews of films with a psychological angle here: <http://www.narcissistic-abuse.com/film.html>

3.

["The Last Tango in Paris"](#) is a harrowing film about sex as a futile attempt to overcome loss and secure love. Like in reality, the man is more romantic: he is the one who falls in love and insists on emotional sharing and a relationship. The woman is the cruel huntress who executes him because he transgressed against the anonymity of their love-making.

I have had my share of anonymous sex and have had long sexual liaisons. One of these "relationships" lasted more than a year of constant, wild love-making exactly like in the movie. I felt not a trace or hint of emotion throughout. So I know that it is absolutely possible to share bodies without sharing minds. Intimacy is a choice - not an inevitable outcome of the exchange of bodily fluids.

But, hey, I am a narcissist, what do I know about emotions, attachment, and love? I am like a Martian writing his dissertation on Mankind. Not very likely to get it right.

Only studies show that I AM right. In the current hookup culture, emotional entanglements are assiduously avoided especially by young women. They want only sex - good sex if possible, any kind of sex if not. They gave up on fantasies of home and hearth and marital bliss because they do not regard their male peers as marriage material. There is contempt and hostility between the genders where attraction and love used to blossom. It is a sterile world. No wonder many women elect to remain childless.

And as for loss: Paul's wife commits suicide and the new love he had found shoots him dead. "Don't push your luck" - Bertolucci warns the viewers - "If you can at least fuck in this alienated world of ours, count your blessings and call it a day. Ambitions for love and intimacy can and will be lethal - even in Paris, the city of Love and Lovers. Like Romeo and Juliet we are all star-crossed and doomed to eternally search but never find. We can only consummate, orgasm and ejaculate". Or cum. Don't forget the butter next time!

Additional reviews of films with psychological angles here: <https://samvak.tripod.com/film.html>

4.

The Lifestyle involves sexual acts performed by more than two participants whether in the same space, or separately. It is also known as “swinging”, “wife-, or spouse-swapping”, “wife-, or spouse-sharing”, “group sex” and, where multiple people interact with a single person, “gangbanging”. Swinging can be soft (engaging in sexual activity with one’s own intimate partner, but in the presence of others, including acts of candaulism), or hard (having sex not with one’s spouse or mate.) Threesomes (commonly male-female-male or MFM) are the most common configuration.

The psychological background to such unusual pursuits is not clear and has never been studied in depth. Still, thousands of online chats between active and wannabe adherents and fans in various forums reveal 10 psychodynamic strands:

1. Latent and overt bisexuality and homosexuality: both men and women (but especially women) adopt swinging as a way to sample same-sex experiences in a tolerant, at times anonymous, and permissive environment;
2. The Slut-Madonna Complex: to be sexually attracted to their spouses, some men need to “debase” and “humiliate” them by witnessing their “sluttish” conduct with others. These men find it difficult to have regular, intimate sex with women to whom they are emotionally attached and whose probity is beyond doubt. Sex is “dirty” and demeaning, so it should be mechanical, the preserve of whorish and promiscuous partners;
3. Voyeurism and exhibitionism are both rampant in and satisfied by swinging. Oftentimes, those who partake in the Lifestyle document their exploits on video and share photos and saucy verbal descriptions. Amateur porn and public sex (“dogging”) are fixtures of swinging;

SEVEN additional psychological reasons for swinging (go to the link and choose the "swinging" section in the text): <https://samvak.tripod.com/pedophilia.html>

5.

The real femme fatale is an ingénue, an innocent child poised on the verge of decadent corruption. She is surrounded by salivating wolves and yet is the only true predator among them, hunting with the joy and abandon of a toddler in a toy shop.

The true femme fatale is never cunning or malicious - that would be off-putting. She is not mature, an adult, or an intellectual - that is boring. She is not a busty blonde - she is never vulgar.

Never mind what she wears, with or without makeup, just woke up, night or day - the femme fatale makes your heart leap out of its cage, thump and throb. She is an infarct in the flesh, in installments, and in slow motion. She is as ineluctable as death and as foreordained as self-destruction. And equally delectable.

Regardless of how she looks, the femme fatale is always the most beautiful and irresistibly seductive woman you will have ever seen. She is both sex and femininity reified.

But the true power of the femme fatale rests with her absentminded indifference to the consequences of her actions: a puerile psychopathy that is never malignant and always devastating.

She is selfish in the purest sense: she pursues her needs and wishes because she cannot do otherwise: she experiences them as overwhelming, intolerable urges and anxiety-inducing drives. She hurts even her loved ones because she has no other choice.

The true femme fatale is UTTERLY UNAWARE of her "fataleness" and of her unbridled power over men!

This obliviousness to her impact is irresistible: it makes her a relentless, ruthless, and callous huntress and an impersonal force of nature.

More about female narcissists: <http://www.narcissistic-abuse.com/faq34.html>

6.

Is the [right partner](#) like-minded, a clone, a carbon copy? Common interests, same beliefs and values, similar history?

I beg to differ. I disagree. The right woman for me is unlike me. She should bring to our couple her differences with me. She should challenge and criticize and disagree with me - even risking at times my retaliatory immature rage and abuse.

My woman should push me out of my comfort zone. She should never be a mere echo. She should deflate my grandiosity, not enhance it. She should be my firm reality test and my trusted advisor - not my accomplice in a delusional shared psychosis.

My ideal woman is curious but never fawning. She compliments but does not idealize. She criticizes but does not devalue.

And of course my bambi woman is beautiful beyond words and intelligent in a natural, wholesome kind of way, and irresistibly stubborn and intolerably cute at times, even - actually, especially - when she is stubborn and petulant and infuriating (but never ornery and contrarian). Which she is very often!

My woman gives me life and is my world in the sense that she is a necessary but also a sufficient condition for my happiness. No reflection in the mirror or echo in a chamber can accomplish that. Only a true, vibrant, vivacious, ambitious, supportive, and transformative intimate partner who fosters my personal growth and evolution into ever higher forms of myself. Isn't this what love is all about?

7.

[Some relationships](#) are characterized by a degree of laissez-faire and "freedom" that border on emotional absenteeism, neglect, and abandonment.

Both members of these couples lead separate lives, minding their own business. They rarely enquire about the other's whereabouts. DADT (Don't Ask, Don't Tell). The reason they grant each other such latitude is because one of them is a codependent with extreme abandonment anxiety - and the other a histrionic, compensatory narcissist, or, more rarely, borderline who wants to be dumped by her intimate partner.

When such a partner is dumped she feels good and relieved, even elated for 2 reasons:

1. It validates her view of herself as a bad and worthless object (usually the main message of the introjects - inner voices - of a sadistic-narcissistic mother or role models such as teacher or peers); and
2. It prevents intimacy. Such partners hate intimacy and fear it. Intimacy suffocates them. Being dumped puts an end to this threat.

So, they push their partners to dump them by being avoidant, passive-aggressive, plain aggressive, and verbally abusive.

If - no matter what they do and what they try - their partners keeps loving them, they feel deeply frustrated. They begin to hate the patient, loyal, and loving partner viscerally and wholeheartedly.

8.

Most common wisdom on the [effects of divorce on children](#) is wrong.

Children's emotional reactions to divorce dissipate within a maximum of 2 years. Only 15% continue to be distressed afterwards and into adulthood.

When the parents separate but do not divorce, the child adjusts even better, perhaps because there is hope that the parents will reconcile and the marriage will be restored.

The most severe long-term damages and traumas are incurred by children who grow up in conflict families where the marriage is hopelessly and irreparably dysfunctional.

The effects on children are particularly severe and long lasting when the parents constantly fight volubly, abusively, aggressively, and violently.

Such children grow up to be maladapted adults and experience difficulties in their own relationships

So, staying married "for the children's sake" ("parenting marriage") is an extremely bad idea and detrimental to the child. If the marriage is beyond salvage and there is no effective communication - the parents should DIVORCE exactly FOR THE CHILDREN'S SAKE.

Scientific American <https://www.scientificamerican.com/article/is-divorce-bad-for-children/>

9.

Your intimate partner can't stand it when your abode does not resemble a museum, when your things are strewn all over the place, when there are splatters of coffee on the kitchen counter, when the books and DVDs are not stacked at right angles, and when the towels in the spotless bathroom are crumpled. He is a [neat freak](#) and most probably suffers from Obsessive-compulsive Personality Disorder (OCPD). Obsessions and compulsions are about control of self & others. OCPDs are concerned (worried and anxious) about maintaining and being seen to be maintaining control. They are preoccupied with the symbolic aspects and representations (symbols) of control. OCPDs are perfectionists and rigidly orderly or organized. They lack flexibility, openness and

efficiency. They tend to see the world and others as at best whimsical and arbitrary and at worst menacing and hostile. They are constantly worried that something is or may go wrong. They share some traits with the paranoid and the schizotypal.

It is easy to spot them. They are constantly drawing up and dreaming up lists, rules, orders, rituals, and organizational schemes. They demand from themselves and from others perfection and an inordinate attention to minutia. Actually, they place greater value on compiling and following rigid schedules and checklists than on the activity itself or its goals.

OCPDs are workaholics, but not because they like to work. Ostensibly, they sacrifice family life, leisure, and friendships on the altar of productivity and output. Really, they are convinced that only they can get the job done in the right manner. Yet, they are not very efficacious or productive.

Socially, OCPDs are sometimes resented and rejected. This is because some OCPDs are self-righteous to the point of bigotry and tyranny.

Much more about this type of personality: <https://samvak.tripod.com/personalitydisorders29.html>

10.

There are four cardinal ways to regulate [sex within committed relationships](#), each with its own explicit or implicit contract.

### 1. Sexual exclusivity

Contract: the intimate partners engage in all forms of sex acts as well as flirting and dating only with each other. Any sexual, romantic, or emotional interaction with someone outside the relationship is considered cheating and a betrayal of the intimate partner.

### 2. Don't Ask, Don't Tell (DADT)

Contract: the intimate partner in a DADT relationship turns a blind eye to, ignores, or denies the facts about his/her partner's infidelity. He/she implicitly allows his/her partner to date others, flirt with them, and have all manner of sex acts outside the relationship. But they have to be discreet about their affairs, to eliminate all the evidence, and to continue to love their partners and share a life with them exclusively.

Falling in love outside the relationship or setting up a parallel life are considered not only cheating - but a betrayal of the intimate partner.

### 3. Open relationship

Exactly the same as DADT only the partners know about each other's sexual involvement with others and approve of such escapades.

Falling in love outside the relationship or setting up a parallel life are considered not only cheating - but a betrayal of the intimate partner.

#### 4. Polyamory

The partners are allowed to date, flirt, fall in love, maintain full-fledged relationships, and, of course, have sex with others. There is no concept of cheating or betrayal although the partners are expected to not neglect or abandon each other in favor of their other lovers.

More about the multifarious forms of modern marriage here: <https://samvak.tripod.com/marriage.html>

11.

[Sexless relationships](#) have acquired pandemic proportions. Legions of sex-starved women roam the streets, foraging for the ever-dwindling numbers of sexually active men. These few remnants of virility end up with ravenous harems whose morally conflicted inmates reluctantly seek extramarital intimacy and romance. Most men now prefer porn and its solitary aftermath to the dubious pleasure of modern female company. How have we come to that?

Modern Man is a narcissistic, porn-addicted misfit. Women have banished men from their lives: they raise their children alone; they educate their offspring on their own (90% of teachers are female); they are way more accomplished academically and they are breaching all the remaining glass ceilings forcefully. Men are on the retreat, hiding in cyber caves, self-medicating perilously, assiduously avoiding the dual threats of intimacy and sex with women, their newfound nemesis. It is War and all sides are losing it.

Women in sexless, loveless marriages often behave like single women (go out alone, travel alone, drink alone in bars, associate with single women). I call this kind of women 'virtual singles'. They send out signals (broadcasts) which are identical to the signals of single women. Men pick up on these signals and respond to them powerfully by aggressively courting the virtual single, by sexualising her behavior, and by reducing her to a sex object ("doll"). Additionally, other women react to virtual singles with resentment and fear because they consider them to be predatory. Every woman in the company of a virtual single is afraid that the virtual single will seduce her husband and abscond or elope with him (steal him away from her). All the men around the virtual single assume that she is available for sex, a "whore".

Read (free) "The Death of Sex and the Demise of Monogamy" <http://www.narcissistic-abuse.com/sexmonogamy.pdf>

12.

The [sadistic woman-lover](#) (philogynist) is drawn to women, desires them, covets their traits, admires them, and, generally, prefers to spend his time with them. But it is precisely this inexorable pull that terrifies him: he is awed by women's hold over him and mortified by his own resultant women-centred obsessions and compulsions. He is poorly equipped to deal with and is overwhelmed by the emotions that women provoke in him. In a desperate attempt to extricate himself, he adopts avoidant behaviors, shuns women and frustrates them, abuses them, tortures and humiliates them. This panoply of behaviors restores his sense of control, power, and superiority.

The sadistic woman-hater (misogynist) holds women in utter contempt, detests them, wishes them ill, and seeks to punish them. He displays the same range of behaviors as the sadistic woman-lover but for an entirely different reason. The sadistic woman-lover seeks to restore a semblance of balance of potency between himself and the women he finds so irresistible. The sadistic woman-hater aims to annihilate women, remove them from his life, penalize them harshly for daring to intrude on his being with their demands for love, sex, and intimacy, (which he perceives as women's self-interested manipulation).

Narcissists hate women <http://www.narcissistic-abuse.com/faq79.html>

13.

When the sexually healthy man watches [porn](#), he says: "I wish my wife were like this." When the sexually inhibited man watches porn, he mutters: "God forbid my wife should ever be like this." Sam Vaknin, "Malignant Self-love: Narcissism Revisited" <http://www.narcissistic-abuse.com/thebook.html>

14.

I am a foot fetishist. Give me a pair of elegant, streamlined, sensuous, voluptuous feet to play with and I have little need for the rest of the woman.

[Sexual fetishism](#) is predicated on a pathological sexual attachment to a fetish. The fetishist climaxes only in the presence of the fetish and cannot reach orgasm otherwise. In the absence of their fetish, most fetishists are sexually dysfunctional (for instance, they suffer from erectile dysfunction or are sexually hypoactive). Some forms of fetishism involve sado-masochistic and domination/submission fantasies (with fetishes such as feet or boots and shoes). The circumstances surrounding the sexual encounter are immaterial to the fetishist, as is his environment. Thus, a fetishist who is fixated on bras or feet is unlikely to mind the physical characteristics of the proprietress of either.

There are three types of fetishes:

I. An inanimate object, usually with a sexual connotation (such as a bra); II. A body part that is clearly still connected to a complete body, dead or alive (e.g., hair, feet); III. A reified trait, usually a deformity or idiosyncrasy that implies inferiority, helplessness, or dependence (for instance, a lame, or grotesquely obese, or hunchbacked person). Consequently, there are three categories of fetishism and fetishists:

I. Objective fetishists, for whom the inanimate fetish stands for and symbolizes a desired whole that is out of reach;

II. Somatic fetishists, for whom the body part stands for and symbolizes a coveted human body (and, by extension, a relationship) that is unattainable;

III. Abstract fetishists, who latch on to a trait or a characteristic as a means to indirectly interact with their "defective" bearer and thus fulfill the fetishist's grandiose fantasies of omnipotence and innate superiority (pathological narcissism). More here: <https://samvak.tripod.com/pedophilia.html>

15.

Is [homosexuality](#) abnormal, not natural, a human aberration?

Recent studies in animal sexuality serve to dispel two common myths: that sex is exclusively about reproduction and that homosexuality is an unnatural sexual preference. It now appears that sex is also about recreation as it frequently occurs out of the mating season. And same-sex copulation and bonding are common in hundreds of species, from bonobo apes to gulls.

Moreover, homosexual couples in the Animal Kingdom are prone to behaviors commonly - and erroneously - attributed only to heterosexuals.

Still, that a certain behavior occurs in nature (is "natural") does not render it moral. Infanticide, patricide, suicide, gender bias, and substance abuse - are all to be found in various animal species. It is futile to argue for homosexuality or against it based on zoological observations. Ethics is about surpassing nature - not about emulating it.

The more perplexing question remains: what are the evolutionary and biological advantages of recreational sex and homosexuality? Surely, both entail the waste of scarce resources.

Read my analysis here: <https://samvak.tripod.com/sexnature.html>

16.

When you wake the morning,

red headed children shimmer in your eyes.

The veinous map

of sun drenched eyelids

flutters

throbbing topography.

Your muscles ripple.

Scared animals burrow

under your dewey skin.

Frozen light sculptures

where wrinkles dwell.

Embroidered shades,

in thick-maned tapestry.

Your lips depart in scarlet,

flesh to withering flesh,

and breath in curved tranquility

escapes the flaring nostrils.

Your warmth invades my sweat,

your lips leave skin regards

on my humidity.

Eyelashes clash.

More of my poems <https://samvak.tripod.com/contents.html>

17.

[Narcissists cheat on their spouses, commit adultery and have extramarital affairs and liaisons](#) for a variety of reasons which reflect disparate psychodynamic processes:

1. In the quest for narcissistic supply, the somatic narcissist resorts to serial sexual conquests.
2. Narcissists are easily bored (they have a low boredom threshold) and they have a low tolerance for boredom. Sexual dalliances alleviate this nagging and frustrating ennui. The quest for novelty, diversions, and thrills – a vacation from his own life - is combined with a journey of self-exploration and discovery that involves “filling in the gaps” in the narcissist’s biography: a missed adolescence, an old flame, a new aspect of his personality.
3. Narcissists maintain an island and focus of stability in their life, but all the other dimensions of their existence are chaotic, unstable, and unpredictable. This "twister" formation serves many emotional needs which I expound upon elsewhere. Thus, a narcissist may be a model employee and pursue a career path over decades even as he cheats on his wife and fritters their savings away.
4. Narcissists feel superior and important and so entitled to be above the law and to engage in behaviors that are frowned upon and considered socially unacceptable in others. They reject and vehemently resent all limitations and conditions placed upon them by their partners. They act on their impulses and desires unencumbered by social conventions and strictures.
5. Marriage, monogamy, and child-bearing and rearing are common activities that characterize the average person. The narcissist feels robbed of his uniqueness by these pursuits and coerced into the relationship and into roles - such as a husband and a father - that reduce him to the lowest of common denominators. This narcissistic injury leads him to rebel and reassert his superiority and specialness by maintaining extramarital affairs.

Other reasons why narcissists cheat: <https://samvak.tripod.com/faq29.html>

18.

Inevitably, the [sexual fantasy life of narcissists and psychopaths](#) reflects their psychodynamic landscape: their fear of intimacy, misogyny, control freakiness, auto-eroticism, latent sadism and masochism, problems of gender identity, and various sexual paraphilias.

Fantasies which reflect a fear of intimacy involve the aggressive or violent objectification of a faceless, nameless, and sometimes sexless person, often in impersonal, alien or foreign settings (example: narratives of rape.) These usually coalesce with misogynistic erotic storylines in which females are humiliated, coerced into hurtful submission, and subjected to violation and degradation by one or many. Where sadism-masochism, homosexuality, or sexual paraphilias such as pedophilia are present, they are injected into the fantasy and colour its composition and progression.

In his fantasies, the narcissist or psychopath is always in unmitigated control of the environment. The

assemblages of bodies and limbs which populate his daydreams – his body included - are minutely choreographed to yield maximum titillation. He is like an exhibitionistic and voyeuristic porn director with an endless supply of well-endowed actors either cowed into compliance or craving it. Naturally, the narcissist's fantasies are devoid of any performance anxiety or of the need to reciprocate in the sex act by pleasing his anonymous and robotic partners. Such imaginarium invariably leads to acts of self-stimulation, the ultimate manifestations of auto-eroticism. Even when the narcissist incorporates his real-life partner in his fantasies, he is bound to treat her as a mere prop, a body to masturbate with, in, or on, or an object to be “defiled” in acts such as group sex, swinging (wife-swapping), or outright sexual deviance (examples: urophilia, or coprophilia.) This crude & overt denigration serves to render her a “slut”, or a “whore” in his mind, the kind of woman with whom he can have lustful, emotion-free sex.

More about the narcissist's fantasy sex life: <https://samvak.tripod.com/faq29.html>

19.

The [mentally ill form dyads or couples](#). Pathologies attract each and other and resonate in alliances of pain, fused relationships.

Such partnerships are suffused with torment: the mentally ill spouses or intimate partners engage in mutually hurtful conduct. It is also heartbreaking to watch your loved one's inexorable decline.

Gradually, the parties settle on coping strategies that are either "approach" or "avoidance" oriented.

The "approach" strategies include active denial of the problem often via a shared psychosis which renders the mental illness something to espouse, encourage, or be proud of.

Another strategy involves enabling. The enabler collaborates with the mentally sick partner so as to accommodate his or her disability.

Sometimes one of the partners assumes the role and mantle of guru, teacher, coach, guide, or father or mother. He or she suppresses dissent and re-molds the mentally ill partner to conform to some ideal. This could involve harsh or even sadistic criticism and humiliation on a daily basis as well as intermittent reinforcement.

But more often the mentally ill members of the dyad end up avoiding each other and the pain that they cause one another. This hurt aversion leads to extreme estrangement and cruel disengagement. Being ignored and neglected results in decompensation and acting out. The mentally ill partner tries to provoke attention and punish his or her avoidant counterpart by engaging in promiscuous and reckless behaviors.

In extreme cases the wayward partner internalizes and accepts the harsh judgment of her significant other. This can lead to major depressive episodes, psychotic disorders, and suicide.

20.

Intimate relationships entail the experiencing, triggering, and display of one's [vulnerabilities](#). Many find this integral and critical component of intimacy frightening or distasteful.

Being vulnerable is childlike and, therefore, could be a wonderful feeling: excitement and relief in equal measures. To cast aside all masks is to liberating. To finally be 100% you is exhilarating. To be accepted as you truly are is to be loved.

The disclosure of one's "weaknesses", fault lines, and deficiencies gives rise to anxiety only when you don't trust the other party, when you are worried that he might disparage the newly gained information, reject you, or, much worse, leverage your openness, wounds, and needs to his advantage.

21.

Divorce is a good exit strategy out of an abusive relationship.

But the problem is that people use it as a first - not last - resort. Whenever things get even trivially tough - they bail out rather than try harder.

Nowadays, people give up owing to DIFFICULTIES - not to ABUSE. They MISLABEL difficulties as "abuse" in order to justify their lack of perseverance.

Our civilization relies on disposable and replaceable products - and we treat each other the same way.

The modern concept of a romantic dyad based on infatuation causes people to renounce reality in favor of fantasy and so they idealize their partners. This inevitably leads to disillusionment and breakup.

The misguided concept of a love-based marriage (romantic love) changed the way we select mates.

It is a modern phenomenon. Previous generations were transactional and saw each other in a realistic light. The mass media - cinema and romantic literature, especially - taught us to idealize our intimate partners in any and all ways.

Many studies have shown that people in marriages that were arranged or subject to matchmaking grew to love and respect each other. Basing mate selection mostly on lustful sex and on attraction got humanity into the relationship mess we have now.

22.

We assume erroneously that some roles are instinctual because, in nature, other species do it, too: parenting and mating come to mind. The discipline of sociobiology encourages us to counterfactually learn from animals about our social functioning.

But humans and their societies are so much more complex that there is little we can evince from lobsters, chimpanzees, or gorillas.

In nature, there is "male" and "female", not "man" and "woman" which are learned and acquired gender roles. There is no "mother" and "father", even among apes - just progenitors.

To fulfill any of these demanding and multifarious human functions, we must be exposed to good enough and working role models in childhood and then practice tirelessly through adulthood, constantly reframing and evolving as demands and expectations change with social mores and the

times. Evolution in the human species is no longer predominantly genetic - but social and cultural.

So, many people simply don't know how to act as men or as women, as mothers or as fathers. Here, faking it never makes it.

23.

Biographies of great men invariably start with a physical description of their external appearance: Napoleon's height, Kennedy's youth, or Hitler's piercing eyes.

When I post videos, most of the comments refer to the color of my hair, whether I am handsome or reptilian, and do I look fatigued or rejuvenated.

The primitive circuitry of our brains is focused on mate selection and the propagation of our selfish genes. Looks matter because they convey inordinate amounts of instantly accessible information about our heredity, health, and constitution.

Nor is this preference temporary or limited to sexual, romantic, or intimate affairs.

Studies have shown that people who are physically attractive are employed much more often and earn much more money than their pedestrian, better qualified, competitors.

24.

Women in sexless, loveless marriages often behave like single women (go out alone, travel alone, drink alone in bars, associate with single women). I call this kind of women 'virtual singles'. They send out signals (broadcasts) which are identical to the signals of single women. Men pick up on these signals and respond to them powerfully by aggressively courting the virtual single, by sexualising her behavior, and by reducing her to a sex object ("doll"). Additionally, other women react to virtual singles with resentment and fear because they consider them to be predatory. Every woman in the company of a virtual single is afraid that the virtual single will seduce her husband and abscond or elope with him (steal him away from her).

All the men around the virtual single assume that she is available for sex. They see that her mate or husband is not interested in her and is not even protecting her as "his property". They see that she is not interested in him as a man. Their conclusion is that she is hungry for love and sex and will accept any offer of either unconditionally. They allow themselves to misbehave because she is an abandoned, unprotected, sexually frustrated woman.

A woman who is in a bad relationship with her husband and whose husband doesn't even bother to protect her from the advances of other men - is fair game. All men ASSUME that she is sexually frustrated (and they are right) and that she is sexually available (where, sometimes, they are wrong). There is nothing the virtual single can do about it. It is all about rumors, gossip, reputation, and her mate's behavior towards her. The virtual single is like a woman without a man, single in effect, so all men try to get her to be with them.

25.

To him a woman was an intoxicating swirl of scents and tastes and textures; her face a topography of his desire; its smooth elevations and depressions, the delectable vicissitudes of hope and ineluctable despair; her eyes a drowning invitation, a shimmering freedom, a matching pair of wishing wells.

26.

The sadistic woman-lover (philogynist) is drawn to women, desires them, covets their traits, admires them, and, generally, prefers to spend his time with them. But it is precisely this inexorable pull that terrifies him: he is awed by women's hold over him and mortified by his own resultant women-centred obsessions and compulsions. He is poorly equipped to deal with and is overwhelmed by the emotions that women provoke in him. In a desperate attempt to extricate himself, he adopts avoidant behaviors, shuns women and frustrates them, abuses them, tortures and humiliates them. This panoply of behaviors restores his sense of control, power, and superiority.

The sadistic woman-hater (misogynist) holds women in utter contempt, detests them, wishes them ill, and seeks to punish them. He displays the same range of behaviors as the sadistic woman-lover but for an entirely different reason. The sadistic woman-lover seeks to restore a semblance of balance of potency between himself and the women he finds so irresistible. The sadistic woman-hater aims to annihilate women, remove them from his life, penalize them harshly for daring to intrude on his being with their demands for love, sex, and intimacy, (which he perceives as women's self-interested manipulation). (Sam Vaknin, "Malignant Self-love: Narcissism Revisited" <http://www.narcissistic-abuse.com/thebook.html> )

In anomic societies, material goods serve as signals: they connote one's place in the social order and a stratified hierarchy of haves and have-nots.

27.

You have been mourning your marriage for many years now. And all these years of grief you were travelling and laughing and getting tipsy and making love to other men - even as your heart was bleeding inexorably and your tears were filling the infinite inward well of your depression. But there is hope. There is always life after the demise of a relationship. There is always love and rainbows and sunsets and beauty at the end of the day, the long day of our life. If we only learn to accept the bounty, the grace, and ourselves. If we only learn to let go and to embrace. If we stop rebelling against our happiness.

28.

The tendency to remain in bad relationships - abusive, hopeless, sexless, loveless, doomed - is known as the Sunk Cost (Concorde) Fallacy (or bias). Co-owning a business or property, shared memories, and especially co-parenting tend to cement this bias and pile it on top of traumatic bonding and a fused relationship.

We throw good money after bad just because "we are already invested" in a project. We watch an atrocious movie to the end because we have already spent an hour doing so. We eat food we have ordered even if it sucks. We keep clothes we never wear because we have paid for them. It is a particularly pernicious brand of loss aversion (proclivity to avoid waste). This utterly irrational behavior is motivated by malignant optimism: overestimation of the probabilities of positive outcomes if we just keep going or do something differently.

We are also afraid to look foolish if we admit to having made the wrong decisions consistently ("narcissistic injury"). We sometimes feel responsible and guilty for having made these decisions in the first place.

Of course the rational thing to do is to cut your losses and abandon the dysfunctional relationship. But - divorce statistics aside - surprisingly few do so in time. The results? Wrecked marriages, hateful exes, bruised children, and crumbling enterprises.

My articles in economics: <https://samvak.tripod.com/guide.html>

29.

The terms "slut/whore", "sex addict/nymphomaniac", and "promiscuous" are used interchangeably - and wrongly so.

Slut/whore is an epithet reserved - usually by men - to sexually assertive women with a healthy libido. To satisfy their needs, urges, desires, and hunger such women do not hesitate to outsource sex, intimacy, and love if their intimate partner fails to provide or withholds them. They are usually disinhibited but in full control of their choices of partners, locations, and settings. Their conduct is not pathological though it may defiantly contravene the norms and mores - or even laws - of their cultures and societies.

A promiscuous woman is disinhibited and indiscriminate as far as the quality and the attributes of her sexual partners. She simply has no standards and filters when it comes to copulation but this is an issue of vulgarity and bad taste - not of any mental health problem. They are in full control of their choices and actions - they simply love to fuck.

If the woman is compulsive about the quantity and frequency of her sexual liaisons, or if she engages in a sex act because she feels that she cannot do otherwise, or if she dissociates during sex (on "auto-pilot"), she may be addicted to sex.

But such behavior may indicate other psychological issues or even the wish to conform to social expectations ("if I date a man and he spends money on me, I have to return the favor"). Some women with certain personality disorders act out: they sexualize frustration and anger at the partner and punish him by having sex with other men.

30.

Why would the likes of Weinstein and Cosby - rich, famous, and powerful - sexually harass babes? Because they cannot get consensual sex. "Gimme a break!" - you collectively exclaim - "These folks must be besieged by willing partners!" You don't know how wrong y'all are.

I have been rich and a mini celebrity on and off all my life. It was easier to get laid in the periods in between, when I had been poor and a nobody. Goldiggers aside, women felt intimidated and even repelled by my public exposure and intellectual prowess. Many of them grew envious of me or embarked on all manner of power plays and mind games, aiming to demonstrate their superiority, invincibility, and irresistibility by winning these one-sided delusional competitions.

When I am in the limelight, I am reduced to a one-dimensional cartoon figure, a mere function, a symbol, or a caricature. "You are my guru, my teacher, my savior, a genius. I love your mind, your brain. I can listen to you for hours, I have dreamt of having the opportunity to talk to you, I have had a crush on you since the first time I heard you speak, you are a legend." But, really, I am objectified and dehumanized by these acolytes. If I dare to confess any emotion or mood (for example: that I am depressed), if I express a wish, chat someone up and flirt, if I appear human in any way, shape, or form - my erstwhile fans reject my humanity aggressively: they feel "betrayed". Henceforth they devalue me for having debased my ostensible sublimity with the filth of carnal desire & lucre and for having disgracefully revealed my vulnerabilities & weaknesses. They resent me and are furious that I robbed them of their superman and substituted for it a mere mortal. They cannot forgive me the disillusionment and disenchantment. The Wizard of Oz is, after all, more of a villain for his frailty than for his misdeeds.

Why we hate our celebrities and mistreat them <https://samvak.tripod.com/faq19.html>

31.

In "The Best Offer", Virgil Oldman is an auctioneer: he helps to determine the price of art in public, rule-based jousts. He is rich, middle-aged, well-respected, if somewhat eccentric & misanthropic. He is an avowed bachelor, the kind of man who has transformed his firewalled reclusiveness into a

prideful ideology. He adores women – but only of the two-dimensional kind, in captive portraits which he suspends in a vault in the recesses of his gloomy mansion. He is also a con-artist: he knows the correct prices of all items, but profitably misleads others.

When Virgil meets the agoraphobic Claire, he is smitten with her despite - or because - her extreme approach-avoidance games. She professes her love & then colludes with his only two friends in the world to rob him blind.

Many would say, what Claire did to Virgil was unfair: she took away his prized possessions, having manipulated his emotions cruelly. I disagree. Claire gave Virgil 2 years of happiness and in return took all his paintings. It strikes me as a balanced trade. Better a short period of bliss in an arid life than none at all. Virgil got the better deal methinks: money and property come & go and, when the ineluctable moment is upon us, we leave them behind like so many pieces of colored glass. Happiness is the treasure that keeps on giving for as long as our memory holds. Claire gave Virgil a lasting gift – and took from him crumbling canvasses and peeling paint. She gave Virgil access to a real woman in lieu of the dead ones whose portraits he morbidly collected and revered.

Was Virgil truly conned? He should have seen through Claire, he should have known better, uniquely equipped as he was with his experience. His gullibility appears contrived: as though he wanted Claire to devastate the penal colony that his life had become. Don't we often invite others into our lives in order to disrupt them because we feel trapped and incapable of growth? Claire was Virgil's agent of change. She transformed his life by ruining it. She sprang him from his vault by emptying its contents.

Full review mid page here: <https://samvak.tripod.com/conman-en.html>

32.

Some people - men and women - [enjoy sex only when they cheat on their spouses](#). They were molded in their formative years to associate pleasure and intimacy with risk, deception, and adrenaline. They are aroused by their own immorality (or amorality) and whorish promiscuity, by the chase, the mind games, the power plays, and the conquests.

The less socially acceptable the act, the more illicit, the higher the degree of betrayal and self-debasement, decadence and deviance, perversion and shock value - the greater the resulting carnal titillation.

This type of compulsive behavior is a variety of role play. Such people need a narrative, a story, a confabulation, a script in order to get sexually aroused and enjoy the encounter. The role they assume is that of a promiscuous and treacherous prostitute. But the very fact that they take on this personality in a cinematic rendition makes them feel removed and distant from their own misconduct, absolved: "It was not me who did it, I was not myself, I felt dissociated, on auto-pilot, like an observer". When asked why they behaved the way they did, they typically shrug it off: "I don't know".

Ironically, these cheaters are inordinately attached and bonded to their emotionally thwarted, masochistic, codependent, financially generous, and enabling spouses. To fully enjoy sex, they need to remain married, they need someone to cheat on and torment, someone to lie to, betray repeatedly, and blame for their misbehavior. They fiercely defend their spouses and their families to anyone who would listen and make clear to their lovers and fuck buddies how temporary the arrangements with them are.

33.

[People remain in abusive relationships](#) because they lack self-confidence, their self-esteem is shot, not least by their "loving, intimate" "partner", and because they are unable to regulate their sense of self-worth.

There are four common fallacies:

#### I AM LUCKY

I am worthless, damaged goods. I am lucky to have found even my abuser. If I leave the relationship, who else would want me and where will I find another partner?

#### THE BEST OF ALL WORLDS

Life is harsh and it doesn't get much better than this. The grass is always greener on the other side of the fence, but that is merely as an optical illusion. This is as good as it gets.

#### MY PARTNER IS NOT WORSE THAN OTHERS

Every other partner I may find will have flaws and quirks that I will have to get used to and accommodate all over again. Better stick with what I know. No one guarantees that my next partner will not be even worse than this.

#### HAPPINESS? BAH!

Life is a serious business. It is not about the selfish pursuit of elusive "happiness". It is about meeting your obligations and getting on with it. At best one can expect companionship and mutual support in old age. Anything more than that is self-defeating and destructive wishful thinking.

34.

In love - and to some extent in sex - we "undress": remove protective layers and expose vulnerabilities and weaknesses to our partner.

This information about the chinks in our armor can and will be used against us even by the most loving of mates. We must take this fact into account when we decide what to share.

In a healthy relationship, secrets are an essential ingredient. Unmitigated, unalloyed truth telling is never a good idea. Couplehood and intimacy wither on the vine of total openness.

Of course, not all secrets are created equal. Some information if held back festers and poisons any liaison. Fundamental issues have to be aired, dissected and resolved. Emotions and conflicts require communication and closure. Expectations and hopes are best expressed. Behavior modification is predicated on good communication.

But not every mood should be reported. Not every lapse and transgression need be confessed. Not every fear articulated. Let Time, the Great Healer, do its job.

35.

"Love", "cruelty" and "impotence" are three sides of the same coin.

We love in order to overcome our (perceived) impotence.

We burden our love with impossible dreams: to become children again.

We want to be unconditionally loved and omnipotent.

No wonder love invariably ends in disappointment and disillusionment. It can never fulfil our inflated expectations.

This is when we become cruel. We avenge our paradise lost. We inflict upon our lover the hell that he or she fostered in us. We do so impotently because we still love, even as we fervently hate (Freudian ambivalence). Thus we always love cruelly, impotently and desperately, the desperation of the doomed to Sisyphian repetition.

Love as a psychopathology <http://www.narcissistic-abuse.com/lovepathology.html>

36.

Attractiveness is gender-neutral. Of course, depending to the genders involved in the interaction, it may lead to sex, romance, bromance, or any other outcome on a spectrum of friendship and collaboration. But both men and women react with attraction or repulsion to other men and women.

Attractiveness is a composite of character traits and behaviors. But to be deemed attractive, these have to conform to social and cultural mores, prejudices, and preferences. What would be considered attractive in one civilization would be judged off-putting in another.

Language plays a role. Stinginess can also be described as frugality. Eloquence as verbosity. Self-care as vanity. Self-confidence as narcissism.

The context is influential. Peer consensus is crucial: women find more attractive men who are always in the company of other women. The time of day, alcohol consumption, events immediately preceding the encounter all matter.

Surprisingly, body shape and good looks are less crucial and far more variable than they are made out to be by evolutionary biologists. In different parts of the world, opposite body shapes (lanky versus fat, for example) attract and criteria of beauty are disparate.

It seems that the mind plays the biggest role: the brain is indeed the largest sex organ. Intelligence, resourcefulness, optimism, charisma, self assurance, sense of humor, kindness, creativity, generosity are all far more critical than possessing the right kind of body.

37.

He is stingy, she - profligate. He is a recluse, she is gregarious. He is asexual, she is promiscuous.  
Glaring incompatibilities in grossly mismatched couples. Why do people trap themselves in long term relationships with their exact negations and polar opposites?

For three reasons:

1. The new inappropriate partner is chosen after a failed relationship precisely because he is the mirror image, the photographic negative of the previous, disastrous choice. Contrast overshadows all other considerations: a sense of relief and safety.
2. The mismatched partner provides an external locus of control and outsourced regulation of traits and behaviors that are perceived as undesirable, a check of unwanted aspects of the personality. In the examples above: the profligate partner delegates money management to her frugal counterpart; the recluse uses his partner's gregariousness to meet people; and the promiscuous husband restrains himself by remaining faithful to his frigid wife.
3. The mismatch and obvious incompatibility put paid to intimacy and usually, in the longer haul, to sex and love. These lacunas and lacks provide the partners with a moral justification to misbehave: cheat on one another, deceive each other, even steal from each other. Socially unacceptable conduct is legitimized. We sympathize with a long suffering intimate partner or spouse and tend to be more lenient in our judgment. People who fear intimacy or loathe will make sure that their primary relationship never has any and strive to lead separate, parallel lives.

38.

To say that emotions are cognitions is to say nothing. We understand cognition even less than we understand emotions.

To say that emotions are caused by cognitions or cause cognitions (emotivism) or are part of a motivational process does not answer the question: "What are emotions?". Emotions do cause us to apprehend and perceive things in a certain way and even to act accordingly. But WHAT are emotions?

Granted, there are strong, perhaps necessary, connections between emotions and knowledge and, in this respect, emotions are ways of perceiving the world and interacting with it. Perhaps emotions are even rational strategies of adaptation and survival and not stochastic, isolated inter-psychic events. Perhaps Plato was wrong in saying that emotions conflict with reason and thus obscure the right way to apprehend reality. Perhaps he was right: fears do become phobias, emotions do depend on one's experience and character.

As we have it in psychoanalysis, emotions may be reactions to the unconscious rather than to the world.

Yet, again, Sartre may be right in saying that emotions are a "modus vivendi", the way we "live" the world, our perceptions coupled with our bodily reactions. He wrote: "(we live the world) as though the relations between things were governed not by deterministic processes but by magic". Even a rationally grounded emotion (fear which generates flight from a source of danger) is really a magical transformation (the ersatz elimination of that source). Emotions sometimes mislead. People may perceive the same, analyze the same, evaluate the situation the same, respond along the same vein – and yet have different emotional reactions. It does not seem necessary (even if it were sufficient) to postulate the existence of "preferred" cognitions – those that enjoy an "overcoat" of emotions. Either all cognitions generate emotions, or none does. But, again, WHAT are emotions?

Read how I derive emotions from the fact that we all have BODIES with senses and sensa (sensory input): <https://samvak.tripod.com/sense.html>

39.

"My husband is a misunderstood and much envied genius" (really he is an abject failure and loser). "The CIA is spying on us" (why would they waste resources on a couple of sedate third-rate accountants?) "My wife is good-hearted and kind" (a harridan in fact). A delusion is "a false belief based on incorrect inference about external reality that is firmly sustained despite what almost everyone else believes and despite what constitutes incontrovertible and obvious proof or evidence to the contrary" (DSM IV-TR). Sometimes, the member of a family, especially spouses or lovers, share a delusion and aid and abet each other in sustaining it in a cult-like setting: there is a primary inducer and a suggestible acceptor.

In "shared psychotic disorder" or folie a deux (no longer a diagnosis in the DSM 5), the delusions are persecutory (paranoid), grandiose (narcissistic), or manic ("we are going to make big money soon, so let's splurge now"). The line between steadfast support for your partner and believing in him and shared psychosis is not clear. In many ways, all long-term intimate relationships end up incorporating pronounced delusional elements which are fiercely defended by the couple.

Shared psychoses are also common in other settings involving emotional intensity and stress: business, political activism, ideological movements, even in academe.

40.

Marriages are never damaged by a [love affair](#). Love affairs are frequently damaged by marriages.

For a love affair to have occurred, the marriage must have already been in serious trouble. The affair, the act of cheating, only brings the rot to light.

So, a love affair rarely harms a marriage more than it is already hurting.

But marriages do put an end to love affairs. Surprisingly few cheaters actually divorce. When forced to choose between their lover and their spouse, the overwhelming majority choose the spouse, regardless of how dysfunctional, dead, and acrimonious the marriage is.

Moreover: even on the rare occasions that an affair leads to a divorce, it is even rarer for the illicit liaison to survive the divorce. The erstwhile paramours drift apart and find new partners, untainted by memories of deceit and heartbreak.

So: extramarital dalliances are nothing but symptoms of an already dying marriage. But even a dying marriage has the power to decimate the most exciting and happy dalliance.

41.

Now, in view of my previous Instagram post, I am dubbed a "[sexual pervert](#)". Only one problem: there is no such thing as "perverse" sexuality. Victorian middle-class values aside, if the sexual behavior harms no one (including oneself) and is consensual (between consenting adults), then it is considered by psychologists and psychiatrists alike to be utterly both healthy and normal.

Homosexuality, bisexuality, BDSM (Bondage, Discipline, Dominance, Submission, Sadomasochism), cross-dressing, water sports (golden showers), role playing and fantasy, and group sex or threesomes - all these are nowhere to be found in the two bibles of psychiatry: DSM 5 and ICD 11. I have done them all and they have enriched my sex life and rendered it a pleasurable pursuit and an adventure. Looking forward to more one day.

So, next time someone tells you that you or your sexuality are perverse - tell him to get rid of his hangups and inhibitions with the help of a good sex therapist, like my friend, Marty Klein.

Ironically, taken to extreme, such a judgmental, puritanical, and restrictive-normative attitude towards sex IS a sign of mental health problems, IS in the DSM, and is the hallmark of backward societies and arrested personality development or sick upbringing ("some sex is dirty"), or, commonly, both.

What about pedophilia? No consenting adults. Coprophagia? Medically dangerous. But even these are not "perversions". They are paraphilias.

More: <https://samvak.tripod.com/pedophilia.html>

42.

If you are [afraid of intimacy](#) you will choose a partner who is equally afraid of intimacy. We all seek love or at least companionship, but some people dread them even as they look for them (ambivalence). The intimacy-averse members of a dyad will both make sure to travel alone a lot, keep exhaustingly busy, be absent from home, withhold sex or abstain from it, cheat on their mates (have emotional and sexual affairs with others), and so on. But, most importantly, they abuse and sadistically torment each other.

Why the compelling need to hurt the partner?

The obvious answer is that abuse and intimacy are mutually exclusive. In an abusive relationship, there is little risk of intimacy and lots of avoidance. But there are two additional reasons:

1. People with fear of intimacy have intense and overpowering emotions of shame and guilt. They choose abusers as their partners because being abused is their comfort zone and affirms their self-perception as bad and worthless, whorish, dumb, and deserving of punishment. They force their mates to abuse them (projective and introjective identification).

