Carol Allen: I am starting, welcome everyone to Love Is in The Stars. I am your host Carol Allen, your seriously grateful host and I am thrilled that people are joining us live, and I know some of you will be listening to this in the next couple of days on a recording and you are welcomed too we just won’t be able to actually speak with you. I can be found at Loveisinthestars.com of course and you can also get a free book at Rightmanreport.com. But tonight I'm really really excited I've done a lot of interviews over the years and I've been blessed to meet incredible exceptional people, I got to tell you any of you who think "oh all these internet marketers all they care about is making money and all these people coaching and offering programs all they care about is themselves" Oh no no no all the people I have met who are in the self-help world and who are working at the level of my guest tonight they are all just the most salt of the earth human beings who are utterly thrilled to be impacting lives for the better and who never tired of it, and who ceaselessly, overwhelmingly give of themselves and if you think any of us are getting rich doing this Oh think again [laughter] but I won’t bore you with that side of things. So tonight we are going to talk about something so so important and you all know which is why you’re all here. The topic of narcissism and sadly narcissist can be some of the most compelling, attractive, charming, luring people alive. They can also have a lot of really great qualities they can also be enormously astrologically compatible with you, so you can easily find yourself living with one, married to one, the daughter or son of one and I wish that this only hurt woman but narcissist can be of any gender of any economic status can be of any religion of any race of any walk of life. It’s one of the most baffling, confounding, powerful, painful things to love one. Because they absolutely cannot love back in the way that we all need and they cannot understand others beyond their own limitations they absolutely cannot, they cannot comprehend their impact on you, they cannot understand what you're talking about when you reflect how they affect you back to them and they cannot be held accountable and they cannot take responsibility the way normal people can. they are really dangerous so with us tonight is a woman has loved them and lived to tell about it and who has found incredible ways way beyond normal paths of how to heal and how to come back from the damage of a narcissist, I am so so thrilled to have her with us so tonight please welcome all the way from the future she is calling us from tomorrow because she is all the way in Australia, Welcome Melanie Tonia Evans. Hello Melanie

Melanie: Thank you for having me on and I am so excited to be here.

Carol: Well, I understand you have a radio show, so you are an old hat at this.

Melanie: Yes, well like you I've done a bit, but it’s always nice to be on the other side. I love that.

Carol: Well it’s a little bit less stressful, for sure. I just told everyone a little bit of a teaser about you that you have experience narcissism first hand and you have loved people with this very sad personality disorder. Before we dig into the most exciting point which is of course the solution side of things. Will you first of all explain what narcissism actually is, for anyone who just thinks it’s somebody that's selfish and then will you tell us your story and how you came to be the expert that you are today.

Melanie: Yes, absolutely. You’re right Carol, a lot of people do think narcissism is just somebody that is selfish and inflated and full of themselves but it just.

Carol: And with just a little therapy they will be all better

Melanie: well yeah, and what the standard explanation about narcissism which is the DSM-5 is it actually really I believe incredibly loaded and it’s nowhere near specific enough and with my interpretation really its somebody with narcissistic personality disorder, just to differentiate it can be people that can be people you know, selfish and even unconscious and even childishly react. I mean we can all do that when our egos are triggered. But what we are really talking about is narcissistic personality disorder and these are the pretty stock, standard parts of it, absolutely pathologically lying another really big thing is taking umbrage that strikes that health mature adults just don't get upset about and really the whole Jackal Hyde thing being loving and adoring one minute and then absolutely you’re the worst enemy on a hairline trigger and not pertain to they have that, they really , they have that and they pull it out of the archives, stuff, on things that you fought three months ago, that will be pulled out and really used and often that's a very tit and tat thing you’re really taking a stand about things that aren’t  right and then all of the sudden everything get turned around and it’s what you  had on the table is no longer even relevant, you just hanging yourself form something that’s not...

Carol: Okay, you just said a huge one, so when you try to speak with them about a concern they somehow twist everything your saying and turn it all around and make it all your fault so instead of clearing up the issue you’re trying to clear up, they are now tearing you down, is that what you said?

Melanie: I'm saying specific defense mechanisms that a narcissist will commonly use

Carol: Eighteen defense mechanisms

Melanie: I know and I can’t go into all of them, maybe if I touch on the most prevalent the most common ones that narcissist will do.

Carol: Oh please, yes, please do.