2. Abuse legitimizes and justifies cheating, adultery, infidelity, and extramarital dalliances ("he is abusing me, so he deserves what I am doing to him"). Sex addicts, adrenaline junkies (like psychopaths), labile people with emotional dysregulation (borderline and histrionic personality disorder), and somatic narcissists are all in need of sexual novelty and constant conquests to regulate and stabilize their sense of self-worth, self-confidence, and self-esteem.

So, these kinds of partners need abuse as an excuse: "Of course I am promiscuous and am cheating on my partner all the time with many others! It is all his fault: he is abusing, rejecting, mistreating, and humiliating me! He deserves his punishment - and I need to feel desired, wanted, loved, and cared for again!"

43.

[Screens are metaphors](#) and reflections of the isolation and atomization in our increasingly more anomic societies.

The cinema screen fostered a communal, shared experience of thousands (the movie), replete with extracurricular social interactions. It was superseded by television, the PC, and the smartphone whose diminishing screens forced us apart and fractured, fragmented, and individualized our experience of the world.

Screens have been with us for centuries now: paintings are screens and so are windows. Yet, the very nature of screens has undergone a revolutionary transformation in the last decade or so. All the screens that preceded the PDA's (Personal Digital Assistant) and the smartphone's were inclusive of reality, they were AND screens: when you watched them you could not avoid ("screen out") data emanating from your physical environment. "Screen-AND-reality" was the prevalent modus operandi.

Consider the cinema, the television, and the personal computer (PC): even when entangled in the flow of information provided by these machines, you were still fully exposed to and largely aware of your surroundings. The screens of the past were one step removed: there was always a considerable physical distance between user and device and the field of vision extended to encompass copious peripheral input.

Now consider the iPhone or the digital camera: their screens, though tiny, monopolize the field of vision and exclude the world by design. The physical distance between retina and screen has shrunk to the point of vanishing. Google glasses and 3-D television with its specialty eyeglasses and total immersion are merely the culmination of this trend: the utter removal of reality from the viewer's experience. Modern screens are, therefore, OR screens: you either watch the screen OR observe reality. You cannot do both.

44.

[Can a man interact with a woman without invoking sex?](#) If he is not attracted to the woman or if he had initiated intimacy and had been rejected, he can. But then he no longer regards the woman as a woman - but as The Other.

For a man to perceive The Other as a Woman, to react to her femininity, the promise of sex, the potential for sex, or actual sexual acts must exist. In their absence, the man recognizes merely the

Otherness of the woman: it has a different body, distinct cognitive and emotional processing, eccentric decision-making procedures. It is exotic, enigmatic, and mysterious. But to the man, it is not a woman anymore.

Every person - man or woman - is The Other: an entire universe, accessible only via language and empathy. Sex is a third mode of communication and accessibility which, alone among all other modes of interaction, renders us men and women.

Of course, well-mannered men, especially in certain cultures and societies, go through the motions: they open doors, give flowers or gifts, court chivalrously, and listen rapturously. But these are all routines intended to disguise the yawning lack of interest that arises when the spectre of sex is gone. Gradually, the parties drift apart.

If to start with, the man does not find the woman attractive, there is the potential for friendship or companionship or collaboration. Sex does not get in the way. But even then, the relationship is among equals but different - not between a man and a woman.

This is why in sexless marriages, men and women end up being companions, roommates, partners in business, merely parents, or good friends, if they are lucky. But they no longer see each other as man and woman (which only exacerbates the sexual aversion).

45.

Try as I may, I see Spiderman! I am perplexed! Am I a latent homosexual? Nope. Not a hint or trace of it. I am a die-hard heterosexual: women turn me and men turn me off big time. So, how to explain this visual aberration of mine?

An oft-overlooked fact is that recreational sex and homosexuality have one thing in common: they do not lead to reproduction. Homosexuality may, therefore, be a form of pleasurable sexual play. It may also enhance same-sex bonding and train the young to form cohesive, purposeful groups (the army and the boarding school come to mind). Furthermore, homosexuality amounts to the culling of 10-15% of the gene pool in each generation. The genetic material of the homosexual is not propagated and is effectively excluded from the big roulette of life. Growers - of anything from cereals to cattle - similarly use random culling to improve their stock. As mathematical models show, such repeated mass removal of DNA from the common brew seems to optimize the species and increase its resilience and efficiency.

It is ironic to realize that homosexuality and other forms of non-reproductive, pleasure-seeking sex may be key evolutionary mechanisms and integral drivers of population dynamics. Reproduction is but one goal among many, equally important, end results. Heterosexuality is but one strategy among a few optimal solutions. Studying biology may yet lead to greater tolerance for the vast repertory of human sexual foibles, preferences, and predilections. Back to nature, in this case, may be forward to civilization.

Read more about homosexuality <https://samvak.tripod.com/sexnature.html>

46.

There are two types of romantic love: consonant and dissonant.

In consonant love, reality aligns well with perceptions, beliefs, cognitions, and emotions related to the loved one

But what to do when the person you love is dimwitted, ignorant, stingy, bigoted, repellent, asexual, obnoxious, ugly, abusive, deceitful, cheater, narcissistic, exploitative, or otherwise as far from perfect as possible?

If you acknowledge these deficiencies and shortcomings, even only to yourself, you are bound to imperil the relationship. This is where cognitive dissonance kicks in and yields five solutions:

1. You can reframe the relationship and relabel it ("This is not love, it is a mere infatuation or physical attraction");
2. You can undermine the relationship passive-aggressively, thereby putting an end to the dissonance;
3. You can develop and take part in a shared psychosis, thereby deceiving yourself into believing anything about your lover, however implausible;
4. You can displace your ego-dystony (discomfort) or sublimate it: devalue critics of your loved one or engage in activities that take your mind off the conundrum;
5. You can project your good or desired qualities into your loved one and idealise him and then proceed to interact with the idealised figure, not with the real person.

47.

The sometimes severe crises experienced by persons of both sexes in middle age (a.k.a. the "[midlife crisis](#)" or the "change of life") is a much discussed though little understood phenomenon. It is not even certain that the beast exists.

Women go through menopause between the ages of 42-55 (the average age of onset in the USA is 51.3). The amount of the hormone oestrogen in their bodies decreases sharply, important parts of the reproductive system shrink and menstruation ceases. Many women suffer from "hot flashes" and a thinning and fracturing of the bones (osteoporosis). The "male menopause" is a more contentious issue. Men do experience a gradual decline in testosterone levels but nothing as sharp as the woman's deterioration of her oestrogen supply.

No link has been found between these physiological and hormonal developments and the mythical "midlife crisis". This fabled turning point has to do with the gap between earlier plans, dreams and aspirations and one's drab and hopeless reality. Come middle age, men are supposed to be less satisfied with life, career, or spouse. People get more disappointed and disillusioned with age. They understand that they are not likely to have a second chance, that they largely missed the train, that their dreams will remain just that. They have nothing to look forward to. They feel spent, bored, fatigued and trapped.

Some adults embark on a transition. They define new goals, look for new partners, form new families, engage in new hobbies, change vocation and avocation alike, or relocate. They regenerate and reinvent themselves and the structures of their lives. Others just grow bitter. Unable to face the shambles, they resort to alcoholism, workaholism, emotional absence, abandonment, escapism, degeneration, or a sedentary lifestyle.

Another pillar of discontent is the predictability of adult life. Following a brief flurry, in early adulthood, of excitement and vigour, of dreams and hopes, fantasies and aspirations, we succumb to and sink into the mire of mediocrity. The mundane engulfs us and digests us.

More: <https://samvak.tripod.com/faq62.html>

48.

So, you decided that [your marriage is over](#), or that a long-term relationship is not working for whatever reason. You remain married (financial dependence, common children), but you are back in the dating scene, scouting for a replacement, for a new intimate partner. You fall in love repeatedly &

have prolonged affairs (you cheat) - only to discover that you have chosen badly time & again, as the costs to your reputation soar & you are branded a slut or a manwhore. The longer you make yourself available, the more you attract predators, goldiggers, & other unsavory characters. Why do you keep failing? What are you doing wrong?

Perhaps for emotional, economic, religious-cultural, or social reasons, or for the children's sake, you do NOT really want to dismantle your old marriage or relationship. So, you keep choosing paramours who are wrong for you: a mismatch (too poor, too uneducated, too kinky, too something or not enough of the other); lovers with whom you are incompatible: extremely avoidant (commitmentphobes), immature (childlike fantasists), mentally disturbed, geographically removed, stalkers, stingy, clinging or emotionally dead & absent partners; & so on.

Maybe all the good, reliable, rich, educated, gorgeous potential partners are already taken & those who are available are the rejects: the defective, the sleazy, the creepy, the depressed losers, the very old, or the sad & damaged refugees of repeated failed relationships. Indeed, the rates of divorce in second and third marriages are far higher than in first ones & the probability of producing offspring much lower.

Frequently, after a marriage disintegrates, the erstwhile partners devolve into living alone, as singles. Many of them end up being poorer, lonelier, & involuntarily celibate. The costs in emotional & physical health are also very high. Studies demonstrate, counterintuitively, that the optimal strategy is to remain stuck in a bad relationship & hope for it to get better as you brave it out. All other alternatives yield far worse outcomes.

49.

Is this classic painting by Courbet [pornography or erotic art](#)? Where does one draw the line?

The answer is that there is no line.

Scholars say that porn creates arousal and results in action. But I have frequently masturbated to erotic literature and paintings and even sculptures. And most porn leaves me utterly cold.

Porn is supposed to be goal-oriented. But lots of porn is not (example: homemade videos). Not all porn is objectifying and degrading - yet, this patently erotic painting is the former and many would say the latter.

Porn is harmful, they protest: it involves coercion, exploitation, wrongful depiction of lovemaking (no foreplay), and causes addiction. But in the previous centuries erotic art - in word and image - had the same effects (read the Marquis de Sade). And how do we account for feminist pornography?

But porn is primitive and one-dimensional, you evince. Yet in the past 200 years, philosophers used porn in the service of a variety of social, political, and cultural causes. And frankly, Courbet's vaginal masterpiece (pompously titled "The Origin of the World") has depth (pardon the pun), but little else.

Erotic art is porn designated by self-appointed elites as legitimate and high-brow. Porn is what fails to obtain the sanction and blessing of the cultural establishment. No one is this clearer than in film where the boundaries are so blurred that censors the world over fail to concur: the same movie is categorized as porn in one locale and high art in another. Ask Polanski.

50.

[Romantic jealousy](#) is a form of abandonment or loss anxiety. Brain studies show that even a one night stand can lead to a full-fledged, emotion-laden love affair. So, spouses are right to be worried about infidelity. Adultery - even the most casual fornication - can lead to a loss of the mate and the disintegration of a couple.

But how about emotionless sex? Just the mechanics and the fluids, with no bonding or attachment? Definitely possible and even common. But it is playing with fire because it can result in a deeper involvement even in the wake of a single lustful consummation. Sex can lead to love exactly as love leads to sex: it is a two-way thoroughfare.

But more often intimacy leads to sex - not the other way around. Sex is a mode of communication, a bodily way of saying "You make me feel ... (good, safe, curious, warm, happy, self-confident, desired, empowered, and intimate)". So, I consider emotional affairs to be a far more serious threat to the integrity and longevity of a couple than the merely sexual ones.

In the age of smartphones and social media, the potential for infatuation and falling in love with a third party is far more pervasive and greater than the threat of actual, physical cheating. Relationships are based on the perceived scarcity of eligible partners ("Where will I find another one like him? He is so rare!"). But transport and communication technologies made possible abundant access to multiple compatible mates, dissolving the very glue that once held couples together.

51.

There are numerous [myths about promiscuity](#). Men find the female sex drive vaguely menacing, so they reserve this epithet to women. But, of course, there are many promiscuous men as well.

Promiscuity has little to do with the intensity and frequency of one's sexual urges, especially when it is associated with personality and mood disorders.

Studies have repeatedly demonstrated that histrionic women, seductive and flirtatious, provocative and ostentatious as they are, regard actual sex as a bit of a chore. Borderlines are prone to promiscuity as a form of reckless behavior or when they act out. Poor impulse control is a part of the equation. Somatic narcissists are more calculated and their promiscuity is goal-oriented: they seek narcissistic supply. Bipolar patients are promiscuous in the manic phase.

Promiscuity is intimately connected to cockteasing in women and cuntteasing (pardon the neologism) in men: driving a potential partner insane with desire by tantalising him or her with verbal, visual, and tactile implied promises and hints of sex - and then withdrawing abruptly and frustrating the unfortunate target.

Promiscuity is a dysfunctional way to regulate a labile (fluctuating) sense of self-worth and restore one's self-esteem in the wake of a narcissistic injury (rejection, humiliation, being cheated on, and so on). Like rape, promiscuity is about power, not about sex. It is about reassuring oneself that one is still considered irresistibly desirable and has the wherewithal to frustrate, enrage, and hurt others by withdrawing oneself. It is also about thrills and risk (in "adrenaline junkies"). ☹️

Promiscuity is, therefore, situational and reactive. It is not a personality trait, but a learned coping strategy in the repertory of one's behaviors. It is compulsive but has to be triggered by external events. Promiscuous people go through long periods of strict monogamy as long as they get their fix from their "source of narcissistic supply" (intimate partner or spouse).

52.

[Romantic rejection](#) is total: in a relationship you offer you all and, when dumped, you are dispensed with in your entirety. Your thoughts, emotions, memories, values, sexuality, intimacy, vulnerability, and hopes are dashed and trampled on, usually cruelly. It is not like other experiences of rejection - in a job interview, say, or an audition - where only your skills or talents are depreciated.

The decline of sex in modern society has to do with skyrocketing rates of and opportunities for rejection. But this is only one of the costs associated with pursuing intimacy and love via sex. Casual

sex carries the risks - almost certainty - of contracting a sexually transmitted disease (STD) or infection (STI). And increasingly more so, meaningful, repeated sex with a significant other involves Herculean efforts.

Most potential mates today - both men and women in the cesspool that is the dating scene - are damaged goods. In the West, about 15% of the population are officially diagnosed with a mental illness. People are narcissistic, entitled, dysempathic, spoiled, immature, brattish, inconsiderate, unable to commit and attach, and selfish. It is a miracle that any relationship survives at all. Indeed, divorce rates are as high as they have ever been and fewer folks than ever are getting married or bear children. Ours is a world of porn-consuming, sempiternally dating, perpetual adolescents, consumed with hedonistic self-indulgence and celebrity-fuelled delusions of grandeur. In an anomic and atomized and solipsistic asocial landscape, we pull the drawbridges and repose in our digital castles, screens flickering, until we die.

[Return](#)

**Democracy,  
History,  
And  
Other Fictions**

1.

Only Switzerland has a real direct democracy. All other [104 "democracies" are actually PLUTOcracies](#) (ruled by the moneyed elites). More here: <https://samvak.tripod.com/democracy.html>

2.

In an interview I granted to American Thinker in March 2016 I suggested that [Donald Trump is a malignant narcissist](#). Since then this view went mainstream and became accepted wisdom. My texts on Trump, his personality, and his cult are available here: <http://www.narcissistic-abuse.com/faq19.html#trump>

3.

Today, [Russians vote in "elections" to the Presidency](#). Don't hold your breath: they will overwhelmingly [vote for Putin](#). In 2001, I published this essay worldwide via United Press International (UPI): <https://samvak.tripod.com/putin.html>

Here is an excerpt:

"The Second Empire is very reminiscent of Vladimir Putin's reign in post-Yeltsin Russia.

Like the French Second Empire, it follows a period of revolutions and counter-revolutions. It is not identified with any one class but does rely on the support of the middle class, the intelligentsia, the managers and industrialists, the security services, and the military.

Putin is authoritarian, but not revolutionary. His regime derives its legitimacy from parliamentary and presidential elections based on a neo-liberal model of government. It is socially conservative but seeks to modernize Russia's administration and economy. Yet, it manipulates the mass media and encourages a personality cult.

Disparate Youths

Like Napoleon III, Putin started off as president (he was shortly as prime minister under Yeltsin). Like him, he may be undone by a military defeat, probably in the Caucasus or Central Asia.

The formative years of Putin and Louis-Napoleon have little in common, though.

The former was a cosseted member of the establishment and witnessed, first hand, the disintegration of his country. Putin was a juvenile delinquent and a low-key KGB apparatchik. The KGB may have inspired, conspired in, or even instigated the transformation in Russian domestic affairs since the early 1980's - but to call it "revolutionary" would be to stretch the term.

Louis-Napoleon, on the other hand, was a true revolutionary. He narrowly escaped death at the hands of Austrian troops in a rebellion in Italy in 1831. His brother was not as lucky. Louis-Napoleon's claim to the throne of France (1832) was based on a half-baked ideology of imperial glory, concocted, disseminated and promoted by him. In 1836 and 1840 he even initiated (failed) coups d'etat. He was expelled even from neutral Switzerland and exiled to the USA. He spent six years in prison."

Continued analysis here: <https://samvak.tripod.com/putin.html>

4.

My article about Bolivar the narcissist provoked many readers: "Bolivar, Simon

[Simon Bolivar](#) (1783-1830) is a Latin American folk hero, revered for having been a revolutionary

freedom fighter, a compassionate egalitarian and a successful politician. He is credited with the liberation from Spanish colonial yoke of Venezuela, Colombia, Ecuador, Peru, and Bolivia, a country named after him. Venezuela's new strongman, Hugo Chavez, renamed his country The Bolivarian republic of Venezuela to reflect the role of his "Bolivarian revolution". Yet, while alive, Bolivar was a much hated dictator and - at the beginning of his career - a military failure.

His aide and friend, Gen. Daniel O'Leary, an Irish soldier described him so: "His chest was narrow, his figure slender, his legs particularly thin. His skin was swarthy and rather coarse. His hands and feet were small ...a woman might have envied them. His expression, when he was in good humor, was pleasant, but it became terrible when he was aroused. The change was unbelievable." Bolivar explained his motives: "I confess this (the coronation of Napoleon in 1804) made me think of my unhappy country and the glory which he would win who should liberate it"

And, later, after a victory against the Spaniards in 1819: "The triumphal arches, the flowers, the hymns, the acclamations, the wreaths offered and placed upon my head by the hands of lovely maidens, the fiestas, the thousand demonstrations of joy are the least of the gifts that I have received," he wrote. "The greatest and dearest to my heart are the tears, mingled with the rapture of happiness, in which I have been bathed and the embraces with which the multitude have all but crushed me." Venezuela became independent in 1811 and Bolivar, being a minor - though self-aggrandizing - political figure, had little to do with it. After his first major military defeat, in defending the coastal town of Puerto Cabello against royalist insurgents out to oust the newly independent Venezuela, he advocated the creation of a professional army (in the Cartagena Manifesto)."

Continue: <https://samvak.tripod.com/factoidb.html>

5.

As far as our economic and financial decisions are concerned, we all behave as though we are going to live forever and we all act under the constraint that goods and services are scarce and a zero-sum game ("I win, you lose"). Those of us who take these underlying, hidden assumptions to their extreme become frugal or even stingy.

Stingy individuals abstain from spending money even on essentials or when such spending is rational. They therefore undermine both their long-term wealth and their happiness.

The frugal save money by resorting to cheaper substitutes or, more rarely, by refraining from consumption where it is inessential (luxury). But both those pillars of economic thought - scarcity and immortality - are wrong.

Scarcity is the attribute of a "closed" economic universe. But it can be alleviated either by increasing the supply of goods and services (or of human beings) - or by improving the efficiency of the allocation of economic resources. Technology and innovation are supposed to achieve the former - rational governance, free trade, and free markets the latter.

Though aware of their finitude, most people behave as though they are going to live forever. Economic and social institutions are formed to last. People embark on long term projects and make enduring decisions - for instance, to invest money in stocks or bonds - even when they are very old.

Childless octogenarian inventors defend their fair share of royalties with youthful ferocity and

tenacity. Businessmen amass superfluous wealth and collectors bid in auctions regardless of their age. We all - particularly economists - seem to deny the prospect of death.

Examples of this denial abound in the dismal science, economics.

More here: <https://samvak.tripod.com/mortal.html> and <https://samvak.tripod.com/scarcity.html>

6.

Transubstantiation (metousiosis, metabole, and other names) is the Christian doctrine that the bread and wine in the sacrament of the Eucharist are mysteriously transformed into the flesh and blood of Jesus Christ - literally, not figuratively, not symbolically, not metaphorically - but IN REALITY.

Technically, therefore, every Eucharist is an act of cannibalism (if we accept that Jesus was a human being). Cannibalism (more precisely, anthropophagy) is an age-old tradition that, judging by a constant stream of flabbergasted news reports, is far from extinct. Much-debated indications exist that our Neanderthal, Proto-Neolithic, and Neolithic (Stone Age) predecessors were cannibals. Similarly contested claims were made with regards to the 12th century advanced Anasazi culture in the southwestern United States and the Minoans in Crete (today's Greece). The Britannica Encyclopedia (2005 edition) recounts how the "Binderwurs of central India ate their sick and aged in the belief that the act was pleasing to their goddess, Kali." Cannibalism may also have been common among followers of the Shaktism cults in India.

Other sources attribute cannibalism to the 16th century Imbangala in today's Angola and Congo, the Fang in Cameroon, the Mangbetu in Central Africa, the Ache in Paraguay, the Tonkawa in today's Texas, the Calusa in current day Florida, the Caddo and Iroquois confederacies of Indians in North America, the Cree in Canada, the Witoto, natives of Colombia and Peru, the Carib in the Lesser Antilles (whose distorted name - Canib - gave rise to the word "cannibalism"), to Maori tribes in today's New Zealand, and to various peoples in Sumatra (like the Batak). Wikipedia numbers among the practitioners of cannibalism the ancient Chinese, the Korowai tribe of southeastern Papua, the Fore tribe in New Guinea (and many other tribes in Melanesia), Aztecs, people of Yucatan, Purchas from Popayan, Colombia, denizens of the Marquesas Islands of Polynesia, and natives of captivity of Sergipe in Brazil.

Much more here: <https://samvak.tripod.com/cannibalism.html>

7.

Nazism was not merely a German political ideology. It was a global political philosophy. At some point in the early 1940s, there were Nazi governments and major political movements in a dozen countries from Egypt (Green Shirts), through Iraq (Rashid Ali al-Khilani), Romania, Bulgaria, Hungary, Norway (Quisling), not to mention Latin America.

Nazism offered an alternative to liberal capitalism, fascism, and communism. It was an eclectic hodgepodge of halfbaked ideas lifted from socialism, corporatism, etatism, imperialism, social Darwinism, eugenic racism, and anything that caught the fancy of the voracious reader at its helm, Adolf Hitler.

Hitler as an inverted saint <https://samvak.tripod.com/hitler.html>

8.

The [civil war in Syria](#) started in the wake of an extreme multi-annual drought. In this sense, it is a water conflict or water war.

Growing up in Israel in the 1960's, we were always urged to conserve precious water. Rainfall was rare and meager, the sun scorching, our only sweet water lake under constant threat by the Syrians. Israelis were being shot at hauling water cisterns or irrigating their parched fields. Water was a matter of life and death - literally.

Drought often conspires with man-made disasters. Rapid, unsustainable urbanization, desertification, exploding populations, and economic growth, especially of water-intensive industries, such as microprocessor fabs all contribute to the worst water crisis the world has ever known.

Governments reacted late, hesitantly, and haltingly. Water conservation, desalination, water rights exchanges, water pacts, private-public partnerships, and privatization of utilities may have been implemented too little, too late.

Rising incomes lead to the exertion of political pressure on the authorities by civic movements and NGO's to improve water quality and availability. But can the authorities help?

Turkey is constructing more than two dozen dams on the Tigris and Euphrates within the Southeastern Anatolia Project (GAP). Once completed, Turkey will have the option to deprive both Syria and Iraq of their main sources of water, though it vowed not to do so. In a cynical twist, it offers to sell them water from its Manavgat river. Iraq's own rivers have shriveled by half. Still, this is the less virulent and violent of the water conflicts in the Middle East.

Israel controls the Kinneret Sea of Galilee. It is the source of one third of its water consumption. The rest it pumps from rivers in the region, to the vocal dismay of Syria, Lebanon, and Jordan. Despite decades of indoctrination, Israelis are water-guzzlers. They quaff 4-6 times the water consumption of their Palestinian and Arab neighbors. Giant desalination projects cater to their liquid needs.

Much more here: <https://samvak.tripod.com/pp146.html>

9.

Today is [Adolf Hitler's birthday](#). We are living in the world that he shaped, in his legacy.

Colonialism always had discernible religious overtones and often collaborated with missionary religion. "The White Man's burden" of civilizing the "savages" was widely perceived as ordained by God. The church was the extension of the colonial power's army and trading companies.

It is no wonder that Hitler's Lebensraum colonial movement - Nazism - possessed all the hallmarks of an institutional religion: priesthood, rites, rituals, temples, worship, catechism, mythology. Hitler was this religion's ascetic saint. He monastically denied himself earthly pleasures (or so he claimed) in order to be able to dedicate himself fully to his calling. Hitler was a monstrously inverted Jesus, sacrificing his life and denying himself so that (Aryan) humanity should benefit. By surpassing and suppressing his humanity, Hitler became a distorted version of Nietzsche's "superman". But being a-human or super-human also means being a-sexual and a-moral. Hitler was a post-modernist and a

moral relativist. He projected to the masses an androgynous figure and enhanced it by fostering the adoration of nudity and all things "natural". But what Nazism referred to as "nature" was not natural at all.

It was an aesthetic of decadence and evil (though it was not perceived this way by the Nazis), carefully orchestrated, and artificial. Nazism was about reproduced copies, not about originals. It was about the manipulation of symbols - not about veritable atavism.

In short: Nazism was about theatre, not about life. To enjoy the spectacle (and be subsumed by it), Nazism demanded the suspension of judgment, depersonalization, and de-realization. Catharsis was tantamount, in Nazi dramaturgy, to self-annulment. Nazism was nihilistic not only operationally, or ideologically. Its very language and narratives were nihilistic. Nazism was conspicuous nihilism - and Hitler served as a role model, annihilating Hitler the Man, only to re-appear as Hitler the stychia.

More: <http://www.narcissistic-abuse.com/hitler.html>

10.

The first-ever print runs were tiny and costly. Gutenberg produced fewer than 200 copies of his eponymous and awe-inspiring Bible & died a broken and insolvent man. Other printers followed suit when they failed to predict demand (by readers) & supply (by authors who acted as their own publishers, pirates, underground printers, and compilers of unauthorized, wild editions of works). Confronted with the vagaries of this new technology, for many decades printer-publishers confined themselves to pornographic fiction, religious tracts, political pamphlets, dramaturgy, almanacs, indulgences, contracts, & prophecies & mostly disposable trash. As most books were read aloud – as a communal, not an individual experience – the number of copies required was limited.

Despite the technological breakthroughs that coalesced to form the modern printing press, [printed books](#) in the 17th and 18th centuries were derided by their contemporaries as inferior to their laboriously hand-made antecedents and to the incunabula. One is reminded of the current complaints about the new media (Internet, e-books), its shoddy workmanship, shabby appearance, & the rampant piracy. The first decades following the invention of the printing press, were, as the Encyclopedia Britannica puts it "a restless, highly competitive free for all ... (with) enormous vitality and variety (often leading to) careless work". There were egregious acts of piracy - for instance, the illicit copying of the Aldine Latin "pocket books", or the all-pervasive piracy in England in the 17th century (a direct result of over-regulation and coercive copyright monopolies). Shakespeare's work was published by notorious pirates and infringers of emerging intellectual property rights. Later, the American colonies became the world's centre of industrialized and systematic book piracy. Confronted with abundant and cheap pirated foreign books, local authors resorted to freelancing in magazines and lecture tours in a vain effort to make ends meet.

More about the history of the book: <https://samvak.tripod.com/busiweb21.html>

11.

Alone of all the social networks, [Instagram](#) has two main functions, both highly narcissistic: 1. As a comparative measure of social ranking and social status (the proxy being the number of likes); and 2. As a channel for interpersonal signalling and posturing.

Popularity on Instagram is therefore determined by how much the superstar resembles his followers: the greater the resemblance, the more easy it is for the followers to fantasize about attaining superstardom one day, exactly like their ephemeral idol did out of nowhere. Instagram is, therefore, another example of a platform of echo chambers of like-minded people replete with rampant confirmation bias and communal reinforcement.

Thus, the more empty-headed, vain, and self-centered he or she appears to be - the more influential the poster is. Of course there are notable exceptions, even among teenage Instas: I follow and have met one or two of them whom I appreciate. But these are the exceptions that prove the Rule.

But aren't all social media the same? Nope! Read why I think so here: <https://samvak.tripod.com/journal67.html>

To the narcissist, the Internet is an alluring and irresistible combination of playground and hunting grounds, the gathering place of numerous potential Sources of Narcissistic Supply, a world where false identities are the norm and mind games the bon ton. And it is beyond the reach of the law, the pale of social norms, the strictures of civilized conduct.

The positive characteristics of the Net are largely lost on the narcissist. He is not keen on expanding his horizons, fostering true relationships, or getting in real contact with other people. The narcissist is forever the provincial because he filters everything through the narrow lens of his addiction. He measures others – and idealizes or devalues them – according to one criterion only: how useful they might be as Sources of Narcissistic Supply.

12.

Mikhail Gorbachev wasn't the 1st to introduce Perestroika: the economic liberalization of the communist system along capitalistic lines.

During the Russian civil war (1918-1922) the Bolsheviks implemented "War Communism" (1917-1921), the militarization of the economy. Between 1916-1920, industrial output plunged by more than 80%. Grain harvests in both 1920 and 1921 disastrously dwindled, leading to widespread famine, claiming 5 million lives. A series of rebellions of sailors broke out, most famously in the Kronstadt naval base.

To counter the party's loosening grip on power, Vladimir Lenin (1870-1924) introduced the [New Economic Policy \(NEP\)](#). Trade was liberalized, as were industrial and agricultural production. Peasants were allowed to sell surplus produce on the open market & taxes were made proportional to net output.

In stark departure from communist ideology, farmers could lease land and hire laborers. The state embarked on an ambitious privatization program of small & medium-size enterprises, though it maintained control of the finance, transportation, heavy industry, and foreign trade sectors (the "commanding heights"). In 1921-2, Lenin re-introduced money to re-monetize the economy which consisted of barter, quotas, and centrally issued economic directives. Within less than 7 years, production in many parts of the economy reverted to pre-revolutionary levels. Nor did the NEP die with Lenin. It continued for 4 years after his death in 1924.

But the policy was not without its faults.

NEP was characterized by inflation and the need to cap the prices of non-agricultural goods. Peasants

hoarded grain for speculation purposes. A black market in goods was developed by Nepmen - private traders. Communist party General Secretary Joseph Stalin (1879-1953), reinstated agricultural production quotas in 1929, collectivized all arable land, and criminalized private trading in 1930. In 1928, he promulgated the first Five-Year Plan (1928-1932) and central planning replaced market mechanisms. The NEP was dead.

More here: <https://samvak.tripod.com/factoidn.html>

13.

I published this a few weeks after 9-11-2001, long before the ascent of Trump: "The [United States of America](#) started out as a series of loosely connected, remote, savage, and negligible colonial outposts. The denizens of these settlements were former victims of religious persecution, indentured servants, lapsed nobility, & other refugees. Their Declaration of Independence reads like a maudlin list of grievances coupled with desperate protestations of love & loyalty to their abuser, the King of Britain.

The inhabitants of the colonies defended against their perceived helplessness & very real inferiority with compensatory, imagined, and feigned superiority and fantasies of omnipotence and exceptionalism.

The United States was (until the Civil Rights Movement of the 1960s) and still is, a pre-Enlightenment, white supremacist society. It is rife with superstition, prejudice, conspicuous religiosity, intolerance, philistinism, and lack of social solidarity. Its religiosity is overt, aggressive, virulent and ubiquitous. It is replete with an eschatology, which involves a changing cast of demonized "enemies", both political and cultural.

In fact, America's ascendance over the British Empire owes a lot to the fact that its social reforms lagged one century behind Britain's. This licence to profiteer and exploit its slaves and laborers gave the United States a competitive edge it has yet to amortize.

Americans' religion is a manifestation of their "Chosen People Syndrome". They are missionary, messianic, zealous, fanatical, and nauseatingly self-righteous, bigoted, & hypocritical. This is especially discernible in the double-speak & double-standard that underlies American foreign policy.

Narcissism is frequently comorbid with paranoia. Americans cultivate & nurture a siege mentality which leads to violent acting out & unbridled jingoism. Their persecutory delusions sit well with their adherence to social Darwinism (natural selection of the fittest, let the weaker fall by the wayside, might is right, etc.)"

More: <https://samvak.tripod.com/pp112.html>

14.

The [Arabs in Palestine](#) have equal rights to the Jews and an Arab engineer is one of the leaders of the new society. A rabbi who runs for office on a platform of Jewish nationalist chauvinism is defeated.

But these are the exceptions.

In "Altneuland" (translated to Hebrew as "Tel Aviv"), the feverish tome composed by Theodore Herzl, Judaism's improbable visionary and the founder of Zionism, the author refers to the Arabs ("negroes", who have nothing to lose and everything to gain from the Jewish process of colonization) as pliant and compliant butlers, replete with gloves and tarbushes ("livery"). The country is sparsely populated and underdeveloped.

In the book, German Jews prophetically land at Haifa, the only port in erstwhile Palestine. They are welcomed and escorted by "Briticized" Arab ("negro") gentlemen's gentlemen who are only too happy to assist their future masters and colonizers to disembark.

Frequently, when religious or ethnic minorities attempted to assimilate themselves within the majority, the latter reacted by spawning racist theories and perpetrating genocide.

More about relationships between minorities and majorities in modern nation states: <https://samvak.tripod.com/pp27.html>

15.

New Order one world government, Zionist and Jewish cabals, Catholic, black, yellow, or red subversion, the machinations attributed to the freemasons and the illuminati - all flourished yet again from the 1970's onwards. Paranoid speculations reached frenzied nadirs following the deaths of celebrities, such as "Princess Di". Books like "The Da Vinci Code" (which deals with an improbable Catholic conspiracy to erase from history the true facts about the fate of Jesus) sell millions of copies worldwide.

But there is more to [conspiracy theories](#) than mass psychology. It is also big business. Voluntary associations such as the Ku Klux Klan and the John Birch Society are past their heyday. But they still gross many millions of dollars a year.

It is impossible to tell how many people feed off the paranoid frenzy of the lunatic fringe. I found more than 7000 lecturers on these subjects listed by the Google search engine alone. Even assuming a conservative schedule of one lecture a month with a modest fee of \$250 per appearance - we are talking about an industry of c. \$20 million.

More about the multi-billion dollars industry of conspiracy theories here: <https://samvak.tripod.com/pp132.html>

16.

Irish voters opted in a referendum to allow [abortion](#). They authorized their parliament to rescind the 8th amendment to the constitution which forbids the medical procedure.

The issue of abortion is emotionally loaded and this often makes for poor, not thoroughly thought out arguments.

The questions: "Is abortion immoral" and "Is abortion a murder" are often confused. The pregnancy (and the resulting fetus) are discussed in terms normally reserved to natural catastrophes (force majeure). At times, the embryo is compared to cancer, a thief, or an invader: after all, both cancers and fetuses are growths, clusters of cells. The difference, of course, is that no one contracts cancer willingly (except, to some extent, smokers – but, then they gamble, not contract). When a woman engages in voluntary sex, does not use contraceptives and gets pregnant – one can say that she signed a contract with her fetus.

A contract entails the demonstrated existence of a reasonably (and reasonable) free will. If the

fulfillment of the obligations in a contract between individuals could be life-threatening – it is fair and safe to assume that no rational free will was involved. No reasonable person would sign or enter such a contract with another person (though most people would sign such contracts with society). Much more serious problems arise when we study the other party to these implicit agreements: the embryo. To start with, it lacks consciousness (in the sense that is needed for signing an enforceable and valid contract). Can a contract be valid even if one of the "signatories" lacks this sine qua non trait (sentience)? In the absence of consciousness, there is little point in talking about free will (or rights which depend on sentience). So, is the contract not a contract at all? Does it not reflect the intentions of the parties?

Arguments for and against abortion here: <https://samvak.tripod.com/abort.html>

17.

The [agent-principal problem](#) is rife in politics. In the narrative that is the modern state, politicians are supposed to generate higher returns to citizens by increasing the value of the state's assets and, therefore, of the state. In the context of politics, assets are both of the economic and of the geopolitical varieties. Politicians who fail to do so, goes the morality play, are booted out mercilessly.

The misconduct of politicians is one manifestation of the "Principal-Agent Problem". It is defined thus by the Oxford Dictionary of Economics:

"The problem of how a person A can motivate person B to act for A's benefit rather than following (his) self-interest."

The obvious answer is that A can never motivate B not to follow B's self-interest - never mind what the incentives are. That economists pretend otherwise - in "optimal contracting theory" - just serves to demonstrate how divorced economics is from human psychology and, thus, from reality.

The same goes for politics and political science, respectively.

Politicians will always rob blind the state. They will always manipulate electorates, political parties, legislatures, and the judiciary to induce them to collude in their shenanigans. They will always bribe constituents and legislators to bend the rules. In other words, they will always act in their self-interest. In their defense they can say that the damage from such actions to each citizen is minuscule while the benefits to the politician are enormous. In other words: such misbehaviour is the rational, self-interested, thing to do.

But why do citizens cooperate with such political brigandage? In an important Chicago Law Review article titled "Managerial Power and Rent Extraction in the Design of Executive Compensation" the authors demonstrate how the typical stock option granted to managers as part of their remuneration rewards mediocrity rather than encourages excellence.

Continued: <https://samvak.tripod.com/leader.html>

18.

[Chemical and biological warfare](#) are not an invention of the 20th century.

Solon (638-559 BC) used a strong purgative, the herb hellebore, in the siege of Krissa. During the 6th century BC, the Assyrians poisoned enemy wells with rye ergot. In the Peloponnesian War (431-404 BC), the Spartans flung sulphur and pitch at the Athenians and their allies. In the Middle Ages, besiegers used the bloated and dripping bodies of plague victims as readymade "dirty bombs".

In 1346, during its siege of Kaffa (present day Feodosia in Crimea), the Tartar army suffered an outbreak of the Plague. They hurled the corpses of their infected dead over the city walls and into the city's water wells. The resulting epidemic led to the city's surrender. It is widely believed that people afflicted with the horrendous disease fled the place and started the Black Death pandemic which consumed at least one third of Europe's population within a few years. Russian troops adopted the same tactic against Sweden in 1710.

Smallpox was another favourite. Francisco Pizarro (1476-1541) gave South American natives clothing items deliberately contaminated with the variola virus. During the French and Indian wars in North America (1689-1763), blankets used by smallpox victims were given to American Indians. General Jeffery Amherst (1717-1797) gifted Indians loyal to the French with smallpox-contaminated bedspreads during the French and Indian War of 1754 to 1767. An epidemic broke among the Native American defenders of Fort Carillon and they lost it to the English.

19.

Incrementally, but noticeably, the United States is shedding its democracy. Hard-won civil liberties are willingly sacrificed for the sake of illusory added security. Institutions are stacked with political, partisan appointees who do their puppetmaster's bidding. Laws are openly broken and the Constitution flaunted with breathtaking callousness and an ease that would have been considered unthinkable on September 10, 2001. I wouldn't be surprised if the forthcoming presidential elections are suspended due to this perpetual "state of emergency".

Largely ignorant of history and thus devoid of any meaningful or helpful perspective, people shrug off this doomsday scenario. They forget that Rome - a four hundred years old republic with venerable institutions like the Roman Senate - gave in to tyranny in the space of four years. The same goes for ancient Athens, the first truly participatory democracy on earth, transformed by wars into a hideous dictatorship.

America's is a [malignantly narcissistic culture](#). Its denizens believe counterfactually that it is the richest, most virtuous, freest, society on earth. Reasonably, they are convinced that everyone is destructively envious of them. This renders them paranoid and violent. An early and observant traveller, Alexis de Tocqueville, noted this siege mentality and warned that the United States is walking a thin line between freedom and authoritarianism.

It is this ingrained belief that the world is hostile and harsh that will likely undo the American experiment. Psychology teaches us about projective identification - a defense mechanism that forces people around you to behave the way you are accustomed and expect them to. Treating everyone as a potential enemy usually turns them into ones.

20.

Politics, in all its forms, is bankrupt. The notion that we can safely and successfully hand over the management of our daily lives and the setting of priorities to a political class or elite is thoroughly discredited. Politicians cannot be trusted, regardless of the system in which they operate. No set of

constraints, checks, and balances, is proved to work and mitigate their unconscionable acts and the pernicious effects these have on our welfare and longevity.

Ideologies - from the benign to the malign and from the divine to the pedestrian - have driven the gullible human race to the verge of annihilation and back. Participatory democracies have degenerated everywhere into venal plutocracies. Socialism and its poisoned fruits - Marxism-Leninism, Stalinism, Maoism - have wrought misery on a scale unprecedented even by medieval standards. Only [Fascism](#) and [Nazism](#) compare with them unfavourably. The idea of the nation-state culminated in the Yugoslav succession wars.

People are voting with their feet. Most elections draw to the ballot boxes and the polling stations less than half the electorate.

Three models seem to be emerging as the dominant forms of future politics:

I. [Anarchism](#), both destructive (international terrorism, for example) and constructive (the Internet, for instance).

II. [Participatory democracy](#), both destructive (mob rule and coups) and constructive (people power, especially in Asia and Latin America).

III. In certain countries, mainly in the West, a disenchanted and uninterested citizenry will relegate power and vest it in various oligarchies, forfeiting its decision-making prerogatives altogether and permanently in return for material welfare and personal safety.

21.

Given a high enough level of frustration, triggered by recurrent, endemic, and systemic failures in all spheres of policy, even the most resilient democracy develops a predilection to "[strong men](#)", [leaders](#) whose self-confidence, sangfroid, and apparent omniscience all but "guarantee" a change of course for the better.

These are usually people with a thin political resume, having accomplished little prior to their ascendance. They appear to have erupted on the scene from nowhere. They are received as providential messiahs precisely because they are unencumbered with a discernible past and, thus, are ostensibly unburdened by prior affiliations and commitments. Their only duty is to the future. They are a-historical: they have no history and they are above history.

Indeed, it is precisely this apparent lack of a biography that qualifies these leaders to represent and bring about a fantastic and grandiose future. They act as a blank screen upon which the multitudes project their own traits, wishes, personal biographies, needs, and yearnings.

The more these leaders deviate from their initial promises and the more they fail, the dearer they are to the hearts of their constituents: like them, their new-chosen leader is struggling, coping, trying, and failing and, like them, he has his shortcomings and vices. This affinity is endearing and captivating. It helps to form a shared psychosis (follies-a-plusieurs) between ruler and people and fosters the emergence of an hagiography.

The propensity to elevate narcissistic or even psychopathic personalities to power is most pronounced in countries that lack a democratic tradition (such as China, Russia, or the nations that inhabit the

territories that once belonged to Byzantium or the Ottoman Empire). More about leaders and leadership: <https://samvak.tripod.com/leader.html>

22.

History teaches us that there are two types of tyrants. Those who preserve the structures and forces that carry them to power - and those who, once they have attained their goal of unbridled domination, seek to destroy the organizations and people they had used to get to where they are.

Adolf Hitler, Saddam Hussein, and Josip Broz Tito are examples of co-opting tyrants. Though Hitler was forced to liquidate the rebellious SA in 1934, he kept the Nazi party intact and virtually unchanged until the end. He surrounded himself with fanatic (and self-serving) loyalists and the composition of his retinue remained the same throughout the life of his regime. The concept of *Alte Kämpfer* (veteran fighter) was hallowed and the mythology of Nazism extolled loyalty and community (*Gemeinschaft*) above opportunistic expedience and conspiratorial paranoia.

Joseph Stalin, Pol Pot, and Mao are prime specimen of the purging tyrant. Stalin spent the better part of 30 years eliminating not only the opposition - but the entire Leninist-Bolshevik political party that brought him to power in the first place. He then proceeded to cold-bloodedly exterminate close to 20 million professionals, intellectuals, army officers, and other achievers and leaders on whose toil and talents his alleged successes rested.

Co-opting tyrants consolidate their power by continually expanding the base of their supporters and the concomitant networks of patronage. They encourage blind obedience (the *Fuehrerprinzip*) and devotion. They thrive on personal interaction with sycophants and adulators. They foster a [cult-like](#) shared psychosis in their adherents.

Purging tyrants consolidate their power by removing all independent thinkers and achievers from the scene, re-writing history in a self-aggrandizing manner, and then raising a new generation of ambitious, young acolytes who know only the tyrant and his reign and regard both as a force of nature. They rule through terror and encourage paranoia on all levels. They foster the atomization of society in a form of micromanaged application of the tried and true rule of "divide et impera".