Melanie: Right, ok. Well there is avoidance, which is refusing to recognize or acknowledge that you think it real or important, so they will minimalize it. And then there is absolutely excuses There’s going to be stories or reasons for the behavior that are not genuine or valid excuses, what happens is you actually start feeling like your trying to. . .  to an angry five-year-old and that common basic behavior. So, you’re going to get like a false apology which is like, you know “Oh sorry" which is not genuine and you know it’s not. There is ignorance which can be really, like feel crazy, like claiming you never said that, that was never discussed, a big one. Third probably allies is another one, it like well somebody said or I’ve been talking to so and so at work and it could be or you were saying doing ... Huge warning sign. Projection blaming you for everything that he or she thinks or does, so it’s like well you say this, hang on a minute, no you do that, you’re the one that. There is denial, stating that it was actually incidents in your past and your fears and your insecurity which is causing you to make these accusations. Entitlement, it’s amazing that you recognize the pulpy of these things that they actually do and start focusing on the negative or they can actually say that you're such a negative person and you’re always looking for the conspiracy theory in your conversation, or what they can do is actually use, throwing a comment it’s called triggering, they'll use a comment which is related or unrelated to the incident to insight you to anger and be able to shift the blame and the tit and that is a really big one, that a really huge narcissistic trait is that they will say, they’ll have to come back with something, you can be leaving, you could be done, it could be over and the narcissist will bring up something let’s say, well you know I am not happy about this either and for the last three weeks I’ve been thinking I’m about to leave.

Carol: Oh my god! No Way! Ok huge! It’s like, oh you can’t break up with me I was already breaking up with you, look! I just called my lawyer yesterday, and it’s their bankruptcy attorney it’s not the divorce attorney.

Melanie: Exactly, well some of them will shut down and just not have the conversation or they'll abandon the thing but what’s really consistent with narcissist is insidiously they have an incredible ability to work out your gap, they’ll actually work out what pushes your button and what emotionally derails you the most effectively.

Carol: Those are the exact things that is your thing basically. But like that third party thing that would be my thing [laughter] oh but I was talking with Joe and he thinks your also over bearing, that is like crazy scary or the I don’t do that you do that you need to look at that. So many of us are always trying to take on so much responsibility and trying to be the best we can that if somebody said, oh wow I think maybe that’s you projecting, I could see that stopping so many of us in our tracks. Then we have all that self-doubt that comes up, oh wow maybe it is me maybe I am projecting.

Melanie: Massively, and a person narcissist has worked out what the shake in your arm is, what’s the thing that's going to really confuse you and throw you into your own old unresolved stuff, you feel like head is spinning and the consistent pain it’s not right and the people are so confused. And you can actually hear narcissistic abuse in one conversation the level of confusion and maybe they have a point and maybe I don't do this and I don't do that, the thing is most people that get with narcissist are really good people they have lots of really lovely high integrity and its actually really quite easy to get them into thinking they might be doing the wrong thing.

Carol: It’s really interesting some of the comments when I posted about this on Facebook, some of the comments implied that its more commonly me that are narcissist which of course is not true, but I  think what is true is that it’s harder for women because of estrogen, I think we  do fall victim a little more to it because we are already built a designed to be people pleaser and we are already culturally raised to be people pleasers more than men and then we get so bonded physically, we need one third the touch that men need to be physically bonded to someone, do you notice Melanie in your work-- I'm so sorry because I still want to hear your back story and  learn a little bit more about you. But do you notice that it is more women that are impacted the most.

Melanie: Yeah, 25% of my community, are men that are on the narcissist recovery program.

Carol: I just want to repeat that because you are a little bit hard to hear. So, Ladies she said a mouthful okay, she said 25% of her community is men but 75% of that is women. Now how much do you think of that is that women ask for help and men don’t ask for help, men power through and are sort of stoic.

Melanie: Absolutely, that’s a factor

Carol: Okay, interesting, and is it easier to help men or women. Which group is easier to help you think?

Melanie: that’s such an awesome question, just I want to backtrack a little bit about what you said, how woman it’s more difficult I have seen horrendous male situations and I definitely don’t want to minimalize what men have been through.

Carol: Same here, I know so many lovely men that had cheating awful, lying wives that just breaks your heart.

Melanie: Woman, see what I work with is really about getting into the deep DNA subconscious programing that men just are up in stuff and with women we have survival programs that are very, very powerful, I’ve met the most accomplished incredible, beautiful, financially generative women that have had the deep generational in a belief that without a man I’m not going to survive. And it’s not until they actually get fine and cleaned and released to that level that, that woman can actually stand on her own two feet feeling like a genuinely ...of her life, so it’s very, very subconsciously programmed for her to stay connected to a man and these programs are one of the hugest reasons why women get involved with narcissist.

Carol: You said something so huge, you said basically you see this happen a lot to otherwise very powerful, successful women. I think we've publically seen this a lot in the case for example Sandra Bullock, this incredible, talented, gorgeous, wealth, amazing woman who trotted her husband all over every award show and called him her rock and her better half, and a week later it came out just how much he was cheating and lying. I think we all have this idea that Oh if you’re with a narcissist or oh if you’re with somebody really with this personality disorder is because you are a fool and you aren't very bright and you are co-dependent and you have low self -esteem, right? It can really be like being hit by an avalanche, it can have nothing to do with how effective you are with the rest of your life or how smart and savvy you are with the rest of your life, and like you Melanie you are extremely smart and savvy.

Melanie: Thank you

Carol: So, will you tell us, I started by asking this and I still want to hear it, before we get back into all the great stuff you said like uncovering the subconscious belief and addressing the subconscious belief and all that will you tell us your story, so that people know why you have so much credibility as you do.

Melanie: Sure, I never knew that I was going to be an NPD expert and healer when I grew up certainty not a professional. How it all happen to me is I was in a narcissistic relationship from 2001-2005, I lived with a man that when I met him I was 35 and I was swept off my feet and I was swept down the aisle within four months and I've never been married before so I really believed that I finally met the love of my life and I believed that he was the man of my dreams and they were warning signs absolutely but I was determined that they were not going to ruin my version of this incredibly, handsome capable , charismatic, adoring terrific man who had all the same values all the same visions as me, and how amazing this marriage was going to me. Then it really didn't take so long, even within the first year I don't even know how I lasted with that, I found myself in a relationship like nothing I had ever experienced, and I had quite a few relationships before but this was just like being in a twilight zone. I found myself staying and tolerating things that I never thought I would and he was like many narcissists he was abusive on many levels, he was criminally minded he was dealing strictly with some people, he was insanely jealous.

Carol: Your story is amazing; I am just going to briefly say what you just said. She met a man and within four months she was walking down the aisle, he utterly swept her off her feet, they had everything seemingly in common he was handsome and charming and before she knew she was in a relationship like she had never been in before and you had a lot of experience. What was he doing? What was going on?

Melanie: Well he was really criminally minded and made excuses for that.

Carol: What does that mean criminally minded? What was he doing?

Melanie: He used to be mixed in business that was just really dodgy.

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Carol: So he had horrible ethics, poor value.

Melanie: Absolutely, he was insanely jealous and that just couldn’t be pleased it couldn’t be soothed he was a pathological liar, he was incredibly manipulator, and he was also very calculating and cruel. So, if he felt that he’d been, if I snubbed him or if I hurt his feelings, which was a hairline trigger. The responsive and reactions to that were way above normal.

Carol: So, his responsive were not right sized he had these really disproportionate reactions to things.

Melanie: hugely and one of the things that he did was he faked a serious and a terminal cancer condition, which was used to immobilize me.

Carol: Okay, hold up, he faked having cancer he pretended having cancer?

Melanie: Yes

Carol: Oh my god Melanie! Oh My God.

Melanie:  He did that really expertly, that would be a two-hour conversation of things he did me like that to look real, incredible.

Carol: Wow, this is like a dateline episode. I'm so glad you didn't end up at the bottom of a river.

Melanie: Yeah, it’s pretty crazy. It took me actually two years to work that out but I finally did.

Carol: So, for two years you thought he had cancer.

Melanie: Yeah I thought he was dying of and on. It was crazy and you know I'm a pretty smart girl. The bottom line is I was so hooked on my version of him that I wanted him to be. He was so smart and capable and the thing was he could be like the narcissist so so loving and warm and demonstrative and generous but there were times where I just thought, and there were times where he would actually do the narcissistic version of I'm sorry and I'll never do it again and I love you and I can’t believe I am doing this to you, and narcissist will do that. the bottom line was I had no idea for a long time I didn’t even know what narcissism was I didn’t know about NPD I just thought I was losing my mind really, and incredibly hooked to the point where--and that I couldn’t work pout because that didn’t make sense. I’ve always been able to leave a relationship in the past that did a one onehundredth of the behavior that he did, because it did end up violent it was emotionally violent, physically violent I was threatened, he threatened to burn my clothes, he would disable my car, he would steal my car keys so I couldn’t get out of my house, I had to crawl out windows and have a girlfriend rescue me from around the corner. Just the craziest things.

Carol Oh my god bless you, for anyone listening who between her accent and some of our technology challenges. She basically said the scariest stuff you've ever heard of this is like that sleeping with the enemy movie. He was insanely jealous, he was unethical in business, he was a total Dr. Jackal and Mr. Hyde, he stocked you he would hide your keys, he lied and said he was dying of cancer. I can’t even stand it, obviously I have read your story and he said he would do thing that previously you would have left with one onehundredth of the things he was doing. Why is it so hard to leave a narcissist? Because I wish I didn't hear that a lot but I hear that a lot. Woman who would have effortlessly left another guy who did even one of these things can’t leave the guy that does the hundreds of these things. What is that? What’s going on with that?

Melanie: Okay there is a few reasons to that and the ultimate reason is because the narcissist is actually reflecting and hitting and hawking you at every un-shield. Part within yourself that was previously unconscious. Now if we take up a couple of levels to a more surface level scene that’s the true reason and that's exactly what my philosophy is about its about feeling the true reason rather than just trying to work at the surface level

Carol: Your story is so beautiful because you said you kept going back and back even after you got a divorce, so you consciously knew. I can’t say this man is sick, I’m going to get a divorce, but you were reasonable and logical about it but there was this emotional part of you that kept going back and back and you became a liar. You would lie to your friends, you would sneak to see him and one day you actually got to the point where you were so disturbed that you had a complete breakdown. Would you talk about that?