23.

Democracy & capitalism failed the average person. They were hijacked by rapacious, condescending, & smug elites to further their own interests at the expense of the masses. Aided by egalitarian & empowering technologies, the masses hit back - most visibly with the implausible Donald Trump.

[Trump's supporters](#) and fans are frustrated. Frustration always leads to aggression (Dollard, 1939). Legitimate grievances against a dysfunctional, corrupt, and compromised polity, a deceptive ethos, an American Dream turned nightmare, a broken system that no longer works for the overwhelming majority and appears to be unfixable lead Trump's base to feel that they had been betrayed, abandoned, duped, exploited, abused, ignored, disenfranchised, and trampled upon. They are in the throes of dislocation, disorientation, and trauma. Their declining fortunes and obsolete skills render them insignificant and irrelevant, and their lives meaningless. It is hopelessness coupled with impotent helplessness.

Trump's adulators seek to bypass the system and even to dismantle it altogether – not to reform it. This is the stuff revolutions are made of and the pronouncements of Trump's cohorts are inadvertently copy-pasted from the texts of the French Revolution, The October Revolution (which led to

Bolshevism), and even the Nazi Revolution.

Such conditions often give rise to cults, centered around a narcissistic or psychopathic leader-figurehead. In Trump's case, the abyss between his life's circumstances and his followers's is unbridgeable and yet, they hope that by associating with him, however remotely, some of his glamour and magical, fairytale success will rub off on them. Voting for Trump is like winning the lottery, becoming a part of a juggernaut and of history. It is an intoxicating sensation of empowerment that Trump encourages by telling his voters that they are no longer "average", they are now, by virtue of following him, "great" & "special", even if only by proxy.

Read about the psychology and sociology of Trump's supporters: <https://samvak.tripod.com/faq19.html>

24.

[Russia protests](#) against increases in the pension age turn ugly. The government is right to increase the age of retirement: the current model is unsustainable and with nary a parallel in the world. But free speech is suppressed brutally in this vast country, misgoverned by a hopelessly corrupt, unintelligent and thuggish kleptocracy. Russia always veered between anarchic ochlocracy and murderous authoritarianism.

Still, democracy is not the rule of the people. Democracy is government by periodically vetted representatives of the people. Democracy is not tantamount to a continuous expression of the popular will as it pertains to a range of issues. Functioning and fair democracy is representative and not participatory. Participatory "people power" is mob rule (ochlocracy), not democracy. Alas, while participatory democracy often leads to the elevation to power of demagogues and dictators, representative democracy invariably mutates into oligarchy and plutocracy. It takes a lot of money ("campaign finance") to get elected and this fact of political survival forces politicians, up for sempiternal re-election, to collude with the rich in a venal quid-pro-quo.

Granted, "people power" is often required in order to establish democracy where it is unprecedented. Revolutions - velvet, rose, and orange - recently introduced democracy in Eastern Europe, for instance. People power - mass street demonstrations - toppled obnoxious dictatorships from Iran to the Philippines and from Peru to Indonesia.

But once the institutions of democracy are in place and more or less functional, the people can and must rest. They should let their chosen delegates do the job they were elected to do. And they must hold their emissaries responsible and accountable in fair and free ballots once every two or four or five years.

Democracy and the rule of law are bulwarks against "the tyranny of the mighty (the privileged elites)". But, they should not yield a "dictatorship of the weak".

25.

In [my speech today](#), I warned against governments which abuse anti-migrant sentiments and paranoia to curtail civil and human rights of their domestic populations.

To my right, my good friend, Prof. Dr. Zlatko Nikoloski, author of several books on immigration, the latest of which is titled "[Immigration and Security](#)".

From my speech today: six parameters that we should use to gauge the security risks posed by each wave of migration.

Giving a speech about migration and security.

Migration challenges the supranational organizational principle in international affairs and enhances nationalism and the nation-state model of sovereignty.

[Migration poses some real risks and numerous imaginary ones.](#)

26.

The mad glint in his eyes is likely to be nothing more ominous than maladjusted contact lenses. If not clean shaven, he is likely to sport nothing wilder than a goatee. More likely an atheist than a priest, this mutation of the ageless confidence artist is nonetheless the direct spiritual descendent of Rasputin, the raving maniac who governed Russia until his own execution by Russian noblemen and patriots.

They are to be found everywhere. Wild and insidious weeds, the outcome of wayward pollination by mutated capitalism. They prey on their victims, at first acquiring their confidence and love, then penetrating their political, social and financial structures almost as a virus would: stealthily and treacherously. By the time their quarry wakes up to its infection and subjugation - it is already too late. By then, the invader will have become part of the invaded or its master, either through blackmail or via tempting subornation.

Poor and backward countries provide for fertile grounds. It is a Petrie dish upon which cultures of corruption and scandalous conduct are fermented. The typical exploiter of these vulnerabilities is a foreigner. Things foreign are held in awe and adulation by a populace so down trodden and made to feel inferior in every way, not least by foreign tutors and advisors. The craving to be loved, this gnawing urge to be accepted, to be a member of the club, to be distinguished from one's former neighbours - are irresistible. The [modern Rasputin](#) doles out this unconditional acceptance, this all encompassing affinity, the echoes of avuncularity. In doing so, he evokes in the recipients such warmth, such relief, such fervour and reciprocity - that he becomes an idol, a symbol of a paradise long lost, a golden braid. Having thus completed the first phase of his meticulous attack - he moves on to the second chapter in this book of body snatching.

Armed with his new-fangled popularity, the crook moves on and leverages it to the hilt. He does so by feigning charity, by faking interest, by false "constructive criticism".

Continue: <https://samvak.tripod.com/pp42.html>

27.

[All societies, collectives, and social units use shame, guilt, and fear](#) to regulate the conduct of their members. Ruth Benedict got it partly wrong.

Societies differ from each other only in:

1. The locus of these three emotions: are they externally enforced and based on social coercion (such

as ostracism and incarceration) - or are they internalized (in one's conscience and aspirations, cognitions and emotions, for example)?

2. Are these emotions acknowledged and codified (in law and traditions) - or are they implicit and open to idiosyncratic interpretation by role models and authority figures?

3. Some societies offer routes, rituals, and mechanisms for recovery from inappropriate conduct and rehabilitation - while others enshrine in one's reputation the actions, behaviors, and choices that led to the shame, guilt, and fear and render them a permanent part of one's identity.

Nietzsche taught us that societies are either rational and rule-based (Apollonian) or hedonistic and ostentatious (Dionysian). This is true to some extent. Every society has groups and collectives which are either and there is no type-constancy: societies pendulate between the two poles of this dichotomy. A much better distinction is between collectivist and individualistic societies.

28.

The network is one of two organizing principles in business, the other being hierarchy. Business units process flows of information, power, and economic benefits and distribute them among the various stakeholders (management, shareholders, workers, consumers, government, communities, etc.) Within networks, timing determines priority and privileged access. First movers (pioneers) benefit the most from network effects. In hierarchies, positioning is spatial, not temporal: one's slot in the pyramid determines one's outcomes. But this picture is completely reversed when we consider interactions with the environment: The spatial scope and structure of the network (e.g., the number of nodes, the geographic coverage) determine its success while the storied history of the hierarchy (its longevity, in other words: its temporal aspect) is the best predictor of its reputational capital and its capacity for wealth generation.

Counterintuitively, access to information and the power it affords are not strongly correlated with accrued benefits. In networks, information and power flow horizontally: everyone is equipotent and, like a fractal or a crystal, every segment of the network is identical to the other both structurally and functionally (isomorphism). But benefits accrue vertically to the initiators of the network and are heavily dependent on tenure and mass: the number of nodes "under" the actor. Thus, the earlier participants or members enjoy an exponentially larger share of the benefits than latecomers (MLM commissions, ad revenues, etc.) In hierarchies, benefit accrual is also closely correlated with one's position in the organization and, less often, with one's tenure.

Read more about networks and hierarchies <https://samvak.tripod.com/nm062.html>

[Return](#)

**Me,**

**Me,**

**And**

**Me**

1.

I am the quintessential [wandering Jew](#) (I hope I look somewhat better than this Nazi propaganda image). I haven't visited my homeland, met my family or any of my friends, or spoken my native tongue (Hebrew) since 1996. I have lived in 13 countries and worked in 53. I wrote this in 2001 and nothing has changed since then: <https://samvak.tripod.com/narcissistroots.html>

2.

The [first book ever written and published in Hebrew in 1987 on the topic of portfolio management](#). I proceeded to co-found a stock brokerage firm and co-own Israel Agriculture Bank. There I discovered mass corruption by several prominent politicians in power. I proceeded to sue them and ended up ... in prison. I learned my lesson: if you cannot join them, you will never beat them. A portion of the book's text is here: <https://samvak.tripod.com/portfolio.html>

3.

My poems <https://samvak.tripod.com/contents.html>

They say, with a knowing smile: "If he is really a narcissist - how come he writes such [beautiful poetry](#)?". "Words are the sounds of emotions" - they add - "and he claims to have none". They are smug and comfortable in their well classified world, my doubters.

I use words as others use algebraic signs: with meticulousness, with caution, with the precision of the artisan. I sculpt in words. I stop. I tilt my head. I listen to the echoes. The tables of emotional resonance. The fine tuned reverberations of pain & love and fear. Air waves and photonic ricochets answered by chemicals secreted in my listeners and my readers.

I know beauty. I have always known it in the biblical sense, it was my passionate mistress. We made love. We procreated the cold children of my texts. I measured its aesthetics admiringly. But this is the mathematics of grammar. It was merely the undulating geometry of syntax.

Devoid of all emotions, I watch your reactions with the sated amusement of a Roman nobleman.

My world is painted in shadows of fear and sadness. Perhaps they are related - I fear the sadness. To avoid the overweening, sepia melancholy that lurks in the dark corners of my being - I deny my own emotions. I do so thoroughly, with the single-mindedness of a survivor. I persevere through dehumanization. I automate my processes. Gradually, parts of my flesh turn into metal and I stand there, exposed to sheering winds, as grandiose as my disorder.

I write poetry not because I need to. I write poetry to gain attention, to secure adulation, to fasten on to the reflection in the eyes of others that passes for my Ego. My words are fireworks, formulas of resonance, the periodic table of healing and abuse.

These are dark poems. A wasted landscape of pain ossified, of scarred remnants of emotions. There is no horror in abuse. The terror is in the endurance, in the dreamlike detachment from one's own existence that follows. People around me feel my surrealism. They back away, alienated, discomfited by the limpid placenta of my virtual reality. Now I am left alone and I write umbilical poems as others would converse.

4.

As a young man I spent time gambling professionally in all the [major casinos of Europe](#) from Greece's mountaintops to the Spanish capital.

Gambling reveals and accentuates human nature like few other avocations. I have witnessed amazing events that few have ever seen. Depths of depravity and heights of generosity. Violence. Greed. Hope. Despair. Celebrities and hoi-polloi. Exuberance and terror.

Finally, I ineluctably came up with my own martingale: a gambling method. It largely worked and got me banned by these dens of iniquity for a while.

This book I wrote in my 20s. It is an exploration of all known games of chance and of my own modest contribution to defeating or at least ameliorating the casinos's "avantage" over us, their suckers.

5.

When I was 26, I purchased, together with other partners, the Israel Agriculture Bank. We discovered that senior government ministers (and former military heroes and commanders) borrowed money from the ailing institution and never bothered to repay it. So we took them to court. Needless to say who ended up in prison.

This is the first interview I granted immediately on my release on probation. In it, I am unrepentant, cocksure, defiant, contumacious, and more predatory than ever. The poor interviewer, Dan Margalit, is flabbergasted and bemused, like a deer caught in extraterrestrial headlights. Some women found this posture irresistible - others creepy.

Soon enough, structures in the deep state made sure that I lost a job I found with an Israeli satellite firm established by another ex-con whom I met in prison, Dov Raviv, the father of Israel's missile program.

I was hunted down wherever I went. The organs of the state made clear - always explicitly and often in writing - that it would be a bad idea to employ me or collaborate with me.

Finally, even I got the hint. I packed two giant suitcases and moved live in Macedonia.

My biography: <https://samvak.tripod.com/cv.html>

6.

This is the bullet-riddled body of Shabtai Kalmanovich, one of the two most vivacious men I have ever met (the other is Eli Ronen). In 1985, I was stationed in London. Together with my girlfriend, Sigal Bareket, I resided in a 5-storied mansion (34 Connaught Square, later purchased by Tony Blair). I had two butlers, a personal secretary, live-in maids. Having grown up in a slum, I was intoxicated with money and its accoutrements and status symbols.

I co-owned s firm (IPE) with all the protagonists of the infamous Iran-Contras affair that almost toppled POTUS Ronald Reagan: Ya'akov Nimrodi, Al Schwimmer, Elkana Gali, Ephraim Ilin and others.

I met Shabtai in 1985 when he knocked unannounced on my door. An amazing man: the quintessence of charm, a mane of black, oil-slicked hair framing a hawklike face, eyes imbued with fierce intelligence, tall, muscular, and (to women) irresistible.

He offered us a deal: we buy a private jet for President Momoh of Sierra Leone (where Kalmanovich operated the only bus company, "Liat") and in return get a concession for an island where we can bury nuclear and chemical waste from Germany.

I spent the next 2 incredible years with Shabtai in Africa and Germany. It was like an improbable story lifted straight out of "1001 Arabian Nights". At the end I lost every penny I had and Shabtai was arrested in London on trumped-up charges. It was only then that we all found out that this former

advisor to Israeli PM Golda Meir was a senior KGB officer. He ended up doing time in a harsh Israeli prison.

Many aspects of my encounter with Shabtai are still highly classified by several governments, including my own. But I invariably remember him fondly: his creased smile, wry humor, imposing figure, astounding tales, and his hypnotic influence on women.

Wikileaks Global Intelligence Files: [https://wikileaks.org/gifiles/docs/54/5432785\\_re-fw-follow-up-.html](https://wikileaks.org/gifiles/docs/54/5432785_re-fw-follow-up-.html)

7.

[Fredericka, my blind ageing goldfish](#) (like master, like pet) passed away last night, gently resting on the two mossy rocks she had long designated as her bed. I cried like a baby. Beloved pets have this capacity to render us children all over again.

We are childless, so my wife, Lidija, gave me Fredericka when we effectively separated for one year as she was renovating an apartment to render it our home. The handimen she was working with brought the button-sized fish to her in a truncated Coca-Cola plastic bottle "to keep your husband company so that he is not lonely". Ever since then my golden fish became a good friend to me. Despite her attention deficits and hyperactive ways, she really tried to listen attentively to what I had to say. She responded with emphatic "ba, ba, bas" whenever she disagreed with my ossified ways (or when she demanded food - which was always). She used my smartphone to correspond with Lidija: commiserating with her for having to suffer my presence and ornery personality, demanding attention, or just having a woman-to-woman chit-chat. In my long emotional and physical absences, Fredericka and Lidija became true mates.

Last evening, Lidija placed two table-cloth clad chairs in front of the aquarium to hide Fredericka's last moments from her view. When I informed Lidija that it is all over, she gasped and ran to her refuge, a small balcony at the back where she spends all her time with the birds and cats and lone dog of the neighborhood.

Then Lidija returned defeated, cheeks streaked with dried tears and said forlornly: "Now I am really all alone in the world". I wrote a story about Fredericka here: <https://samvak.tripod.com/petsnail-en.html>

8.

I landed in [Macedonia](#) in 1996, fresh out of Israeli prison. At that time, it was a poor, landlocked country whose citizenry was rural or newly urban and ill-educated.

My first task was to find a woman to love and live with. Without a woman by my side I am paralyzed. The woman I love is the fuel in my tank AND the driver of my car. She is the one all and be all, the *raison d'etre*, and the *primum movens*. Lidija and I married 6 years later (it took her that long to succumb to my dubious charms). I then proceeded on a dual track: to make money and help to change the venal and incompetent regime of the time.

I opened a thriving corporate finance consultancy and became a media celebrity and an educator (I gave free lectures and lengthy seminars on economic and financial issues). One of the participants in my seminars caught my eye. We co-authored a book of dialogs on the Macedonian economy which made his name as an up and coming technocrat: Nikola Gruevski.

I had to flee the wrath of the regime to Prague and then to Moscow. In 1999, the opposition party won the elections. Nikola became Minister without portfolio and then, in rapid succession, Minister of Trade and Minister of Finance. He called me back to Macedonia where I served as Economic Advisor to the Government together with Ante Markovic, the last Prime Minister of Yugoslavia prior to its

dismemberment.

This was only the beginning of a long and convoluted story yet to be recounted here in some other post. Nikola became head of the opposition party, the impossibly named VMRO-DPMNE and then Prime Minister. And that is when things started to get really complicated, when the rented apartment we had been living in suddenly burned down.

9.

In 1982, as I was living in Geneva, Switzerland, I endured one of my attacks of clinical depression.

Only 3 years before, I was a media celebrity in Israel. Even in Geneva I made inroads: I co-founded the unfortunately acronymed GLAS (Geneva Literary Society) which counted among its members luminaries such as Peter Ustinov, the actor and Peter Bailey, the photographer.

As the youthful vice president of the enormous NOGA-APROFIM group of companies (owned by the enigmatic Nessim Gaon), I befriended billionaires of all ages, from the 60+ years old Dudley Wright to the 20+ years old Azad Shivdasani. They both offered me lucrative multi-annual scholarships if I abandon the world of business and its trappings (the private jet - a story for another post). They encouraged me to revert to my roots as a scholar.

I applied to Harvard University and was turned down by no less than Robert Nozick himself - perhaps because in the oral interview I criticized his work scathingly.

In my despair I attempted to join the secretive and powerful [Jesuit Order](#) in Geneva. I am a non-practising Jew and had no compunction about converting to any expedient religion - I regarded all of them as variants on the same hogwash themes anyway.

I knew one of the Order's senior members who worked at the United Nations. I was inexorably attracted to the Order's emphases on acquiring multiple academic degrees and on teaching.

I was sent to Boston - incidentally, Harvard's domicile - and was again turned away when I confirmed that I haven't yet "found Jesus". The whole adventure concluded with the most incredible symbolic incident which I describe here in "My Affair with Jesus": <https://samvak.tripod.com/jesus-en.html>

Happy Easter, Orthodox (Pravoslav) Christians, wherever you are.

10.

In one of my gambling sprees I have [witnessed an event that occurs once a century if at all](#).

Eli and I were regular patrons of the casinos in Deauville & Divonne, where we befriended the famous actor & unlucky card player Omar Sharif (of "Dr. Zhivago" fame). One day we went with Omar to watch the roulettes. A Saudi player was losing a fortune nonchalantly & off-handedly, surrounded by beautiful corpulent women, possibly his wives.

Then he started to gamble more methodically. He placed bets on specific numbers & lost. On whole rows - & lost. On half the board - and lost. Finally, he placed bets on ALL the numbers bar one. Mysteriously, that number came up. Clearly the roulette was being illegally manipulated with a brake.

Disgusted, having squandered the entire GDP of a small country, he left the table. On his way out, in the very last second, as the croupier was exclaiming "faites vos jeux, faites vos jeux", he threw his remaining assets on a single number - over a million USD (4-5 million of today). And that number came up!

Transfixed, we all - the Saudi included - stared with incredulous astonishment at the decelerating

colorful wheel. The croupier froze, mouth agape. All games ceased. A hush descended.

A few seconds later, bulky security personnel converged on the Saudi and his entourage and surrounded him with a firewall of muscles.

The pit manager rushed outside the steaming room to alert the casino manager. The table was unlimited. The casino had to pay out in excess of 40 million USD (c. 200 million in today's money). After a tense interlude the manager arrived and handed the Saudi a check. The Saudi, warily eyeing the hostile setup departed hurriedly.

The manager & two assistants left and then returned carrying a black velvet sheet. Walking backward so as not to gaze at the benighted table, they flung the yarn over it. The table was "dead". It almost killed the casino. Now it was enshrouded funereally. The games resumed where they were interrupted. Only then did we realize that we were holding our collective breath.

11.

Another poetry prize: winner of the International Open Amateur Poetry Contest.

Here is a [poem I wrote about the death and resurrection of Jesus Christ](#). It is replete with many references to the recounting of the crucifixion and resurrection in the four canonical gospels in the New Testament.

Happy Easter to all my Christian Orthodox/Pravoslav friends and loved ones wherever they are:

The Miracle of the Kisses

That night, the cock denied him thrice.  
His mother and the whore downloaded him,  
nails etched into his palms,  
his thorny forehead glistening,  
his body speared.  
He wanted to revive unto their moisture.  
But the nauseating scents of vinegar  
and Roman legionnaires,  
the dampness of the cave,  
and then that final stone... His brain wide open,  
supper digested  
that was to have been his last.  
He missed so his disciples,  
the miracle of their kisses.  
He was determined not to decompose.

Other poems I wrote: <https://samvak.tripod.com/contents.html>

12.

Photos from some of the meetings I (and one other Israeli delegate) held with [Arab politicians and intellectuals](#) in 1984-89. The meetings were organized by the PWPA (Professors World Peace Academy). I later became the President of the Israel chapter of the PWPA.

In 1984-7 (1987 being the year of the First Intifada), Arabs (and, of course, Iranians) refused to meet Israelis, so these meetings were groundbreaking and highly unusual. They paved the way to the peace process that followed in 1991.

Among those photographed: Jawad Anani, Deputy Prime Minister of Jordan; Saad a-Din Ibrahim,

Egypt's leading intellectual; Yemen's Prime Minister at the time; Jordan's Minister of Agriculture; participants from Iran, Turkey and Syria and other countries.

13.

I am a voracious reader of the most convoluted and lexiphanic texts - yet, there is one author I prefer to most. She gives me the greatest pleasure and leaves me tranquil and craving for more when I am through devouring one of her countless tomes. A philosopher of the mundane, a scholar of death, an exquisite chronicler of decay and decadence - she is Dame [Agatha Christie](#). I spend as much time wondering what so mesmerizes me in her pulp fiction as I do trying to decipher her deliciously contorted stratagems.

First, there is the claustrophobia. Modernity revolves around the rapid depletion of our personal spaces - from pastures and manors to cubicles and studio apartments. Christie - like Edgar Ellen Poe before her - imbues even the most confined rooms with endless opportunities for vice and malice, where countless potential scenarios can and do unfold kaleidoscopically. A Universe of plots and countervailing subplots which permeate even the most cramped of her locations. It is nothing short of consummate magic.

Then there is the realization of the ubiquity of our pathologies. In Christie's masterpieces, even the champions of good are paragons of mental illness. Hercule Poirot, the quintessential narcissist, self-grooming, haughty, and delusional. Miss Marple, a schizoid busybody, who savors neither human company, nor her inevitable encounters with an intruding world. Indeed, it is deformity that gifts these two with their eerily penetrating insights into the infirmities of others.

And there is the death of innocence. Dame Agatha's detective novels are quaint, set in a Ruritanian Britain that is no more and likely had never existed. Technologies make their debut: the car, the telephone, the radio, electric light. The very nature of evil is transformed from the puerile directness of the highway robber and the passion killer - to the scheming, cunning, and disguised automatism of her villains. Crime in her books is calculated, the outcome of plotting and conspiring - continue here: <https://samvak.tripod.com/christie.html>

14.

[I am 57 years old today](#) (well, in 6 minutes). Why do we celebrate birthdays? What is it that we are toasting? Getting one year nearer to death? Is it the fact that we have survived another year against many odds? Are we marking the progress we have made, our cumulative achievements and possessions? Is a birthday the expression of hope sprung eternal to live another year?

None of the above, it would seem.

If it is the past year that we are commemorating, would we still drink to it if we were to receive some bad news about our health and imminent demise? Not likely. But why? What is the relevance of information about the future (our own looming death) when one is celebrating the past? The past is immutable. No future event can vitiate the fact that we have made it through another 12 months of struggle. Then why not celebrate this fact?

Because it is not the past that is foremost on our minds. Our birthdays are about the future, not about the past. We are celebrating having arrived so far because such successful resilience allows us to continue forward. We proclaim our potential to further enjoy the gifts of life. Birthdays are expressions of unbridled, blind faith in our own suspended mortality.

But, if this were true, surely as we grow older we have less and less cause to celebrate. What reason do octogenarians have to drink to another year if that gift is far from guaranteed? Life offers diminishing returns: the longer you are invested, the less likely you are to reap the dividenda of survival. Indeed, based on actuary tables, it becomes increasingly less rational to celebrate one's future

the older one gets.

Thus, we are forced into the conclusion that birthdays are about self-delusionally defying death. Birthdays are about preserving the illusion of immortality. Birthdays are forms of acting out our magical thinking. By celebrating our existence, we bestow on ourselves protective charms against the meaninglessness and arbitrariness of a cold, impersonal, and often hostile universe.

And, more often than not, it works. Happy birthday!

This is what happens when I have had one too many. No inhibitions. Only exhibitions.

15.

On a windy day in Russia, wearing my new leather jacket, gazing at the Black Sea and contemplating past, present, the future, and other conundrums. Notice the “vision thing” faraway look and the James Dean posture as I lean on the indispensable balustrade. Even I am impressed!

Listening attentively, brain whirring, analyses swirling, scenarios written, deconstructed, deleted, archived, contrasted, cognitions erupting, formulated, compared, reformulated, associations, dissociations, data, facts, intuitions, speculations, theories ... stream of consciousness that never ever ceases, not even when I sleep. It is tiring to be possessed by a mind like mine, depleting, exhausting.

More about the brain and its mind <https://samvak.tripod.com/meta.html>

16.

I never was a child. I was a "Wunderkind", the answer to my mother's prayers and her intellectual frustration. A human computing machine, a walking-talking encyclopaedia, a curiosity, a circus freak. I was observed by developmental psychologists, interviewed by the media, endured the envy of my peers and their pushy mothers. I constantly clashed with figures of authority because I felt entitled to special treatment, immune to prosecution and superior. It was a narcissist's dream. Abundant Narcissistic Supply - rivers of awe, the aura of glamour, incessant attention, open adulation, country-wide fame.

I refused to grow up. In my mind, my tender age was an integral part of the precocious miracle that I became. One looks much less phenomenal and one's exploits and achievements are much less awe-inspiring at the age of 40, I thought. Better stay young forever and thus secure my Narcissistic Supply. Plus, my life is my parents' punishment. Childless and a sad failure, I keep hoping against hope and counterfactually that they care enough to hurt.

So, I wouldn't grow up. I never took out a driver's licence.

I do not have children. I rarely have sex. I never settle down in one place. I reject intimacy. In short: I refrain from adulthood and adult chores. I have no adult skills. I assume no adult responsibilities. I expect indulgence from others. I am petulant and haughtily spoiled. I am capricious, infantile and emotionally labile and immature. In short: I am a 57 years old brat.

I talk to Arlen about my childhood and other issues here: <https://samvak.tripod.com/journal22.html>

17.

I have no past and no identity because I have no memory. If I try very hard, I recall only fleeting images, ephemeral moments, snippets floating and dissolving out of context in a maddening dance of whack-a-mole.

I try to hang on to this shredded personal history, but as soon as the recollections surface, they elude

me and drift away into the penumbral netherworld of my unconscious. Sometimes I am not sure as to who the other people in these dreamlike sequences are: which of my wives or friends or colleagues.

In a desperate attempt to make a rudimentary sense of this ever-shifting kaleidoscope, to introduce a meaningful plot or narrative that I could call "my life", I confabulate. I substitute what could or may have been and should have occurred to what had actually transpired.

Pathological narcissism has been compared to Dissociative Identity Disorder (formerly Multiple Personality Disorder). By definition, the narcissist has at least two selves. His personality is very primitive and disorganized. Living with a narcissist is a nauseating experience not only because of what he is - but because of what he is NOT. He is not a fully formed human - but a dizzyingly kaleidoscopic gallery of mercurial images, which melt into each other seamlessly. It is incredibly disorienting.

It is also exceedingly problematic. Promises made by the narcissist are easily disowned by him. His plans are ephemeral. His emotional ties - a simulacrum. The narcissist contradicts himself from one minute to another. Most narcissists have one island of stability in their life (spouse, family, their career, a hobby, their religion, country, or idol) - pounded by the turbulent currents of a dishevelled existence.

More here: <https://samvak.tripod.com/narcissistdiscontinuous.html>

18.

No woman has ever wanted to have a child with me. In my 57 years, only two women came close to wanting it - and then withdrew in haste. It is very telling. Women have children even with incarcerated murderers. I know it because I did time in prison with these people. Women have children with their abusers. But not with me: no woman has ever felt the urge to perpetuate US - the we-ness of she and I.

Women are very hesitant, even my fiance who fled and my 2 wives who agreed to marry me only after years of begging. Women definitely do not want anything binding with me. It is as though they want to maintain all routes of escape clear and available.

Women are curious, even inexorably drawn. But as they inch closer, they sense the void that I am; the howling abyss where a person should have been; the abode of death cloaked in the deceptive hallmarks of an ebullient, exuberant, ostensibly productive life. I am the quintessentially deceptive package, an awry being, a mental alien in an uncanny carnal outfit.

In women I induce confusion. They are attracted and then repelled by some essence that they cannot explain, nor name. "He is so unpleasant" - they say, hesitantly - "He is so... aggressive and disagreeable". My own girlfriends, paramours, and wives struggled with this fetid, repellent emanation. They called me "sick" and "creepy" or "damaged goods." They meant to say that I am not a healthy person altogether, not all there. They invariably ended up with other men, cheating, swinging, desperately trying to recoup their molested self-esteem, feeling rejected and dejected.

The animals we are, women sense my infirmity. I read somewhere that female birds avoid the sickly males in mating season. I am one sickly bird and they skirt me with the hurt perplexity of the frustrated. In this modern world of "what you see is what you get", the narcissist is an exception: false advertising, a diversion, an android of virtual reality with bug-infested programming.

Narcissists hate women <https://samvak.tripod.com/faq79.html>

19.

**I have no roots.** I have lived in rented hovels most of my life. I avoided intimacy in my marriages, converting my loving spouses into abusive roommates. I have no children, no driving licence, few clothes.

I was born in Israel but had left it many times and now have been away for 22 years. I haven't seen my parents since 1996. I have met my niece and a nephew for the first and only time a decade ago. I haven't been in touch with any of my "friends". I haven't exchanged one additional word with my ex after we split up. I - an award winning author - am slowly forgetting my Hebrew. I do not celebrate any nation's holidays or festivals. I do not pay taxes in any country. I stay away from groups and communities. I wonder, an itinerant lone wolf. I was born in the Middle East, I write about east Europe and my audience is mostly American.

This reads like a typical profile of the modern expatriate professional the world over - but it is not. It is not a temporary suspension of self-identity, of group-identity, of location, of mother tongue and of one's social circle. In my case, I have nowhere to go back to. I either burn the bridges or keep walking. I never look back. I detach and vanish.

I am not sure why I behave this way. I like to travel and I like to travel light. On the way, in between places, in the twilight zone of neither here nor there and not now - I feel like I am unburdened. I do not need to - indeed, I cannot - secure Narcissistic Supply. My obscurity and anonymity are excused ("I am a stranger here", "I just arrived"). I can relax and take refuge from my inner tyranny and from the anxious depletion of energy that is my existence as a narcissist.

I love freedom. With no possessions, devoid of all attachments, to fly away, to be carried, to explore, to not be me. It is the ultimate depersonalisation. Only then do I feel real. Sometimes I wish I were so rich that I could afford to travel incessantly, without ever stopping. I guess it sounds like escaping and avoiding oneself. I guess it is.

More here: <https://samvak.tripod.com/narcissistroots.html>

20.

**I hate routine.** I always start off with a volcanic burst of promising and irresistible energy - only to let down people who trusted me and followed my leadership, succumbing to my misleading, goal-oriented charisma. I leave a trail of embittered, bewildered, and disappointed people in my wake.

When I find myself doing the same things over and over again, I get depressed, impossibly lazy, and inert. I oversleep, over-eat, over-drink and, in general, engage in addictive, impulsive, compulsive, self-destructive and self-defeating behaviours. This is my way of re-introducing risk and excitement into what I (emotionally) perceive to be a barren life, the repetitive wasteland of routine.

The problem is that even the most exciting and varied existence becomes rote after a while. Living in the same country or apartment, meeting the same people, doing essentially the same things (though with changing content) all "qualify" as stultifying recursivity. I prefer fantasy to action. It is much

more varied.

I feel entitled to more. I feel it is my right - due to my intellectual superiority - to lead a thrilling, rewarding, kaleidoscopic life. I feel entitled to force life itself, or, at least, people around me - to yield to my wishes and needs, supreme among them the need for stimulating variety.

This rejection of habit is part of a larger pattern of aggressive entitlement. I feel that the very existence of a sublime intellect (such as myself) warrants concessions and allowances. Standing in line is a waste of time best spent pursuing knowledge, inventing and creating. I should avail myself of the best medical treatment proffered by the most prominent medical authorities - lest the asset that is I be lost to Mankind. I should not be bothered with proofreading my articles (or even re-reading them) - these lowly jobs best be assigned to the less gifted. The devil is in paying precious attention to details.

More here: <https://samvak.tripod.com/journal10.html>

21.

Every few years, I [lose the woman in my life](#). Weighed down by my broken fantasies, sadistic abuse, control freakery, mood swings, & insistent grandiosity, my women invariably walk out on me. Literally. They spend most of their time away from me, end up with other men, divorce me, or abandon me and return to the life they had before I sucked them into my demented maelstrom. Even those women who choose to not let go of our togetherness, make it a point to retreat into a parallel, hidden, Sam-free realm.

Narcissists are accustomed to loss. Their obnoxious personality & intolerable behaviours, delusional fantasies, peripatetic nature & instability make them lose lovers, friends & spouses, mates & colleagues, jobs & family, their place of residence, property, businesses, country, & language.

There is always a locus of loss in the narcissist's life. He may be faithful to his wife & a model family man - but then he is likely to change jobs frequently & renege on his financial & social obligations. Or, he may be a brilliant achiever with a steady, long term and successful career - but a lousy homemaker, thrice divorced & unfaithful.

In time, the narcissist develops defence mechanisms against the inevitable pain & hurt he incurs with every loss & defeat. He ensconces himself in an ever thicker skin, an impenetrable shell, a make belief environment in which his sense of in-bred superiority & entitlement is preserved. He appears indifferent to the most harrowing and agonizing experiences, inhuman in his unperturbed composure, emotionally detached & cold, inaccessible, & invulnerable. Deep inside, he, indeed, feels nothing.

The narcissist cruises through his life as a tourist would through an exotic island. He observes events and people, his own experiences and loved ones as a spectator would a movie that at times is mildly exciting and at others mildly boring. He is never fully there, entirely present, irreversibly committed. He is constantly with one hand on his emotional escape hatch, ready to bail out, to absent himself, to re-invent his life in another place, with other people.

22.

Having abandoned, rejected, abused, & humiliated [my intimate partner](#) (my woman), I am hurt, shocked, & infuriated when she reacts in kind by avoiding me, abandoning me, & becoming herself abusive.

I list more than 100 (!) behaviors the narcissist uses to avoid intimacy here: <https://samvak.tripod.com/narcissismemotional.html>

I call them the "Emotional Investment Prevention Measures" (EIPMs). The delusion that he is in total control crumbles as the narcissist is abandoned time & again by lovers, spouses, mates, friends & colleagues.

It is then - when loss is rendered tangible - that the narcissist regains his former zeal & erstwhile fervour. He courts a long neglected wife, invests himself in a hated job, befriends spurned colleagues, or engulfs with unnatural warmth & empathy offended friends.

It is very common, for instance, for a narcissist to rediscover the joy of sex with an adulterous intimate partner or spouse. Cerebral narcissists then become somatic narcissists (type-switching) for as long as it takes to "re-acquire" (hoover) the "target" (the source of supply). The narcissist professes to being shocked & puzzled by the untoward behaviour of a hitherto faithful spouse, loyal friend, or patient neighbour. "Whatever happened to them?" - He wonders - "What brought this on?" Why did his wife cheat on him? Why did his colleagues demand his resignation? Why did his neighbour turn violent all of a sudden?

Aware of impending loss & doom, the narcissist embarks on a charm offensive, parading the most irresistible, brilliant, captivating, titillating, promising & thrilling aspects of his False Self. The aim is to reacquire that which has been forfeited to neglect & indifference, to rebuild relationships ruined by contempt & abuse and, thus, to regain Narcissistic Supply.

Needless to add that once these targets are achieved, the narcissist reverts to old form and goes back to being impatient, negligent, emotionally absent, indifferent & abusive. Until another round of losses looms and reanimates the narcissist - a sad, repetitive automaton, forever imprisoned by his own repetition compulsion.

23.

There is only one book whose content I cannot recall despite having had to wade through it a dozen times or so. In contrast: I remember in minute detail, often verbatim, the verbiage of thousands of tomes. How come?

["Malignant Self-love: Narcissism Revisited"](#) is not really autobiographical. It is based on decades of research, reams of scholarly literature, and structured interviews with 1800+ people diagnosed with NPD and what was left of their "nearest" and "dearest".

Yet, it resonates potently with me. I'd rather not be reminded so starkly and unequivocally of my shattering disability, ubiquitous inadequacies, and failed, wasted, tragic life.

Truly assimilating my book would bring about life-threatening mortification. So, I dissociate every single word in it fearfully.

This repression of my own words and insights sometimes yields comic outcomes. People send me a quote and I hasten to disparage the author: "who is the wannabe genius who fathered this nonsense?", I retort. "You did", the answer comes back, "in your book, page so and so!"

24.

I become possessive and try to reclaim my cheating partner only when I anticipate abandonment. Otherwise, I am indifferent to her cheating, however indiscreet and ostentatious, and content to be left alone and unencumbered by her demands and expectations, catered to by other men.

I never discard my partner when her only transgression is serial cheating: she is extremely unlikely to forgo my brilliant mind, its insights, and the money it produces just for sex or even for a longer-term lover (fewer than 3% of women do).

Moreover: I do not compete with other men for my women when it comes to sex and love (functions I consider vastly inferior to the intellect and of which anyhow I am incapable owing to my infantile emotional age).

I, therefore, do not experience narcissistic injury or romantic jealousy or even unease when my partner chooses a man to love and to sleep with – no more than I would experience injury if she were to invite a plumber or an electrician or go to a hairdresser or a masseur to take care of her needs. As a service provider, she can do as she pleases in her time off.

I feel injured only when she prefers another man's intellect, knowledge, expertise, and experience to mine in my core competencies (medicine, finance, geopolitics, psychology, etc.)

I emotionally or physically discard my partner only when she challenges or undermines my grandiosity as genius, guru, and father figure either via bargaining (which implies that I am not perfect) or when she replaces me with – and betrays me to – another guru/genius/father figure/trusted friend/savior (which implies that I am not omniscient and unique).

I pre-empt the inevitable abandonment: a partner who had rejected my only offerings and contributions to the couple – my mind, its insights, and my moneymaking brainchildren – and who had found a satisfactory substitute for them is on her way out anyhow.

I realize that my woman is suddenly devaluing my mind only because she is heartbroken and enraged at my indifference which she perceives as rejection and neglect. The relationship is doomed in any case.

25.

I have just learned that Rafi Eitan, one of the most important figures in my early life has passed away last year. In the murky world of intelligence agencies, he was my guide and guardian angel and saved my bacon more than once - and my sister's, later an important figure in Israel's defense establishment in her own right.

Growing old is about losses: of body functions, of a mind obscured, of dreams unfulfilled, of opportunities missed.

But, above all, aging detaches you ever so incrementally from your context: values change, buildings get torn down, your peers and elders die.

Before you know it, you are all by yourself on an alien planet, surrounded by lifeforms whose behaviors, motivations, and language you cannot decipher. Horror.

26.

At the tender age of 4, I was sentenced by a merciless judge and an invisible jury to life in a maximum security prison, without parole, and in solitary confinement. 51 years later, I am still there, laboriously etching these sanguine words on the surrounding, infinitely tall walls, all hopes of rescue long receded.

27.

I love to be hated and I hate to be loved. Hate is the complement of fear and I like being feared. It imbues me with an intoxicating sensation of omnipotence. I am veritably inebriated by the looks of horror or repulsion on people's faces. They know that I am capable of anything. Godlike, I am ruthless and devoid of scruples, capricious and unfathomable, emotion-less and asexual, omniscient, omnipotent and omni-present, a plague, a devastation, an inescapable verdict. I nurture my ill-repute, stoking it and fanning the flames of gossip. It is an enduring asset.

The English pediatrician and psychoanalyst Donald Winnicott suggested that abused children need to hate and to be hated as a defense against the false hope of ever being loved. They not only act out anti-socially but also seek to provoke hatred in parents, caregivers, and authority figures. At least in this comfort zone of mutual antagonism there is no risk of being shattered by the disappointment and frustration that are the ineluctable outcomes of hope.

Of course, he who loves to be hated and hates to be loved also loves to hate and hates to love (fears intimacy). The narcissist's emotional complexity (ambivalence) towards significant others is notorious: his "love" often comes laced with bouts of vitriolic or even violent abuse and aggression.

But, the narcissist's hatred is atypical. Rempel and Burris suggested in 2005 that hate is a stable experiential state; that it is an emotion; and that it involves a goal-driven motivation to diminish or utterly eradicate the well-being of the target of hate.

In contradistinction, the narcissist's hatred is not stable; it is a transformation of resentment and, therefore, an aggressive reaction to frustration; and the narcissist does not care about his victim's well-being: he just wishes to remove the fount of frustration altogether and expediently. So, by the lights on Rempel and Burris it does not qualify as hate at all.

More: <https://samvak.tripod.com/narcissistmasochist.html>

28.

When one is my age, all that remains is one's memories. You are the director of the movie of your life: a decades long film. Now, sit back and let the screening begin: is the yarn boring? would you have watched this oeuvre had you not been its main protagonist? If the answers are negative and positive, respectively, you have succeeded to live well, regardless of the price you have paid.

One lesson I have learned the hard way is that chances to be happy come rarely and unannounced and in the most unexpected form. These opportunities must be seized upon irrationally, exuberantly, and forcefully. One must never let go of such an opening, a portal to future joy and contentment. Nothing is more risky than unhappiness. No one is poorer than the miserable. Mostly, the true regrets we have are with regards to what we could have done or accomplished - but didn't, owing to pusillanimity and

cowardice.

The true and only purgatory and hell are lost potentials, broken dreams, forlorn hopes: who we could have been had we only dared to live instead of plan, had we only seized the present day and not succumbed to the past night of our soul.

The “personality” part is dead wrong (“stays out of trouble”). The “life and opportunities” part absolutely right (“university is crucial”). More about [my turbulent life](https://samvak.tripod.com/cv.htm): <https://samvak.tripod.com/cv.htm>

29.

[My IQ](#) was tested every time I got myself into serious trouble: at age 9 (result: 185), in the army (180), & in prison by an orthodox religious psychologist who made me his pet project (190). There are only 60 people in the world with IQ 185 & only 7 with IQ 190. It gets pretty lonely pretty fast. Being the sadistic asshole that I am, I am fond of saying that the gap in IQ between me & the average human is far bigger than the difference between that human & an orangutan (or a chimpanzee). The prodigy – the precocious "genius" – feels entitled to special treatment. Yet, he rarely gets it. This frustrates him & renders him even more aggressive, driven, & overachieving.

As Horney pointed out, the child-prodigy is dehumanised & instrumentalised. His parents love him not for what he really is – but for what they wish & imagine him to be: the fulfilment of their dreams & frustrated wishes. The child becomes the vessel of his parents' discontented lives, a tool, the magic brush with which they can transform their failures into successes, their humiliation into victory, their frustrations into happiness.

The child is taught to ignore reality & to occupy the parental fantastic space. Such an unfortunate child feels omnipotent & omniscient, perfect & brilliant, worthy of adoration & entitled to special treatment. The faculties that are honed by constantly brushing against bruising reality – empathy, compassion, a realistic assessment of one's abilities & limitations, realistic expectations of oneself & of others, personal boundaries, team work, social skills, perseverance & goal-orientation, not to mention the ability to postpone gratification & to work hard to achieve it – are all lacking or missing altogether.

People are envious of the prodigy. The genius serves as a constant reminder to others of their mediocrity, lack of creativity, & mundane existence. Naturally, they try to "bring him down to their level" & "cut him down to size". The gifted person's haughtiness & high-handedness only exacerbate his strained relationships.

More: <https://samvak.tripod.com/narcissistprodigy.html>

30.

I have written the bible about psychopathic narcissists twenty odd years ago. Yet, when I come across one, I am shaken to my foundations. There is something utterly reptilian or alien about them.

[Psychopathic narcissists - and histrionic and borderline women](#) - are driven by primitive urges, unrequited needs, raw negative impulses (like rage and vindictiveness) and psychological defense mechanisms run amok and awry. It is not so much a lack of empathy as it is a one track mindedness

that renders them robotic and zombie-like.