Melanie: Yeah, previous to that happening I had been seeing a personality disorder specialist and she told me that there were four possibilities on how these relationships would end up. One would be he'd kill me, the other would be I’d kill him, the other would be suicide or I’ll have a complete psychotic breakdown and when I asked her about what does that mean I really had no idea what a psychotic breakdown would mean, so I knew logically I knew, I already sold my soul to the devil there was emotional drive within me that I had no control over I could not stop. I've had people that I worked with that have been on crack and heroin and they've actually told me that an addiction to a narcissist is even worse. I've lived it and that's why we need much better solutions to heal from it. So, what happen is absolutely I was hooked and my life, everything was falling to pieces. At the time just before I had my breakdown I was 81 pounds, my hair had fallen out in clumps, I was minute to minute suicidal, I couldn't eat, couldn't sleep I sweat, I shook and being stocked and threaten with every part of my life with thing falling apart because I tried to leave and stay away, I was horrifically addicted, I keep seeing him , I’ll still make contact and eventually what happen, the inevitable happen its was always going to happen, I had a complete psychotic breakdown, and when I had that breakdown I was told by medical experts, I was gone and I was given a shot of Valium so people could communicate with me, and I was told that I would need anti psychotics and that I had just terrible adrenal malfunction...

Carol: I just want to repeat what you said just in case anyone can’t hear because it’s so huge. She was down to 81 pounds, her adrenal glands had given out, she was told she needed to be on Valium and she needed to be on anti-psychotic medication. So you were hospitalized.

Melanie: Yeah

Carol: You were already working with a therapist and you were already working with a specialist in personality disorders even working with an expert, even being in therapy with very educated experienced practitioner, you would go back and go back and you couldn’t break the cycle of abuse and you know what strikes me about your story is your guy was so obvious right. Your guy was extremely obvious the thing that I think is even scarier is like the guy that was in my family. In my family one of my cousins was married to a man who didn’t lie and who wasn’t insanely jealous and who was pretty solid in a lot of ways but  what was confusing about him was, whenever they would have a disagreement which was inevitable in lie, whenever they would have a day to day problem he could never validate her, he could never hear her side, he could never understand her point of view and whenever something big happen for her , like a promotion or a big opportunity or something going really well for her his insecurities would make him cause a drama, right. He would pull focus away from her and he would do it by, having a car accident the day she got her dream job or having an affair when her mother was sick, he would always pull focus back to him, so he was even scarier in a way, even though your guy is like right out of the movies and right out of a dateline episode. Most of us aren’t going to run into a completely evil narcissist on steroids like that. What we’re going to run into is somebody who a lot of the times seems really normal and who will say “oh babe no problem go be with your friends” or “go on that vacation” or “oh I’m so proud of you, I’m so happy for you let me help you with that dream of yours” that was what my cousins husband was like, let me help you. He totally seemed supportive but when it really counted when she really needed him he wasn’t and whenever she needed to say no to him cause it’s something they didn’t see eye to eye on, whenever she couldn’t agree he would make her pay. Those I think are the much more run of the mill, gone in writing narcissist. A lot of people that have enough narcissisms to be incapable of partnering are not lying that their dying and are not stealing and are not cheating. But their just constantly under minding your needs and constantly making you feel like your point of view isn’t the correct one and what your basic fundamental needs aren’t valid, those men or partners, thy could be women too. Can in a way be worse because when they tell you, your too high maintenance or what you’re asking for isn’t fair, you can’t say to yourself what I’m I crazy this guy is such a liar. In a way it can be almost more insidious because it’s harder to see it’s less obvious. They say it takes nine months to three years to really know someone and to really know you can trust someone. Are there things before we have fallen in love walked down the aisle given our heart bonded sexually, are there things on early date or on early interactions we can look for? Do you have advice about that?

Melanie: What you’re really talking about with people like that, they are unconscious there under developed, there selfish and they don’t want to expand or transcend where they’ve been. And they are unavailable to love. NPD what we are really really talking about-- and of course that devastating and it’s horrible and its awful it really is-- NPD what we are really really talking about is a highly traumatizing experience, which leaves people with complicated post-traumatic stress disorder usually for the rest of their lives if they don’t know how to heal it properly. Sorry, what was the other part of the question?

Carol: So the other part since it takes nine months to three years to know someone. What are signs to look for?

Melanie: When we are really talking about NPD were really talking about somebody that there are subtle things, often they’ll really want to bring the contestation back to themselves because their ego needs to be fed. That’s really one of the warning signs and they are going to want to be the center of attention or if they can’t they are going to sit back and they can even be a little bit sulky and a little bit sour, and then if they’ve decided that you’re a target they might want to isolate you later and also true narcissist will really, a good one, will ask questions to find out, to really find out what lights up your fire. What are the things that you want to hear and is very, very clever at doing that so narcissist can traditionally be incredibly charming, so they are going to come at you with everything you want to hear you know they really going to appeal to your ego.

Carol: but it’s such a great question on a first date if somebody says to you, what really lights you up? Like what really lights your fire? We want to be asked those questions so that’s really interesting. My favorite part of your very upsetting story is there you are in the hospital, 81 pounds, no adrenal gland function, having a psychotic break, they want to put you on intense medications, you were able to find your own way out and to heal yourself and to cut off all contact. Now, what is your advice for anybody listening because a lot of these questions in my Q&A, that I want to get to, a lot of people are in thing like this and they are wanting to know, when do you know it’s really NPD, Narcissistic personality disorder? Where is the line between what you said Oh those are people that are selfish, and they don’t want to grow beyond where they are, and they are a little sensitive and defensive. Where is the line between that person and the really dangerous really traumatizing person, the person who is going to gasp at you and say what do you mean it’s up, it not up its down. What do you mean is tree, that’s not a tree that a flower.

Melanie: That’s right, so the line really is, somebody with NPD is a pathological liar, and they are absolutely capable of malicious acts that a normal rational person simply could never do. I think we’ve all got a line, right? We’ve got a line we’ve got a conscious and we can go unconscious and childish and even a bit nasty if we got our very young wing triggered. We become childish and immature but there is a point, after that when you pull back and you say, you know what and say I was a little bit harsh or I was out of line, I was a little bit inappropriate I’m really sorry about that, we’ve got that level. Whereas a narcissist can’t, they can fane it, but that won’t even happen for a long time. They cannot be accountable, they cannot take responsibility, if you push for it, if you go for it they will up the ante, the punishment will get even worse, because what your doing is your challenging their whole self, your saying there is something wrong with you and unless you feed back to me my significant then I will have to punish you. Now that’s NPD

Carol: Well of course narcissistic personality disorder is named from Narcissus which is a Greek man. Which is a man named Narcissus who fell in live with his own reflection and in water, in a lake, he fell in love with his own reflection. So what they want form you is to reflect back to them their beauty, interesting, and if you don’t do that they make you pay. Because they have an emptiness inside.

Melanie: there is an awful emptiness inside, it’s really very tragic, and when we get passed and healing we can really have compassion because it’s horrible. What’s happen to a narcissist is genuinely as a young child they’ve experienced enough abandonment or abuse that they killed off their true self there in a bang, they say well this doesn’t work, this doesn’t get me safety, its unlovable its unworthy, and they completely divorce their inner self, and they create a fictions character in its place. That fictitious character is a pathological false self that can never hold, cause it’s a false self-it’s not real, it can’t hold energy it can’t hold wellbeing, it can’t hold`, self-love or self-acceptance, or solidness, or wholeness. SO it has to completely feed from the outside world to get the evidence that I exists that I am significant and its bottomless pit. Ultimately, narcissism is a cancer it’s a parasite, it’s going to run a mock, at what it always does, is not just destroy its environment it actually destroys its host. the life of a narcissist is not, no matter what they get, who they go out with, who they have sex with, what car, what house, what win they get, it is never enough it is all just a temporary self-medication to get away from the screaming, inner wounds, of this black deep pool of I am useless, worthless and I don’t deserve to exist. That’s what all narcissist feel like, when they are left alone with themselves.

Carol: It’s so interesting because if you read the whole story of Narcissus, he actually kills himself. It’s the same thing. So you figured out what you needed to do and you did it, and you were able to, you actually figured out an amazing thing and it blew me away when I read this. You figured out that you’re pain and your trauma actually had nothing to do with him. That blew me away when you said that because he of course was your torture, he was torturing you but he was only able to because of things going on with in you. Will you talk about that because this is obviously the crocks of your work? And it’s so exciting because what that means ladies `listening, is that means you hold the key to your healing and you’re way out. Please, please, please what can anybody do who’s been in this situation, who is in this situation?

Melanie: Initially it was an awakening `and I just really want to share that. It’s the whole reason I am talking today, it really is. After I had that horrible diagnosis and then I was actually released and I went home and I had to go back to an appointment in the morning to discuss my full anti-psychotic. I knew that if I go down that track, I just intuitively knew I never come back from that, I was on my bathroom floor at my house and I was defeated, and at that time I had no rational mind left, there was nothing left to hang on to, I had nothing outside of myself to save me I’d been isolated, my family had all left me, my friends my associates had run for the hills, id lost property I'd lost money, I’d lost everything. There was no way id know I was going to be able to carry on as normal in my life and I knew at that point there was nowhere to go, I had nowhere to go. I had the choice leave the planet or surrender, and literally surrendered and when I did that everything within me collapsed, and I asked god to step in because I just could not do life anymore. I really didn’t do it to be saved Carol I really hit the bathroom floor because there was nowhere else to go. And what happen was just incredible and maybe I had to be completely out of my mind for this to happen, what happen is I had an awakening and it was like my head parted and everything got sucked out of it. I was an intense victim up to then.  What replaced it in a second was this download of this just incredible knowing that was like, I know that I know that I know, and what happen when this clarity filled me, I knew the truth because there was no missing it. I’ve never actually known anything so clearly in my life, I knew that in that moment point blank, that I’ve been assigning people all of my life to give me myself and I’ve never been a true force of loving and accepting myself. The narcissist did become completely irrelevant because it wasn’t about him it became all about me. And I realized that this wasn’t about what had happen to me it was about why this had happened to me.