You cannot contract with a psychopathic narcissist or with a histrionic borderline woman: they recognize no rules, have no deep emotions, get attached to no one, play mind games with everyone, and lie incessantly. They will not hesitate to hurt you fatally if it gratifies the trifles of their wishes. They are not sadists: you are mere collateral damage.

Where a human being should be, there is a vast deep space of emptiness with howling, primordial winds.

These defective renditions of humans have no spouses and know no children, maintain no friendships and keep no families. They plough through their lives and the lives of their "nearest and dearest" like unstoppable and unconscionable wracking balls, swinging apathetically between compulsions and obsessions and the ever more dimming awareness of the stirrings that pass for their consciousness.

31.

Most of the women I shared my life with [cheated on me with multiple men](#).

From my short story "Harmony": <https://samvak.tripod.com/harmony-en.html>

"Noa changes her posture. I contemplate her body and wonder what it knew & not with me. A foot flashes, she bends and a swathe of milky breast, a nipple, his hand between her thighs.

I feel nothing, not even pain or fury. But I sense the distant echoes of a remote battle, behind the fortified hilltops of my self. It will arrive, this ruinous war, it will exact the price. Like everything else in life, it is only a matter of time.

I repeat to Noa her choice. She can remain here & we will try together, she can depart & we will separate, one year alone, maybe it's better that way. Maybe I am her undoing. And I keep reiterating silently: Noa, please ignore these monstrous alternatives offered by an alien, a stranger, not me. I love you. I love Noa. Throughout I want to hug her and make my love in her, but I just sit there, stony-faced, a scientist sifting through the formulas for a particularly complex experiment.

Now Noa is quiet, still rocked from time to time by mournful tremors, her fingers flutter and combine, a leg swings across the wide-brimmed, tattered arm of our sofa. She regards me tenderly.

I pour more wine. The halogen lights are blinding. We are so close, Noa and I, up there in the large screen of our TV. But really we are divided by glass & marble.

Noa takes her wine & toys with it. Suddenly she lays it down & bursts into bitter, convulsive whimpers, face buried in both hands, shoulders unruly. "I can't leave you" - she sucks the words out of the thinning air - "I love you so. You are a wizard and I am hypnotized. I am staying here with you. Oh, let's try again!" I let the words sink in. The words sink in. A rainbow ricochets from the glasses to the table. The light is piercing & in it I witness Noa making love. Like an unwanted child, this deed is with us, like an accident. Only it left me quadriplegic, breathless for all eternity, long after Noa is gone, and she will be gone. I now know that this, too, is only a matter of time."

32.

At the age of 9, I was sent to study in the Technion - Israel's leading technological university. I have been diagnosed with 180 IQ. It was my lowest score in 3 IQ tests I have taken over the decades. There started my love affair with physics.

By 1982 I completed my theory of chronons ("time" "particles"). Very much like my work on narcissism in 1995, I had to invent a whole new language to describe my ideas and observations. Newton and Einstein both used linguistic conventions that were handed down to us from the ancient Greeks.

In my Ph.D. thesis I tried to avoid this entire tradition. I asked: what if the universe is made only of what we call "time"? What if all its manifestations are interactions in a "time field": from "spacetime" through the various forces and down to "elementary particles"? Decades later, Eytan H. Suchard and other physicists around the world picked up the thread and carried it forward immeasurably. Their results were published recently in some mainstream venues.

The [Chronon Field Theory](#) easily unifies quantum mechanics and relativity, electromagnetism and gravity. It gives rise to all the known phenomena, forces, and "particles" and to all their properties while dispensing with many unnecessary assumptions, conventions (like the existence of mass or particles or spacetime), boundary conditions and other mouldering luggage from the teeming attic of physics.

Those of you who are inclined to physics: <https://samvak.tripod.com/time.html>

You can download Suchard's various papers there as well.

33.

I have been [filthy rich and dirt poor](#) several times in my life. Let me tell you: being rich beats being poor hands down. But to have a lot of money is not an unadulterated alloy. It has its many negative aspects and drawbacks.

Money is like blood in the water: you attract sharks and predators, not least of which are goldiggers - spouses or intimate partners who are bound to cheat on you in every bed of every hotel in between bouts of burning your hard earned cash on compulsive shopping.

It is not easy to fend off the tax authorities, law enforcement, myriad regulatory agencies, service providers, business associates, lawyers, investment advisors, medical doctors, psychotherapists, masseurs, loyal and trusted employees, accountants, and assorted gurus who conspire to abscond with your money often in cahoots with your nearest, dearest, friends, and family.

Sharks are well-designed and insatiable predators. Sometimes you don't even realize that the shark is a shark until it is way too late. They bite you and bleed you for your dough and then dump you when you have run out of it. Poor people do not face these problems at least.

In many parts of the world it is dangerous to be rich owing to kidnappings for ransom. The rich live in gated compounds with security and stroll along restricted paths with burly bodyguards, like in a maximum security prison. Their children are inmates.

And when the people rebel, the rich suffer first (like after the French and October revolutions). When regimes change or you fall out of political favor with the powers that be, you lose everything, your freedom included.

The rich are much more at risk than the poor. To be rich is not to be safer - it is to be more vulnerable because you have a lot more to lose. I had been much more anxious and worried when I was rich than

when I was poor. Money has good sides - but also many bad aspects. In life, it is always advisable to maintain a balanced view of everything - especially of money.

34.

At a very early age I discovered that I lack the most basic life and social skills. I had only one thing going for me: my formidable intellect (there are only 6 other people in the whole wide world with my IQ). So, I deployed it to construct a shelter, a bubble, replete with its own rigid rules and defenses intended to shield me from the life-threatening hurt that the world was inflicting on me daily. This bubble was a self-constructed mental asylum with me as the sole inmate.

From within [my bubble](#), I observed life passing me by and other people. But these folks did not like being observed. They felt threatened when they found themselves the targets of intense scrutiny by Sam Vaknin, the Evil Genius, a self-admitted sexually deviant (asexual? really?) psychopathic narcissist.

Fight, Freeze, Flight. They couldn't fight me: they didn't stand a chance against my inhuman superior intelligence which rendered me both incomprehensible and unpredictable. We currently fear that Artificial Intelligence (AI) will enslave us. People feel the same way about me: that I am some kind of malevolent robot (uncanny valley). So, unable to fight me, the overwhelming majority of people I have met - especially women - froze, froze me out, or fled.

No one wanted to share my bubble with me because, confined to it for many unventilated years, my exhalations rendered the environment within it toxic and lethal. All the women I dragged into my psychedelic cave abandoned me one way or another, suffocated and heaving for breath.

So, overwhelmed by loneliness and profound existential sadness, over the next few decades of my life I tried to exit my bubble several times: to love a woman, to find friends, to do business, to teach. Every time ended in rending heartbreak. I am back in my disintegrating bubble now, defeated after the latest such foray. I don't know whether and if I will ever be out again.

35.

Women should be all over me. I am borderline handsome, very entertaining & lively in company, & kinkily creative in the sack, I am told. More often than not, I have money & am well-known.

Yet, all [women avoid me like the plague](#). Many react to my advances with apoplectic hysteria & palpable terror. Others with gleeful derision. If I hit on a woman, she invariably hits back where it hurts.

Women - whether they have met me or not - find me creepy, freakish, & repulsive, often merely based on my reputation as a predatory Asexual (read: deviant) Evil Genius. There is also my murky bio replete with a spell in prison & other unsavory, shadowy titbits.

Women who do meet me in person find my mind & intellect irresistible. They get hooked. But all of them without exception - my girlfriends & wives included! - are unnerved by the fact that I treat them as genderless objects, functional servants, thus defeminizing them. "You are not a man, not fully human, more like an emotionless robot, a weirdo child. You are demanding, selfish, & exploitative. You do not make me feel like a woman", they all exclaim with exasperation before they proceed to

cheat on me or break up. I am a childless misogynist & loner misanthrope.

This extreme unease is justified. I treat all women as either an interchangeable captive audience to my rambling monologues (when in my cerebral mode); multi-orificed sex dolls to masturbate on, in, & with (when in a somatic phase); or fodder for my Cold Empathy (my uncanny ability to read people & leverage these insights sadistically to discomfort & depress them thoroughly). Women also feel inferior & inadequate faced with my 190 IQ. They are afraid to be judged & found wanting, to disappoint, to look & sound stupid. The more manipulative among them resent the fact that they have no sexual or other power over me: I checkmate them in their own game every single time.

No wonder that ALL WOMEN find the prospect of being with me or even just fucking me about as attractive as a visit to a deranged dentist.

A woman wrote this to me in response to my post today: "You say that you are a handsome genius. [Hannibal Lecter](#) was a handsome genius, rich and famous, dapper and connoisseur. But he was Hannibal Lecter! If he gets in touch with me, never mind how irresistible I find him, I will quake in my boots!

I was shocked: "Are you seriously comparing me to Hannibal Lecter, the sexually sadistic serial killer???"

She answered: "No, you are far more dangerous! He was a classic body slashing psychopath. You slash our minds! Much worse!" She added: "But he is more intelligent than you." How come? "He never publicized the fact that he is a lethal psychopath. You made documentaries about your sickness."

She continued: "What did you expect? YOU taught us that narcissists are monsters and to stay away from them and to go No Contact! You gave us the language to articulate our fears and disgust. Now you are saying: Game over? Let's start afresh? I have been lying or exaggerating all the time? I am not asexual, I love sex and women? This somersault only makes women fear you and distrust you even more as a deceitful inconsistent manipulator and con artist!

At least have the spine to stay on message and not to whine when you pay the price for decades of telling us how horrible you are as the world's number one psychopathic narcissistic monster. We believe you and this is why we are all avoiding you."

36.

[Finnish TV \(YLE\) documentary](#) with Risto (filmmaker) and Antti (cameraman and de facto director). We started seated on the stairs facing the picturesque river quay. I talked for 6 straight hours, even throughout the delicious - and filmed - lunch. I am a narcissist, what can you do? 😏

We discussed on camera our narcissistic culture and narcissistic trends in our societies: from social media through atomization and malignant individualism, interpersonal relationships, and even conspicuous consumption. Very intelligent and refreshing experience. My 15th documentary, but the most agreeable so far.

Lidija, my long-suffering wife ([@reframingtheself](#)) joined us midstream and gave insightful answers

to difficult questions. We had a huge fight in the middle of it all (as we did in previous documentaries) and we made up after I apologized for my abrupt aggression (as we always do in documentaries). We all got a bit tipsy and it was great fun all around.

I can't wait to meet Richard Grannon (@richard\_grannon) next week. Lidija is away on a well-deserved solo vacation, so there will be no one to shield Richard from my stream of consciousness. I pity him, but, hey, I need an audience! ☹️ Plus, I keep reminding myself that I don't have empathy.

Will post photos of me and what is left of Richard in this space. Stay tuned.

37.

Whenever I am mean and nasty (which is often), someone writes with an air of knowing sympathy: "What did you expect? He is a narcissist!" This nonsensical type of commentary just serves to show to what extent the field has been corrupted by a tsunami of trashy misinformation promulgated by self-styled "narcissistic abuse experts" flying by the seat of their badly frayed pants.

I am nasty and mean not because I am a narcissist - but because I am a sadist. I enjoy it orgasmically when I make other people squirm and writhe in extreme discomfort bordering on agony. I am brutally, unflinchingly honest and I give my interlocutors no hope and no quarter. Words are my favoured torture implements. I hone them religiously.

This is also why I am into nonviolent BDSM (sado-maso) and group sex: I derive sexual gratification from mildly hurting my intimate partner (ritualistically) and from humiliating and objectifying her or watching her being violated by others.

By and large, narcissists are not sadists (though, of course, some narcissists are sadists and some sadists are narcissists). They do not derive pleasure from the pain and discomfort that they cause others. They do not attempt to torture or hurt anyone for the sake of doing so. They are goal-oriented. They seek narcissistic supply. Whoever gets in the way and frustrates or obstructs them in this sempiternal quest gets trampled on: not with glee or joy - but with rage or, more likely, absentmindedly and offhandedly, as an afterthought.

Learn more about the intricate dance between narcissism and sadism here: <https://samvak.tripod.com/faq56.html>

38.

The One and Only Richard Grannon (aka in police circles as Sport-tanned Live Couch or Spartan Life Coach or just the 13:48 coach to Liverpool) has just committed the suicidal act of releasing the first of several conversations we have had in Skopje on his furtive and illicit visit here.

This interview deals with the death of capitalism, was communism a form of feudalism, and why I think that humanity is reverting to the Middle Ages and to narcissism in more than one way.

I apologize for inflicting my face on you for more than an hour - but it is the only one I have. I tried to poison Richard's coffee early on in order to prevent exactly this kind of travesty, but imbibing the purloined libation only seemed to invigorate him. There I go again with my convoluted vocabulary whose aim is not to communicate - but to shame and humiliate you into submission to my vastly

superior intellect.

Anyhoo, have fun, laddies and lasses. Grannon is a ladykiller (in more ways than you care to know), but he is also a stimulating, inordinately intelligent, and incredibly erudite interlocutor.

He is so much of a competition that I am considering to embark on an underhanded smear campaign against him and also to serve him next time with the poison alone, without the coffee. It is not fair that he got all the intelligence, sense of humor, and good looks and all I got was old age and the ineluctable eyeglasses that go with it (the hearing aid I left at home which explains why my responses have nothing to do with Richard's questions). In the meantime, get to work, will you? I need me a dose of narcissistic supply!

39.

The second conversation between Richard Grannon and myself is available on both our YouTube channels. I initiated the field of narcissistic abuse 22 years ago and recently I am witnessing [three very disturbing, even terrifying trends](#):

1. Women have become at least as narcissistic as men if not more so. Few women are malignant and psychopathic: this is still the preserve of men. But in terms of raging grandiosity, hypervigilance, referential ideation, delusional fantasies, impulsive behavior, confabulating, and lack of empathy - women now best men. The DSM and textbooks require some major revisions and theories about the genetic or hormonal etiology of pathological narcissism. Narcissism is evidently a sociocultural and interpersonal impairment, though, of course it reflects highly deleterious psychodynamics and a detrimental childhood and personal history.

2. More and more narcissists are becoming psychopathic or antisocial. They leverage their cold empathy more sinisterly, are goal-oriented, malignantly grandiose, and even criminalized. I explore this doomsday scenario in depth in my part of the aforementioned second conversation.

3. Until about 10 years ago, people - even narcissists - had role models they sought to learn from and emulate and ideals which they aspired to. Today, everyone - never mind how unintelligent, ignorant, or unaccomplished - claim superiority or at least equality to everyone else. Armed with egalitarian equal access technology like social media, everyone virulently detest and seek to destroy or reduce to their level their betters and that which they cannot attain or equal. Pathological envy had fully substituted for learning and self-improvement. Experts, scholars, and intellectuals are scorned, derided, and threatened.

My YouTube channel: <https://www.youtube.com/samvaknin>

Richard Grannon released yesterday a segment of our interview where I discuss in details the [horrific physical and psychologic abuse I had suffered as a child](#). You can watch it on his channel and on mine.

Here are photos of my parents and little me, just before I turned into what I am today.

My childhood in the section about me here: <https://samvak.tripod.com/archive01.html>

40.

This is the Jewish New Year, a time for introspection and reflection.

So, What Does it Feel Like to Be a Narcissist?

The Toxic  
waste of bottled anger  
venomized.  
Life belly up.  
The reeds.  
The wind is hissing  
death  
downstream,  
a river holds  
its vapour breath  
and leaves black lips  
of tar and fish  
a bloated shore.

Strolling in the boneyard of my life:  
bleached dreams,  
mementoed ossuary of my insights.

On flaking fenceposts, impaled the child that I had been.

Peering from desiccated sockets, the Plague that's me:  
dust-irrigated, arid tombstones,  
a being eclipsed.

Stage 1, receding, jettisoned, stage 2, exiled velocity, stage 3, stage 3 ...  
The armoured carapace.  
A-tremored.

In glinted envelope, pulsating, rarefied,  
A fiery launch that crumbles into  
velvet silence.  
No comm.  
On impact, just a  
star rush,  
the pullulating milky veins,  
expired, crater-ridden scars.  
"What's in your call sign? Freedom? Friendship? Faith?"  
None, I think. I am over, out,  
an iron shell,  
tons in a matchbox,  
frenetic revolutions,  
ray bursts,  
the stellar remnant

of collapse.

Attend my woods,  
part shadow, part man that  
I have been.

The textured leaves.

More poems that I wrote: <https://samvak.tripod.com/contents.html>

41.

Recording a 3 hour interview for a documentary series. Talked about my personal friend, former student, co-author (the book of dialogs, "Macedonia at a crossroads"), client (in my capacity as Economic Advisor to the Government), Minister of Finance and long-serving Prime Minister of Macedonia, [Nikola Gruevski](#): his personality, economics, and legacy in Macedonia. Interviewed by the veteran journalist and columnist Sasho Ordanoski.

42.

Even the most ingenious and well-informed mind can get it devastatingly wrong.

In the early 1980s, at the age of 19, I held 3 public debates with the greatest genius of the Jewish people in the late 20th century: [Yeshayahu Leibowitz](#), Chief Editor of the Hebrew Encyclopedia, polymath with professorships in multiple fields, author of numerous seminal works in all fields of philosophy (the wizened dude in the photo above). The Israeli media celebrated "The Battle of the Geniuses" and declared me the winner.

One of the debates revolved around intelligence: natural vs. artificial. I argued that the very distinction is wrong, that both types of intelligence are very new, and that, starting 20 years hence, an alien visitor from outer space will be unable to tell them apart except by the fact that humans smoke.

Leibowitz argued that computers will never be able to think, only compute. There will never be "artificial" intelligence.

He gave the example of a dilemma: should I die for my emperor - or should I eat ice cream? A Japanese computer would do the former - an American device would choose the latter.

I thought that it was a particularly dumb thought experiment because humans would bifurcate in exactly the same way: the collective-minded Japanese would sacrifice himself even as the hedonistic American guzzles down ice cream.

43.

I was born on and grew up by the [sea](#) (here painted by the gifted [@.elena\\_b](#) ). The surf's soothing sounds lulled me to sleep. Its smells permeated my every day and night. Its colors - serene blue, ominous grey, raging black - came to reify my inner, tortured landscape. I was growing up to become The Old Man and the Sea.

Gazing out at this interminable azure expanse, I learned that there are two types of people: 1. Those who value safety and security above all and 2. Those who would give up everything to maintain their personal freedom, who value liberty even above life itself, and who are fiercely independent, even counterdependent.

We are a social species. Our accomplishments depend on huddling together, on collaborating, and on seeking reassurance in numbers. We are animals of herd and pack.

But we are also individuals who cherish our uniqueness and idiosyncrasy. Who rebel. Who stand out, call for attention, desire to be seen.

And it is conflict between our two natures and between these two types of persons that constitutes the tale of Humanity - and the more limited, personal stories of each and every one of us.

[Return](#)

**Public  
Intellectual,  
Private  
Rants**

1.

The lecture's topic: psychology is not a science and does not describe reality. It is a descriptive and taxonomic language and a literary art form. More here: <http://www.narcissistic-abuse.com/psychoanalysis.html>

2.

It is amazing the hold that celebrities with severe personality disorders have over the public imagination. Their pathologies render them hypnotically charismatic. Princess Diana suffered from every cluster B personality disorder supplemented by mood and affect disorders, body dysmorphic disorder and more. She was a very sick woman. But underlying it all was Borderline Personality Disorder (BPD). Like both narcissists and psychopaths, borderlines are impulsive and reckless. Like histrionics, their sexual conduct is promiscuous, driven, and unsafe. Many borderlines binge eat, gamble, drive, and shop carelessly, and are substance abusers. Lack of impulse control and lability are joined with self-destructive and self-defeating behaviors, such as suicidal ideation, suicide attempts, gestures, or threats, and self-mutilation or self-injury.

The main dynamic in Borderline PD is abandonment anxiety. Like codependents, borderlines attempt to preempt or prevent abandonment (both real and imagined) by their nearest and dearest. They cling frantically and counterproductively to their partners, mates, spouses, friends, children, or even neighbors. This fierce attachment is coupled with idealization and then swift and merciless devaluation of the borderline's target.

Exactly like the narcissist, the borderline patient elicits constant narcissistic supply (attention, affirmation, adulation, approval) to regulate her gyrating sense of self-worth and her chaotic self-image, to shore up serious, marked, persistent, and ubiquitous deficits in self-esteem and Ego functions, and to counter the gnawing emptiness at her core.

Borderline Personality Disorder is often co-diagnosed (is comorbid) with mood and affect disorders. But all borderlines suffer from mood reactivity.

Borderlines shift dizzyingly between dysphoria (sadness or depression) and euphoria, manic self-confidence and paralyzing anxiety, irritability and indifference. This is reminiscent of the mood swings of Bipolar Disorder patients. But Borderlines are much angrier and more violent." More here: <https://samvak.tripod.com/personalitydisorders18.html>

3.

The most vulnerable members of society are children. They end up paying the ultimate price for genocide, ethnic cleansing, war, neglect, corruption, stupidity, and indifference. Child prostitutes, child fighters, child labor, child abuse, pedophilia, and the burnt carcasses of trapped and terrified children - the hallmarks and signposts of anomic, ossified, dysfunctional societies ruled by rapacious and inhuman or rather subhuman "elites".

4.

God is omniscient, omnipotent and good. Why, therefore does he allow evil and won't he eliminate it? If he cannot eradicate evil, then he is not all-powerful (or not all-knowing). If he will not do so, then surely he is not good!

Epicurus is said to have been the first to offer this simplistic formulation of the Logical (a-priori, deductive) Problem of Evil, later expounded on by David Hume in his "Dialogues Concerning Natural Religion" (1779). Evil is a value judgment, a plainly human, culture-bound, period-specific construct. St. Thomas Aquinas called it "ens rationis", the subjective perception of relationships between objects and persons, or persons and persons. Some religions (Hinduism, Christian Science) shrug it off as an illusion, the outcome of our intellectual limitations and our mortality. As St. Augustine explained in his seminal "The City of God" (5th century AD), what to us appears heinous and atrocious may merely be an integral part of a long-term divine plan whose aim is to preponderate good. Leibniz postulated in his Theodicy (1710) that Evil (moral, physical, and metaphysical) is an inevitable part of the best logically possible world, a cosmos of plenitude and the greatest possible number of "compatible perfections". But, what about acts such as murder or rape (at least in peace time)? What about "horrendous evil" (coined by Marilyn Adams to refer to unspeakable horrors)? There is no belief system that condones them. They are universally considered to be evil. It is hard to come up with a moral calculus that would justify them, no matter how broad the temporal and spatial frame of reference and how many degrees of freedom we allow.

The Augustinian etiology of evil (that it is the outcome of bad choices by creatures endowed with a free will) is of little help. It fails to explain why would a sentient, sapient being, fully aware of the consequences of his actions and their adverse impacts on himself and on others, choose evil?

Find some answers here: <https://samvak.tripod.com/sciencereigion4.html>

5.

In a historic summit the rulers of the two [Koreas - south and north](#) - agreed to officially end the Korea War which flared up in 1950-1953 and has ended with a ceasefire (armistice).

In 2010 I was asked to make ten predictions regarding the coming decade. This was prediction number 2: "Korean Unification. By late 2010, a succession war was simmering in North Korea. His panoply of suddenly-bestowed senior political and military posts notwithstanding, the generals and military establishment are less than happy and impressed with Kim Jong-un, the younger son of the Dear Leader, Kim Jong-il. Each side flexes muscles in an attempt to burnish their nationalist and martial credentials. The outcomes of this internecine conflict are ominous: a series of ever-escalating military skirmishes with South Korea and the ramping up of North Korea's already burgeoning nuclear weapons and cyberwar programs (as Sony discovered to its cost.) North Korea's leaders are likely to try to reform their country's economy and introduce capitalism, but this will fail. The regime in North Korea is all but dead on its feet. These are its last days. China is facing the terrifying spectacle of a crony failed state with tens of millions of starved and destitute potential refugees swarming across its porous and indefensible borders. China's ascendance to superpowerdom and its respectability are threatened by this association with the last remaining pariah rogue state. There is only one solution to all the problems of the Korean Peninsula: unification. The parties came close to discussing it in secret talks in 2002 and then again in 2009."

The other 9 predictions: <https://samvak.tripod.com/blog.html>

6.

[The Stupid, the Trivial, and the Frivolous](#) are everywhere: among the working classes, of course, but increasingly you can find them displacing the erstwhile elites, spawning hordes of mindless politicians, idiot business tycoons, narcissistic media personalities, gullible clergy, vacuous celebrities, illiterate bestselling authors, athletes with far more brawn than brain, repetitious pop singers, less than mediocre bureaucrats, bovine gatekeepers, and even ignorant and semi-literate

academics. Their cacophony drowns the few voices of wisdom, expertise, and experience and their sheer number overwhelms all systems of governance and all mechanisms of decision-making. Rather than futilely fight back this tsunami, the well-educated, the erudite, and the intelligent choose to withdraw and seclude themselves in self-constructed, schizoid ivory towers, all bridges drawn.

Imbeciles are a menace to the continued existence not only of our civilization, but also of our species. We may end up being all Homo, no sapiens.

Stupid people use DEMOCRACY and TECHNOLOGY to rule the world - and us. Learn more about this threat to our survival here: <https://samvak.tripod.com/blog.html>

A study of nine million young adults over 40 years (conducted by Jean Twenge and her colleagues and published in the March 2012 issue of the Journal of Personality and Social Psychology) has starkly demonstrated the deterioration from one generation to another. Youngsters are now focused on money, image, and fame and disparage values such as community, volunteerism, the environment, and knowledge acquisition. Other surveys have documented a rising level of illiteracy. As if to illustrate the imminence of these new Dark Ages, the Encyclopedia Britannica announced that it will cease the publication of its print edition after 244 years. Its surviving digital editions are a far cry from the print equivalent in terms of depth, length, and erudition.

7.

Pope Francis is fighting a losing battle against the conservative establishment of his own church.

The history of the [Catholic Church](#) reads like the annals of a global crime concern. It gave the world the inquisition, incestuous and murderous popes, religious warfare, paedophile sex scandals, idolatry, money laundering scandals, and the gnawing guilt that comes from embracing life-defying ideals. Its intentional lack of transparency, murky dealings, and refusal to be held accountable for the actions of its adherents and officials have rendered the Catholic Church complicit in the most horrendous events of the last two millennia. It might well meet the criteria for a "criminal organization" set in the London Charter and endorsed and implemented in the Nuremburg Trials.

With a modicum of justice it has been accused of anything and everything from collaborating with the Nazi regime (and helping war criminals flee justice) to instigating and perpetrating the more insidious forms of anti-Semitism. The Church's former head – Pope Benedict XVI, former chief of the current-day intolerant incarnation of the infamous Inquisition - was a member of the Nazi youth movement: when he had joined, in 1939, only one third of Germany's youth belonged to the Hitlerjugend although membership of Aryan youth was theoretically compulsory by law. The German Pope added insult to injury by reinstating patently anti-Semitic bishops, excommunicated by his predecessor (who, on his part, actively spread AIDS throughout the developing world by prohibiting the use of contraceptives). Hence "The da Vinci Code" and a slew of other anti-Catholic tomes. This genre thrives on the widespread conviction that there is nothing the Catholic Church will refrain from doing or find too abhorrent to further its earthly wealth and might. Alas, history this time is on the side of the conspiracy theorists.

"The most scandalous charges were suppressed; the vicar of Christ was only accused of piracy, murder, rape, sodomy, and incest." (English historian Edward Gibbon on Pope John XXIII)

8.

The [decriminalization and legalization of recreational drugs and substances](#) is a tangled issue involving many separate moral/ethical and practical strands which can, probably, be summarized thus:

Whose body is it anyway? Where do "I" start and the government begins? What gives the state the right to intervene in decisions pertaining only to my self and countervene them?

The government exercises similar "rights" in other cases (abortion, military conscription, sex)

Is the government the optimal moral agent, the best or the right arbiter, as far as drug abuse is concerned?

For instance, governments collaborate with the illicit drug trade when it fits their realpolitik purposes.

Is substance abuse a PERSONAL or a SOCIAL choice? Can one LIMIT the implications, repercussions and outcomes of one's choices in general and of the choice to abuse drugs, in particular? If the drug abuser in effect makes decisions for others, too - does it justify the intervention of the state? Is the state the agent of society, is it the ONLY agent of society and is it the RIGHT agent of society in the case of drug abuse?

What is the difference (in rigorous philosophical principle) between legal and illegal substances? Is it something in the NATURE of the substances? In the USAGE and what follows? In the structure of SOCIETY? Is it a moral fashion?

Does scientific research support or refute common myths and ethos regarding drugs and their abuse?

Is scientific research INFLUENCED by the current anti-drugs crusade and hype? Are certain facts suppressed and certain subjects left unexplored?

Should drugs be decriminalized for certain purposes (e.g., marijuana and glaucoma)? If so, where should the line be drawn and by whom?

Recreational drugs sometimes alleviate depression. Should this use be permitted?

9.

"[Animal rights](#)" is a catchphrase akin to "human rights". It involves, however, a few pitfalls. First, animals exist only as a concept. Otherwise, they are cuddly cats, curly dogs, cute monkeys. A rat and a puppy are both animals but our emotional reaction to them is so different that we cannot really lump them together. Moreover: what rights are we talking about? The right to life? The right to be free of pain? The right to food? Except the right to free speech – all other rights could be applied to animals.

But when we say "animals", what we really mean is non-human organisms. This is such a wide definition that it easily pertains to extraterrestrial aliens. Will we witness an Alien Rights movement soon? Unlikely. Thus, we are forced to narrow our field of enquiry to non-human organisms reminiscent of humans, the ones that provoke in us empathy.

Even this is way too fuzzy. Many people love snakes, for instance, and deeply empathize with them. Could we accept the assertion (avidly propounded by these people) that snakes ought to have rights – or should we consider only organisms with extremities and the ability to feel pain?

For a detailed analysis of the ethics and politics of animal rights - go here:

<https://samvak.tripod.com/animal.html>

10.

Miracles have always been a lucrative business. But are miracles for real? Can God suspend the Laws of Nature, or even change or "cancel" them?

Can we even contemplate a breach of the natural order? Isn't this very juxtaposition meaningless, even nonsensical? Can Nature lapse? And how can we prove divine involvement in that which is supernatural when we are at a loss to conclusively demonstrate even His (God's) contribution to the natural?

Moreover, if God, or some other supernatural agency stand outside Nature, then when they effect miracles, they are not violating the Laws of Nature to which they are not subjected.

Another problem: machines and devices operate in accordance with and are subject to the laws of nature. Can they record an event that is outside of Nature? Do miracles occur within Nature or outside it? If miracles transpire within Nature, shouldn't they be deemed ipso facto "natural" (though ill-understood)? If miracles emerge without Nature, how can anything and anyone within Nature's remit and ambit witness them? How can we record miracles outside nature with means that are natural, inside nature?

Indeed, it is not possible to discuss miracles meaningfully. See why here: <https://samvak.tripod.com/sciencereigion5.html>

11.

Those who believe in the finality of death (i.e., that there is no after-life) – they are the ones who advocate suicide and regard it as a matter of personal choice. On the other hand, those who firmly believe in some form of existence after corporeal death – they condemn suicide and judge it to be a major sin. Yet, rationally, the situation should have been reversed: it should have been easier for someone who believed in continuity after death to terminate this phase of existence on the way to the next. Those who faced void, finality, non-existence, vanishing – should have been greatly deterred by it and should have refrained even from entertaining the idea. Either the latter do not really believe what they profess to believe – or something is wrong with rationality. One would tend to suspect the former.

Suicide is very different from self sacrifice, avoidable martyrdom, engaging in life risking activities, refusal to prolong one's life through medical treatment, euthanasia, overdosing and self inflicted death that is the result of coercion. What is common to all these is the operational mode: a death caused by one's own actions. In all these behaviours, a foreknowledge of the risk of death is present coupled with its acceptance. But all else is so different that they cannot be regarded as belonging to the same class. Suicide is chiefly intended to terminate a life – the other acts are aimed at perpetuating, strengthening and defending values.

Those who commit suicide do so because they firmly believe in the finiteness of life and in the finality of death. They prefer termination to continuation. Suicide may be an obsessive-compulsive ritual aimed at forestalling much-dreaded change. Indeed, suicide rates are highest among people whose lives are adrenaline-filled roller-coasters: physicians and Bipolar patients, for example. Yet, all the others, the observers of this phenomenon, are horrified by this preference. They abhor it. This has to do with our understanding of the meaning of life.

How? Find out here: <https://samvak.tripod.com/suicide.html>

12.

Do [stereotypes](#) usefully represent real knowledge or merely reflect counter-productive prejudice? We know that a disproportionate number of criminals in the USA are black, that alcoholism and substance abuse among Native-Americans (Indians) is rampant and that the vast majority of anti-Western terrorists are Muslim. In light of these facts, racial profiling (a sub-species of stereotyping) appears to be a rational and ethically justified act of self-defense. But is this a “post hoc ergo propter hoc” fallacy? In other words: does racial profiling cause the very ills it is intended to counter? Hardly likely.

In an age of information overload, "nutshell" stereotypes encapsulate information compactly and efficiently and thus possess an undeniable survival value. Admittedly, many stereotypes are self-reinforcing, self-fulfilling prophecies. A young black man confronted by a white supremacist may well respond violently and an Hispanic, unable to find a job, may end up in a street gang.

But this recursiveness does not detract from the usefulness of stereotypes as "reality tests" and serviceable prognosticators.

For an in-depth analysis of stereotypes and their roles: <https://samvak.tripod.com/stereotype.html>

13.

Some things are better left UNSaid. Some thoughts, anxieties, and fears when formulated, vocalized, and verbalized acquire a life of their own and become reality.

Sometimes, an utterance, an outburst, or a confession can affect oneself and others in unexpected and unwanted ways: plant ideas where there were none or give shape to ephemeral and unformed stirrings, thoughts, and emotions, or yield sudden, life transforming insights. A kind of [self-fulfilling prophecy](#).

The Jews believed that the Hebrew alphabet, the true and occult name of God, and words in general have the power to wreak havoc on the world (recall the legend of the Prague golem). The Kabbalah - the Jewish mystical tradition - is based on this. Gimatria (the Jewish numerological system) assigns values to each letter and then sums them up in creative ways to yield insights and predictions. God created the entire universe with His speech. The New Testament starts with Logos (word). All systems of Magic, both white and black, are based on locutions and exhortations.

Be careful what you wish for and doubly careful of what you fear - especially when you say it out loud.

14.

On this date the Soviet Union (USSR) formally vanquished what was left of Nazi Germany's Third Reich. But it was too late for the Jews. Hitler's only success was the annihilation of European Jewry. By the end of the war Europe was Judenrein and there more Nazis in Europe than Jews.

Rabid anti-Semitism, coupled with inane and outlandish conspiracy theories of world dominion, is

easy to counter and dispel. It is the more "reasoned", subtle, and stealthy variety that is pernicious. "No smoke without fire," - say people - "there must be something to it!". I wrote a [dialog between an anti-Semitic Jew-hater and a Jew](#). I wrote both texts - not an easy task considering my ancestry (a Jew) and my citizenship (an Israeli). But to penetrate the pertinent layers - historical, psychological, semantic, and semiotic - I had to "enter the skin" of "rational", classic anti-Semite, to grasp what makes him click and tick, and to think and reason like him.

I dedicated the last few months to ploughing through reams of anti-Semitic tracts and texts. Steeped in more or less nauseating verbal insanity and sheer paranoia, I emerged to compose the following exchange: "The Anti-Semite says:

The rising tide of anti-Semitism the world over is universally decried. The proponents of anti-Semitism are cast as ignorant, prejudiced, lawless, and atavistic. Their arguments are dismissed off-handedly.

But it takes one Jew to really know another. Conditioned by millennia of persecution, Jews are paranoid, defensive, and obsessively secretive. It is impossible for a gentile - whom they hold to be inferior and reflexively hostile - to penetrate their counsels.

Let us examine anti-Semitic arguments more closely and in an unbiased manner:

Argument number one - Being Jewish is a racial distinction - not only a religious one." Continue to read the reasoned debate between the Jew and his hostile detractor here: <https://samvak.tripod.com/jews.html>

16.

The function of bridging the gap between our idiosyncratic, private languages and a more universal one was relegated to a group of special individuals called [artists](#). Theirs is the job to experience (mostly emotions) and to mould their experiences into the grammar, syntax and vocabulary of a universal language in order to communicate to us the echo of their own idiosyncratic languages. Artists are forever mediating between us and their own experiences. Rightly so, the quality of an artist is measured by his ability to loyally represent his inner unique language to us. The smaller the distance between the original experience (the emotion of the artist) and its external representation, the more prominent the artist.

We declare artistic success when the universally communicable representation succeeds at recreating and evoking in us the original emotion (felt by the artist). It is very much like teleportation which allows, in sci-fi yarns, for the decomposition of the astronaut's body in one spot and its recreation, atom for atom in another.

Even if the artist fails to faithfully recreate his inner world, but succeeds in calling forth any kind of emotional response in his viewers/readers/listeners, he is deemed successful.

Every artist has a reference group, his audience. They could be alive or dead (for instance, he could measure himself against past artists). They could be few or many, but they must be present for art, in its fullest sense, to exist. Modern theories of art speak about the audience as an integral and defining part of artistic creation and even of the artefact itself.

But this, precisely, is the source of the dilemma of the artist:

Who is to determine who is a good, qualitative artist and who is not?

An attempt to answer this question here: <https://samvak.tripod.com/artist.html>

17.

[Humans made monsters by inhuman treatment](#) abound in literature.

In "The Man Who Laughs", published in 1869, the French author, Victor Hugo (1802-1885), described the comprachicos thus:

"The comprachicos (child buyers) were strange and hideous nomads in the 17th century. They made children into sideshow freaks. To succeed in producing a freak one must get hold of him early; a dwarf must be started when he is small. They stunted growth, they mangled features. It was an art/science of inverted orthopedics. Where nature had put a straight glance, this art put a squint. Where nature had put harmony, they put deformity and imperfection. The child was not aware of the mutilation he had suffered. This horrible surgery left traces on his face, not in his mind. During the operation the little patient was unconscious by means of a stupefying magic powder. In China since time immemorial, they have achieved refinement in a special art and industry: the molding of living man. One takes a child two or three years old and puts them into a grotesquely shaped porcelain vase. It is without cover or bottom, so the head and feet protrude. In the daytime the vase is upright, at night it is laid down so the child can sleep. Thus the child slowly fills the contours of the vase with compressed flesh and twisted bones. This bottled development continues for several years. At a certain point, it becomes an irreparable monster. Then the vase is broken and one has a man in the shape of a pot."

The Kyrgyz writer, Chingiz Aitmatov (or Aytmatov) (1928 - ) recounts in "The Day Lasts More than One Hundred Years" (1980) the legend of the Ana-Beiit cemetery and the zombies known as "mankurts". According to tradition, the nomad Zhuan'zhuan, shaved the heads of the younger and more fit prisoners of war and wrapped their skulls in raw camel hide. The prisoners were then left to shrivel in the desert's scorching sun, without food or water. As the caps shrank around their heads, they perished in terrible agony. The survivors completely lost their memory.

More: <https://samvak.tripod.com/factoidm.html>

18.

They say that the [Present is an illusion](#), comprised as it is of half a moment of Past and half a moment of Future. In the last two days I feel that I have lost my entire past - and my whole future. I am suspended in an emulsion of permanent Present, an overweight insect caught in the amber of here and now.

We not only inhabit dreams - we ARE dreams. Some of these spectres are retroactive, other prospective. But Man can survive without food or drink or even air for a while. Take away his dreams and he dies forthwith, shrivels and withers, and crumbles into a pile of dust and howling winds, a deserted abode, a defiled shrine.

And so at present I eat and post on Instagram and listen to the news. An automaton, the shell of Sam, a zombie in my image. Going through the motions, the spirit long departed.

I know from a lifelong of searing losses that I will dissociate away my pain, immerse myself in the ambrosia of amnesia, turn off all residual emotions until I emerge triumphant from this trial by abandonment again a man of steel, the impervious robot that I used to be before my life began. I will prevail. Survive. Resurge. Return. Be Present.

19.

In 1996 I published a series of prescient essays about the [future of the Internet](#) in the Israeli (Hebrew) edition of PC Magazine. The Internet was in its infancy, its formative epoch. I have left the text essentially unchanged, except for a few minor errata I corrected. I find time travel fascinating. It is interesting to recall the mainstream view, twenty-odd years ago, about the Internet, its goals, its role, and its future. So, here goes, translated by yours truly to English:

<https://samvak.tripod.com/internet.html>

"As far as content is concerned, the Internet cannot be currently defined as a medium. It does not function as one - rather it is a very disordered library, mostly incorporating the writings of non-distinguished megalomaniacs. It is the ultimate narcissistic experience. The forceful entry of publishing houses and content aggregators is changing this dismal landscape, though.

Ever since the invention of television there hasn't been anything as begging to become a medium as the Internet.

Three analogies spring to mind when contemplating the Internet in its current state:

1. A chaotic library
2. A neural network or the latter day equivalent of previous networks (telegraph, telephony, railways)
3. A new continent

These metaphors prove to be very useful (even business-wise). They permit us to define the commercial opportunities embedded in the Internet."

20.

[Skopje is a city of extremes](#). Its winter is harsh in shades of white and grey. Its summer is naked and steamy and effulgent. It pulses throughout the year in smoke-filled, foudroyant bars and dingy coffee-houses. Polydipsic youths in migratory skeins, eager to be noted by their peers, young women on the hunt, ageing man keen to be preyed upon, suburbanites in search of recognition, gold chained mobsters surrounded by flaxen voluptuousness - the cast of the watering holes of this potholed eruption of a city.

The trash seems never to be collected here, the streets are perilously punctured, policemen often substitute for dysfunctional traffic lights. The Macedonians drive like the Italians, gesture like the Jews, dream like the Russians, are obstinate like the Serbs, desirous like the French and hospitable like the Bedouins. It is a magical concoction, coated in the subversive patience & the aggressive passivity of the long oppressed. There is the wisdom of fear itself in the eyes of the 600,000 inhabitants of this landlocked, mountain-surrounded habitat. Never certain of their future, still grappling with their identity, an air of "carpe diem" with the most solemn religiosity of the devout.

The past lives on and flows into the present seamlessly. People recount the history of every stone, recite the antecedents of every man. They grieve together, rejoice in common and envy en masse. A single organism with many heads, it offers the comforts of assimilation and solidarity & the horrors of

violated privacy and bigotry. The people of this conurbation may have left the village - but it never let them go. They are the opsimaths of urbanism. Their rural roots are everywhere: in the the division of the city into tight-knit, local-patriotic "settlements". In the traditional marriages and funerals. In the scarcity of divorces despite the desperate shortage in accommodation. In the asphyxiating but oddly reassuring familiarity of faces, places, behaviour and beliefs, superstitions, dreams & nightmares. Life in a distended tempo of birth and death & in between.

Skopje as I see it: <https://samvak.tripod.com/pp57.html>

21.

[Do Aliens \(extraterrestrial beings\) exist](#) and can we communicate with them? If they do and we can, how come we never encountered an extraterrestrial, let alone spoken to or corresponded with one?

There are six basic explanations to this apparent conundrum and they are not mutually exclusive: (1) That Aliens do not exist; (2) That the technology they use is far too advanced to be detected by us and, the flip side of this hypothesis, that the technology we use is insufficiently advanced to be noticed by them; (3) That we are looking for extraterrestrials in the wrong places; (4) That the Aliens are life forms so different to us that we fail to recognize them as sentient beings or to communicate with them; (5) That Aliens are trying to communicate with us but constantly fail due to a variety of hindrances, some structural and some circumstantial; (6) That they are avoiding us because of our misconduct (example: the alleged destruction of the environment) or because of our traits (for instance, our innate belligerence).

Before we proceed to tackle these arguments, we need to consider two crucial issues: (1) How can we tell the artificial from the natural? How can we be sure to distinguish Alien artefacts from naturally-occurring objects? How can we tell apart with certainty Alien languages from random noise or other natural signals? (2) If we have absolutely nothing in common with the Aliens, can we still recognize them as intelligent life forms and maintain an exchange of meaningful information with them?

Answers here: <https://samvak.tripod.com/seti.html>

22.

[Life forces us to play the odds](#). Sometimes we have to place all our chips on a single number to recoup our past losses. The casino always has the advantage over us: whether we are cautious players or reckless ones, we still end up bankrupt when dawn breaks.

Ask your elders and be told invariably:

The only stable thing is change.

The only certain thing is death.

The only predictable thing is the unforeseen. You cannot time your bets because although you know a lot about the past and some things about the present, you know nothing about the future.