Carol: I have to repeat what you just said in case anybody, if anybody is having just the little bit of problem, even though you sound so much better, what you just said was so huge, you said you had a spiritual awakening on your bathroom floor when you prayed you said god please help me or please come in and you literally felt like your head split open and this whole download came in an d in a flash you saw that your whole life you had been looking outside of yourself for yourself, you had been looking for others to reveal to you yourself and that had never given yourself the acceptance and love that you needed, you had never self-generated that for yourself and that was actually what you need to do, and that your experience with him was to just make that so incredibly clear but it really had nothing to do with him anymore it was all about loving yourself. Did I say that right?

Melanie: Yeah, and that might sound pretty surface but it gets deeper, when I had that awakening, I mean that’s big but it gets bigger. More awareness just kept exploding up into my consciousness, it’s actually never stopped, and it just keeps going, I realized he was only a symptom that had showed up on my own disconnected trajectory to myself. I realized he was a symptom...

Carol: She said her own disconnected trajectory with herself that is amazing, so he was a symptom.

Melanie: And if he hadn’t turned up in my life somebody else would have needed to. To fully show, to play the role he needed to play, I realized, there was so much, but there were really big things I realized very quickly and one was that I realized the way that I’ve always been so hard on myself. I constantly all of my life demanded more and more self-perfection, was identical to the way he treated me, telling me I was never good enough. I realized the lack of time that I spent my entire life getting to deeply know, connect, sooth, heal or build trust and love with myself completely match the absolute emotional abandonment and the insane allegations I experienced with him. Because I screamed at him so many times you don’t even know who I am, now who really didn’t know who I was, I didn’t, I never self-partnered.

Carol: So you had an inner mean girl run amuck, is what you’re telling me. Sadly, Melanie, and I know you know this, because you do this work with people now. Everyone I’ve ever talk to has an inner mean girl or an inner mean bully run amuck. I am listening intently because this is huge.

Melanie: It’s one of the sure fire ways that we can end up with a narcissist, people reflecting back towards, even in a greater, in a billboard fashion what we’ve got gong, running on within ourselves. People can get really sort of bent out of shape and say well you know you’re saying I attracted a narcissist because I’m a really bad person, I’m like them. No, I’m not saying that at all what I am saying is that it doesn’t mean were bad people it means we’ve been really bad to ourselves and why are we really bad to ourselves. The answer is really simple, because our world and our role models have taught us that we are the last person that we should give our own love, devotion, and attention to. This journey taught me profoundly how totally screwed up that is. So what happen from there, this profound awakening. I was feeling dire stress, don’t get me wrong. I had a lot of work to do I had a complete psychotic breakdown, I was 81 pounds, my hair had fallen out in clumps. I couldn’t function as a normal human being. I sweated, I shook, I couldn’t eat, I had this amazing awakening but I still wasn’t well. But I did know, I was able to do no contact for the first time, because it wasn’t even about him anymore. No contact was easy but then I was left with I got to heal this, right. What was outstanding was the next day when I went in for my appointment I talked my way out of the anti-psychotics and being institutionalized. I don’t even know how that happen, I actually, I don’t know it was just meant to happen.  It was pretty much and impossibility but it happens. Then I was on this incredible journey, I knew I had to heal from the inside out. With all of this awakening, I realized that it was actually my inner programing, and my old young wounds that I’d never healed and my faulty beliefs systems that had actually cost this to happen to me. This started a massive, massive journey.

Carol: I just have to say as a spiritual girl, I just have to give a shout out. Sometimes we’ve taken on our mother or our father’s beliefs about themselves, sometimes were recreating a childhood dynamic that is on some level feels like going home again to be with somebody like this. Then who knows maybe there is a past life thing, and I would tell you astrologically.

Melanie: Oh there is a lot of that, a lot of DNA a lot of past life.