So, do more living and a lot less planning and scheming and hedging. In the long run all your stratagems will come to naught.

To claim "I had no choice" is to make a choice to see no options and contemplate no alternatives. It is cowardice disguised as rationality.

Successful people are merely lucky, not superior. They know that to distrust is wise, to indiscriminately suspect is folly. They realize that fear and caution are good advisors but bad managers. They discover early on that there is nothing that better serves their interests than selfless empathy, love, compassion, and giving.

He who avoids risks at all costs ends up paying the highest price for his reticence and paranoia.

She who insists on ironclad guarantees prior to any commitment dooms herself to paralysis and finds herself committed to doom.

23.

Those scarred by economic and financial traumas [let money dictate their lives](#). In the pursuit of safety and luxury they sacrifice love, happiness, and self-actualization. Money also provides an escape hatch akin to the oblivion afforded by drugs. In time, profligacy becomes an addiction.

For some people money makes life meaningful and reifies its sense: moneymaking provides a reason to get up in the morning. Money is an explanatory and organizing principle which renders the world and human actions comprehensible. Money helps regulate one's sense of self-worth: it is a measure of how much one is appreciated and loved.

Possessing money is a shorthand testament to one's natural endowments, acquired skills, sagacious and perspicacious choices, Darwinian fitness, and even moral righteousness.

People feel that they deserve to have earned their money. If they end up wealthy by some coincidence or stroke of luck, it is proof that both the gods and the Universe favor them, that they have been singled out. Money is, therefore, a form of quantifiable narcissistic supply and an utterly bias-free ranking algorithm: alpha makes more money than their beta brethren.

24.

[Ubiquitous computing](#) is becoming not only intrusive but also more condescending and patronizing by the version. I call it: “nanny computing”.

Underlying nanny softwares are the twin assumptions that people are way too stupid to be entrusted with their own welfare and so irrational that they never get things right, having compromised the decision-making process.

Nanny apps and programs override and overwrite the user's explicit choices, preferences, and commands. This is reminiscent of HAL, the starship's onboard computer in *Odyssey 2001*.

Nanny computing is only one manifestation of a societal trend at least 150 years old, when the first welfare nanny state was established by Bismarck.

People are infantilized and regressed to an earlier, dependent phase of personal development. One's agency is usurped by authorities: religious, secular, or technological.

Social media are the latest examples of such “it is for your own good” coercion but they were

preceded by numerous other instances, including prohibition and the criminalization of psychoactive substances. The COVID-19 pandemic cast this pernicious paternalism into sharp relief.

Uniformity, conformity, and predictability are crucial to the functioning of modern mass economies. Individualism is a threat to be constrained. Grandiose defiant narcissism is the revolt of the masses as they recoil from the deadening embrace of those who “know best what’s good for you, sonny!”

25.

Vaccine nationalism is shaping up to be an exclusionary race by richer economies - notably the US, UK, and Canada - to hoard 3-5 times the amount of doses needed to inoculate the entire population, thereby preventing poorer nations from getting their hands on the much needed jabs.

A possible explanation for this irrational, even malevolent misconduct, is that no one knows how many shots would be needed to induce long-lasting immunity. The COVID-19 vaccines may prove to be as fickle as their flu equivalents and require an annual administration of a booster. Better safe in a warehouse than sorry in hindsight.

A less benign and way more sinister conspiratorial rationale is that the West is trying to get a head start in reviving its post-pandemic economies, leaving in the dust and in a state of dependency the likes of Russia and even China by denying them access to the way superior biotechnology, manufacturing, and distribution infrastructure (including cold chain) that go into the vaccines of the West.

26.

There are three toxic threats to one’s individual freedoms and authentic being: hope, love, and success.

Hope is a counterfactual and delusional reaction to despair and meaninglessness. It fosters expectations that are invariably thwarted. Its companions and successors are depression, frustration, and aggression. Nothing is more pernicious and insidious than hope.

Love is the pathological attempt to counter existential and profound loneliness via an idealized, largely narcissistic narrative projected onto one’s partner. It invariably ends in heartbreak and devastation because it is inherently contrived and because it involves numerous practices which runs counter to the pursuit of liberty and happiness.

Success is society’s way of harnessing individual energies and gifts at the service of the collective and its elites. It is slavery in all but name.

The rational, sane person avoids this venomous, identity-eradicating trio. He lives free in the fullest sense of the word: free of the future and its intimations (hope), free of all others (love), and free of any organizing principles (success).

Whenever this Nietzschean Superman is threatened by hope, love, or success - he rebels and recoils and is gone, having left everything and everyone behind as so many discarded shackles.

27.

[Nothingness in my philosophy](#) has roots in Buddhism and Neo-Daoism.

Subscribe to my new YouTube channel: Nothingness: [Antidote to Narcissism](#)

Nothingness is not about being a nobody and doing nothing.

It is about choosing to be human, not a lobster.

It is about putting firm boundaries between you and the world.

It is about choosing happiness - not dominance.

It is accomplishing from within, not from without.

It is about not letting others regulate your emotions, moods, and thinking.

It is about being an authentic YOU.

Download the first chapter here: <https://samvak.tripod.com/goldfish.doc>

In her algae-ridden aquarium, my goldfish, Fredericka “Freddush” invariably appeared to be happy. She never complained, except when cold or hungry. She circled in the water, fins erect, mouth agape, the better to catch food morsels.

I don’t really know if she was happy or not, of course. I don’t even know if she was capable of happiness or, if she was, whether her brand of happiness resembled mine, a human’s. I can’t fully empathize with her without anthropomorphizing her, projecting onto her my inner world. I can’t put myself in her shoes, even had she had any.

Still, there is a lot to learn from Freddush when it comes to being content with life and its offerings.

But was my [goldfish’s life meaningful](#)?

28.

We used to have an intimate relationship with [death](#), with our inevitable departure from the world. Demise was as much a part of life as birth: we did not exist before we were born and, at some point, we will cease to exist again.

No one wanted to die prematurely - but no one made life itself an extended exercise in evading the inevitable. We ventured gently into the night, grateful for having had the chance and gift of spending some time in this incomparable theme part called “reality”.

The great 17th century essayist, Michel de Montaigne, wrote:

“Let us rid death of its strangeness, come to know it, get used to it. Let us have nothing on our minds as often as death. At every moment let us picture it in our imagination in all its aspects ... It is uncertain where death awaits us - let us await it everywhere. Premeditation of death is premeditation

of freedom ... He who has learned how to die has unlearned how to be a slave. Knowing how to die frees us from all subjection and constraint.”

To see how far we have deteriorated as a civilization, how atomized and alienated we had become, how extinct [solidarity and empathy](#) are, here is an excerpt from Daniel Defoe’s “Journal of the Plague Year” (a semi-autobiographical narrative of the bubonic plague in 17th century London):

“A near view of death would soon reconcile men of good principles one to another and that (it) is chiefly to our easy situation in life and our putting these things far from us that our breaches are fomented, ill blood continued ... Another plague year would reconcile all these differences, a close conversing with Death or with diseases that threaten Death, would scum off the gall from our tempers, remove the animosities among us and bring us to see with differing eyes”.

29.

[Islam, Narcissism, and Women are the future](#) (Men are obsolete). Both history and the human reaction to it are constant: narcissism (delusional fantasy) as a defense against the disorientation of a rapidly shifting reality and one's own insignificance. The solution is radical acceptance. Oh, Men are doomed: the future is feminine.

Convo with Karoline Gil.

30.

In this nightmarish world of ours even the erstwhile comfortingly familiar has gone awry and menacing.

Birds, those soaring symbols of liberty and beauty now carry death and devastation in the form of avian flu.

Airplanes, the reification of overcoming gravity and attaining freedom, these harbingers of the global village, now wreak havoc by slamming into skyscrapers and bombing weddings.

The Internet, this eruption of joyous creativity and boundless interaction, is now a minefield of flame wars, malware, gambling, crime, spam, and child pornography.

The United States, once considered by many the beacon of democracy, the home of the liberal ideal exiled from Europe by wars and genocides - is now a thuggish, brutish, murderous threat to world peace and stability.

31.

### [Michael Hart's Response](#)

When I was growing up in a slum in Israel, I devoutly believed that knowledge and education will set me free and catapult me from my miserable circumstances into a glamorous world of happy learning. But now, as an adult, I find myself in an alien universe where functional literacy is non-existent even in developed countries, where "culture" means merely sports and music, where science is decried as evil and feared by increasingly hostile and aggressive masses, and where irrationality in all its forms (religiosity, the occult, conspiracy theories) flourishes.

The few real scholars and intellectuals left are on the retreat, back into the ivory towers of a century ago. Increasingly, their place is taken by self-taught "experts", [narcissistic](#) bloggers, wannabe "authors" and "auteurs", and partisan promoters of (often self-beneficial) "causes". The mob thus empowered and complimented feels vindicated and triumphant. But history cautions us that mobs have never produced enlightenment - only concentration camps and bloodied revolutions. The Internet can and will be used against us if we don't regulate it.

Throughout human history eras of infatuation with technologies of content delivery alternated with periods of emphasis on the quality of content. Currently, we are enamoured with smartphones, tablets, and other gadgets, rendering content a mere excuse to deploy these devices and marvel at the rapid succession of ever-escalating features.

Dismal results ensue:

The [Wikipedia "encyclopedia"](#) - a repository of millions of factoids, interspersed with juvenile trivia, plagiarism, bigotry, and malice - is "edited" by anonymous users with unlimited access to its contents and absent or fake credentials.

Hoarding has replaced erudition everywhere. People [hoard e-books](#), mp3 tracks, videos, and photos. They memorize numerous fact and "facts" but can't tell the difference between them or connect the dots. The synoptic view of knowledge, the interconnectivity of data, the emergence of insight from treasure-troves of information are all lost arts.

In an interview in early 2007, the publisher of the New-York Times said that he wouldn't mourn the death of the print edition of the venerable paper and its replacement by a digital one. This nonchalant utterance betrays unfathomable ignorance. Online readers are vastly different to consumers of printed matter: they are younger, their attention span is far shorter, their interests far more restricted and frivolous. The New-York Times online will be forced into becoming a tabloid - or perish altogether.

Fads like [environmentalism](#) and alternative "medicine" spread malignantly and seek to silence dissidents, sometimes by violent means.

The fare served by the electronic media everywhere now consists largely of soap operas, interminable sports events, and reality TV shows. True, niche cable channels cater to the preferences of special audiences. But, as a result of this inauspicious fragmentation, far fewer viewers are exposed to programs and features on science, literature, arts, or international affairs.

Reading is on terminal decline. People spend far more in front of screens - both television's and computer - than leafing through pages. Granted, they read online: jokes, anecdotes, puzzles, porn, and e-mail or IM chit-chat. Those who try to tackle longer bits of text, tire soon and revert to images or sounds.

With few exceptions, the "new media" are a hodgepodge of sectarian views and fabricated "news". The few credible sources of reliable information have long been drowned in a cacophony of fakes and phonies or gone out of business. Like-mindedness and truthisms have supplanted real, contextual knowledge and erudition.

It is a sad mockery of the idea of progress. The more texts we make available online, the more research is published, the more books are written - the less educated people are, the more they rely on visuals and soundbites rather than the written word, the more they seek to escape reality and be anesthetized rather than be challenged and provoked.

Even the ever-slimming minority who do wish to be enlightened are inundated by a suffocating and unmanageable avalanche of indiscriminate data, comprised of both real and pseudo-science. There is no way to tell the two apart, so a "democracy of knowledge" reigns, where everyone is equally qualified and everything goes and is equally merited. This relativism coupled with the crumbling of social institutions (a confluence which is unprecedented in human history) is dooming the twenty-first century to become the beginning of a new "Dark Age", hopefully a mere interregnum between two periods of genuine enlightenment.

The original Middle Ages were a post-traumatic reaction to the cataclysmic fall of the Roman Empire: avoidant withdrawal, phobic attitude towards the new and the unknown, aggression and hostility directed at perceived threats, and the collective equivalent of clinical depression. But, trauma has many faces. The traumatic events of the 20<sup>th</sup> century have equally yielded a global PTSD: alienation, atomization, rising violence, anomie, pernicious narcissism, and the disintegration of the social fabric and of institutions – all amplified by enabling technologies that empower malignant individualism to the breaking point.

Rapacious elites have betrayed the masses everywhere, subverting institutions and the instruments of power to self-enrich, oppress, and deprive lesser mortals. No one is buying anymore the counterfactual sedatives they dole out: democracy, rule of law, the American dream, level playing field, equal opportunity.

So, the ignorant, dumb, disenfranchised, unskilled, impoverished, scared, bigoted, and aggressive hordes have risen, armed with technologies and ballot boxes. The mobs took over the levers of power and elevated people who resemble them, with whom they could identify and communicate: mostly losers and failures, ugly, vile, stupid, nescient, hateful, prejudiced, superstitious, paranoid, and narcissistic leaders. People like Erdogan, Putin, Trump, Duterte, Orban, and, most recently, Bolsonaro. In two words: unadulterated scum, not unlike the Hitlers and Mussolinis of yesteryear minus the murderous and unbridled violence. At this stage.

There is also a new class of celebrities. In the 1940s it was Albert Einstein. In the 1950s it was Noel Coward. In the 1970s it was Carl Sagan. The celebrities of today emerge from the lowest rungs of society. These footballers, reality TV habitués, chefs, and starlets are the role models of a porn-obsessed, selfie and soundbite generation: they are all vacuous, ostentatious, self-preoccupied, uneducated, birdbrained, and inarticulate. Many of them look like mutated specimen. And their fans adore them because they are alike, because they reify their only hope: "If this repulsive moron made it, surely so can I". And the terrifying truth is that they, indeed, can and, more and more frequently, they actually do make it.

Every stage in our transition from adolescence to adulthood is delayed by an average of 3.5 years, studies show. Adolescents come in two states: infuriating and gratifying. Luckily, they alternate between these two conditions frequently enough to let us love them.

Nowadays, adolescence extends at least to age 24: they live with their parents, are financially dependent, and proceed with their studies for much longer. They shun marriage or even serious relationships as well as most adult responsibilities and attributes: from dating and sex (down 50%) to obtaining a driver's licence and traveling abroad.

Highly narcissistic and thoroughly asocial and atomized, Millennials are slackers who haunt the toxic and lowbrow swamps of social media. Not a pretty or endearing sight.

I am developing a new concept: [Human Colony Collapse Syndrome \(H2CS\)](#). It is modelled on the sudden, catastrophic collapse in bee populations and hives in the past decade.

For several historical, cultural, and technological reasons, as a species, we are losing our ability and skills to cooperate towards goals and in teams.

This new syndrome of narcissistic solipsism manifests on all levels: from the collective to the individual. It accounts for many anomic phenomena, from divorce to hookups to political partisanship to teen suicide and crime.

[Apocalypse?](#) Not likely.

The Yellow Vests in France and Belgium are part of a global revolt against the elites and their institutions. It started years ago. It is just the beginning. We are in a period similar to 1763-1918 when all the monarchies and empires collapsed.

It is going to be a deeply unsettling period, though, with everything we know falling apart around our ears. Very disorienting. Massive dislocations and anomies. And technology will render everything more fast and furious.

It will not be an apocalypse. It will be a transfer of power to new institutions with a new ethos and equipped with empowering technologies. Dinosaurs older than 30 years will find it terrifying.

It will resemble previous transitions: the collapse of the Roman empire, the Renaissance, the Reformation, or the demise of the European monarchy.

The new stakeholders are already here: young, ignorant, mostly stupid, narcissistic, aggressive, technologically savvy, schizoid, asexual. They elect populist leaders. They detest authority, experts, hierarchies.

In our [Thanatic and anomic civilization](#), we prefer the inanimate to the living, material goods to people, controlled indolence and restricted existence to the fully actualized and thoroughly socialized alternatives

We regress and recede to existential loneliness which in turn gives rise to heightened angst, anxiety, ennui, and depression. We self-medicate and assuage our acute discomfort with the fetishized pornography of objects via ritualized consumption and the pornography of bodies via casual sex

Death is our final yet unacknowledged destination and we are drawn to it and explore it in our art, culture, imaginaries, and praxis with inexorable fascination. But we equally try to manage the terror of our finality by feigning immortality through objectifying people and anthropomorphizing objects.

Gradually, we end up treating ourselves as specimen and our lives as lab experiments. Mortified by our ubiquitous isolation, to self-soothe we retreat deeper into our tormented minds until we disintegrate and act out our worst nightmares. Until we become our very instruments of self-torture and self-destruction. Until we dissipate and there is no escape, nowhere to turn, nowhere to hide. Confronted with ourselves, we are no more.

32.

The Obama stimulus package, worth some 800 billion USD, the 1.9 trillion USD in TARP funds and the endless Fed injections and auctions are bound to revive the moribund American economy by the third and fourth quarter of 2009. The Dow-Jones is likely to touch 10900, consumption will recover, as will housing starts and, in some markets, housing prices.

But this "recovery" will prove to be a false dawn. It will last 2 quarters at most and will be followed by a recession so deep and dangerous that it will truly qualify as a Depression. The current recession is merely a prelude to the depression of 2010-5.

Here are the reasons:

*(i) The stimulus should have been more sizable, taking into account the dimensions of the crisis.*

The fate of modern economies is determined by four types of demand: the demand for consumer goods; the demand for investment goods; the demand for money; and the demand for assets, which represent the expected utility of money (deferred money).

Periods of economic boom are characterized by a heightened demand for goods, both consumer and investment; a rising demand for assets; and low demand for actual money (low savings, low capitalization, high leverage).

Investment booms foster excesses (for instance: excess capacity) that invariably lead to investment busts. But, economy-wide recessions are not triggered exclusively and merely by investment busts. They are the outcomes of a shift in sentiment: a rising demand for money at the expense of the demand for goods and assets.

In other words, a recession is brought about when people start to rid themselves of assets (and, in the process, deleverage); when they consume and lend less and save more; and when they invest less and hire fewer workers. A newfound predilection for cash and cash-equivalents is a surefire sign of impending and imminent economic collapse.

This etiology indicates the cure: reflation. Printing money and increasing the money supply are bound to have inflationary effects. Inflation ought to reduce the public's appetite for a depreciating currency and push individuals, firms, and banks to invest in goods and assets and reboot the economy. Government funds can also be used directly to consume and invest, although the impact of such interventions is far from certain.

(ii) The US government should have *nationalized the big banks*, let other financial institutions that are not too big to fail do so, and force mergers and acquisitions on the rest. Half-hearted measures intended to provide balance-sheet relief are unlikely to restore trust in financial intermediaries. In the absence of such trust, banks will not resume their traditional roles of capital allocation and interbank lending. As it is, we are likely to see a run on some of the banks, including at least one major (probably Wells Fargo).

(iii) Europe's real economy as well as its financial sector are a mess. France, in sliding officially into a recession, has joined Spain, Ireland, and, now, the United Kingdom and Germany. Battered by a strong euro, expensive energy, and mighty competition from China, the US, and India, European exports have stagnated. As opposed to the USA (where exports constitute 18% of GDP), Europe is dependent on foreign carbon fuels and foreign markets for its goods and services. Exports constitute more than 40% of Eurozone GDP.

Moreover, Europe's commercial banks are in horrible shape - far worse than America's. This year

alone, European banks must pay 1.41 trillion US dollars in principal and interest, mainly to bondholders. They don't have the money and they cannot borrow it from other banks because interbank lending has all but dried up. Many of them are already technically insolvent. They are also over-exposed to emerging markets in Eastern Europe, Latin America, Africa, and Asia.

Car repossessions are up 25% in Romania, as the members of a newly-minted class of consumers are unable to meet their obligations. Austrian, Greek, Swedish, and German banks are exposed to default risks throughout Central and Eastern Europe. Consumers and businesses in Serbia, Ukraine, Hungary, and other teetering economies owe Austrian financial institutions \$290 billion - almost the entire GDP of this country!

As local currencies depreciate, debts, denominated in foreign exchange, grow more expensive to service. As the real economy contracts, in the first phase of what appears to be a prolonged recession, bad loans mushroom and reserves are exhausted. This requires cash-strapped governments to recapitalize major banks. Faced with current account and budget deficits, some of these sovereigns are scrambling for outside infusions from the likes of the IMF.

Europe's recession will be profound and protracted. Asia is likely to follow suit: Singapore, Japan, South Korea, and Taiwan are already technically in recession and China's growth rate is abating. A contraction of GDP in both India and China is no longer inconceivable. It seems that yet again, the USA will be faced with the daunting task of dragging the rest of the world back to growth and profitability.

(iv) To finance enormous bailout packages for the financial sector (and potentially the auto and mining industries) as well as fiscal stimulus plans, governments will have to issue trillions of US dollars in new bonds. Consequently, the prices of bonds are bound to come under pressure from the supply side.

But the demand side is likely to drive the next global financial crisis: the crash of the bond markets.

As the Fed takes US dollar interest rates below 1% (and with similar moves by the ECB, the Bank of England, and other central banks), buyers are likely to lose interest in government bonds and move to other high-quality, safe haven assets. Risk-aversion, mitigated by the evident thawing of the credit markets will cause investors to switch their portfolios from cash and cash-equivalents to more hazardous assets.

Moreover, as countries that hold trillions in government bonds (mainly US treasuries) begin to feel the pinch of the global crisis, they will be forced to liquidate their bondholdings in order to finance their needs.

In other words, bond prices are poised to crash precipitously. In the last 50 years, bond prices have collapsed by more than 35% at least on three occasions. This time around, though, such a turn of events will be nothing short of cataclysmic: more than ever, governments are relying on functional primary and secondary bond markets for their financing needs. There is no other way to raise the massive amounts of capital needed to salvage the global economy.

33.

## **Ten Predictions for the Coming Decade**

### **1. Italy, the euro, and the US dollar**

On November 24, 2010, I published (in *Global Politician* and elsewhere) an article titled "[Italy will Kill the Euro](#)". Six months later, credit rating agencies have downgraded Italy's outlook from "stable"

to “negative”. Italy has never really recovered. It has endured another downgrade in December 2014. Like Greece, it is in worse shape than most members of the European Union (EU): at 3% of GDP, it has an ostensibly sustainable budget deficit, but its external debt (now close to 170% of GDP) is higher, in constant dollars, than that of the most egregious wastrels in the bloc, Greece and Ireland included. Italy's banking sector is over-exposed to borrowers in Central and Eastern Europe, a region habitually pendulating between recovery and economic calamity. If Italy goes Greece's and Ireland's way, the EU and the International Monetary Fund (IMF) - already over-extended by serial bailouts and with Greece on the brink of a second crisis - will be unable to stem the red tide. Italy may actually effectively default and, in the process, ruin the euro and restore the US dollar to its erstwhile glory.

## 2. Korean Unification

By late 2010, a succession war was simmering in North Korea. His panoply of suddenly-bestowed senior political and military posts notwithstanding, the generals and military establishment are less than happy and impressed with Kim Jong-un, the younger son of the Dear Leader, Kim Jong-il. Each side flexes muscles in an attempt to burnish their nationalist and martial credentials. The outcomes of this internecine conflict are ominous: a series of ever-escalating military skirmishes with South Korea and the ramping up of North Korea's already burgeoning nuclear weapons and cyberwar programs (as Sony discovered to its cost.)

North Korea's leaders are likely to try to reform their country's economy and introduce capitalism, but this will fail. The regime in North Korea is all but dead on its feet. These are its last days. China is facing the terrifying spectacle of a crony failed state with tens of millions of starved and destitute potential refugees swarming across its porous and indefensible borders. China's ascendance to superpowerdom and its respectability are threatened by this association with the last remaining pariah rogue state. There is only one solution to all the problems of the Korean Peninsula: unification. The parties came close to discussing it in secret talks in 2002 and then again in 2009.

## 3. **China's Economy and the Second Great Depression**

As I predicted in an article published on February 22, 2009 and titled “The Next 18 Months: Recession, False Recovery, Depression”, the years 2010-2011 saw a false recovery from the Great Recession of 2008-2009. Mounting sovereign debts crises in Europe and an anemic rebound in America's economy were more than outweighed by the emergence of Asia as a global powerhouse. Yet, the warning signs were there: China's economic “miracle” was based on unsustainable dollops of government largesse and monetary quantitative easing. This led to the formation of asset bubbles (mainly in real-estate) and to pernicious inflation. The Chinese authorities' attempts to clamp down on rampant speculation and price gouging are too little, too late. The economy will slow down considerably and the Chinese house of cards will collapse ominously and swiftly. This will bring the entire global economic edifice into disarray with mounting imbalances and increased risk-aversion among investors. The second phase of the global crisis will resemble closely the Great Depression with massive write-offs in the values of equities and mounting, two-digit, unemployment rates everywhere.

## 4. **Israeli-Arab War**

The Arab Spring of 2011 empowered Islamist and other anti-Israeli elements in Arab society. Israel and its allies, the reactionary Arab regimes, were long and justly perceived by the oppressed average Arab as outposts of American (and, previously, British) mercantilist neo-imperialism. The popular

uprisings unseated these entrenched dictatorial elites and replaced them with military and Muslim ruling classes bent on restoring the anti-Israeli hostility and enmity that characterized the Middle-East before 1979. Phenomena like Sharia-toting ISIL have become the mainstream norm rather than the exception in large parts of Yemen, Syria, Lebanon, Iraq, Afghanistan, Pakistan, Turkey, and even India. In time, this – and heavy Iranian meddling - will lead to an all out war between Israel and its neighbours, the outcome of which cannot be predicted with any certainty.

## **5. Russian Liberalism**

On June 2, 2010, I published an article titled “[Putin’s Last Days](#)”. Putin is on his way out. The belligerent stance in Ukraine and the massive economic crisis that followed the West’s sanctions and the collapse in oil prices amount to Putin’s own personal Vietnam. With this clownish “strong man” gone, Russia is bound to become a far more liberal and democratic place. No matter who wins the next presidential elections or not, Russia’s oligarchs are a dying breed; the rule of law is asserting itself; property rights will be restored; a new cadre of politicians – young, educated, self-confident, and cosmopolitan (though not necessarily pro-Western) – will take Russia forward and free it from its pecuniary dependence on oil by diversifying its economy.

## **6. First Cyberwar**

In 2010, the [Stuxnet worm](#) delivered a paralyzing payload to Iran’s nuclear centrifuges, thus heralding the second salvo in a gathering storm of cyberwars (a Turkish pipeline was the first to have been attacked in 2008). Prior to Stuxnet, hacker networks – both government-mandated and self-assembling – attacked the Internet infrastructure of perceived enemies (the prime examples being Russian attacks on the Baltic States and on Georgia and Chinese attacks on dissidents’ accounts with Google). The resulting disruption was minimal and transient. Not so with Stuxnet which ruined the Iranian uranium enrichment infrastructure single-handedly and remotely and without a single casualty among the Israelis who launched it. Similar offensives will become common in the near future. State actors will also unleash guerrilla cyber skirmishes via hacker-teams and proxy computers (see North Korea’s humbling of Sony in December 2014).

## **7. Change of Guard in International Institutions**

The composition of and voting rights within the [United Nations](#) and its organs (including the World Bank) as well as other multilateral institutions (such as the [IMF – International Monetary Fund](#)) reflect the world as it was in 1946, after the Second World War. A lot has changed since then, most notably the emergence of Asia as the fastest-growing region, both economically and militarily and the relative decline of an insular Europe and depleted USA. Within the next few years, the upper echelons of the IMF and the UN will be revamped to reflect these gargantuan historic shifts: we will see Asians and Africans running the world.

## **8. A Dictatorship in Turkey**

Snubbed by the EU (European Union) and the USA alike, Turkey is re-orienting itself. Once again, it is playing the role of a regional potentate, with ties to regimes of all sorts: veteran and unsavoury; emerging and fundamentalist; terrorism-prone and peace-seeking. Turkey’s military and its secular political establishment have lost their decades-old grip on power. Moderate Islam, reified by Turkey’s

Prime Minister Erdogan, is slowly being transformed into an authoritarian, fundamentalist, anti-Western pale imitation of Pakistan and Iran. Its erstwhile warm [relationship with Israel](#) is frayed. It surreptitiously supports terrorist organizations like ISIL against Syria's Assad. Media freedoms and online access are curtailed and censored. Human rights are again breached and violated blatantly (especially where Kurds, intellectuals, and journalists are concerned). Turkey's role in NATO, its special relationship with the USA, and its EU accession are all in doubt.

## **9. War in Pakistan**

The second war between the USA and China – directly and via proxies – will be fought on Pakistani, Indian, and Afghani soil. As an increasingly-Islamized Pakistan veers away from its frenemy, the United States, and towards its new-found ally, China, America's vital interests in Afghanistan, India, Japan, and South Korea are at stake. Skirmishes will evolve into a full-fledged conflict, with a slate of nuclear powers as adversaries: Pakistan, India, China, Russia (who will back China), and the USA/NATO.

## **10. Vatican in Conflict: An Assassinated Pope?**

The job – and possibly life – of any Pope attempting to truly reform the Vatican is in jeopardy. The top echelons of the Catholic Church are in a deep crisis, faced with a reputation tattered by decades of unrelenting, egregious scandals, an ossified corporate culture, interpersonal relationships strained to the breaking point, and dwindling finances. The next few years will witness a titanic battle over the soul of this dysfunctional, secretive, and criminalized organization. A lot of money and power are at stake. People have been assassinated for less.

In general, the next decade will see a resurgence of political assassinations. Obama's policies – lately on Cuba (remember Kennedy?) – put him at growing risk. ISIL may target one or more leaders of the European Union. An enraged and frustrated Palestinian may do away with an Israeli politician. The list of targets is long and growing by the day.

34.

## **How the Stupid Took Over the World**

The survival of the species depends on the establishment of an IQcracy, a Platonic Republic of the Intellect. At the top, serving as leaders and decision-makers, would be people with 150 IQ and higher. A soaring Intelligence Quotient (IQ), by itself, is insufficient, of course. Members of this elite of "philosopher-kings" would also have to be possessed with a high emotional quotient (EQ) and sound mental health.

The next rung in the social ladder would be comprised of those with an IQ of between 100 and 150. They will form and constitute the managerial, bureaucratic, scientific, and entrepreneurial classes. People with IQs between 80 and 100 will replenish the blue-collar skilled and trained working classes. Unfortunates with less than 80 IQ will be confined to simple, repetitive menial jobs. They will be barred from voting.

Why such drastic measures? Because Humanity is under imminent threat of being overrun by idiots, diluted by imbeciles, and submerged by a tidal wave of retardation. We often confuse technology with culture and civilization with progress. Nazi Germany is proof that such reflexive linkages are

spurious. In truth, we have become Barbarians with iPads: we use the latest innovations to play Angry Birds and watch inane videos on YouTube and exchange trivialities on Facebook.

Traits are not desirable or undesirable in themselves. They are advantageous (adaptive) or detrimental, depending on the environment.

Why would women prefer men with an IQ lower than 120 to men with an IQ higher than 145? These are the results of a study published last year.

The answer is simple:

Our contemporary world is ruled by the feeble-minded, dimwits are empowered by technology, and everything is dumbed down to foster mass consumption.

In such a world, lower intelligence is a positive adaptation which confers evolutionary advantages on its bearers - and on their spouses and offspring.

Women select for beta males because the current environment favors [beta traits over alpha traits](#).

It is a paradigm shift of mind-bending proportions (for those in possession of a mind).

A study of nine million young adults over 40 years (conducted by Jean Twenge and her colleagues and published in the March 2012 issue of *the Journal of Personality and Social Psychology*) has starkly demonstrated the deterioration from one generation to another. Youngsters are now focused on money, image, and fame and disparage values such as community, volunteerism, the environment, and knowledge acquisition. Other surveys have documented a rising level of illiteracy. As if to illustrate the imminence of these new Dark Ages, the Encyclopedia Britannica announced that it will cease the publication of its print edition after 244 years. Its surviving digital editions are a far cry from the print equivalent in terms of depth, length, and erudition.

The Stupid, the Trivial, and the Frivolous are everywhere: among the working classes, of course, but increasingly you can find them displacing the erstwhile elites, spawning hordes of mindless politicians, idiot business tycoons, [narcissistic](#) media personalities, gullible clergy, vacuous [celebrities](#), illiterate bestselling authors, athletes with far more brawn than brain, repetitious pop singers, less than mediocre bureaucrats, bovine gatekeepers, and even ignorant and semi-literate academics. Their cacophony drowns the few voices of wisdom, expertise, and experience and their sheer number overwhelms all systems of governance and all mechanisms of decision-making. Rather than futilely fight back this tsunami, the well-educated, the erudite, and the intelligent choose to withdraw and seclude themselves in self-constructed, schizoid ivory towers, all bridges drawn.

Imbeciles are a menace to the continued existence not only of our civilization, but also of our species. We may end up being all Homo, no sapiens.

The percentage of stupid people in the general populace may not have changed. It may even have decreased. But in terms of absolute numbers, there are more Stupid heads now than the entire human population only a century ago. Modern medicine makes sure that the retarded and plain dim-witted live on to a ripe old age. That we are faced with the daunting prospect of idiocracy is the fault of the malignant transformation of the democratic ideal and the recent onslaught of the media, both old and new.

Start with democracy, the Stupid People's pernicious answer to meritocracy:

In the not-too-distant past dim-witted people had the right to vote once in a while and thus express their completely inconsequential opinion where it mattered least: in the ballot box. Alas, the inane idea of "one person (never mind how pinheaded, unqualified, or ignorant), one vote" has invaded and permeated hitherto hierarchical environments such as government, the workplace, and the military. With technology at their disposal, The Stupid repeatedly interfere with and disrupt the proper functioning of virtually every system.

Even the generation and transfer of knowledge have been "democratized" as crowdsourcing yielded enterprises such as [Wikipedia](#), the "encyclopedia" that anyone can edit, add to, and delete from. Internet search engines rank results not according to the merits and authority of the content, but by the number of votes cast by ... you guessed it: mostly dense people (who now congregate on social networks). This widespread and much-lauded vandalism reflects the utter collapse and disintegration of the education system which turns out illiterate, nescient, and irrational graduates having annihilated its standards in order to lucratively embrace them as students in the first place.

The Stupid, dimly aware of their innate inferiority, are anti-elitist, anti-intellectual, and anti-excellence. But, while in the past these remained mere sentiments, today they have become an ethos, a code of conduct, a set of values and ideals. It is politically incorrect and impolite to claim any advantage and superiority. Egalitarianism is running amok. Everyone is equal: doctors and their patients; professors and their students; experts and laymen alike.

Continue with technology:

In an act of self-preservation, past civilizations had confined The Stupid to certain settlements, replete with their drinking establishments, entertainments, and sports arenas. There the "intellectually-challenged" could safely torment each other with their vulgarities and rampant, uninformed idiocy. The advent of radio, television, and, most egregiously, the Internet has changed all that: now stupid people have unmitigated access to the kind of technology that allows them to pollute the airwaves and the broadband with their inferior analytic capacity, low-brow output, trivial observations, monosyllabic exclamations, and harebrained queries. Thus, the New Media have transformed stupidity from a mental endemic to a viral pandemic. The wise and knowledgeable may broadcast while the Stupid merely narrowcast – but the Stupid have the upper hand, what with Google, Facebook, Twitter, Blogger, Amazon, and YouTube decimating the traditional print and electronic media.

This technological empowerment is the crux of the problem: there are no barriers to entry, no institutional filters, and no erudite and experienced intermediaries to hold back the avalanche of doltish balderdash, the tsunami of nonsense, and the flood of misinformation, factoids, and conspiracies that corrupt our intellectual space. "Discovery": separating the wheat from the chaff has become mission impossible. Commercial interests inevitably and invariably side with the brainless masses because of their superior aggregate purchasing power. The privatization of education is one manifestation of this creeping decadence. The mindless nature of television programming is another. The empty one-liners that comprise most "conversations" on social networks are its culmination. We are surrounded with clods, harassed by the lame-brained, criticized, censored, and ordered by simpletons. Welcome to the New Dark Ages.

The Jews and their state, Israel, have always sported a pro-colonial predilection, relying on "Big Powers" (Britain, France, then the United States of America) to sort out the Middle-Eastern quagmire in Israel's favor. This default policy may no longer prove possible.

A consensus is now emerging in Europe - including Britain - that the "road map" for peace in the Middle East would be a futile exercise without some anti-Israeli "teeth". Recognizing the nascent Palestinian state in September 2011 may be just the start. Economic sanctions are on the cards as well. With Obama in the White House - a President the Israelis largely consider to be hostile - and with the Arab world turning palpably more democratic, the Europeans feel unshackled. Striving towards an Israeli-Palestinian reconciliation may prove to be the glue that reunites the fractious Euro-Atlantic structures.

But while the United State is reluctant to impose a settlement on the Israelis, the specter of sanctions against the Jewish state has re-emerged in the Old Continent's corridors of power. A committee of the European Parliament is said to be laboring away at various scenarios of escalating measures against Israel and its leaders. The European Commission may be readying its own proposals.

Not all Americans are Obamatons. The views of Conservative Americans are summed up by David Pryce-Jones, Senior Editor of National Review:

***"Israelis and Palestinians face each other across the new ideological divide in a dilemma that bears comparison to Germany's in the Cold War ... Israel must share territory with Palestinians, a growing number of whom are proven Islamic terrorists, and who identify with bin Laden's cause, as he identifies with theirs ... The Oslo peace process is to the Middle East what Ostpolitik was to Germany and central Europe. Proposals to separate the two peoples physically on the ground spookily evoke the Berlin Wall."***

Still, such sentiments aside, in the long-run, Muslims are the natural allies of the United States in its role as a budding Asian power, largely supplanting the former Soviet Union. Thus, the threat of militant - and even nuclear - Islam is unlikely to cement a long term American-Israeli confluence of interests. Moreover, with the prospect of representative regimes in several Arab states more tangible, Israel is losing its long-held title as the "Middle East's only democracy."

Rather, the aforementioned menace of armed fundamentalism may yet create a new geopolitical formation of the USA and moderate Muslim countries, equally threatened by virulent Muslim religiosity. Later, Russia, China and India - all destabilized by growing and vociferous Muslim minorities - may join in. Israel will be sacrificed to this New World Order.

The writing is on the wall, though obscured by the fog of war and, as The Guardian revealed in April 2003, by American reliance during the conflict in Iraq on Israeli intelligence, advanced armaments and lessons in urban warfare. The "road map" announced by President George Bush as a sop to his politically besieged ally, Tony Blair, and much contested by the extreme right-wing government of Ariel Sharon, called for the establishment of a Palestinian state by 2005. The temporal goalposts may have shifted but not the ineluctable outcome: The State of Palestine is upon us, embedded in an Arab world far less amenable to Israel's economic charms (witness the cessation of Egyptian gas supplies to Israel under the new military "transition" dictatorship).

Israel has witnessed and survived through many convulsions in the Arab street. In 1953, Nasser's youthful and reform-inclined pan-Arabism swept the Arab world. The long-term fruit of this hopeful tumult, though, was Mubarak. The revolutionary Baa'th parties in Syria and Iraq gave us Saddam Hussein and the murderous Assad dynasty. Israel is very skeptical when it comes to yet another Arab Spring. It tends to support reactionary regimes because they are predictable and easy to do business with. Israel is a natural foe of progress and democracy in the region because it would like to maintain its monopoly on these important political currencies.

36.

Steven Jobs had one important insight in his entire life: that people are imbeciles and should be treated as such. Prior to this epiphany, this college dropout had failed in everything he had done and touched, to the point of being ousted by a soft-drinks executive from the very company he had founded. By 1985, his products had been roundly rejected by both the robust business market and the fledgling home market.

Maybe his exposure to Pixar taught him that the vast majority of people being stupid, consumers are more interested in visuals, bells, and whistles (and status symbols) than in content, functionality, and substance. What matters is how the product looks, not what it does. Hence the iPod, iPhone, and iPad: breathtakingly designed contraptions with decidedly inferior functions. Jobs created the perfect “content” (read: junk) delivery vehicles because, as the [obnoxious narcissist](#) that he was, he homed in on the vulnerabilities and shortcomings of the members of his [cult](#).

Yet, Jobs is universally lauded in the media as a visionary and a genius. Why this blanket endorsement? Is it merely the infamous herd mentality of most journalists and pundits? Is hagiography back in vogue? Is being bon ton more important than being right? Indiscriminately fawning on public figures (recall Obama) is nothing new. But re-writing history the way the media has just done with Jobs is a nadir.

Erdogan, Turkey’s Prime Minister is another example of such unbridled and fatuous adulation. As Turkey’s potentate he succeeded to alienate the country’s two stalwart geopolitical allies (the USA and Israel) and to shoot his mouth off at polities and regimes near and far (from Greece to China.) Truly, he is nothing but an urbane version of Ahmadinejad, a newfound ally. Erdogan seems to prefer the company of Syria, Russia, Iran, Kosovo, and Bosnia-Herzegovina to the European Union and, more generally, the West. Steeped in anti-Semitism (the topic of a virulent play he had written, directed, and produced) and other peasant prejudices, he is far from being the brightest star in the galaxy. The list of malarkey and balderdash spewed up by this paragon of a new, Muslim Turkey is impressive in its inanity. Intellect is evidently not Erdogan’s strongest suit.

Yet, the international media hail this loser as the new Kissinger, replete with vision and the audacity to see it through. Why this oversight and deliberate blindness? Is it a sense of European guilt for having rejected Turkey’s advances? Does the dreariness of the landscape of world leadership make this backwater politician stand out? Is it his brave, principled stance against Israel (thus ingratiating himself with the Arab world)?

No wonder the Internet has become the prime source of news, relegating the traditional media, both print and electronic, to the dustbin. Readers can’t trust the press. One has to wade through several media outlets and to read between the lines to get to a semblance of the real picture. Far easier to accomplish these Herculean tasks online - or to give up on journalism altogether and to limit oneself to opinions and entertainment. Hence Steve Jobs and our brave, nescient world.

37.

In a world of rampant terrorism, recurrent market failures, the disintegration of the family, mass immigration and cultural dislocations, disruptive technologies, and globalization, the role of the state gets ever bigger and more ubiquitous. Liberty is on the decline because individuals willingly trade their freedom for a modicum of certainty. Liberal, “laissez-faire”, capitalism and democracy in their classical, 18<sup>th</sup> century form are a thing of the past and ill-suited to our postmodern universe. The

founding works of thinkers like Montesquieu have been rendered obsolete by the inexorable progress of technology and medicine (the word “progress” to be read in this context neutrally.)

38.

I hate this brave, new world where:

Illiteracy is 140 characters long and has a face-book;

Everyone has a thousand virtual "friends", but virtually no real friend;

Every child has a mother and multiple fathers, but no parents;

Knowledge is a matter of opinion and opinions a matter of fads;

Our idols sport muscles and vocal cords, but little else besides;

The right to vote is universal, but the will to vote is not;

Everyone has a right to free speech, but little of value to say;

Extramarital sex is considered recreation and monogamy a throwback;

The only ideology is self-gratification and collectives are mere dim memories;

The only certainty is uncertainty and the only permanent fixture is change (for change's sake);

Obsolescence is the driver of innovation, but science, art, and literature are obsolete;

As men and women lose their traditional roles, confusion and inter-gender enmity reign. In a unisex world, homosexuality, or sexual abstinence are rational choices. As malignant, narcissistic individualism is on the rise, the species is dying out. In many countries - including major ones such as Japan, Russia, and Germany - the population is declining precipitously. More than one third of the youth of these places opt for celibacy and singlehood. Sperm counts have plummeted by a whopping 70%.

We are in the throes of vanishing.

39.

From the dawn of history to the late 1950s, the collective had been the organizing principle of human affairs. The pursuit of happiness was channelled via collectives and even dissidents and rebels formed collectives to express their grievances. But, this old system brought humanity to the verge of extinction. Disenchanted with mass ideologies, people switched to the opposite pole: militant individualism, which became the new battle cry and organizing principle of increasingly more narcissistic collectives and individuals alike.

As increasingly more potent technology was and is being added to this volatile mix, power is shifting from elites to the masses, from majorities to minorities, and from states and institutions to individuals. Thus, a varied range of hitherto exclusive and intermediated activities, both benign and pernicious, have been devolved and are now the domain of empowered individuals and citizen collectives. Examples include: gatekeeping in publishing; barriers to entry in various industries; inaccessible education; cross-cultural exchanges; journalism; and the state's monopoly on violence.

Consider women:

Throughout the agro-industrial era, which lasted several millennia, men, possessed of muscle-power, ruled the roost. As emphasis shifted from brawn to brain and from mindless collectivism to self-centred networking, women, equally if not better equipped than men to cope in this brave, new world gained power and prestige to the point of eclipsing their male counterparts. In several Western countries, they now constitute more than half the workforce, including in professions such as law and medicine; by a growing margin, more women garner advanced academic degrees than men; single women earn more than single men in the USA and, in the US and the UK, one third of all main breadwinners in surveyed households are female. Women dominate teaching on all levels of education throughout the world (except in Africa and small enclaves in Asia.)