Carol: Yeah, and you said a mouthful when you said the survival thing because of course human brains haven’t changed since we were cave people. As a cave woman your survival absolutely depended upon having a partner no matter who it was. That’s a factor and what I started to say is astrologically, and I have a whole chapter in my e-book for anyone listening. What’s called astrological affliction and we all attract to us somebody at our level of emotional maturity. While you were certainly not, like an evil pathological liar, something about him resonated for you that he was resonating at the level of your relationship with yourself. Had there not been that same level of inner residence, you wouldn’t have even liked him, and if he would have started doing what he was doing you would have been like why would I do this, I am out of here. It hooked you because you were on that same frequency if you will, fascinating

Melanie: I’ll give you a really easy example about that. Because what you’ve just touched on is so big. Its what people need to understand. So many intelligent people, highly smart intelligent people, this has got nothing to do with logical intelligence it has to do with emotional inelegance and the massive, there was many, the massive one for me was fear of abandonment. Now what would happen is the narcissist in my life had been loving and amazing, and then pull the rug out from underneath me at a moment’s notice. Like, oh its over I don’t want to be with you anymore and five seconds before I was the love of his life. What would happen is I would go into panic, there were times where I threw myself on the bottom of the car, there were times I held onto his leg while he was walking away begging him not to leave, there was times when I would be pleading and agreeing to any insane conditions for him not to leave me. Now this was not adult Melanie, adult Melanie was completely taken out by the rush of the pit tight and the chemicals in my body that were all related to a three-year-old unhealed wound. Now it was a three-year-old, and it wasn’t until I started healing and I found this wound and had lived with it that I got out of this because if I hadn’t got out of this, absolutely this wound was going to kill me one day or have me killed, it was that bad. And what would even happen in that wound is when he would get away from me I shake, hyperventilate and vomit. Now that was three-year-old Melanie because what happen at three years of age was an experience where I had emotionally decided that If I was abandon I was going to die, and I never healed it

Carol: Amazing, and I cannot believe it Melanie that we've already been talking an hour. We have to get to how the heck you fixed this. I am so moved and grateful that you had that spiritual awakening on your bathroom floor and I am so moved and grateful that you would share such a brutal painful story and I have no idea how you feel when you hang up from interviews like this if you have to go take a shower or take a hot tube

Melanie: Oh god not at all, and the good thing is because I actually have wounds in my body to relating to it. So this is just a conversation that to me is about raising consciousness’s, I don't even get affected on any level by any of this anymore.

Carol: Awesome, do you hear that people she is not affected on any level by any of this anymore. That is true healing, you said something quantum healing, now is quantum healing the name of the work that you created?

Melanie: Quantum freedom healing, is the process that is responsible for all of this.

Carol: DO you mind sharing a little bit about the process.

Melanie: Sure, I will try to do this quickly but there is a tiny back, well there is a big back story but I’ll make it small. Quantum freedom healing, what had happen was through my awareness and my discovery I ended up discovering some kinesiology which helped. Energetic healing, so things that were working in my subconscious were having an effect, talk therapy, coaching, everything, nothing else that didn’t work. Because it was only working on the conscious not on those young subconscious programs like what we just discussed with that three-year-old wound. That had to be addressed, I got into, and I became a beta healer Id already done pass life regression therapy I’ve been doing two decades of work on myself even before all this happened. But most of that had been cognitive I never got into energetic healing. Through beta healing, kinesiology, and past life regression therapy I was doing all three, and helping myself and other people hugely but I still had acrophobia that couldn’t be cracked, if I’d go out into open spaces that I didn't know, unprotected spaces that I didn’t know I will start having melt downs and it was horrendous

Carol: can I interrupt you for one quick second, so is beta healing, since the beta waves on the brain are at the level of below the level of sleep. Are you talking when you say beta healing are you talking about something like subliminal.

Melanie: yeah exactly, acrophobia I couldn’t crack it, and I was doing healing on myself I was seeing the best of the best therapist and I tried everything. And I knew it could be done I knew I could heal it, I just knew and then I had another experience that was huge where I was sitting in a hotel room, I actually traveled overseas, and the acrophobia was killing me I couldn’t go out into main streets I could only stay in the hotel perimeter. I nearly completely lost it even getting there and I was sitting in my hotel room, I’m over this I want this healed, so I sat and I opened up and I set the intention that I was going to channel a formula to beat this. And what happen it was like taking dictation which I do, that happens to me a lot, I was writing down a process, and you would too. All healers do. I was writing a process of how to combine those three healing modalities into the one process. As I was writing it I just knew, this was going to work. I did a two-hour session on myself with quantum freedom healing and I ended up walking out in the coast of... on the main street playing in life and connecting as one with all of life like I had never done in my life even before being narcissistically abused. I was like whoa, because I found with the process I found all of the correlations inner wounds, in me the DNA, the past life stuff, the childhood stuff, everything that was related to acrophobia all of my programs and I was able to get them out of my body and replace them with source energy and I became freedom oneness.

Carol: Truthfully Melanie not to freak you out, and I’m sure you’ve been told this. That’s a mystical experience you achieved a level of consciousness that saint live at where they experience all creations as one and themselves as having no separation, people at the level of that consciousness the reason they have pure love and detachment at the same time is all they see is god. A lover is god a lover that still leads them is still god, a lover that goes off with another lover both are lovers of god, everything is just god

Melanie: That’s right

Carol: So, you have like a full union with spirit, is what happen with you. Does your program do that? Cause sign me up lady.