Increasingly, women refer to themselves in terms which were once the preserve of men: as being dominant, ambitious, assertive, goal-oriented, and aggressive. The rate of extramarital affairs (“cheating”) among women now equals men’s (and women increasingly justify their shenanigans with the old male adage: “It was only sex! It meant nothing to me!” or claim that they felt the need for sexual diversity and gratification). Men are on the retreat as they withdraw from professions “invaded” by women.

The symmetry ends here, though. Men are either monogamous or polygynous. They seek to leverage their money and power to have sex and relationships with one or more female partners. In contrast, women seem to relish their newfound freedoms because they allow them to avoid men, except as casual sex partners, or sperm donors. More and more women choose to remain unattached and childless, or to become single mothers. Men are seen as a redundant nuisance and are actively shunned as women form exclusively feminine social circles and engage in predominantly same-sex activities.

40.

Historically, polities with access to the sea (in Europe, Japan, USA) have established overseas empires while essentially landlocked entities ([Russia](#), [Germany](#)) opted to spread on land and at the expense of their neighbours. The USA started off as a land empire, but fast acquired holdings across various seas (Caribbean) and oceans (Pacific.) The disintegration of the British Empire and the rise of Germany and Russia forced the USA to abandon the Monroe doctrine and directly intervene in European affairs in the course of three globe-spanning wars (the First and Second World Wars and the Cold War.)

As empires crumbled in the wake of the two World Wars, agreements made by erstwhile colonial masters regarding “national” borders and newfangled “nation-states” were assiduously observed, defended, and preserved by [ostensibly post-colonial](#) rulers and regimes. The Cold War was about maintaining these colonialist fixations and about perpetuating imperialist-mercantilist confabulations which took little notice of ethnic, cultural, and social realities on the ground.

The unanticipated demise of the USSR wrecked this precarious equilibrium. Suddenly, it became both conceivable and doable to redraw colonial-era borders to better reflect ethnic and historical facts: in Europe (Yugoslavia, Ukraine, and perhaps soon in Spain and Scotland); in the Middle East (in Iraq, in North Africa in the wake of the Arab Spring, and as a consequence of any peace process in Palestine); in Central Asia and other parts of that continent (East Timor; the islands disputed by China, Japan, Vietnam, and the Philippines; Hong Kong and, soon, Taiwan); and in Africa (South Africa and South Sudan, for instance.)

As a “sole superpower” in a “unipolar world”, the self-appointed and exceptionalist “cop of the international community”, the USA spent two decades, rivers of blood spilled, and countless trillions of dollars in an attempt to stanch this imminent avalanche of geopolitical realignment. To no avail. Realising the unsustainable folly of trying to prop up a zombie world order, President Obama instituted an isolationist foreign policy and military stance, in all but name. He withdrew from Iraq and Afghanistan, kept away from an imploding Syria and a besieged Ukraine, and largely left the Middle East to its own devices. The USA has reverted to form: acting as a Pacific power. Yet, even Obama’s Pivot to Asia was stillborn as was his alleged newfound interest in Africa and its prospects.

The future would witness the rise of trading nations, economic empires the likes of Venice and the Netherlands in the 13<sup>th</sup>-17<sup>th</sup> centuries: Germany (aka the EU), China, the USA, Australia, and, probably Africa. These would be multi-cultural and multi-ethnic, usually banded together within supranational arrangements. The areas excluded from such commercial-economics juggernaut clubs will be carved up according to ethnic, tribal, and religious affiliations to yield a patchwork quilt of obscure and obscurantist impassable and backward nether regions.

41.

In a democracy, the people rarely get what they deserve. But, having voted for this or that candidate, they always deserve what they get. In a democracy, things rarely get going, but the people, having elected bigots, narcissists, and demagogues to office, always had it coming.

(Sam Vaknin, <http://www.narcissistic-abuse.com/democracy.html> )

42.

Men are reacting with growing misogyny (women-hatred) to feminism, equal rights, and the general ascendance of women to their rightful place. Withholding is a favorite tactic: withholding of sex in sexless marriages or relationships and withholding of communication in the much dreaded “silent treatment”. Thus, with insidious and pernicious aggression, men seek to redress what they perceive to be an injurious, unfair imbalance.

43.

They say that Donald Trump should be the Republican presidential candidate because “The People Have Spoken”.

But The People have spoken before:

The People have spoken in Germany when they voted Adolf Hitler into office – THREE TIMES RUNNING!

The People have spoken in Russia when they deposed the Czar and replaced him with murderous communist thugs like Lenin and Stalin. The People thrice elected Putin, another destructive narcissist, to be their President.

In the USA, The People have spoken when they overwhelmingly voted to secede from the Union before the Civil War.

The People have spoken in Rwanda when they massacred hundreds of thousands of innocent people.

The People have spoken in the South when they lynched and discriminated against and segregated blacks.

The People have spoken is not good enough. Justice, Historical Memory, Common Sense, Reasoning, and Cool Heads should also have a voice.

44.

His country was in an economic slump that squeezed the life out of the ruined, bitter middle class. In the wake of disastrous, costly wars, the nation's infrastructure crumbled, manufacturing was decimated, and the unemployed wandered the streets, disoriented and rageful. He created jobs for all and an unprecedented prosperity. Millions adored him as the savior in mass rallies. He promised to make his nation great again, to make his people proud of their country, which, he believed, was the greatest polity on Earth. He went on to win three tough, contested elections. He was a great manager and organizer, charismatic, and a doer. To his fans, he was a winner, not a loser.

He hated the political establishment, the international banks, foreign powers which meddled in the internal affairs of his country and extracted numerous one-sided trade concessions, migrants who displaced local workers, and the intellectuals, pundits, and politicians who aided and abetted them. When he came to power, he brought with him hundreds of thousands of fresh faces from the ranks of the lower middle class and the working class, making them the new, incorruptible elite.

He inspired fervent loyalty in his employees who remained by his side for decades and who unanimously described him as nice, caring, empathic, compassionate, and with a great sense of humor. He was opinionated, but intelligent, they said.

He thought women's place was at home and in church and as mothers. He adored his mother, but spoke rarely about his strict, high-achieving father.

He loved children and dogs, never smoked, drank, or did drugs. He was a vegetarian.

He slept little, working into the early hours of the morning.

His name was not Donald Trump. His name was Adolf Hitler.

45.

The American Dream has now become a nightmarish, narcissistic shared psychosis: a cultish, exclusionary exercise in self-deception, grounded in a faulty reality test, grandiose fantasies, and delusional or manipulative leadership. Read more here: <http://www.narcissistic-abuse.com/pp112.html>

46.

Leisure time vs. time spent working is a misleading dichotomy. So is the differentiation between employee and employer. We all employ other people in our leisure time. When we read a book, we remunerate the author, the editor and the publisher. When we watch a film, we keep in business scores of professionals, including actors and directors, makeup artists and producers. When we sip on that latte, we gainfully employ the waitress and the cashier and numerous others. A far more accurate distinction would be between consumers and producers. Sometimes we are the former, at other times the latter.

47.

Having to choose between the crooked and the cracked, I much prefer the former to the latter. Corrupt politicians rarely go unhinged, but lunatics in power often end up being corrupt as well as demented. You can reason with the venal, but there is no way to thwart the narcissistic psychopath or deflect him from his vile nature and cataclysmic misconduct.

48.

In November, if Donald Trump were to find himself in the same position like Al Gore 16 years ago, we are all doomed. Trump is not going to let a bunch of geriatrics in the Supreme Court decide who is the winner. He is not going to defer to their august and venerable judgment. He and his rabid supporters are going to declare war. Civil War.

49.

The allegiance of Trump's hardcore supporters is not to the Constitution or to any institution (Congress, the Supreme Court, the media). It is to Donald Trump. If he were to say tomorrow: "Folks, we've got to detain these traitors and enemies of our Great Again nation, we've got to arrest all Congressmen, journalists, and Supreme Court judges", his followers will ask only one question: "Boss, should we also throw away the key?"

50.

Donald Trump *is* a third-party candidate. He is the candidate of the Trump Cult Party. He has put together a new coalition of the scared and the disgruntled that cuts across old, traditional political party lines. The Democrats cannot attack his policies because on many crucial issues he shares their views. The Republicans don't dare to confront or shun him because he garnered millions of largely new votes.

So, his opponents, left and right alike, are reduced to impugning his personality: his [narcissism](#), [aggression](#), [lability](#), ignorance, poor judgement, [vindictiveness](#), and "[thin skin](#)" (hypervigilance).

But there are two problems with this strategy:

First, it is the pot (Clinton) calling the kettle (Trump) black. Clinton's personality is far from perfect. There are good grounds to assume that she would have score high on [psychopathy](#) tests, such as the [PCL-R](#) (if she were to respond to the questionnaires and the structured interviews honestly, of course).

Second, the electorate seems to be engaging in something psychotherapists call "reframing". Simply put: Trump is given the unlimited benefits of sempiternal doubt. His most blatant and egregious misconduct is invariably re-interpreted positively (reframed). Even those who are not his fans and supporters find it difficult to believe and to accept that people like Trump actually walk the earth: vile, raging, vengeful, [dysempathic](#), and relentlessly exploitative. They prefer to try to "understand him" in their own, more humane and more human, terms.

Thus, Trump's foul, profane, and violent language and harangues are reframed as "straight talk" or "talking truth to power"; His constant reversals of positions and compulsive lying are reframed as "flexibility, agility, and the art of the deal"; His paranoid racism is merely an attempt to protect Americans against the abuse heaped on them by foreigners and some minorities; He is uncouth and outlandishly ignorant? He lacks even a modicum of curiosity? He encourages a violent discourse of conflict, in both speech and action? He goes after critics and adversaries in ways that are both cruel and unfair? Just goes to show that he is the badass Americans need in order to fend off the threats posed by a hostile, deranged world.

Trump can do no wrong precisely because of this background process of reframing. His combustible temperament and character flaws are not handicaps – they are his main electoral assets! This is why he doesn't do "Presidential". People don't want Presidential! They want a hellraiser, an iconoclast, a hater they can sympathize with and who can resonate with their basest anxieties and reflexes.

Donald Trump is also about another mega trend: disintermediation, dispensing with the intermediaries, the brokers, and the go-betweens. Aided and abetted by empowering technology, the “crowd” is contemptuously getting rid of the elites. Books are self-published without the beneficial involvement of editors; encyclopaedias are written by the masses, having dispensed with academic scholars and intellectuals; Investments are made and currencies minted online while circumventing bankers and policymakers; news are published without gatekeepers such as editors and anchors. It is the age of the mob and mob rule (ochlocracy).

The well-heeled had been in control of the plutocracy aka United States ever since its inception. But the rich deployed puppeteered politicians to do their bidding and pull the levers of power on their behalf. Trump is simply dispensing with the intermediaries. No longer in need of politicians to do his dirty work for him, he is openly taking over the machinery of power. The billionaire class is now poised to rule America directly and openly as it did in its founding years, when a club of gentlemen ruled the nation. We have come full circle, albeit this time around, it is no gentleman, but a barbarian at the gates. Americans seem to be gleefully and suicidally handing him the keys.

51.

Sexless relationships have acquired pandemic proportions. Legions of sex-starved women roam the streets, foraging for the ever-dwindling numbers of sexually active men. These few remnants of virility end up with ravenous harems whose morally conflicted inmates reluctantly seek extramarital intimacy and romance. Most men now prefer porn and its solitary aftermath to the dubious pleasure of modern female company. How have we come to that?

Modern Man is a narcissistic, porn-addicted misfit. Women have banished men from their lives: they raise their children alone; they educate their offspring on their own (90% of teachers are female); they are way more accomplished academically and they are breaching all the remaining glass ceilings forcefully. Men are on the retreat, hiding in cyber caves, self-medicating perilously, assiduously avoiding the dual threats of intimacy and sex with women, their newfound nemesis. It is War and all sides are losing it.

52.

The role of the celebrity is to restore a sense of familiarity to an alienated, surrealistic, and plastic world of failed relationships, forced anonymity, passive-aggressiveness, narcissism, futility, atomization, broken communities, and lack of purpose. The celebrity is at once a substitute family, a prodigal loved one, and a lifelong friend. The celebrity offers ersatz intimacy and tantalizing glimpses of potentials and possibilities.

Read (free) “Addiction to Fame and Celebrity” <http://www.narcissistic-abuse.com/faq19.html>

53.

Slovakia split from the Czechoslovak Republic. A dozen countries spun out of the fearsome USSR. Scotland conducted a referendum on seceding from the United Kingdom. The British voted to leave the European Union. All these geopolitical divorces were amicable, orderly, and civilized. But, when a few states democratically chose to part ways with the United States, the outcome was a virtual dictatorship and a bloodied civil war with 3 million casualties. Americans are right: they are exceptional.

Read more here: <http://www.narcissistic-abuse.com/pp112.html>

54.

We are told not to worry too much about machines replacing jobs. Artificial intelligence, robots, and computers will generate even more employment than they destroy, we are assured. All it takes is re-skilling (teaching old dogs new tricks) and labor mobility (among workplaces and locations). History teaches us that machines lead to net job creation. But this is true only when the new skills to be acquired are manual, physical, and routine. Intellectual, cerebral, and scientific skills – the only ones in demand today - are not so easy to learn when you are in your forties or fifties and when you are not intellectually endowed. We are heading for an era of virulent disgruntlement, nihilistic violence, and disorienting dislocation among the working and middle classes.

55.

Narcissism is the proof that the greater good often comes at the expense of individual welfare. Narcissists are frequently the engines of human progress - but they are also its fuel, burning out in the process and consuming everyone around them in a self-destructive conflagration, the twilight of these self-imputed gods.

56.

Any observer of the 1930s in Germany should be more horrified by the democracy that gave rise to Hitler than by the man himself. Hitler, Putin, Erdogan, Chavez, and countless other dictators in human history have all been elected to office repeatedly. The masses have no place governing because they have little to lose and because they are driven by unfathomable ignorance, rage, hatred, spite, superstition, and fear. Universal suffrage is the dumbest, most dangerous idea ever.

57.

People feel most liberated when they shoulder no responsibilities and do not have to make choices: in a dictatorship, in prison, in the army or at war, in a mental asylum, a cult, or a hospital. The existentialists understood how dread-inducing is the ineluctability or even spectre of choice.

58.

In the Darwinian reality show “The Apprentice”, Trump presented himself as an infallible judge of character and a consummate manager. Yet his campaign is a shambles, he had to fire its two managers within 60 days of each other, and he injects ill-advised chaos into every situation and circumstance. I used to be a businessman. I would have never hired Trump. He is a narcissistic loser, if I ever saw one. Absent his father’s lucre, he would have ended up as a homeless bum.

59.

2 lists keep getting longer as one gets older: the list of things you have already done and the list of things you will never do.

60.

Had there been a global blanket ban on discussing religion, politics, and sports, the number of conflicts in the world would have declined precipitously.

61.

I do not have a problem with homosexuals, women, or Muslims. I have a problem with militant homosexuality, militant feminism, militant Islamism (radical identity politics). I have a problem with militancy and ideologies - not with the welcome and beautiful diversity of the human experience.

Women, blacks, and Jews have leveraged their respective horrible histories to extract material gains and to extort the communities and societies they reside in and ostensibly are a part of.

62.

When the elites realize that they can no longer use the figleaf of "democracy" to control and manipulate the masses - they will suspend and then abolish democracy altogether.

63.

We deceive ourselves into believing that connection is possible, that other people's minds and hearts are accessible, and that we can fend off the existential loneliness that threatens to consume us by sharing via empathy. But this is a delusion founded on the rickety and ambiguous bridge of language. We are all trapped and imprisoned, held hostage by our solipsism. The truth is that we are all alone in life as we are in death.

64.

Poverty is an organizing principle, a narrative that endows the lives of poor people with meaning, direction, and justification. It is akin to a religion or an ideology. Hence their pronounced reluctance to rid themselves of it.

65.

When one grieves for a broken relationship, for someone who is gone from one's life, one actually mourns what could have been gained, not what had been lost. But what could have been gained was never real. It was always in the realm of fantasy, not reality. In human affairs nothing is irreversible. Hopelessness is an illusion: there is always hope because there is always change. *Panta rei*. He who seems gone today is often back tomorrow - and on much better terms. Hope is an expression of trust: in life, in Nature, or in God if one is so inclined. Hopelessness, therefore, is the ultimate form of sacrilege and blasphemy and a direct antidote to spirituality.

66.

When the sexually healthy man watches porn, he says: "I wish my wife were like this." When the sexually inhibited man watches porn, he mutters: "God forbid my wife should ever be like this."

67.

Eternity is merely an infinite regression of reflections, a crystal veil of mirrored reference, the promise of water cast in marble basins, it is the march of seasons captured and immortalized in glass.

68.

As their children turn into adolescents, parents mourn them. They feel that the child was abducted, or possessed. The pubescent child, in turn, feels alienated from parents and society and apprehensive about the psychophysical changes he is enduring.

69.

Euthanasia, whether in a medical setting (hospital, clinic, hospice) or not (at home) is often erroneously described as "mercy killing". Most forms of euthanasia are, indeed, motivated by (some say: misplaced) mercy. Not so others. In Greek, "eu" means both "well" and "easy" and "Thanatos" is death.

Euthanasia is the intentional premature termination of another person's life either by direct intervention (active euthanasia) or by withholding life-prolonging measures and resources (passive euthanasia), either at the express or implied request of that person (voluntary euthanasia), or in the absence of such approval (non-voluntary euthanasia). Involuntary euthanasia - where the individual wishes to go on living - is an euphemism for murder.

Modern medicine seems to be preoccupied with delusions of omnipotence and the need to avoid the narcissistic injury to the doctor's ego that death constitutes. This preference of the profession's image over the patient's welfare and quality of remaining life is patently unethical. But, to my mind, passive euthanasia is equally immoral. The abrupt withdrawal of medical treatment, feeding, and hydration results in a slow and (potentially) torturous death. It took Terri Schiavo 13 days to die, when her tubes were withdrawn in the last two weeks of March 2005.

Since it is impossible to conclusively prove that patients in PVS (Persistent Vegetative State) do not suffer pain, it is morally wrong to subject them to such potential gratuitous suffering. Even animals should be treated better.

Moreover, passive euthanasia allows us to evade personal responsibility for the patient's death. In active euthanasia, the relationship between the act (of administering a lethal medication, for instance) and its consequences is direct and unambiguous.

For a thorough analysis of the ethics of euthanasia: <https://samvak.tripod.com/euthanasia.html>

70.

"Alice - Ten Years Later" is my sequel to Alice in Wonderland. Here goes:

Ten year anniversaries are nothing to sneeze at", thought Alice as she surveyed the kitchen. Sure enough, someone sneezed vociferously and insistently just to her left. "Have I been thinking aloud?" enquired Alice, alarmed. "No more than usual," answered the cook, "and the soup decidedly begs for more pepper, you know." Exasperated, Alice rolled her eyes (a gesture she mastered only recently and was very proud of): "This time, I came armed with the recipe, Cook," she admonished her sternly, "Here, read for yourself: not a trace of pepper to be had throughout the proceedings!" "Impossible!" declared Cook and eyed her suspiciously. She snatched the tattered page, perused it awhile and then read it aloud, triumphantly.

Disconcerted by this decisive rebuttal of her new-found bravado, Alice settled on a three-legged stool which stood smack in the geometric navel of the kitchen. "When will everyone be here?" she mused to no one in particular. "Precisely when they will arrive!" bellowed Cook and hauled the sooty cauldron onto the fire – "The Cat's grin has been here since the morning!" "Is there anything else on the menu?" enquired Alice "I am mighty hungry and don't think I can quell it with a mere dollop! And the pepper is bound to make everyone so thirsty, not to mention sneeze-prone!" Cook grunted absentmindedly: "March Hare promised to bring some wine. And to drag in Dormouse, if he is not asleep, of course." "Dormouse is always asleep" sighed Alice "and March Hare doesn't know the first difference between wine and tea!" "Wine, tea" snorted Cook as she hurried around in a haze of pepper "It's all the same to me. It should be all the same to you, you know, makes life considerably simpler!" "Things can go awfully wrong if you don't call them by their proper names" insisted Alice "Consider

this recipe for chicken in wine. It wouldn't be the same with tea, I grant you!" Cook eyed her pityingly:

Continued here: <https://samvak.tripod.com/aliceanniversary.html>

71.

We are brought up to believe that we have to choose between happiness and survival, that they are mutually exclusive.

"Marry the accountant or the dentist - not the poet or the dreamer who is the true love of your life. You need food on the table, roof over your head, first class travel, five star hotels, and brandnames in your closet! And marry him now - before he gets snatched by your similarly indoctrinated peers!"

Results? A sexless, loveless and sometimes abusive marriage; a gaggle of extramarital affairs; traumatized children; depression; and if all ends well - a divorce.

"Don't become an artist or an actress or a fiction writer as you have always wished to be. Study law or medicine or management. You need cash to survive, you know! And you need to have a family and a proper home and lifestyle! Only losers don't own these by their forties!"

Results? Nervous breakdown or midlife depression; broken homes; dysfunctional kids.

"Follow your heart's desire. Excellence is the outcome of happiness and its virtuous cause. Delve into your vocation and make it your avocation. Marry the spouse you love - never the one you should."

Results? John Lennon. And millions of other happy, energized, industrious, creative, productive people.

72.

Philosophy is the attempt to enhance the traits we deem desirable and suppress the traits we view as unwanted (a matter of judgment) by getting better acquainted with the world around us (a matter of reality). An improvement in the world around us inevitably follows.

The sempiternal debate between idealists and realists demonstrates the difficulty inherent in this agenda: our perceptions (experiences, even thoughts) may be real enough (conform to an objective, observer-free reality), but we fail to communicate them efficaciously. This is because human language evolved to be useful, as an aid to survival.

Our discourse is, therefore, less concerned with conveying accurate information about the world as it is and more with purveying the kind of data that will guarantee our continued being, regardless of whether these data describe reality correctly or not. Often, precise information about the world may actually retard our chances of survival and we are much better off communicating messages and thoughts that are patently unrealistic. Hence the emergence of alternative languages such as mathematics (more precisely logic and arithmetic) which are used by us to capture reality and to remove vagueness.

To qualify as a philosophical theory, the practitioner of philosophy - the philosopher - must, therefore meet a few tests:

1. To clearly define and enumerate the traits he seeks to enhance (or suppress) and to lucidly and unambiguously describe his ideal of the world

2. Not to fail the tests of every [scientific theory](#) (internal and external consistency, falsifiability, possessed of explanatory and predictive powers, etc.)

These are mutually exclusive demands. Reality - even merely the intersubjective sort - does not yield to value judgments. Ideals, by definition, are unreal. Consequently, philosophy uneasily treads the ever-thinning lines separating it, on the one hand, from physics and, on the other hand, from religion.

The history of philosophy is the tale of attempts - mostly botched - to square this obstinate circle. In their desperate struggle to find meaning, philosophers resorted to increasingly arcane vocabularies and obscure systems of thought. It did nothing to endear it to the man (and reader) in the post-Socratic agora.

73.

The notions of historical fame, celebrity and notoriety are a mixed bag. Some people are famous during (all or part of) their lifetime and forgotten soon after. Others gain fame only centuries after their death. Still others are considered important figures in history yet are known only to a select few.

So, what makes a person and his biography famous or, even more important, of historical significance?

One possible taxonomy of famous personages is the following:

- a. People who exert influence and exercise power over others during their lifetime.
- b. People who exert influence over their fellow humans posthumously.
- c. People who achieve influence via an agent or a third party – human or non-human.

To be considered (and, thus, to become) a historical figure a person must satisfy at least condition B above. This, in itself, is a sufficient (though not a necessary) condition. Alternatively, a person may satisfy condition A above. Once more, this is a sufficient condition – though hardly a necessary one.

A person has two other ways to qualify:

He can either satisfy a combination of conditions A and C or Meet the requirements of conditions B and C.

Historical stature is a direct descendant and derivative of the influence the historical figure has had over other people. This influence cannot remain potential – it must be actually wielded. Put differently, historical prominence is what we call an interaction between people in which one of them influences many others disproportionately.

You may have noticed that the above criteria lack a quantitative dimension. Yet, without a quantitative determinant they lose their qualifying power. Some kind of formula (in the quantitative sense) must be found in order to restore meaning to the above classes of fame and standing in history.

74.

The creative person is often described as suffering from [dysfunctional communication skills](#). Unable to communicate his thoughts (cognition) and his emotions (affect) normally, he resorts to the circumspect, highly convoluted and idiosyncratic form of communication known as Art (or Science, depending on his inclination and predilections).

But this cold, functional, phenomenological analysis fails to capture the spirit of the creative act. Nor does it amply account for our responses to acts of creation (ranging from enthusiasm to awe and from criticism to censorship). True, this range of responses characterizes everyday communications as well – but then it is imbued with much less energy, commitment, passion, and conviction. This is a classical case of quantity turned into quality.

The creative person provokes and evokes the Child in us by himself behaving as one. This rude violation of our social conventions and norms (the artist is, chronologically, an adult) shocks us into an utter loss of psychological defenses. This results in enlightenment: a sudden flood of insights, the release of hitherto suppressed emotions, memories and embryonic forms of cognition and affect. The artist probes our subconscious, both private and collective.

75.

The preservation of human life is the [ultimate value](#), a pillar of ethics and the foundation of all morality. This held true in most cultures and societies throughout history.

On first impression, the last sentence sounds patently wrong. We all know about human collectives that regarded human lives as dispensable, that murdered and tortured, that cleansed and annihilated whole populations in recurrent genocides. Surely, these defy the aforementioned statement?

Liberal philosophies claim that human life was treated as a prime value throughout the ages. Authoritarian regimes do not contest the over-riding importance of this value. Life is sacred, valuable, to be cherished and preserved. But, in totalitarian societies, it can be deferred, subsumed, subjected to higher goals, quantized, and, therefore, applied with differential rigor in the following circumstances:

1. **Quantitative** - when a lesser evil prevents a greater one. Sacrificing the lives of the few to save the lives of the many is a principle enshrined and embedded in activities such as war and medicinal care. All cultures, no matter how steeped (or rooted) in liberal lore accept it. They all send soldiers to die to save the more numerous civilian population. Medical doctors sacrifice lives daily, to save others.  
It boils down to a quantitative assessment ("the numerical ratio between those saved and those sacrificed"), and to questions of quality ("are there privileged lives whose saving or preservation is worth the sacrifice of others' lives?") and of evaluation (no one can safely predict the results of such moral dilemmas - will lives be saved as the result of the sacrifice?).
2. **Temporal** - when sacrificing life (voluntarily or not) in the present secures a better life for others in the future. These future lives need not be more numerous than the lives sacrificed. A life in the future immediately acquires the connotation of youth in need of protection. It is the old sacrificed for the sake of the new, a trade off between those who already had their share of life - and those who hadn't. It is the bloody equivalent of a savings plan: one defers present consumption to the future.  
The mirror image of this temporal argument belongs to the third group (see next), the qualitative one. It prefers to sacrifice a life in the present so that another life, also in the present, will continue to exist in the future. [Abortion](#) is an instance of this approach: the life of the child is sacrificed to secure the future well-being of the mother. In Judaism, it is forbidden to kill a female bird. Better to kill its off-spring. The mother has the potential to compensate for this loss of life by bringing giving birth to other chicks.
3. **Qualitative** - This is an especially vicious variant because it purports to endow subjective notions and views with "scientific" objectivity. People are judged to belong to different qualitative groups (classified by race, skin color, birth, gender, age, wealth, or other arbitrary parameters). The result of this immoral taxonomy is that the lives of the "lesser" brands of humans are considered less "weighty" and worthy than the lives of the upper grades of humanity. The former are therefore sacrificed to benefit the latter. The Jews in Nazi occupied

Europe, the black slaves in America, the aborigines in Australia are three examples of such pernicious thinking.

4. **Utilitarian** - When the sacrifice of one life brings another person material or other benefits. This is the thinking (and action) which characterizes [psychopaths](#) and sociopathic criminals, for instance. For them, life is a tradable commodity and it can be exchanged against inanimate goods and services. Money and drugs are bartered for life.

76.

There is an oft missed distinction between Being the First, Being Original, and Being Innovative.

To determine that someone (or something) has been the first, we need to apply a temporal test. It should answer at least three questions: what exactly was done, when exactly was it done and was this ever done before.

To determine whether someone (or something) is original – a test of substance has to be applied. It should answer at least the following questions: what exactly was done, when exactly was it done and was this ever done before.

To determine if someone (or something) is innovative, a practical test has to be applied. It should answer at least the following questions: what exactly was done, in which way was it done and was exactly this ever done before in exactly the same way.

Reviewing the tests above leads us to two conclusions:

1. Being first and being original are more closely linked than being first and being innovative or than being original and being innovative. The tests applied to determine "firstness" and originality are the same.
2. Though the tests are the same, the emphasis is not. To determine whether someone or something is a first, we primarily ask "when" - while to determine originality we primarily ask "what".

Innovation helps in the conservation of resources and, therefore, in the delicate act of human survival. Being first demonstrates feasibility ("it is possible"). By being original, what is needed or can be done is expounded upon. And by being innovative, the practical aspect is revealed: how should it be done.

Society rewards these pathfinders with status and lavishes other tangible and intangible benefits upon them - mainly upon the Originators and the Innovators. The Firsts are often ignored because they do not directly open a new path – they merely demonstrate that such a path is there. The Originators and the Innovators are the ones who discover, expose, invent, put together, or verbalize something in a way which enables others to repeat the feat (really to reconstruct the process) with a lesser investment of effort and resources.

It is possible to be First and not be Original. This is because Being First is context dependent. For instance: had I travelled to a tribe in the Amazon forests and quoted a speech of Kennedy to them – I would hardly have been original but I would definitely have been the first to have done so in that context (of that particular tribe at that particular time). Popularizers of modern science and religious missionaries are all first at doing their thing - but they are not original. It is their audience which determines their First-ness – and history which proves their (lack of) originality.

Many of us reinvent the wheel. It is humanly impossible to be aware of all that was written and done by others before us. Unaware of the fact that we are not the first, neither original or innovative - we file patent applications, make "discoveries" in science, exploit (not so) "new" themes in the arts.

Society may judge us differently than we perceive ourselves to be - less original and innovative. Hence, perhaps, is the syndrome of the "misunderstood genius". Admittedly, things are easier for those of us who use words as their raw material: there are so many permutations, that the likelihood of not being first or innovative with words is minuscule. Hence the copyright laws.

Yet, since originality is measured by the substance of the created (idea) content, the chances of being original as well as first are slim. At most, we end up restating or re-phrasing old ideas. The situation is worse (and the tests more rigorous) when it comes to non-verbal fields of human endeavor, as any applicant for a patent can attest.

But then surely this is too severe! Don't we all stand on the shoulders of giants? Can one be original, first, even innovative without assimilating the experience of past generations? Can [innovation](#) occur in vacuum, discontinuously and disruptively? Isn't intellectual continuity a prerequisite?

True, a scientist innovates, explores, and discovers on the basis of (a limited and somewhat random) selection of previous explorations and research. He even uses equipment – to measure and perform other functions – that was invented by his predecessors. But progress and advance are conceivable without access to the treasure troves of the past. True again, the very concept of progress entails comparison with the past. But language, in this case, defies reality. Some innovation comes "out of the blue" with no "predecessors".

Scientific revolutions are not smooth evolutionary processes (even biological evolution is no longer considered a smooth affair). They are phase transitions, paradigmatic changes, jumps, fits and starts rather than orderly unfolding syllogisms (Kuhn: "The Structure of Scientific Revolutions").

There is very little continuity in quantum mechanics (or even in the Relativity Theories). There is even less in modern genetics and immunology. The notion of laboriously using building blocks to construct an ebony tower of science is not supported by the history of human knowledge. And what about the first human being who had a thought or invented a device – on what did he base himself and whose work did he continue?

Innovation is the father of new context. Original thoughts shape the human community and the firsts among us dictate the rules of the game. There is very little continuity in the discontinuous processes called invention and revolution. But our reactions to new things and adaptation to the new world in their wake essentially remain the same. It is there that continuity is to be found.

Deepfakes are videos that [appear to be completely authentic but are actually forgeries](#). The heads of celebrities are superimposed & juxtaposed into the bodies of porn stars amidst the scintillating action.

This raises the question: what is a copy and what is the original? This conundrum was first raised in 1935 in a seminal, groundbreaking tome: "The Work of Art in the Age of Mechanical Reproduction" by Walter Benjamin.

Consider these mindbenders:

1. A brilliant geek invents a 3D printer which replicates flawlessly the Mona Lisa. Leonardo's masterpiece and the copy spewed out by the machine are indistinguishable even under an electron microscope: they cannot be told apart. In which sense, therefore, is the artist's Mona Lisa superior to or different from its identical clone?
2. An ancient letter unearthed in the archives of the Church in France proves beyond any doubt that the Mona Lisa was not painted by Leonardo da Vinci, but by an obscure apprentice of his. The

painting's value drops overnight even though it has undergone no physical or chemical transformation.

3. A world-renowned photographer uses the latest in digital photography equipment to shoot the Mona Lisa in a thought-provoking, fresh manner. The resulting oeuvre becomes a sensation overnight. He then proceeds to attach the photo to 15,000 e-mail messages and sends them to his entire voluminous addressbook. In which sense is the photo that he had shot more worthwhile than its numerous digital replicas?

Intuitively, we feel that Leonardo's Mona Lisa is not the same as its clones and that its monetary value and intrinsic worth depend crucially on its provenance: its authorship, the historical background, and its proven "biography." The concepts of originality and authenticity, therefore, have little to do with the work of art itself and everything to do with its context and pedigree.

77.

The commonality of an experience, shared by unrelated individuals in precisely the same way, is thought to constitute proof of its veracity and objectivity. Some thing is assumed to be "out there" if it identically affects the minds of observers. A common experience, it is deduced, imparts information about the world as it is.

But a shared experience may be the exclusive outcome of the idiosyncrasies of the human mind. It may teach us more about the observers' brains and neural processes than about any independent, external "trigger". The information manifested in an experience common to many may pertain to the world, to the observers, or to the interaction between the world and said observers.

Thus, Unidentified Flying Objects (UFOs) have been observed by millions in different parts of the world at different times. Does this "prove" that they exist? No, it does not. This mass experience can be the result of the common wiring of the brains of human beings who respond to stimuli identically (by spotting a UFO). Or it can be some kind of shared psychosis.

78.

Somehow, God seems to get his only sentient creations wrong most of the time: He repeatedly fails to gauge human psychology and invariably ends up being frustrated and enraged at his charges's shortsightedness, self-destructiveness, and disobedience. The Devil does a much better job of catering to the deep narcissistic strains of the human psyche. Satan is much more human than God, he is truly one of us. This abyss between good intentions and abysmal performance rendered God a rather incompetent overseer of human affairs. Gradually but inexorably, his influence and reputation waned and Man took over – only to fail equally spectacularly.

The demise of the great secular religions - [Communism](#), [Fascism](#), [Nazism](#) - led to the resurgence of the classical religions ([Islam](#), Christianity, Judaism, Hinduism), a phenomenon now dubbed "fundamentalism". These ancient thought-systems are all-encompassing, ideological, exclusive, and missionary.

They face the last remaining secular organizing principle - democratic liberalism. Yet, as opposed to the now-defunct non-religious alternatives, [liberalism](#) is hard to defeat for the following reasons:

I. It is cyclical and, therefore, sempiternal.

II. Recurrent failure is an integral and welcome phase in its development. Such breakdowns are believed to purge capitalism of its excesses. Additionally, [innovation](#) breeds "disruptive technologies" and "creative destruction".

III. Liberalism is not goal-orientated (unless one regards the platitudes about increasing wealth and welfare as "goals").

IV. It is pluralistic and, thus, tolerant and inclusive of other religions and ideologies (as long as they observe the rules of the game).

V. Democratic liberalism is adaptative, assimilative, and flexible. It is a "moving target". It is hard to destroy because it is a chameleon.

The renewed clash between religion and liberalism is likely to result in the emergence of a hybrid: liberal, democratic confessions with clear capitalistic hallmarks.

79.

The *sentence A* "all rabbits are black" is either True or False. It, therefore, has a wave function with two branches or two universes: one in which all rabbits are, indeed, black and one in which, not all rabbits are black (in other words, in which at least one rabbit is white).

It is impossible to prove the sentence "all rabbits are black" - but very easy to falsify or disprove it. Enough to produce one white rabbit to do so.

The *sentence B* "some rabbits are black" is, similarly, either True or False. It also has a wave function with two branches or two universes: one in which some rabbits are, indeed, black and one in which no rabbit is black (or, in other words, all rabbits are white).

The worlds described by the two sentences largely intersect. If True, sentence B is partly contained by sentence A, though to what extent we can never know. We can safely say that sentences A and B are asymptotically equivalent or asymptotically identical. In a world with one white rabbit and uncounted trillions of black rabbits, A and B are virtually indistinguishable.

Yet, despite this intersection, this common ground, sentence A reacts entirely differently to syllogistic transformation than sentence B.

Imagine a *sentence C*: "This is a white rabbit". It **FALSIFIES** sentence A ("All rabbits are black") but leaves **UNAFFECTED** sentence B ("Some rabbits are black"). These are diametrically opposed outcomes.

How can two sentences that are so similar react so differently to the same transformation?

Arithmetic, formal logic, and, by extension, mathematics and physics deal with proving identities in equations. Two plus two equal four. The left hand of the expression equals (is identical) to the right hand. That two, potentially asymptotically identical, sentences (such as A and B above) react so at odds to the same transforming sentence (C) is astounding.

We must, therefore, study the possibility that there is something special, a unique property, an idiosyncrasy, in sentences A, and/or B, and/or C, and/or in their conjunction. If we fail to find such distinguishing marks, we must learn why asymptotically identical sentences react so differently to the same test and what are the implications of this disturbing find.

80.

When we say: "The President is an important person" what exactly do we mean by that? Where does the President derive his importance from? Evidently, he loses a large portion of the quality of being important when he ceases to be the President. We can therefore conclude that one's personal importance is inextricably linked to one's functions and position, past and present.

Similarly, imagine the omnipotent CEO of a mighty Fortune 500 corporation. No doubt he is widely considered to be an important personage. But his importance depends on his performance (on market share gained or lost, for instance). Technological innovation could render products obsolete and cripple formerly thriving enterprises. As the firm withers, so does the importance of its CEO.

Even so, importance is not an absolute trait. It is a derivative of relatedness. In other words, it is an emergent phenomenon that arises out of webs of relationships and networks of interactions. Importance is context-dependent.

Consider the Mayor or Elder of a village in one of the less developed countries. He is clearly not that important and the extent of his influence is limited. But what if the village were to become the sole human habitation left standing following a nuclear holocaust? What if the denizens of said erstwhile inconsequential spot were to be only survivors of such a conflagration? Clearly, such circumstances would render the Elder or Mayor of the village the most important man on Earth and his function the most coveted and crucial. As the context changes, so does one's importance.

81.

Individuals are members of classes or sets (hereinafter referred to as "collectives"). Names of collectives are fundamentally different to names of individuals:

Individuals cannot **own** their names, collectives can and strive to possess their names and protect them against incursion and misuse. This is especially true in the case of [brand names](#);

Individuals do not have **exclusive** names. When they do (tattooed numbers in Auschwitz; prison numbers) such exclusivity tends to be humiliating and dehumanizing. In contrast, collectives aspire to exclusivity on their names, although, in practice the enforcement of such self-imputed exclusivity may be fraught with difficulties (witness the [name dispute between Macedonia and Greece](#)). Collectives find name-exclusivity uplifting;

The names of individuals do not reveal the **attributes** of the bearers or referents, nor do they contain or convey any information regarding the **traits** or **qualities** of said. The names of collectives come laden with [context](#) and history and, therefore, are infused with data regarding the collective. In a sense, the names of collectives are among their more dominant and prominent attributes. This intimate relationship between names, denotats, and connotates gives rise to [stereotypes](#);

The names of individuals do not **define** their bearers or referents. The name of a collective is an integral part of its definition. It is impossible to construct a workable definition of a collective without including its name in the [definition](#), whatever its nature (lexical, stipulative, or ostensive);

The name of the individual does not **determine** the individual. The individual's name also has nothing to do with his or her traits, attributes, qualities, behavior patterns, and other extensive parameters of the person named. This is different where collectives are concerned: the name of a

collective is an important element in the collective's self-determination and usually the first act on the road to autonomy, independence, and differentiation.

The names of individuals are, ultimately arbitrary and **cannot be defined or explained**, though they may possess semantic values. The names of collectives are always contextually "meaningful" and can always be defined;

The names of individuals are largely devoid of **emotional content** and provoke little or no **emotional reaction** in the listener. The names of collectives never fail to elicit and provoke emotional reactions;

Finally, individual names are very loosely interwoven with individual **identities**. In stark contrast, names of collectives are often synonymous with their identities: this is how close the relationship between the two is.

82.

Judaism is the only monotheistic religion which expressly allots a crucial role in its rites and ceremonies to infants, their predilections, and their pursuits. Children are positively encouraged and incentivized – often monetarily – to disrupt even the most solemn proceedings with questions (in Passover, during the Seder) or with raucous displays (in Purim, when they use their rattles to mark the names of Haman and other ill-wishers.)

This emphasis is a calculated gambit aimed at securing the loyalties of future generations of Jews even as religious rituals are rendered less "serious" and more ludic in nature. A nation decimated by recurrent culling of its adults was forced to "transfer power" to its youth as a mere survival strategy.

83.

We sneeze in order to expel foreign bodies from the nasal mucosa. Respiratory infections are common causes of sneezing. A typical sneeze releases air that moves at speeds of 60-100 miles (100-160 kilometres) per hour and requires a considerable investment of energy. What are the evolutionary advantages of such an apparently wasteful caloric profligacy? After all, a sneeze or a cough one tenth as powerful would have achieved optimal outcomes.

It seems that Nature wants us to spread pathogens via these convulsive, spasmodic exhalations. It wants us to infect other people who are 1-4 meters away. Such infections serve to weed out the weak, the old, and the disabled and aid and abet in the survival of the fittest. Sneezes and coughs are "designed" to facilitate this process of [eugenic](#) elimination.

This mechanism makes even greater sense when we consider that people tended to spend time with their kin with whom they share genetic material. Immune weaknesses and susceptibilities to airborne illnesses run in families. Infecting the entire clan via sneezing and coughing is a great way of exposing and removing corrupt and mutated genes and defunct immune systems.

84.

The fact that one is ignorant of the law does not a sufficient defence in a court of law make. Ignorance is no protection against punishment. The adult is presumed to know all the laws. This presumption is knowingly and clearly false. So why is it made in the first place?

There are many types of laws. If a person is not aware of the existence of gravitation, he will still obey it and fall to the ground from a tall building. This is a law of nature and, indeed, ignorance serves as no protection and cannot shield one from its effects and applicability. But human laws

cannot be assumed to have the same power. They are culture-dependent, history-dependent, related to needs and priorities of the community of humans to which they apply. A law that is dependent and derivative is also contingent. No one can be reasonably expected to have intimate (or even passing) acquaintance with all things contingent. A special learning process, directed at the contingency must be effectuated to secure such knowledge.

Perhaps human laws reflect some in-built natural truth, discernible by all conscious, intelligent observers? Some of them give out such an impression. "Thou shalt not murder", for instance. But this makes none of them less contingent. That all human cultures throughout history obtained the same thinking regarding murder – does not bestow upon the human prohibition a privileged nomic status. In other words, no law is endowed with the status of a law of nature just by virtue of the broad agreement between humans who support it. There is no power in numbers, in this respect. A law of nature is not a statistically determined "event". At least, ideally, it should not be.

Another argument is that a person should be guided by a sense of right and wrong. This inner guide, also known as the conscience or the super-ego, is the result of social and psychological processes collectively known as "socialization". But socialization itself is contingent, in the sense that we have described. It cannot serve as a rigorous, objective benchmark. Itself a product of cultural accumulation and conditioning, it should be no more self evident than the very laws with which it tries to imbue the persons to whom it is applied.

Still, laws are made public. They are accessible to anyone who cares to get acquainted with them. Or so, theoretically. Actually, it is inaccessible to the illiterate, to those who have not assimilated the legal jargon, or to the poor. Even if laws were uniformly accessible to all – their interpretation would not have been. In many legal systems, precedents and court decisions are an integral part of the law. Really, there is no such thing as a perfect law. Laws evolve, grow, are replaced by others, which better reflect mores and beliefs, values and fears, in general the public psychology as mediated by the legislators. This is why a class of professionals has arisen, who make it their main business to keep up with the legal evolution and revolutions. Not many can afford the services of these law-yers. In this respect, many do not have ample access to the latest (and relevant) versions of the law. Nor would it be true to say that there is no convincing way to pierce one's mind in order to ascertain whether he did know the law in advance or not. We all use stereotypes and estimates in our daily contacts with others. There is no reason to refrain from doing so only in this particular case. If an illiterate, poor person broke a law – it could safely be assumed that he did not know, a-priori, that he was doing so. Assuming otherwise would lead to falsity, something the law is supposed to try and avoid. It is, therefore, not an operational problem.

85.

Wherever interests meet - they tend to clash. Disputes are an inevitable and inseparable part of commercial life. Mankind invented many ways to settle disputes. Each way relies on a different underlying principle. Generally speaking, there are four such principles: justice, law, logic and force.

Disputes can be resolved by resorting to force. One party can force the other to accept his opinion and to comply by his conditions and demands. Obeisance should not be confused with acceptance. The coerced party is likely to at least sabotage the interests of the coercing one. In due time, a mutiny is more likely than not. Force is always met by force, as Newton discovered.

This revolution and counter-revolution has a devastating effect on wealth formation. The use of force does ensure that the distribution of wealth will be skewed and biased in favour of the forceful party. But the cake to be divided grows smaller and smaller, wealth diminishes and, in due course, there is almost nothing left to fight over.

Another mechanism of dispute resolution involves the application of the law. This mechanism also relies (ultimately) on [enforcement](#) (therefore, on force). But it maintains the semblance of objectivity and the fair (unbiased) treatment of the contestants ("level playing field" and the "rule of Law"). It does so by relegating both functions - of legislating and of adjudication - to third, uninterested parties.

But this misses the crucial point. The problem is not "who makes the laws" or "who administers them". The problem is "how are the laws applied". If a bias exists, if a party is favoured, it is at the stage of administering justice. The personal integrity of the arbitrator (the judge) at this stage does not guarantee a fair outcome.

Empirically, the results of trials have been shown to depend greatly on the ethnic identity and social and economic standing of the disputants as well as on the social background and ethnic affiliation of the judge. Above all: the more money a party to a trial has - the more the court is tilted in his or her favour.

The laws of procedure are such that wealthy applicants (represented by wealthy lawyers) are more likely to win. The substantive law contains preferences: ethnic, economic, ideological, historical, social and so on. Applying such substantive law to the settlement of disputes is tantamount to the application of force. The difference is in style, rather than in substance. When law enforcement agencies get involved - even this minor distinction tends to blur.

Perhaps a better system would be the application of the principles of justice to disputes - had people been able to agree what these are. Justice is an element in the legal system, but it is "tainted" by ulterior and overriding considerations (social, economic, etc.)

In its purified form justice is associated with an impartial administration of impartial principles of dispute resolution. The promulgation and application of just principles is entrusted to people who are thought to possess or to reify justice ("just" or "honest" people). The system is not encumbered by laws of procedure and the parties have no built-in advantages. Arbitration is an example of a justice-based dispute resolution system.

Both the law and the principles of justice tend to preserve accumulated wealth and, therefore, the social order. In many cases they tend to help to increase it. No "right" or "[just distribution](#)" is guaranteed by either system - but, at least, the destruction of wealth is avoided.

This achievement is based on the principle of consent. Embedded in both systems is the implicit agreement to abide by the rules, to accept final judgments, to succumb to legal instructions, and not to use force to try to ensure favorable outcomes. A revolution is, of course, always an option. One can always ignore or violate decisions or judgments rendered by competent, commonly accepted courts. But, in these cases, we are merely back to dealing with the application of the principle of force, rather than of law or justice.

Then there is logic. Not in its commonsensical rendition - but in the form of natural laws. By "logic" we mean the immutable ways in which the world is governed, in which forces are channeled, under which circumstances arise or subside. Natural Law should (and in many respects) does underlie all the human systems of law and order. This is the meaning of "natural justice" in the most profound sense of the phrase.

All human societies belong to either of these four categories. Indeed, a civilization can easily be summed up and judged by its adherence to one or the other of these systems and principles of dispute resolution. It is when Mankind backtracks and slides from system of Law or Justice to Force-based solutions that the end is nigh.

That which does not exist - cannot be criticized. We can pass muster only on that which exists. When we say "this is missing" - we really mean to say: "there is something that IS NOT in this, which IS." Absence is discernible only against the background of existence. Criticism is aimed at changing. In other words, it relates to what is missing. But it is no mere sentence, or proposition. It is an assertion. It is goal-oriented. It strives to alter that which exists with regards to its quantity, its quality, its functions, or its program / vision. All these parameters of change cannot relate to absolute absence. They emanate from the existence of an entity. Something must exist as a precondition. Only then can criticism be aired: "(In that which exists), the quantity, quality, or functions are wrong, lacking, altogether missing".

The common error - that we criticize the absent - is the outcome of the use made of an ideal. We compare that which exists with a Platonic Idea or Form (which, according to modern thinking, does not REALLY exist). We feel that the criticism is the product not of the process of comparison - but of these ideal Ideas or Forms. Since they do not exist - the thing criticized is felt not to exist, either.

But why do we assign the critical act and its outcomes not to the real - but to the ideal? Because the ideal is judged to be preferable, superior, a criterion of measurement, a yardstick of perfection. Naturally, we will be inclined to regard it as the source, rather than as the by-product, or as the finished product (let alone as the raw material) of the critical process. To refute this intuitive assignment is easy: criticism is always quantitative. At the least, it can always be translated into quantitative measures, or expressed in quantitative-propositions. This is a trait of the real - never of the ideal. That which emanates from the ideal is not likely to be quantitative. Therefore, criticism must be seen to be the outcome of the interaction between the real and the ideal - rather than as the absolute emanation from either.

87.

When we, mobile organisms, are confronted with danger, we move. Coping with danger is one of the defining characteristics and determinants of life: how we cope with danger defines and determines us, that is: forms part of our identity.

To move is to change our identity. This is composed of spatial-temporal parameters (co-ordinates) and of intrinsic parameters. No being is sufficiently defined without designating its locus in space-time. Where we are and when we are is as important as what we are made of, or what are our internal processes. Changing the values of our space time parameters is really tantamount to changing ourselves, to altering our definition sufficiently to confound the source of danger.

Mobile organisms, therefore, resort to changing their space-time determinants as a means towards the end of changing their identity. This is not to say that their intrinsic parameters remain unchanged. Hormonal discharges, neural conductivity, biochemical reactions – all acquire new values. But these are secondary reactions. The dominant pattern of reaction is flight (spatial-temporal), rather than fright (intrinsic).

The repertoire of static organisms (plants, for instance) is rather more limited. Their ability to alter the values of their space-time co-ordinates is very narrow. They can get away from aridity by extending their roots. They can spread spores all over. But their main body is constrained and cannot change location. This is why it is reasonable to expect that immobile organisms will resort to changing the values of their intrinsic parameters when faced with danger. We could reasonably expect them to change their chemical reactions, the compounds that they contain, other electrical and chemical parameters, hormones, enzymes, catalysts – anything intrinsic and which does not depend on space and time.

88.

All people lie some of the time. They use words to convey their lies while their body language usually gives them away. This is curious. Why did evolution prefer this self defeating strategy? The answer lies in the causes of the phenomenon.

We lie for three main reasons and these give rise to three categories of lies:

1. **The Empathic Lie** – is a lie told with the intention of sparing someone's feelings. It is a face saving lie – but someone else's face. It is designed to prevent a loss of social status, the onslaught of social sanctions, the process of judgment involved in both. It is a derivative of our ability to put ourselves in someone else's shoes – that is, to empathize. It is intended to spare OUR feelings, which are bound to turn more and more unpleasant the more we sympathize with the social-mental predicament of the person being lied to. The lie achieves its goal only if the recipient cooperates, does not actively seek out the truth and acquiescently participates in the mini-drama unfolding in his or her honour. The reverse, brutal honesty, at all costs and in all circumstances – is a form of sadistic impulse.

What constitutes "brutal honesty" and how can we set it apart from mere, oft-commended honesty?

Brutal honesty is:

1. Gratuitous (there is really no need to be honest)
  2. Aggressive. You can say the same thing in many ways. Abrasiveness is not an essential part of honesty.
  3. Repeated despite the obvious discomfort of the listener(s).
  4. With the intent of causing pain or harm and with a clear enjoyment in inflicting them.
2. **The Egocentric Lie** – is a lie intended to further the well being of the liar. This can be achieved in one of two ways. The lie can help the liar to achieve his goals (a **Goal Seeking Lie**) or to avoid embarrassment, humiliation, social sanctions, judgement, criticism and, in general, unpleasant experiences related to social standing (a **Face Saving Lie**). The Goal Seeking Lie is useful only when considering the liar as an individual, independent unit. The Face Saving type is instrumental only in social situations. We can use the terms: **Individualistic Lie** and **Social Lie** respectively.
  3. **The Narcissistic Lie** – is separated from his brethren by its breadth and recursiveness. It is all-pervasive, ubiquitous, ever recurring, all encompassing, entangled and intertwined with all the elements of the liar's life and personality. Moreover, it is a lie of whose nature the liar is not aware and he is convinced of its truth. But the people surrounding the Narcissist liar notice the lie. The Narcissist-liar is rather like a hunchback without a mirror. He does not believe in the reality of his own hump. It seems that where the liar does not believe his own lies – he succeeds in convincing his victims rather effectively. When he does believe in his own inventions – he fails miserably at trapping his fellow men. Much more about the False Self (the lie that underlies the personality of the Narcissist) in ["Malignant Self Love – Narcissism Revisited"](#) and the [FAQ section](#) thereof.

89.

The decriminalization of drugs is a tangled issue involving many separate moral/ethical and practical strands which can, probably, be summarized thus:

Whose body is it anyway? Where do "I" start and the government begins? What gives the state the right to intervene in decisions pertaining only to my self and countervene them?

PRACTICAL:

The government exercises similar "rights" in other cases (abortion, military conscription, sex)

Is the government the optimal moral agent, the best or the right arbiter, as far as drug abuse is concerned?

PRACTICAL:

For instance, governments collaborate with the illicit drug trade when it fits their realpolitik purposes.

Is substance abuse a PERSONAL or a SOCIAL choice? Can one LIMIT the implications, repercussions and outcomes of one's choices in general and of the choice to abuse drugs, in particular? If the drug abuser in effect makes decisions for others, too - does it justify the intervention of the state? Is the state the agent of society, is it the ONLY agent of society and is it the RIGHT agent of society in the case of drug abuse?

What is the difference (in rigorous philosophical principle) between legal and illegal substances? Is it something in the NATURE of the substances? In the USAGE and what follows? In the structure of SOCIETY? Is it a moral fashion?

PRACTICAL:

Does scientific research support or refute common myths and ethos regarding drugs and their abuse?

Is scientific research INFLUENCED by the current anti-drugs crusade and hype? Are certain facts suppressed and certain subjects left unexplored?

Should drugs be decriminalized for certain purposes (e.g., marijuana and glaucoma)? If so, where should the line be drawn and by whom?

PRACTICAL:

Recreational drugs sometimes alleviate depression. Should this use be permitted?

90.

Why do we celebrate birthdays? What is it that we are toasting? Is it the fact that we have survived another year against many odds? Are we marking the progress we have made, our cumulative achievements and possessions? Is a birthday the expression of hope sprung eternal to live another year?

None of the above, it would seem.

If it is the past year that we are commemorating, would we still drink to it if we were to receive some bad news about our health and imminent demise? Not likely. But why? What is the relevance of information about the *future* (our own looming death) when one is celebrating the *past*? The past is immutable. No future event can vitiate the fact that we have made it through another 12 months of struggle. Then why not celebrate this fact?

Because it is not the past that is foremost on our minds. Our birthdays are about the future, not about the past. We are celebrating having arrived *so far* because such successful resilience allows us to continue *forward*. We proclaim our potential to further enjoy the gifts of life. Birthdays are expressions of unbridled, blind faith in our own suspended mortality.

But, if this were true, surely as we grow older we have less and less cause to celebrate. What reason do octogenarians have to drink to another year if that gift is far from guaranteed? Life offers diminishing returns: the longer you are invested, the less likely you are to reap the dividends of survival. Indeed, based on actuary tables, it becomes increasingly less rational to celebrate one's future the older one gets.

Thus, we are forced into the conclusion that birthdays are about self-delusionally defying death. Birthdays are about preserving the illusion of immortality. Birthdays are forms of acting out our magical thinking. By celebrating our existence, we bestow on ourselves protective charms against the meaninglessness and arbitrariness of a cold, impersonal, and often hostile universe.

And, more often than not, it works. Happy birthday!

91.

When we look out to the Cosmos, we survey an inventory of all the objects – stars, galaxies, and, now, planets – that had ever existed. Owing to the limited speed of light, our telescopes peer not only out to space but back in time as well. There is no way of knowing whether what we see still exists. Example: light from the binary star Alpha-Centauri requires 4.4 years to reach us. Thus, at any given moment we can ascertain that it had existed 4.4 years ago. Had it exploded 1 year ago, we would still count it as among the living for the next 3.4 years. Thus, the disciplines of cosmology and astrophysics are knowingly based on outdated information. We cannot vouch for any important measurement: the distribution of matter in the Universe, for instance, or even the total mass and energy of the Cosmos.

This all-pervasive uncertainty led scientists to invent Dark Matter and Dark Energy to account for the behaviour of matter-clumps in the Universe and for the accelerating recession of the farthest galaxies, respectively. Yet, these postulated entities rely on observational data that may no longer be valid. Other explanations may account for the receding galaxies: (1) That the speed of light is constant only locally; or that (2) it is an observational effect owing to a particular gravitational lensing; or that (3) the topology of the Cosmos may be such that it makes far objects appear farther at an accelerating rate.

More traditionally, though, the recent “discovery” (rather, postulation) of dark energy seems to restore entropy on the scale of the entire Universe. Actually, the traits of dark energy (homogeneity, isotropy, a lack of interaction with other forms of energy and matter, infinitesimal density, negative pressure) suggest that dark energy, the Cosmological Constant ( $\Lambda$ ) and quintessence fields are merely other names for entropy and are not related to vacuum energy.

Thus, a Big Rip, or Big Chill as the outcome of cosmic acceleration would merely be the culmination of the Second Law of Thermodynamics. This is definitely true for our local supercluster. Dark energy also compensates for the entropy gap (between actual cosmic entropy and maximum potential cosmic entropy which grows as the Universe expands): it transforms the whole Universe into a single black hole with an infinite cosmic event horizon.

This thermodynamic slant also agrees with superstring theories:

As a universe tunnels through the landscape (of string theory), from (mathematically modelled) "hill" to "valley", it retains (conserves) the entire information regarding the volume of (mathematically modelled) "space" (or of the space-like volume) of the portion of the landscape that it has traversed. These data are holographically encoded and can be fully captured by specifying the information regarding the universe's (lightlike) boundary (e.g., its gravitational horizon).

As the universe's entropy grows (and energy density falls), it "decays" and its inflation stops. This event determines its nature (its physical constants and laws of Nature). Eternal inflation is, therefore, a feature of the entire landscape of string theory, not of any single "place" or space-time (universe) within it.

Note of caution:

What is interpreted to imply the existence of multiple universes may be merely an artefact, enumerating all the ways that a four-dimensional surface can be folded, using supersymmetric formalism.

But what about singularities, black holes, and other anomalies?

String theory, which is supposed to incorporate quantum gravity, should offer insights regarding black holes. String theories make use of the General Relativity Theory (GRT) formalism and add to it specific matter fields. Thus, many classical black hole solutions satisfy string equations of motion. In an effort to preserve some supersymmetry, superstring theory has devised its own black hole solutions (with D-branes, or "black branes", as the description of certain supersymmetric black holes). A match was even found between types of supersymmetric black holes and supergravity including greybody factors (frequency dependent corrections). String theorists have derived most of Hawking's (and Bekenstein's) work regarding the entropy of black holes from string theories.

This led to novel ways of thinking about strings. What if "open" strings were really closed ones with one part "hidden" behind a black brane? What if intersecting black branes wrapped around seven curled dimensions gave rise to black holes? The vanishing masses of black branes delineate a cosmological evolutionary tree: from a universe with one topology to another, with another topology. Our world may be the "default" universe on the path of least resistance and minimum energy from one universe to another.

It would appear that spacetime itself may be the anomaly!

The particles with half integer spins predicted by supersymmetry are nowhere to be found. Either supersymmetry is a wrong idea or the particles are too heavy (or too something) to be detected by us with our current equipment. The latter (particles too heavy) is possible only if supersymmetry has broken down (which is almost the same as saying that it is wrong). Had it existed, it would probably have encompassed gravity (as does the General Theory of Relativity) in the form of "supergravity". The non-supersymmetric equivalent of supergravity can be gravity as we know it. In terms of particles, supersymmetry in an 11-dimensional universe talks about a supersymmetric gravitino and a spin 2 graviton.

Supersymmetric supergravity was supplanted by 10-dimensional superstring theory because it could not account for handedness in nature (i.e., the preference of left or right in spin direction and in other physical phenomena) and for many quantum effects. From there it was a short - and inevitable - way to membrane theories. Branes with "p" dimensions moved in worldvolumes with p+1 dimensions and wrapped around curled dimensions to produce strings. Strings are, therefore, the equivalents of branes. To be more precise, strongly interacting (10-dimensional) strings are the dual equivalent of weakly interacting five-branes (solitons) (Duff, Scientific American, February 1998). Later, a duality between solitonic and fundamental strings in 6 dimensions (the other 4 curled and the five-brane

wrapped around them) was established and then dualities between strings from the 5 string theories. Duff's "duality of dualities" states that the T-duality of a solitonic string is the S-duality of the fundamental string and vice versa. In other words, what appears as the charge of one object can also be construed as the inversion of the length of another (and, hence, the size of the dimension). All these insights - pulled together by Witten - led to M Theory in 11 dimensions. Later on, matrix theories replaced traditional coordinates in space time with non-commutable matrices. In other words, in an effort to rigorously define M Theory (that is, merge quantum physics with gravity), space time itself has been "sacrificed" or "quantum theorized".

92.

The commoditization and commercialization of [Time](#) are recent phenomena. Until the advent of the Industrial Revolution, man's time was at the mercy of Nature and the seasons or surrendered to superiors and masters to be allocated at their will. Serfs and servants, vassals, and clergy were mere cogs in social machines which dictated what they did and, as importantly, when they did it, in accordance with strict long-predetermined schedules.

With the abolition of feudalism and the emergence of modern manufacturing, workers reassumed control over and ownership of Time. They began to sell time units (in the form of labour), bartering them for money, lodgings, clothing, and food. Yet, even so, labourers remained slaves to the rhythms of production lines and markets. Technology merely took over from Nature and substituted for erstwhile landlords: machines and clocks now set the pace and rationed time.

The last third of the twentieth century heralded a true revolution in Man's relationship with Time. Trends such as self-employment, telecommuting, the mobile or virtual office, flextime, and multiple careers mean that workers are the ones who decide on the timing of work and [leisure](#) activities and hobbies as well as the amount of time to allocate to them. Technologies such as the Internet and smartphones while atomizing society also render us more self-sufficient, more mobile and less dependent on decisions made by others in many fields: from banking to entertainment.

We are reclaiming Time and, in the process, for the first time in history, we have become our true and only masters.

93.

The two founts of human progress are institutional religion and warfare. The first gave us the clock and plastic arts, among many other contributions. The latter bestowed on us explosives, the race to space, and the Internet to name its most recent advances. No wonder the two have been inextricably entwined throughout history, both ancient and modern.

94.

Morality is irrational. It requires us to suspend reflexes, emotions, and self-interest. It is not an appeal to our "higher nature" - it is simply not natural.

Consider one's [behavioral options in a sexless and loveless marriage](#): to divorce the withholding partner (the ethical and right thing to do) - or to engage in serial adultery and cheat on him repeatedly (the rational thing to do). Divorce carries enormous personal costs: financial, social, in reduced access to one's children, in terms of the lost companionship and friendship of the partner. Important psychological functions are disrupted: one's intimate partner often fulfills the roles of parent, child, guru, rock, and the object of one's pity. The fabric of togetherness woven out of calendared rituals and rites is torn asunder.

It is much easier and cost effective to stray and promiscuously seek love, intimacy, sex, and adrenaline pumping excitement, lust, and adventures with others while preserving the emotionally dead bond for practical reasons.

That so many people choose honesty, openness, and morality over deception and elect to divorce their spouses is notable and amazing. Counterintuitive, really - if not outright miraculous. It is a testament to how far we have come as a species that we adhere to abstract principles - good and bad - never mind how steep the price we have to pay.

95.

Sometimes we stand poised on the cusp of happiness, we look at the camera, and we smile confidently simply because for the first time in a long time we can. And then [life happens](#).

96.

[Nazi doctors conducted medical experiments](#) on prisoners in a variety of concentration & extermination camps throughout Europe, most infamously in Auschwitz. The unfortunate subjects were coerced or tricked into participating in the procedures, which often ended in agonizing death or permanent disfigurement.

The experiments lasted a few years & yielded reams of data on the genetics of twins, hypothermia, malaria, tuberculosis, exposure to mustard gas & phosphorus, the use of antibiotics, drinking sea water, sterilization, poisoning, & low-pressure conditions. Similarly, the Japanese conducted biological weapons testing on prisoners of war.

Such hideous abuse of human subjects is unlikely ever to be repeated. The data thus gathered are unique. Should they be discarded & ignored, having been obtained so objectionably? Should they be put to good use & thus render meaningful the ultimate sacrifices made by the victims?

There are three moral agents involved in this dilemma: the Nazi Doctors, their unwitting human subjects, & the international medical community. Those who conducted the experiments would surely have wanted their outcomes known. On a few occasions, Nazi doctors even presented the results of their studies in academic fora. As surely, their wishes should be roundly and thoroughly ignored. They have forfeited the right to be heard by conducting themselves so abominably and immorally.

Had the victims been asked for their informed consent under normal circumstances (in other words: not in a camp run by the murderous SS), they would have surely denied it. This counterfactual choice militates against the publication or use of data gathered in the experiments.

Yet, what would a victim say had s/he been presented with this question: "You have no choice but to take part in experiment (E) & you will likely die in anguish consequently. Knowing these inescapable facts, would you rather that we suppress the data gathered in experiment (E), or would you rather that we publish them or use them otherwise?" More here: <https://samvak.tripod.com/nazimedicine.html>

97.

Newton held a job and was a politician. Three centuries later, Einstein largely confined his life to studies, theorizing, and teaching. Modern intellectuals hold money and work in contempt. It is beneath them. It distracts them from their earth-shattering and paradigm transforming discoveries. It absconds with their invaluable time. It sounds like narcissism because it is. [Modern academe is narcissistic](#) to the core and modern day intellectuals are narcissists through and through.

Othodox Jewish men in yeshivas are fully supported financially by their hard-working women. These institutionalized gigolos study the Torah 16 hours a day. Or so they claim. Until recently, they were even exempt from military service in Israel. The irony is that public intellectuals in Israel vehemently criticize this parasitic arrangement - not realizing that it is merely a more overt precursor of their own establishments! Like the very yeshiva students they so love to hate, university professors also spend their time studying while fully financially reliant on others!

And so the hypocrisy and denial go. Economists, for example, do little useful for a living and get paid for it lavishly. Their discipline - economics - is nothing but a rarefied and glorified pseudo-science. Yet, they feel comfortable and justified in castigating the unemployed and insist on substituting work or even forced labor for social welfare.

Anti-intellectualism is a bad and dangerous thing. But forcing the hordes and herds of millions of parasites in the endlessly metastasizing landscape of academic institutions to flip burgers, or haul a shovel, or teach in primary schools, or provide free psychotherapy, or pro bono legal counselling as a part of their civic duty and a condition for their laid back lifestyle may not be such a despicable thought. Mao may have gotten at least this idea right: we need a Cultural Revolution, replete with naming and shaming.

98.

[Life's downward spiral](#) is inexorable: small but relentless losses; imperceptible tragedies that gnaw and nibble at the fragile fabric of an already frayed being; the profound sadness that accompanies the mourning of your discernible and imminent denouement as all hopes wither under reality's unforgiving glare. Rendered an incremental and inescapable black hole with no events and no horizon.

You tell yourself: "I can take it! Surely it cannot get much worse than t-h-a-t!" And then, ineluctably but never incredibly, it does. Misery and misfortune as steadfast and staunch companions.

And so, life seeps out of an increasingly more permeable existence. It drains away into a sinkhole with your contours.

You stare with incredulity at the stratified cataclysms, the archaeology of pain and hurt and mental infirmity and doomed relationships. The weight of cumulative failures and fatigued defeats and mutilated dreams and carcassed hopes.

And you trudge onward in this march towards nowhere in particular. Bent by the years, moulded by forgotten loves and absent loved ones and by the nightmares of your biography, the surrealistic resume of what you could have been and never will be now that it is way so late.

99.

We all try to replicate and re-enact our successes. We feel comfortable and confident doing what we do best and what we do most often. We enshrine our oft-repeated tasks and our cumulative experiences as habits.

Asked to adopt new skills and confront unprecedented tasks, we recoil, procrastinate, or delegate (read: pass the buck). Performance anxiety is common.

Someone who keeps failing is rendered very good at it, he becomes adept at the art of floundering, an expert on fizzle and blunder, an artist of the slip. The more dismal the defeats, the more familiar the terrain of losses and botched attempts. Failure is the loser's comfort zone. He uses projective identification to coerce people around him to help him revert to form: to fail.

Such a loser will aim to recreate time and again his only accomplishment: his spectacular downfalls, thwarted schemes, and harebrained stratagems. A slave to a repetition compulsion, the loser finds the terra incognita of success intimidating. He wraps his precious aborted flops in a mantle of an ideology: success is an evil, all successful people are crooks or the beneficiaries of quirky fortune.

To the loser, his miscarriages and deterioration are a warm blanket underneath which he hides himself from a hostile world. Failure is a powerful and addictive organizing principle which imbues life with meaning and predictability and allows the loser to make sense of his personal history. Being a loser is an identity and losers are proud of it as they recount with wonder their mishaps, misfortune, and vicissitudes.

100.

Western psychotherapy is centered around and focused on the restoration of the individual's functionality and autonomy and the attainment of happiness.

I have lived in 15 countries on 4 continents and have discovered that only a small minority of humanity adhere to these values and principles. The majority emphatically and often vociferously reject them. Western psychology is vehemently castigated as decadent and a colonial instrument.

Consider the most basic social unit: the family.

In most societies and cultures in the world, the family is sacred and centred around procreation, not recreation: children and property are by far more important than the pursuit of happiness which is considered both selfish and risky.

Why risky? Because to pursue contentment and gratification is to assiduously avoid making the long-term sacrifices required to maintain a harmonious and productive cooperative.

Everything is secondary to these long-term goals. Women tolerate abuse and domestic violence and act meek and subservient to accommodate their bullying husbands. They undergo harmful medical procedures to conform to their ideals of beauty. Spouses - both wives and husbands - accept extramarital affairs and infidelity as inescapable: you are permitted to secure love, intimacy, and sex outside the marriage as long as you sleep at home and make children and business only with your spouse.

Everyone in such societies mocks the more individualistic and rebellious as egotistical exceptions, or casts them as sacrilegious or insane. To maintain the status quo, reactionary forms of medieval

religion (the Church) join forces with oppressive patriarchy, inane "psychiatry", and stifling political authoritarianism in most of these territories.

101.

**"When work is a pleasure, life is a joy! When work is a duty, life is slavery."**

**Maxim Gorky (1868-1936), Russian novelist, author, and playwright**

Airplanes, missiles, and space shuttles crash due to lack of maintenance, absent-mindedness, and pure ignorance. Software support personnel, aided and abetted by Customer Relationship Management application suites, are curt (when reachable) and unhelpful. Despite expensive, state of the art supply chain management systems, retailers, suppliers, and manufacturers habitually run out of stocks of finished and semi-finished products and raw materials. People from all walks of life and at all levels of the corporate ladder skirt their responsibilities and neglect their duties.

Whatever happened to the work ethic? Where is the pride in the immaculate quality of one's labor and produce?

Both dead in the water. A series of earth-shattering social, economic, and technological trends converged to render their jobs loathsome to many - a tedious nuisance best avoided.

There are 13 reasons why the work ethic is dead. They are enumerated here: <https://samvak.tripod.com/workethic.html>

102.

A report published in March 2010 by Amnesty International and the Omega Research Foundation and titled "From Words to Deeds" accused European companies of manufacturing and selling "tools of torture". Among these were fixed wall restraints, metal "thumb-cuffs", and electroshock "sleeves" and "cuffs" that deliver 50,000V shocks.

These commercial activities run contra to a 2006 EU-wide legislation which bans (and, for some types of equipment, merely regulates) the sale of policing and security implements and devices that can be used to torture and maim. But the law remains a dead letter in many countries in the Union.

On January 16, 2003, the European Court of Human Rights agreed - more than two years after the applications have been filed - to hear six cases filed by Chechens against Russia. The claimants accuse the Russian military of torture and indiscriminate killings. The Court has ruled in the past against the Russian Federation and awarded assorted plaintiffs thousands of euros per case in compensation.

As awareness of human rights increased, as their definition expanded and as new, often authoritarian polities, resorted to torture and repression - human rights advocates and non-governmental organizations proliferated. It has become a business in its own right: lawyers, consultants, psychologists, therapists, law enforcement agencies, scholars and pundits tirelessly peddle books, seminars, conferences, therapy sessions for victims, court appearances and other services.

Human rights activists target mainly countries and multinationals.

In June 2001, the International Labour Rights Fund filed a lawsuit on behalf of 11 villagers against the American oil behemoth, ExxonMobil, for "abetting" abuses in Aceh, Indonesia. They alleged that the company provided the army with equipment for digging mass graves and helped in the construction of interrogation and torture centres.

Detailed accusations against many multinationals and firms: <https://samvak.tripod.com/brief-torture01.html>

103.

These three amazingly mature and accomplished works were painted by a 12 years old. They deal with three compounded emotions in a masterly way: rage, tenderness, and sadness.

We declare [artistic success](#) when the universally communicable representation succeeds at recreating and evoking in us the original emotion (felt by the artist). It is very much like teleportation which allows, in sci-fi yarns, for the decomposition of the astronaut's body in one spot and its recreation, atom for atom in another.

Even if the artist fails to faithfully recreate his inner world, but succeeds in calling forth any kind of emotional response in his viewers/readers/listeners, she is deemed successful.

Every artist has a reference group, his audience. They could be alive or dead (for instance, he could measure himself against past artists). They could be few or many, but they must be present for art, in its fullest sense, to exist. Modern theories of art speak about the audience as an integral and defining part of artistic creation and even of the artefact itself.

But this, precisely, is the source of the dilemma of the artist:

Who is to determine who is a good, qualitative artist and who is not?

Put differently, who is to measure the distance between the original experience and its representation?

After all, if the original experience is an element of an idiosyncratic, non-communicable, language, we have no access to any information regarding it and, therefore, we are in no position to judge it. Only the artist has access to it and only he can decide how far is his representation from his original experience. Art criticism is impossible.

The artist's private language <https://samvak.tripod.com/artist.html>

104.

[Tableaux \(on Van Gogh\)](#)

By: Sam Vaknin

Listening to a scarlet sink, detached

an ear, still glistening wax,

in bloody conch.

The gaping flesh.

Wild scattered eyes

fiercing the mirror.

Light ricochets from trembling blade (it's gaslight evening and the breeze ...)

Behind his stooping shoulders,

a painted room ablaze

the dripping composition of his blood.

The winding crowd

inflates the curtains inwards,

sails of a flying Dutchman.

Additional poems: <https://samvak.tripod.com/contents.html>

105.

Happiness is different things to different people: money, power, intimacy, love, sex, children, intellectual accomplishments, a rewarding career. Few people need ALL of these to be happy - one or two usually suffice. Each of these can be a necessary condition for happiness (can't be happy without IT), a sufficient condition (if I have only IT, I am happy, I don't need anything else), or both.

But what if happiness is the outcome of a delusion, insanity, or shared psychosis? Denying reality and living in a fantasy make some people elated. People collude to create imaginary spaces - like nations, or cults, or religions - where they feel safe, optimistic, and content.

Is such felicity which is divorced from reality - real? Do we have to intervene with psychotherapy to wake up these deluded souls and reintroduce them to the world? Or should we leave them to their bliss, however outlandish?

The surprising answer is that people who are both joyful and functional require no help, healing, or behavior modification even if their well-being is based on a patently fictitious narrative. If people are made cheerful by believing in the existence of a god, or that their nation is superior, or by harboring a grandiose view of their talents and qualities - good for them. As long as it does not interfere with their functioning in any way, it is not harmful to themselves or to others, they can sustain the fiction financially and psychologically, and as long as they feel at ease with who they are (ego syntony) - all is well. Placebos are often more effective than real medication.

106.

Prophets and scientists both are in the business of making predictions. Both resort to metaphysical frameworks as the source of their knowledge: God and the scientific method, respectively. Both vehemently deny the role of intuition in their output. The prophet claims to possess privileged access to a transcendental being and to be merely serving as a conduit to the latter's thoughts and intentions;

the scientist insists that his work is objective and rational and can, in principle, be emulated by a computer.

Yet, both actually transform deep-set, unconscious processes into structural sentences, laws, and statements.

### The Three Intuitions

#### 1. Eidetic Intuitions

Intuition is supposed to be a form of direct access. Yet, direct access to what? To "intuitions"? Are intuitions the objects of the mental act of Intuition? Perhaps intuition is the mind's way of interacting directly with Platonic ideals or Phenomenological "essences", without the intellectual mediation of a manipulated symbol system, and without the benefits of inference, observation, experience, or reason?

#### 2. Emergent Intuition

When the intuiting person has the impression of a "shortcut" or even a "short circuiting" of his usually linear thought processes often based on trial and error. This type of intuition feels "magical", a quantum leap from premise to conclusion, the parsimonious selection of the useful and the workable from a myriad possibilities. It is like a dreamlike truncated thought process, the subjective equivalent of a wormhole in Cosmology. It is often preceded by periods of frustration, dead ends, failures, and blind alleys in one's work.

#### 3. Ideal Intuition

These are thoughts and feelings that precede any intellectual analysis and underlie it. Empathy may be such an intuitive mode applied to the minds of other people, yielding an intersubjective agreement. Moral ideals and rules, mathematical and logical axioms and basic rules of inference ("necessary truths") may also turn out to be intuitions.

Much more <https://samvak.tripod.com/intuition.html>

107.

The presence of [pets](#) activates in us two primitive psychological defense mechanisms: projection and narcissism.

In the case of pets, projection works through anthropomorphism: we attribute to animals our traits, behavior patterns, needs, wishes, emotions, and cognitive processes. This perceived similarity endears them to us and motivates us to care for our pets and cherish them.

But, why do people become pet-owners in the first place?

Does pet-ownership revolve around self-gratification? Does it all boil down to the pleasure principle?

Pet-keeping may, indeed, be habit forming. Months of raising pups and cubs and a host of social positive reinforcements and expectations condition pet-owners to do the job. Still, a living pet is nothing like the abstract concept. Pets wail, soil themselves and their environment, stink, and severely disrupt the lives of their owners. Nothing too enticing here.

If you eliminate the impossible, what is left - however improbable - must be the truth. People keep pets because it provides them with narcissistic supply.

Even the most balanced, most mature, most psychodynamically stable of pet-owners finds such a

flood of narcissistic supply irresistible and addictive. It enhances his or her self-confidence, buttresses self esteem, regulates the sense of self-worth, and projects a complimentary image of the parent to himself or herself. It fast becomes indispensable.

The key to our determination to have pets is our wish to experience the same unconditional love that we received from our mothers, this intoxicating feeling of being adored without caveats, for what we are, with no limits, reservations, or calculations. This is the most powerful, crystallized form of narcissistic supply. It nourishes our self-love, self worth and self-confidence. It infuses us with feelings of omnipotence and omniscience. In these, and other respects, pet-ownership is a return to infancy.

More about the psychology of pet ownership <https://samvak.tripod.com/animal.html>

108.

The sentence "all cats are black" is evidently untrue even if only one cat in the whole universe were to be white. Thus, the property "being black" cannot form a part of the definition of a cat. The lesson to be learnt is that definitions must be universal. They must apply to all the members of a defined set (the set of "all cats" in our example). Let us try to define a chair. In doing so we are trying to capture the essence of being a chair, its "chairness". It is chairness that is defined – not this or that specific chair. We want to be able to identify chairness whenever and wherever we come across it. But chairness cannot be captured without somehow tackling and including the uses of a chair – what is it made for, what does it do or help to do. In other words, a definition must include an operative part, a function. In many cases the function of the Definiendum (the term defined) constitutes its meaning. The function of a vinyl record is its meaning. It has no meaning outside its function. The Definiens (the expression supplying the definition) of a vinyl record both encompasses and consists of its function or use.

Yet, can a vinyl record be defined in vacuum, without incorporating the record player in the definiens? After all, a vinyl record is an object containing audio information decoded by a record player. Without the "record player" bit, the definiens becomes ambiguous. It can fit an audio cassette, or a compact disc. So, the context is essential. A good definition includes a context, which serves to alleviate ambiguity.

Ostensibly, the more details provided in the definition – the less ambiguous it becomes. But this is not true. Actually, the more details provided the more prone is the definition to be ambiguous.

Learn how my work on [definitions](#) affected the architecture of modern computing devices - download the first report of the Enterprise Architecture Research Group <https://samvak.tripod.com/define.html>

109.

The wise know [when to stop suspecting and start trusting](#). There is a thin line separating the paranoid from the moron.

To suspect all the time is counterproductive. It inhibits and retards. It consumes scarce resources. It prevents collaboration and progress. It constricts one's life and limits it. And it impairs one's reality test. Constant vigilance is a long name for the anxiety and fears induced by stupidity and ignorance.

Paranoia is a form of grandiosity: "I am important enough to be the target of conspiracies and the epicenter of critical events." It is an element of narcissism.

At some point, you have to say: "Enough is enough. I am willing to lay a bet on this person, invest in this business, go on this trip". In hindsight it may prove to have been a wrong decision. But any decision is better than lifelong paralysis.

110.

Abandon your [comfort zone](#). Try new things. Challenge yourself. Western psychotherapies and life coaching are predicated on these romantic-individualistic ideas of life as a voyage and the client as an intrepid argonaut.

This is an extension of the psychoanalytic techniques of rendering unconscious repressed content conscious and thus liberating the patients and unleashing their potential.

But mental energy is never wasted. Repressed memories and drives are buried deep for excellent reasons. Similarly, we create the comfort zone over decades of trial and error in order to minimize anxiety and enhance performance. Hence "comfort". While in the comfort zone we feel that we are in control, less vulnerable, happier, our needs and wishes, both material and emotional, satisfied and catered to. The comfort zone is the way we structure life, what we seek and shun, habits, routines and rituals, patterned repetitive behaviors, even compulsions. Two people or more can inhabit the same comfort zone in a shared psychosis or a cult.

My comfort zone is sitting all by myself at home and writing or reading. Forever. Every other type of activity and any encounter with people - men and women - makes me anxious and depletes my energy. I don't belong. I am out of my natural habitat. Men - and especially women - sense my distress and oddity and avoid me like the plague.

Every single time I have tried to exit my comfort zone - to fall in love, to make friends, to collaborate with others, to give services, or to sell products - it ended in life-threatening heartbreaks (major depressive episodes) and in orgies of furious self-destruction.

111.

There are [two types of art](#): immersive and trigger.

Immersive art invites you into the creator's mind, provides you with privileged access and keys to his or her inner landscape and private language and thus leverages empathy and intersubjectivity to new heights. It engenders a joint theory of mind.

Immersive art is explicit and detailed. It leaves little to the imagination. It fosters resonance via immersion in alternative worlds whose contours and content are provided and controlled exclusively by the artist. The art consumer is a tourist.

In contradistinction, trigger art is sketchy and skeletal. It evokes in the art consumer associations, imagery, and psychological insight by describing usually familiar situations in a journalistic or perfunctory or abstract style.

The art consumer is left to construct his or her own work of art from his or her reactions to the trigger art. The original work of art is therefore purposefully ambiguous and equivocal.

Most modern art and some strands of modern writing are trigger art.

112.

"The [brain is like a computer](#) and the mind is like its software or a network of neurons like the Internet". How many times have you heard this comparison being made?

The brain (and, by implication, the mind) have been compared to the latest technological innovation in every generation: telegraph, phone exchange, TV, or even to a typewriter!

Such metaphors are not confined to the philosophy of neurology. Architects and mathematicians, for

instance, have lately come up with the structural concept of "tensegrity" to explain the phenomenon of life. The tendency of humans to see patterns and structures everywhere (even where there are none) is well documented and probably has its survival value.

Another trend is to discount these metaphors as erroneous, irrelevant, deceptive, and misleading. Understanding the mind is a recursive business, rife with self-reference. The entities or processes to which the brain is compared are also "brain-children", the results of "brain-storming", conceived by "minds". What is a computer, a software application, a communications network if not a (material) representation of cerebral events?

A necessary and sufficient connection surely exists between man-made things, tangible and intangible, and human minds. Even a gas pump has a "mind-correlate". It is also conceivable that representations of the "non-human" parts of the Universe exist in our minds, whether a-priori (not deriving from experience) or a-posteriori (dependent upon experience). This "correlation", "emulation", "simulation", "representation" (in short : close connection) between the "excretions", "output", "spin-offs", "products" of the human mind and the human mind itself - is a key to understanding it.

This claim is an instance of a much broader category of claims: that we can learn about the artist by his art, about a creator by his creation, and generally: about the origin by any of the derivatives, inheritors, successors, products and similes thereof.

Metaphors of the Mind <https://samvak.tripod.com/meta.html>

113.

Elon Musk. Stephen Hawking. Even Bill Gates. [Artificial Intelligence](#) (AI or, more precisely, AGI) is a threat to the continued existence of the human species and a demon recklessly rubbed out of its digital lamp.

Puerile, sensationalist, and Luddite nonsense ignored - not much is left of such dire warnings. Still, there is a core of truth to some of them.

Sigmund Freud said that we have an uncanny reaction to the inanimate. This is probably because we know that we are nothing but recursive, self aware, introspective, conscious machines. Special machines, no doubt, but machines all the same.

It was precisely to counter this wave of unease, even terror, that Isaac Asimov, the late Sci-fi writer (and scientist) invented the Three Laws of Robotics:

A robot may not injure a human being or, through inaction, allow a human being to come to harm.

A robot must obey the orders given it by human beings, except where such orders would conflict with the First Law.

A robot must protect its own existence as long as such protection does not conflict with the First or Second Laws.

Many have noticed the lack of consistency and, therefore, the inapplicability of these laws when considered together.

First, they are not derived from any coherent worldview or background. To be properly implemented and to avoid their interpretation in a potentially dangerous manner, the robots in which they are embedded must be equipped with reasonably comprehensive models of the physical universe and of human society.

Without such contexts, these laws soon lead to intractable paradoxes (experienced as a nervous breakdown by one of Asimov's robots). Conflicts are ruinous in automata based on recursive

functions (Turing machines), as all robots are. Godel pointed at one such self destructive paradox in the "Principia Mathematica", ostensibly a comprehensive and self consistent logical system. It was enough to discredit the whole magnificent edifice constructed by Russel and Whitehead over a decade.

Detailed analysis here: <https://samvak.tripod.com/robot.html>

114.

Islam is not merely a religion. It is also a state ideology & a socio-political subversive revolutionary movement. Contrary to all other revolutions, it started in cities and ended empowering the Lumpenproletariat, the outcast, & the underdog. It is all-pervasive & missionary. It permeates every aspect of social cooperation & culture. It is an organizing principle, a narrative, a philosophy, a value system, & a vade mecum. In this it resembles Confucianism &, to some extent, Hinduism. Total ideologies are both prescriptive & proscriptive: by prohibiting certain kinds of activities & types of conduct, they cohere the pent-up energies ("libido") & narcissistic needs of their adherents & channel these forces towards predetermined goals, both constructive & disruptive (or destructive). Judaism & its offspring, Christianity - though heavily involved in political affairs throughout the ages - have kept their dignified distance from such carnal matters. These are religions of "heaven" as opposed to Islam, a practical, pragmatic, hands-on, ubiquitous, "earthly" faith.

Secular religions - Democratic Liberalism, Communism, Fascism, Nazism, Socialism & other isms - are akin to Islam. They are universal, prescriptive, & total. They provide recipes, rules, & norms regarding every aspect of existence - individual, social, cultural, moral, economic, political, military, & philosophical.

At the end of the Cold War, Democratic Liberalism stood triumphant over the fresh graves of its eradicated ideological opponents (Fukuyama's premature End of History). But one state ideology, one bitter rival, one implacable opponent, one contestant for world domination, one antithesis remained: Islam (Huntington's clash of civilizations). Militant fundamentalist Islam is not a cancerous mutation of "true" Islam, but the purest expression of its nature as an imperialistic religion which demands unmitigated obedience from its followers & regards all infidels as both inferior & as avowed enemies not only of Muslims but of humanity itself.

More: <https://samvak.tripod.com/islam.html>

115.

Why We Abuse Celebrities - Interview granted to Superinteressante Magazine, Brazil.

Q. Fame & TV shows about celebrities usually have a huge audience. This is understandable: people like to see other successful people. But why people like to see celebrities being humiliated?

A. As far as their fans are concerned, celebrities fulfil two emotional functions: they provide a mythical narrative (a story that the fan can follow & identify with) & they function as blank screens onto which the fans project their dreams, hopes, fears, plans, values, & desires (wish fulfilment). The slightest deviation from these prescribed roles provokes enormous rage & makes us want to punish (humiliate) the "deviant" celebrities.

But why?

When the human foibles, vulnerabilities, & frailties of a celebrity are revealed, the fan feels humiliated, "cheated", hopeless, & "empty". To reassert his self-worth, the fan must establish his or her moral superiority over the erring & "sinful" celebrity. The fan must "teach the celebrity a lesson" and show the celebrity "who's boss". It is a primitive defense mechanism: narcissistic grandiosity. It puts the fan on equal footing with the exposed & "naked" celebrity.

Q. This taste for watching a person being humiliated has something to do with the attraction to catastrophes & tragedies?

A. There is always a sadistic pleasure & a morbid fascination in vicarious suffering. Being spared the pains & tribulations others go through makes the observer feel "chosen", secure, & virtuous. The higher celebrities rise, the harder they fall. There is something gratifying in hubris defied & punished.

Q. Do you believe the audience put themselves in the place of the reporter (when he asks something embarrassing to a celebrity) and become in some way revenged?

A. The reporter "represents" the "bloodthirsty" public. Belittling celebrities or watching their comeuppance is the modern equivalent of the gladiator rink. Gossip used to fulfil the same function & now the mass media broadcast live the slaughtering of fallen gods.

Rest of the interview: <https://samvak.tripod.com/faq19.html>

116.

Was this painted by a child? Answer: no, it is a [masterpiece](#) ("Goldfish" by Matisse, 1912). We are all acquainted with the tales - many apocryphal, some real - of how art critiques, curators, collectors and buyers were fooled into purchasing "works of art" created by monkeys. The animals "painted" by dipping their paws in pigments and running to and fro over empty canvasses.

There are numerous such striking examples of the fluidity of what constitutes art and the dubious expertise of art "professionals". There is no other masterpiece so studied, analyzed and scrutinized as Leonardo da Vinci's Mona Lisa. Yet, when it was stolen from the Louvre in Paris in 1912, forgers passed 6 replicas as the original, selling them for a fortune. The painting was rediscovered in 1915.

Henri Matisse is revered as the father of Fauvism and of modern painting in general. Yet, one of his more famous tableaux, *Le Bateau* (The Boat), hung upside down for 2 months in 1961 in the Museum of Modern Art in New York. Not one of the art critics, journalists, 116,000 visitors, or curators has noticed it.

Perhaps the most famous case of artistic misjudgment involves Vincent van Gogh whose work has hitherto fetched the highest prices ever paid in auctions. Despite his connections with leading painters, gallery owners, art professors and critics - his brother owned a successful art dealership in Paris - van Gogh sold only one piece while alive: "Red Vineyard at Arles." His brother bought it from him. By the time he died he had painted 750 canvasses and 1600 drawings.

Factoids: <https://samvak.tripod.com/factoidsindex.html>

117.

In this Trumpian age of "alternative facts", we need to ask: [Are all facts necessarily true](#)? And is the truth always factual? The surprising answers are "no" and "no". Imagine that a mad scientist has succeeded to infuse all the water in the world with a strong hallucinogen. At a given moment, all the people in the world see a huge flying saucer. What can we say about this saucer? Is it true? Is it "real"? There is little doubt that the saucer does not exist. But who is to say so? If this statement is left unsaid – does it mean that it cannot exist and, therefore, is untrue? In this case (of the illusionary flying saucer), the statement that remains unsaid is a true statement – and the statement that is uttered by millions is patently false.

Still, the argument can be made that the flying saucer did exist – though only in the minds of those who drank the contaminated water. What is this form of existence? In which sense does a hallucination "exist"? The psychophysical problem is that no causal relationship can be established

between a thought and its real life correlate, the brainwaves that accompany it. Moreover, this leads to infinite regression. If the brainwaves created the thought – who created them, who made them happen? In other words: who is it (perhaps what is it) that thinks?

Back to our opening question: What is the relationship between fact and truth? <https://samvak.tripod.com/fact.html>

118.

"If a man would follow, today, the teachings of the Old Testament, he would be a criminal. If he would strictly follow the teachings of the New, he would be insane" (Robert Ingersoll)

Is ours a post-religious world? Ask any born again Christian fundamentalist, militant Muslim, orthodox Jew, and nationalistic Hindu. Religion is on the rise, not on the wane. Eighteenth century enlightenment is besieged. Atheism, as a creed, is on the defensive.

First, we should get our terminology clear. [Atheism](#) is not the same as agnosticism which is not the same as anti-theism.

Atheism is a religion, yet another faith. It is founded on the improvable and unfalsifiable belief (universal negative) that there is no God. Agnosticism is about keeping an open mind: God may or may not exist. There is no convincing case either way. The issue can never be settled. I am an agnostic, not an atheist.

Anti-theism is militant anti-clericalism. Anti-theists regard religion as an unmitigated evil that must be eradicated to make for a better world.

One anti-theist's position: <https://samvak.tripod.com/atheism.html>

119.

[Life ends](#) with a whimper, not a bang.

Regardless of age, you know that you have reached the last station when you survey the journey and discover ineluctable patterns of self-defeat and self-destruction: no matter how hard you tried, how you varied your behavior, in different periods throughout your life, you kept imploding in identical ways. Your age and experience and environment made no difference. It was you - your essence, your hangups, your blind spots, your personality - that you carried everywhere like a dirty bomb.

The end of the line is a lonely, desolate place. There is no one there but you: no "friends", no wives, no past. It is just you and the stench of decomposition that had become your existence. It is littered with the scavenged corpses and bleached bones of hopes and dreams and plans and schemes. Your skeleton is no longer in the cupboard: you are outed as a failure and a loser, besieged by catapulted poignant memories and the wreckage of dead relationships.

Some people cry. Others ignore the signposts and trudge on, disheartened but defiant, yet others maintain their increasingly more pathetic and pitiful attempts to put up a front of indifference or even success. Contrary to received opinion, you can cheat everyone all the time - even and especially yourself.

Your mind betrays you first: a sense of overwhelming grief for the lost potentials and missed opportunities, for what could have been and now never will be. You stall, like a device singed by a surge of mournful current or bricked by that malicious hacker, your brain. Then your body succumbs: at first in a thousand little ways and then in a furious burst of pernicious, pulverizing energy.

And then the darkness.

120.

Morning coffee. A habit. In a famous experiment, students were asked to take a lemon home and to get used to it. Three days later, they were able to single out "their" lemon from a pile of rather similar ones. They seemed to have bonded. Is this the true meaning of love, bonding, coupling? Do we simply get used to other human beings, pets, or objects?

Habit forming in humans is reflexive. We change ourselves and our environment in order to attain maximum comfort and well being. It is the effort that goes into these adaptive processes that forms a habit. The habit is intended to prevent us from constant experimenting and risk taking. The greater our well being, the better we function and the longer we survive. Habits can be thought of as obsessive-compulsive rituals intended to reduce and fend off anxiety and provide cognitive closure. They also have a pronounced social function and foster bonding, attachment, and group interdependence.

Actually, when we get used to something or to someone – we get used to ourselves. In the object of the habit we see a part of our history, all the time and effort we had put into it. It is an encapsulated version of our acts, intentions, emotions and reactions. It is a mirror reflecting that part in us which formed the habit in the first place. Hence, the feeling of comfort: we really feel comfortable with our own selves through the agency of our habitual objects.

Because of this, we tend to confuse habits with identity. When asked WHO they are, most people resort to communicating their habits. They describe their work, their loved ones, their pets, their affiliations or friendships, their hobbies, their place of residence, their biography, their accomplishments, or their material possessions (Sartre calls this propensity: "bad faith.") In other words: people refer to their "derivative or secondary identity" rather than their "primary or autonomous identity", the stable sense of one's kernel of self and of one's self-worth. Surely all these externalia and paraphernalia do not constitute identity! Removing them does not change it: <https://samvak.tripod.com/habit.html>

121.

We believe that the more marked the differences between people, the more pronounced the resultant racism. White hotheads attack black folks. Liberal whites often harbour averse racism (unconscious racist attitudes). But, this is only half the truth. The ugliest manifestations of racism (up to genocide) are reserved to folks who look, act, & talk like us. The more they try to emulate and imitate us, the harder they attempt to belong, the more ferocious our rejection of them.

Freud coined the phrase "narcissism of small differences" in a paper titled "The Taboo of Virginity" that he published in 1917. Referring to earlier work by British anthropologist Ernest Crawley, he said that we reserve our most virulent emotions – aggression, hatred, envy – towards those who resemble us the most. We feel threatened not by the Other with whom we have little in common – but by the "nearly-we", who mirror and reflect us.

The "nearly-he" imperils the narcissist's selfhood & challenges his uniqueness, perfection, & superiority – the fundamentals of the narcissist's sense of self-worth. It provokes in him primitive narcissistic defences & leads him to adopt desperate measures to protect, preserve, & restore his balance. I call it the Gulliver Array of Defence Mechanisms.

The very existence of the "nearly-he" constitutes a narcissistic injury. The narcissist feels humiliated, shamed, & embarrassed not to be special after all – and he reacts with envy & aggression towards this source of frustration.

In doing so, he resorts to splitting, projection, & Projective Identification. He attributes to other people personal traits that he dislikes in himself & he forces them to behave in conformity with his expectations. In other words, the narcissist sees in others those parts of himself that he cannot

countenance and deny. He forces people around him to become him and to reflect his shameful behaviours, hidden fears, & forbidden wishes.

But how does the narcissist avoid the realisation that what he loudly decries and derides is actually part of him? <https://samvak.tripod.com/narcissismsmall.html>

122.

Social media and the devices that they run on are designed to be addictive, as many industry executives have confessed. Addiction is always punctuated by periods of withdrawal and its “cold turkey” excruciating symptoms. The correlation between all manner of addictions and suicide, or lesser self-destructive and reckless acts is well documented.

College freshmen are “overwhelmed” more than ever (41% in 2016 compared to 18% in 1985). But teens also experience performance anxiety when on social media. This is because these are competitive ecosystems where one’s social ranking is objectively determined by quantitative yardsticks, such as the number of “likes” or “friends” – and also publicly available, for all to see and opine on. Diagnosed anxiety among teens shot up 20% since 2007 and one sixth of all case are classified as “severe”. Peer pressure is ego-dystonic and is often expressed as bullying or mobbing or in other forms of aggression (such as black humor or brutal honesty). Such a toxic environment engenders a lot of destructive envy as well.

Studies show that teens nowadays are more insecure than in previous generations. They are especially concerned about their economic future. They are asocial: they prefer surfing to socializing with friends their age. Both dating and sexual activities have declined by more than 50% since 1985. Today’s teens are not used to privacy and, therefore, to intimacy. They are itinerant, peripatetic, and mature slowly (they are 3 years behind on every scale of personal development). Medically, contemporary teens are obese and have body image problems. Many more of them are on mind altering medication or drugs. These are all hallmarks of pathological narcissism. Twenge discovered that MMPI scores evince a fivefold increase in psychopathology in 2007 compared to 1938. Anxiety and depression have shot up sixfold.

Social media is amenable to mass hysteria, shared psychotic disorders (now no longer a diagnosis in the DSM 5), and the emergence of cults, including nihilistic cults, suicide cults, and death cults (such as ISIS which is a child of social media). This Proclivity is aided and abetted by two attendant phenomena: (1) Catastrophising: an end of days presentiment which is enhanced by (2) Unmooring: the profusion of fake news, truthiness, reality TV, and the narcissistic tide of anti-expertise and anti-intellectualism). Studies are unequivocal: beyond a certain level, more screen time leads to reduced levels of happiness, life satisfaction, and self-esteem and to increased manifestations of anxiety and depression. All other off-screen activities had the opposite effects: sports, interpersonal interactions, religious services, consuming legacy print and electronic media, and doing homework.

Social media reflect our values: we prefer efficiency to quality or quiddity. Ours is a quantitative world. But some things do not lend themselves to speed or quantity: family life, romance, or friendships, for example. Modern technology was invented by schizoids: asocial, asexual, somewhat autistic recluses. Businessmen then took over from the engineers and stripped the outcome of anything that stood in the way of monetizing the maximum number of eyeballs. The result is a psychogenic chimera.

The ever-diminishing size of screens (from the cinema screen to the smartwatch) tracked the atomization of our ever more anomic and narcissistic societies. In his book “Suicide”, Emile Durkheim predicted that suicide rates in anomic societies will tend to increase. Since 2010, [suicide among teens skyrocketed](#) by 31% and became the leading cause of death among people younger than

24.

Sources listed here: <https://samvak.tripod.com/suicide.html>

123.

In the 1990s, consumerism reached a breaking point: the market for consumer goods was saturated. Everyone had everything, including the middle classes in emerging economies such as India and China.

Major manufacturers and service providers came up with three strategies:

1. Incorporating obsolescence: lowering quality control and frequently changing standards so as to render devices and machines unusable. Coming up with incremental spurious "improvements" in consecutive must-have versions was a part of this strategy.

2. Fostering malignant individualism (narcissism): designing products for individual rather than multiuser utility and modifying advertising and marketing messages to reflect this new emphasis on social atomization ("you" or "I", instead of "we"). Of course, 10 individuals consume much more separately than the same 10 individuals in a collective and are far more wasteful and fad-prone.

3. Engendering addiction: products - especially digital - were designed so as to create and then maintain addictive habits, practices, and state of mind. Addiction guarantees repeated consumption.

Now the consumer industries are introducing these three toxic and fraudulent strategies in new, virgin territories such as Africa and Southeast Asia.

124.

Look at the photo. What do you see? A triangle. Ten fingers. If your mind is not in the gutter, these would be your first associations. Geometrical and mathematical.

Mathematics is the most efficient language ever invented. Why?

1. It is a universal, portable, immediately accessible language that requires no translation. This may be because mathematics somehow relates to a-priori structures in the human mind.

2. It provides high information density, akin to stenography. Just a few symbols arranged in formulas and equations account for a wealth of experiences and encapsulate numerous observations. This is because mathematics is not confined to describing what is, or what is necessarily so - it also limns what is possible, or provable.

3. Mathematics deals with patterns and laws. It can, therefore, yield predictions. Mathematics deals with forms and structures: some of these are in the material world, others merely in the mind of the mathematician.

4. Mathematics is a flexible, "open-source", responsive, and expandable language. Consider, for instance, how the introduction of the concept of the infinite and of infinite numbers was accommodated with relative ease despite the controversy and the threat this posed to the very foundations of traditional mathematics - or how mathematics ably progressed to deal with fuzziness, chaos, fractals, and uncertainty.

5. Despite its aforementioned transience, mathematics is invariant. A mathematical advance, regardless of how arcane or revolutionary, is instantly recognizable as such and can be flawlessly incorporated in the extant body of knowledge. Thus, the fluidity of mathematics does not come at the expense of its coherence and nature.

6. There is a widespread that mathematics is certain because it deals with a-priori knowledge & necessary truths and because it is aesthetic and parsimonious (like the mind of the Creator, some say).  
7. Finally, mathematics is useful: it works. It underlies modern science and technology unerringly and unfailingly. In time, all branches of mathematics, however obscure, prove to possess practical applications.

125.

No, it is not what you think. This is not an unusually delicate vagina. These are vocal cords.

We often see faces where there are none ([pareidolia](#)), discern spurious patterns and rules, hear hidden messages in vinyl records played backwards (backmasking), and, since time immemorial encounter shadow persons, spirits, fairies, demons, and ghosts.

Why do we discern forms, patterns, and order everywhere? Because this ability to reorganize our perceptions of reality into predictable moulds and sequences bestows on us untold evolutionary advantages and has an immense survival value. Consequently, we compulsively read configurations and patterns even onto completely random sets of data. The way we perceive holes and other immaterial disruptions as structured entities attests to our “addiction to order and regularity” even where there is only nothing and nothingness.

Why do we all seem to spot essentially the same forms, patterns, and evolving order? Simply because we are possessed of largely identical hardware and software: wetware, our brains. We function well on the basis of these shared perceptions. Even so, the limitations of intersubjectivity mean that we can never prove that we experience the world in the same way: observers may perceive the colour red or the sensation of pain identically or differently. We simply don't know.

Moreover: beings equipped with other types of processing units, or even different eyes (with a much faster or slower blink rate, or an extended exposure to light), or creatures which use other segments of the electromagnetic spectrum for information gathering are bound to descry the world entirely differently with none of the forms, patterns, and order that we impose on it.

126.

Her throat appears to be slit, blood oozes over her naked body, and her hands are raised in a clearly defensive posture. She is shielding her eyes from the horror. I find this painting by @navalny\_inmate revolting and without one redeeming feature. But there are those who see in it an aesthetic, or even find it arousing (“it is like she is wearing a delicate silk lingerie or lace”). Her nakedness is the ultimate vulnerability and predators would deem it irresistible. Her breasts are exquisite as are her fingers and her tongue is extended erotically.

[Aesthetic judgment](#) is never objective, but idiosyncratic: the beholder's specific psychology is critical. Aesthetic values sound strikingly like moral ones and both resemble, structurally, the laws of nature. We say that beauty is “right” (symmetric, etc.), that we “ought to” maximize beauty & this leads to the right action. Replace “beauty” with “good” in any aesthetic statement & one gets a moral statement. Moral, natural, aesthetic, & hedonistic statements are all mutually convertible. Moreover, an aesthetic experience often leads to moral action.

Works of art and beauty evoke in us associations with nature (aesthetic resonance): white marble is strongly evocative of the naked human form, for instance. The resonance is both qualitative and pertains to intensive aesthetic properties, such as texture, color, “warmth”, or shape and quantitative (as when aesthetic pieces refer to and enhance each other and yield an emergent whole.) This deeply-felt resonance may be at the heart of aesthetics' affinity with morality, especially with the “natural law”. Nature is beautiful - symmetric, elegant, and parsimonious. Aesthetics is the bridge between the functional or correct “good” and “right” - and the hedonistic “good” and “right”. Aesthetics is the first

order of the interaction between the WORLD and the MIND. Here, choice is very limited. It is not possible to "choose" something to be beautiful. It is either beautiful or it is not (regardless of the objective or subjective source of the aesthetic judgement).

More <https://samvak.tripod.com/ethics.html>

127.

Death threats have been flooding my email inbox, mobile phones, & social media since last night, when Richard released the third segment in our interminable ramblings. It is bound to get much worse as I discuss God & his love-hate relationship with the Devil.

The brouhaha is about my SARCASTIC opening statement that had I been a German worried about the purported "[Muslim invasion](#)" of my civilization, I would have preferred Adolf Hitler to Angela Merkel because at least I could rest assured that he will do away with 6 million Muslims in newly opened - or reopened - concentration camps.

Of course I meant to DISPARAGE such sick sentiments among the alt-right, white supremacy, white rights, & more rabid immigrant circles in Europe. Immigration is what kept the West alive & vibrant throughout the centuries, both economically & culturally.

Still, comparisons between European intolerance of the Jews in the 20th century & European rejection of the Muslims nowadays are spurious.

First: while Muslims had surely contributed substantially to the emergence of European medieval culture, they had nothing to do with the ethos and philosophy of modern liberal-democracy, with current scientific and technological achievements, and with modern culture, both high- and low-brow. The Jews, by comparison, have been founders of the modern world as we know it today. Muslims are true aliens to European civilization while the Jews are its fountainhead and mainspring.

Second: Nazism amounted to a resounding and brutal rejection of the values of the Enlightenment and of liberalism as reified by the Jews. Similarly, Muslim hostility towards Judaism has early roots and is manifest in numerous parts of the Qur'an and Hadith. As Jews increasingly came to symbolize modernity, Muslims, both moderate and fundamentalist, came to abhor the Jews. The establishment of the State of Israel and the Jewish prominence in the world's new superpower, the USA, only cemented these negative and sometimes murderous attitudes.

More: <https://samvak.tripod.com/europemuslims.html>

128.

The Eye and the Storm - The Photography of [Tomislav Georgiev](#)

Tom Georgiev shot me. Not literally, of course, yet, with a weapon as formidable as any gun: his camera.

The photographer's worst enemy is his ego. A good photographer needs to learn to step aside, fade, as it were, and let the confluences of imagery and circumstance do the talking through his lens. It, therefore, impressed me that Tom was willing - eager, even - to suspend his preconceptions and consider some of my ideas for locations and staging.

Tom was wide open to me, as his subject, and to the world. Throughout our session, with amazing panache and lightning speed, he incorporated into his work elements from kaleidoscopic street scenes: overpasses, railway stations, cars, peeling posters, glazed windowpanes, rickety, abandoned furniture, and even a donkey made it into his photos. He captured the essence of all these objects - their uniqueness - as well as their interconnectedness. He leveraged these instant, serendipitous, and fortuitous assets and molded them into artifacts and art pieces.

Indeed, this is Tom's forte: his ability to use angles, designs, height differentials, gradients - the shifting geometries offered by his (mostly urban) locales - to highlight and point out the quiddity of his topic and subject matter. By combining the mundane (e.g., objects such as bicycles) with the abstract, the human with the mechanic, the emotive with the geometrical, Tom succeeds to convey irony without malice, insight devoid of cynicism, sad love without bathos. He is a poet that knowingly subjects himself to the rigorous discipline of the scientist.

Confronted with Tom's photos, I am always left breathless by their implied audacity and deep penetration.

More about Tom and his work: <https://samvak.tripod.com/narcissismphotos.html>

129.

The [Supernova System](#): Explode Your Sales is a revolutionary approach to sales, marketing and advertising developed by Sam Vaknin and based on decades of studies and experiments in Behavioral Economics. The first seminar worldwide will take place at the end of November 2018 in Macedonia, sponsored by the Association of Managers of Macedonia (AMM). It will be followed by seminars in 6 other countries and then a global launch.

Over the past 20 years, the discipline of Economics has been revolutionized. We discovered that people make economic and financial decisions - including and especially purchasing decisions - based on emotions, anxieties, fears, insecurities, fantasies, cognitive fallacies and biases, and total irrationality.

This means that everything we thought we knew about sales, marketing, and advertising is largely wrong!

In this seminar, you will discover the secrets that behavioral economists are sharing only within the walls of academe: Dozens of experiments with mind-boggling results; How to use the new information on decision-making processes to explode your sales; How to foster addictive loyalty and repeat sales in your clients based on new discoveries regarding the mind of Homo economicus; How to design your sales pitch, marketing message, advertising, and routines to yield maximum outcomes; How to convert every interaction into an evidence-based sales encounter: a job interview, a marriage proposal, a product or a service on offer, a school assignment, soliciting an investment, managing your staff. The same psychological rules apply. Memorize these rules and rule your market, your business, your workplace - and your life!!!

130.

### [The Misanthrope's Manifesto](#)

The survival of the species depends on the establishment of an IQcracy, a Platonic Republic of the Intellect. At the top, serving as leaders and decision-makers, would be people with 150 IQ and higher. A high IQ, by itself, is insufficient, of course. Members of this elite of "philosopher-kings" would also have to be possessed with a high emotional quotient (EQ) and sound mental health.

The next rung in the social ladder would be comprised of those with an IQ of between 100 and 150. They will form and constitute the managerial, bureaucratic, scientific, and entrepreneurial classes. People with IQs between 80 and 100 will replenish the blue-collar skilled and trained working classes.

Unfortunates with less than 80 IQ will be confined to simple, repetitive menial jobs and denied access to healthcare and voting to achieve culling.

The unbridled growth of human populations leads to:

I. Resource depletion;

II. Environmental negative externalities;

III. A surge in violence;

IV. Reactive xenophobia (owing to migration, both legal and illegal);

V. A general dumbing-down of culture (as the absolute number of retards rises and their access to enabling technology increases); and

VI. Ochlocracy (as the mob leverages democracy to its advantage and creates anarchy followed by populist authoritarianism). The continued survival of the species demands that:

I. Eliminate the welfare state;

II. Prioritize medical treatment so as to effectively deny it to the terminally-sick, the feeble-minded; the incurably insane; those with fatal hereditary illnesses; and the very old. This will restore the mortality of the defective gene stock and improve the gene pool (eugenics);

III. Deny procreation to those with fatal hereditary illnesses, the extremely feeble-minded, and the incurably insane;

IV. Make contraception, abortion, and all other forms of family planning and population control widely available.

131.

Old [technology](#) (both me and the TV set). It started with such a big promise and led us astray, left us atomized, lonely, narcissistic, miserable, and addicted.

Modern communications and information technologies amount to a slow-motion revolt of the masses against the elites that let them down, the gods that failed them, and the discarded ideologies to which they gave their lives in vain. The very same elites, gods, and intellectual systems that brought the species to the verge of extinction; that suppressed a majority comprised of countless minorities; and that usurped the power of the people and yet failed to deliver on the well-being they had promised.

With the aid of technology, democracy was rendered ochlocracy; consumerism, materialism, and malignant individualism (narcissism) became the sole values worth fighting for; and all erstwhile elites and social institutions were made redundant or obsolete. Everything is up for grabs and for negotiation, nothing is cast in stone.

Past technology-induced social dislocations led to colonialism and global conflicts. This time around, the outcomes are ostensibly more benign: as collectives melt down, people are denied the choice to belong; as the institutions of family and marriage disintegrate, people can no longer safely love, or truly care for each other, trapped as they are in dysfunctional relationships and failed, dead-end, sexless unions. Aided by increasingly solipsistic technologies, a schizoid world emerged, where choice and, therefore, existence, have shifted from real life to cyberspace.

More: <https://samvak.tripod.com/lawtech.html>

132.

Malignant egalitarianism is threatening our existence as a species. Until about 10 years ago, people - even narcissists - had role models they sought to learn from & emulate & ideals which they aspired to. Today, everyone - never mind how unintelligent, ignorant, or unaccomplished - claim superiority or at least equality to everyone else. Armed with egalitarian equal access technology like social media, everyone virulently detest & seek to destroy or reduce to their level their betters & that which they cannot attain or equal. Pathological envy had fully substituted for learning & self-improvement. Experts, scholars, & intellectuals are scorned & threatened. Everyone is an instant polymath & an ersatz da Vinci.

This is made possible in part because we have lost our collective, institutional memory. Cyberspace is timeless: everything is simultaneous & synchronous. There is no timeline, timestamp, history.

Consider my case: People insist that I am imitating HG Tudor, that he came first. Or that I plagiarized Malignant Self-love from Ross Rosenberg. Or that I copied my work on CPTSD from Pete Walker. But my book preceded all three of them by more than 15 years!

Many tell me that I do not understand inverted, cerebral, or somatic narcissists and refer me to "experts" on all three types. Only problem: I invented all 3 concepts in 1995!

Or the repeated slander that I have no academic standing & my work is fringe. Visit this page: <https://samvak.tripod.com/mediakit.html> to witness how mainstream my work had become. I am a professor of psychology in 2 universities.

Last night I was appointed Editor in Chief of Journal of Psychology and Psychiatry Studies. I am a member of the Organizing Committees of 12 (!) international conferences in my field. My work is cited 47 times in Psychology Today alone and in well over 200 papers in all major academic journals and in 3400 (!) books. I published several academic papers only in the past 3 months alone! I am far more legit than all the other self-imputed experts on narcissistic abuse (a term that I coined in 1995).

[Return](#)

## About the Author

Sam Vaknin ( <http://samvak.tripod.com> ) is the author of Malignant Self-Love: Narcissism Revisited and After the Rain - How the West Lost the East, as well as many other books and ebooks about topics in psychology, relationships, philosophy, economics, and international affairs.

He was the Editor-in-Chief of Global Politician and served as a columnist for Central Europe Review, PopMatters, eBookWeb , and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He was the editor of mental health and Central East Europe categories in The Open Directory and Suite101.

Visit Sam's Web site at <http://www.narcissistic-abuse.com>

### Work on Narcissism

Sam Vaknin is the author of [Malignant Self Love: Narcissism Revisited](#), the pioneering work about narcissistic abuse, now in its 10<sup>th</sup> , DSM-V compatible revision

Sam Vaknin's work is quoted in well over [1000 scholarly publications](#) and in over [3000 books](#) (full list [here](#)). His [Narcissists, Psychopaths, and Abuse YouTube channel](#) and other channels garnered more than 35 million views and 155,000 subscribers.

His Web site "[Malignant Self Love - Narcissism Revisited](#)" was, for many years, an Open Directory Cool Site and is a Psych-UK recommended Site.

Sam Vaknin is a professor of psychology, but he is *not a mental health practitioner*, though he is [certified in psychological counseling techniques](#) by [Brainbench](#).

Sam Vaknin served as the editor of Mental Health Disorders categories in the [Open Directory Project](#) and on [Mentalhelp.net](#). He maintains his own Websites about [Narcissistic Personality Disorder \(NPD\)](#) and about [relationships](#) with [abusive narcissists](#) and [psychopaths here](#) and in [HealthyPlace](#).

You can find his work on many other Web sites: [Mental Health Matters](#), [Mental Health Sanctuary](#), [Mental Health Today](#), [Kathi's Mental Health Review](#) and others.

Sam Vaknin wrote a column for Bellaonline on [Narcissism and Abusive Relationships](#) and was a frequent contributor to Websites such as [Self-growth.com](#) and [Bizymoms](#) (as an [expert](#) on personality disorders).

Sam Vaknin served as the author of the Personality Disorders topic, Narcissistic Personality Disorder topic, the Verbal and Emotional Abuse topic, and the Spousal Abuse and Domestic Violence topic, all four on Suite101. He is the moderator of the Narcissistic Abuse Study List, the Toxic Relationships Study List, and other mailing lists with a total of c. 20,000 members. He also publishes a bi-weekly [Abusive Relationships Newsletter](#).

## THE AUTHOR

**Shmuel (Sam) Vaknin**

### Curriculum Vitae

Born in 1961 in Qiryat-Yam, Israel

Served in the Israeli Defence Force (1979-1982) in training and education units

Full proficiency in Hebrew and in English

#### **Education**

*1970 to 1978*

Completed nine semesters in the Technion – Israel Institute of Technology, Haifa

*1982 to 1983*

[Ph.D. in Physics and Philosophy](#) (dissertation: "[Time Asymmetry Revisited](#)") – [California Miramar University](#) (formerly: [Pacific Western University](#)), California, USA

*1982 to 1985*

Graduate of numerous courses in Finance Theory and International Trading in the UK and USA.

Certified [E-Commerce Concepts Analyst](#) by [Brainbench](#)

Certified [Financial Analyst](#) by [Brainbench](#)

Certified in [Psychological Counselling Techniques](#) by [Brainbench](#)

#### **Business Experience**

*1979 to 1983*

Commentator in Yedioth Aharonot, Ma'ariv, and Bamakhane. Published sci-fi short fiction in Fantasy 2000.

Founder and co-owner of a chain of computerized information kiosks in Tel-Aviv, Israel.

*1982 to 1985*

Senior positions with the Nessim D. Gaon Group of Companies in Geneva, Paris and New-York (NOGA and APROFIM SA):

- Chief Analyst of Edible Commodities in the Group's Headquarters
- Manager of the Research and Analysis Division
- Manager of the Data Processing Division
- Project Manager of the Nigerian Computerized Census
- Vice President in charge of RND and Advanced Technologies

– Vice President in charge of Sovereign Debt Financing

*1985 to 1986*

Represented Canadian Venture Capital Funds in Israel

*1986 to 1987*

General Manager of IPE Ltd. in London. The firm financed international multi-lateral countertrade and leasing transactions.

*1988 to 1990*

Co-founder and Director of "Mikbats-Tesuah", a portfolio management firm based in Tel-Aviv.

Activities included large-scale portfolio management, underwriting, forex trading and general financial advisory services.

*1990 to Present*

Freelance consultant to many of Israel's Blue-Chip firms, mainly on issues related to the capital markets in Israel, Canada, the UK and the USA.

Consultant to foreign RND ventures and to Governments on macro-economic matters.

Freelance journalist in various media in the United States.

*1990 to 1995*

President of the Israel chapter of the Professors World Peace Academy (PWPA) and (briefly) Israel representative of the "Washington Times".

*1993 to 1994*

Co-owner and Director of many business enterprises:

– The Omega and Energy Air-conditioning Concern

– AVP Financial Consultants

– Handiman Legal Services – Total annual turnover of the group: 10 million USD.

Co-owner, Director and Finance Manager of COSTI Ltd. – Israel's largest computerized information vendor and developer. Raised funds through a series of private placements locally in the USA, Canada and London.

*1993 to 1996*

Publisher and Editor of a Capital Markets Newsletter distributed by subscription only to dozens of subscribers countrywide.

Tried and incarcerated for 11 months for his role in an attempted takeover of Israel's Agriculture Bank involving securities fraud.

Managed the Internet and International News Department of an Israeli mass media group, "Ha-Tikshoret and Namer".

Assistant in the Law Faculty in Tel-Aviv University (to Prof. S.G. Shoham)

*1996 to 1999*

Financial consultant to leading businesses in Macedonia, Russia and the Czech Republic.

Economic commentator in "[Nova Makedonija](#)", "Dnevnik", "Makedonija Denes", "Izvestia", "Argumenti i Fakti", "The Middle East Times", "The New Presence", "Central Europe Review", and other periodicals, and in the economic programs on various channels of Macedonian Television.

Chief Lecturer in courses in Macedonia organized by the Agency of Privatization, by the Stock Exchange, and by the Ministry of Trade.

*1999 to 2002*

Economic Advisor to the Government of the Republic of Macedonia and to the Ministry of Finance.

*2001 to 2003*

Senior Business Correspondent for United Press International (UPI)

*2005 to Present*

Associate Editor and columnist, [Global Politician](#)

Founding Analyst, The Analyst Network

Contributing Writer, The American Chronicle Media Group

Expert, [Self-growth](#) and Bizymoms and contributor to [Mental Health Matters](#)

*2007 to 2008*

Columnist and analyst in "Nova Makedonija", "Fokus", and "Kapital" (Macedonian papers and newsweeklies)

*2008 to 2011*

Member of the Steering Committee for the Advancement of Healthcare in the Republic of Macedonia

Advisor to the Minister of Health of Macedonia

Seminars and lectures on economic issues in various forums in Macedonia

Contributor to CommentVision

*2011 to Present*

[Editor in Chief](#) of [Global Politician](#) and [Investment Politics](#)

Columnist in Dnevnik and Publika, [Fokus](#), and [Nova Makedonija](#) (Macedonia)

Columnist in [InfoPlus](#) and [Libertas](#)

Member [CFACT Board of Advisors](#)

Contributor to Recovering the Self

Columnist in New York Daily Sun

Teaches at [CIAPS \(Center for International and Advanced Professional Studies\)](#)

*2017 to Present*

[Visiting Professor of Psychology in Southern Federal University](#), Rostov-on-Don, Russia

### **Web and Journalistic Activities**

Author of extensive Web sites in:

- Psychology ("[Malignant Self-love: Narcissism Revisited](#)") – an Open Directory Cool Site for 8 years
- Philosophy ("[Philosophical Musings](#)")
- Economics and Geopolitics ("[World in Conflict and Transition](#)")

Owner of the [Narcissistic Abuse Study](#) List, the [Toxic Relationships](#) List, and the [Abusive Relationships Newsletter](#) (more than 8000 members)

Owner of the [Economies in Conflict and Transition Study](#) List and the [Links and Factoid Study](#) List

Editor of mental health disorders and Central and Eastern Europe categories in various Web directories (Open Directory, Search Europe, [Mentalhelp.net](#))

Editor of the Personality Disorders, Narcissistic Personality Disorder, the Verbal and Emotional Abuse, and the Spousal (Domestic) Abuse and Violence topics on Suite 101 and contributing author on [Bellaonline](#).

Columnist and commentator in "The New Presence", [United Press International \(UPI\)](#), InternetContent, eBookWeb, [PopMatters](#), [Global Politician](#), The Analyst Network, Conservative Voice, The American Chronicle Media Group, [eBookNet.org](#), and "[Central Europe Review](#)".

### **Publications and Awards**

"Managing Investment Portfolios in States of Uncertainty", Limon Publishers, Tel-Aviv, 1988

"The Gambling Industry", Limon Publishers, Tel-Aviv, 1990

"[Requesting My Loved One: Short Stories](#)", Miskal-Yedioth Aharonot, Tel-Aviv, 1997

"[The Suffering of Being Kafka](#)" (electronic book of Hebrew and English Short Fiction), Prague, 1998-2004

"The Macedonian Economy at a Crossroads – On the Way to a Healthier Economy" (dialogues with [Nikola Gruevski](#)), Skopje, 1998

"[The Exporter's Pocketbook](#)" Ministry of Trade, Republic of Macedonia, Skopje, 1999

"[Malignant Self-love: Narcissism Revisited](#)", Narcissus Publications, Prague and Skopje, 1999-2015

[The Narcissism, Psychopathy, and Abuse in Relationships Series](#) (electronic books regarding relationships with abusive narcissists and psychopaths), Prague, 1999-2015

"[After the Rain – How the West Lost the East](#)", Narcissus Publications in association with Central Europe Review/CEENMI, Prague and Skopje, 2000

[Personality Disorders Revisited](#) (electronic book about personality disorders), Prague, 2007

More than [30 e-books](#) about psychology, international affairs, business and economics, philosophy, short fiction, and reference

Winner of numerous awards, among them [Israel's Council of Culture and Art Prize for Maiden Prose](#) (1997), The Rotary Club Award for Social Studies (1976), and the Bilateral Relations Studies Award of the American Embassy in Israel (1978).

Hundreds of professional articles in all fields of finance and economics, and numerous articles dealing with geopolitical and political economic issues, published in both print and Web periodicals in many countries.

[Many appearances in the electronic and print media](#) on subjects in psychology, philosophy, and the sciences, and concerning economic matters.

Citations via Google Scholar page:

<http://scholar.google.com/citations?user=Yj7C8wOP-10J>

**Write to Me:**

[samvaknin@gmail.com](mailto:samvaknin@gmail.com)

[narcissisticabuse-owner@yahogroups.com](mailto:narcissisticabuse-owner@yahogroups.com)

**My Web Sites:**

*Economy/Politics:*

<http://ceeandbalkan.tripod.com/>

*Psychology:*

<http://www.narcissistic-abuse.com/>

*Philosophy:*

<http://philosophos.tripod.com/>

*Poetry:*

<http://samvak.tripod.com/contents.html>

*Fiction:*

<http://samvak.tripod.com/sipurim.html>

**Follow my work on NARCISSISTS and PSYCHOPATHS**

**As well as commentaries on international affairs and economics**

**My work in Psychology:** Media Kit and Press Room

<http://www.narcissistic-abuse.com/mediakit.html>

**Biography and Resume**

<http://www.narcissistic-abuse.com/cv.html>

Be my friend on **Facebook**:

<http://www.facebook.com/samvaknin>

<https://www.facebook.com/narcissismwithvaknin/> (personal page)

Subscribe to my **YouTube** channel (620+ videos about narcissists and psychopaths and abuse in relationships):

<http://www.youtube.com/samvaknin>

<https://www.youtube.com/user/samvaknin/community> (Community)

Follow me on **Instagram**:

<https://www.instagram.com/narcissismwithvaknin/> (active)

<https://www.instagram.com/vakninsamnarcissist/> (archive)

Read my **Blog**:

<http://narcissistpsychopathabuse.blogspot.mk>

<http://narcissistpsychopathabuse.blogspot.com>

Subscribe to my **other YouTube channel** (200+ videos about international affairs, economics, and philosophy):

<http://www.youtube.com/vakninmusings>

You may also join **Malignant Self-love: Narcissism Revisited on Facebook**:

<http://www.facebook.com/pages/Malignant-Self-Love-Narcissism-Revisited/50634038043> or  
<https://www.facebook.com/NarcissusPublications>

<http://www.facebook.com/narcissistpsychopathabuse>

Follow me on **LinkedIn, Twitter, MySpace, Pinterest, Tumblr, Minds, and Ello:**

<http://www.linkedin.com/in/samvaknin>

<http://www.twitter.com/samvaknin>

<http://www.myspace.com/samvaknin>

<http://pinterest.com/samvaknin/the-psychopathic-narcissist-and-his-world/>

<http://narcissistpsychopath-abuse.tumblr.com/>

<https://www.minds.com/samvaknin>

<https://ello.co/malignantselflove>

<https://ello.co/samvaknin>

Subscribe to my **Scribd** page: dozens of books for download at no cost to you!

<http://www.scribd.com/samvaknin>

**Zadanliran** is following my work as well:

<http://www.scribd.com/zadanliran>

## **Additional Resources**

### **Testimonials and Additional Resources**

You can read hundreds of Readers' Reviews at the Barnes and Noble, and Amazon Web pages dedicated to "Malignant Self-love" - HERE:

<https://www.amazon.com/dp/1983208175> (Amazon US)

<https://www.amazon.co.uk/dp/1983208175> (Amazon UK)

**Participate in discussions about Abusive Relationships:**

<http://www.runboard.com/bnarcissisticabuserecovery>

<http://thepsychopath.freeforums.org/>

**Abusive Relationships Newsletters**

<http://groups.google.com/group/narcissisticabuse/>

<https://groups.google.com/g/narcissistic-personality-disorder>

*Abused? Stalked? Harassed? Bullied? Victimized?  
Afraid? Confused? Need HELP? DO SOMETHING ABOUT IT!  
You OWE IT to yourself and to YOUR LOVED ONES!*

Brought up by a Narcissistic Parent?  
Married to a Narcissist – or Divorcing One?  
Afraid your Children will turn out to be the same?  
Want to cope with this pernicious, baffling condition?

OR

Are You a Narcissist – or suspect that you are one...  
These books and video lectures will teach you how to...  
Cope, Survive, and Protect Your Loved Ones!

We offer you four types of products:

- I. **"Malignant Self-love: Narcissism Revisited"** (the print edition);
- II. **E-books** (electronic files to be read on a computer, laptop, Nook, or Kindle e-reader devices, or on a smartphone);
- III. **Cold Therapy** video lectures; and
- IV. **Counselling** with Sam Vaknin or Lidija Rangelovska (or both)

**Find and Buy MOST of my BOOKS and eBOOKS in My Amazon Store:**

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

## **I. PRINT EDITION**

Copies **signed** and **dedicated** by the Author (use only this link!):

[http://www.amazon.com/gp/product/8023833847/ref=cm\\_sw\\_r\\_tw\\_myi?m=A2IY3GUWWKHV9B](http://www.amazon.com/gp/product/8023833847/ref=cm_sw_r_tw_myi?m=A2IY3GUWWKHV9B)

## **From the PUBLISHER**

"Malignant Self-love: Narcissism Revisited" is now available also from the publisher (more expensive, but includes a bonus pack):

<http://www.narcissistic-abuse.com/thebook.html>

## **From AMAZON.COM**

To purchase from Amazon use this link:

<http://www.amazon.com/Malignant-Self-Love-Narcissism-Sam-Vaknin/dp/8023833847>

## **II. ELECTRONIC BOOKS (e-Books)**

### **From KINDLE (AMAZON)**

Kindle Books about Narcissists, Psychopaths, and Abusive Relationships – use these links:

[http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?\\_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank) (Amazon USA)

[http://www.amazon.co.uk/s/ref=ntt\\_athr\\_dp\\_sr\\_1?\\_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank](http://www.amazon.co.uk/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank) (Amazon UK)

**BUY SIXTEEN e-books about toxic relationships with narcissists and psychopaths - and get the PDF versions of ALL 16 books plus a huge bonus pack FREE!**

Use either of these links and send the proof of purchase via email to [samvaknin@gmail.com](mailto:samvaknin@gmail.com) to receive the PDFs and Bonus Pack:

<https://www.amazon.com/dp/B07FK6316T> (Amazon USA)

<https://www.amazon.co.uk/dp/B07FK6316T> (Amazon UK)

## **III. Cold Therapy Seminar on DVDs**

<http://www.narcissistic-abuse.com/ctcounsel.html>

## **IV. Counselling with Sam Vaknin or Lidija Rangelovska (or both)**

<http://www.narcissistic-abuse.com/ctcounsel.html>

**Free excerpts** from the EIGHTH, Revised Impression of "Malignant Self-love: Narcissism Revisited" are available as well as a **NEW EDITION of the Narcissism Book of Quotes**.

Use this link to download the files:

<http://www.narcissistic-abuse.com/freebooks.html>

**Download Free Electronic Books** on this link:

<http://www.narcissistic-abuse.com/freebooks.html>