Melanie: I was just about to say, every single shift is about.

Carol: you’re just a teacher, you can help anybody, we don’t need to just have narcissistic abuse, I want to go to the church of Melanie. I’m getting on a plane lady

Melanie: well the program is actually, it’s so not about, narcissist is only the symptom. There is everything that we can clean up with this.

Carol: Oh my gosh this sounds incredible,

Melanie: Totally, because that’s the only energy that truly does exists. And of course we get snagged up in all these illusions and these false beliefs and this fear and this pain that created our life experience as being painful. But a lot of people I think, all this new age woohoo and I’m just going to, like if I’m just loving light and it’s not that. What it is, is that when you become that self-consciousness you show up authentically and this the greatest inoculation against narcissist. Is that when you’re in your body being a true self at its true fullest you show up as all of you. And what that means is you will question some things, no longer are you going to have that inner gut feeling twist you’re going to show up and actually have a difficult conversation if you need to have it. You are not going to ignore yourself, yourself partner. In the past all of us that have been in painful and abusive situations we sold out, we weren’t connected to our true self we weren’t self-partnering, and we weren’t showing up authentically so what we would do is that we would adapt in order to not be abandon or criticized or rejected we handed our power over and when we reverse all of the reasons which are the unhealed programs and wounds with in us that have caused us to do that. Doing that belief can be that powerful survival beliefs that if I don’t agree I’m dead, that can be how powerful it is. If I don’t fix others well, then they can’t be healthy for me to survive we have all of these sorts of programs.

61:30

Carol: The huge question, I have a hugely important question, what’s so exciting Melanie, I'm like totally blown away with what you just said. What’s so exciting is your holding out this huge beacon of hope and saying that everyone listening absolutely you can heal and not only can you heal you can achieve a level of self-love and self-partnership where you will never do this again and your whole life will be so much better. Does this kind of work, from what I understand if this is truly a personality disorder, somebody with NPD is missing a conscious they don’t have the capacity for empathy they don’t have the ability to have compassion or understanding. Do you believe Melanie that this work can actually rehabilitate the narcissist as well?

Melanie: I’ve tried; I don’t try that anymore. The shore answer at this point of consciousness no.

Carol: I wanted to ask that because my understanding is that there isn’t anything that can be done. I get very heart broken when woman share these stories with me and then they say thing like, women on the Q&A are saying. But I love him and I can’t leave him and I have to help him, I have to help him heal and I have to love him through it and if I can just love him enough. If we just get the right therapist, if we just give it enough time, if he just works on himself. I’m always like, that’s like saying if I could just work on a computer that is missing excel, if just love my computer enough I’ll be able to do excel spreadsheets. And I’ll say no you don’t understand, he’s missing the software he can’t do those applications he can’t function that way his brain doesn’t work that way. Thank you for clearing that up, will you be willing to take some questions Melanie, there are so many people on the call I’m sure there are so many incredible questions. Anyone listening who would like to ask Melanie a question and already on hand has gone up, all you have to do to let me know is to hit \*6 and your little hand symbol, there is a little symbol of your hand will rise and I’ll be able to tell who you are. Anyone with a question, I’m sorry it’s \*2. Ok so someone, it doesn’t say your name unfortunately, but it says you’re in Toronto, Ontario Canada. Are you there?

Caller: Yes, I am, Hi Ladies

Carol: Hi, who is this?

Caller: Rachel

Carol: Hi Rachel, do you have a question for Melanie

Rachel: Yes, I do, what if the person is just so drop dead gorgeous attractive and you just know that you’re never going to find anyone that attractive again?

Melanie: Rachel, the reality is, on a superficial level absolutely you can. But the truth is what is really going on here the reason that your selling out the possibility of connection and health and safe love for attractiveness is because this person is representing something within your, yet to be up leveled inner wounds that are making this person drop dead gorgeous to you. I promise you that when you actually find and heal those wounds you will actually have no attraction to this person at all, let alone how good looking they are. And you will actually be attractive to health people that can self-partners.

Carol: What I have found in knowing people with really poor broken personality problems, is overtime they become unattractive, they become ugly. Is that helpful Rachel at all? Can you even fathom what she just said?

Rachel: First off, I am agreeing with everything that she is saying. Even if this person is conventionally considered attractive by everyone, you’re saying I would no longer find him attractive?

Melanie: Totally not, because attraction is chemical it’s not just superficial. You are not just superficially attracted to this person you are chemically attracted which means that they have aspects of your personality that match your inner wounds. That’s really really where the powerful attraction is going on, and once that’s removed and healed it won’t matter how good looking this person is. You’ll go oh yeah there good looking but god there ugly.

Rachel: Okay, if I buy your program then this will help.

Melanie: Oh absolutely

Rachel: Okay I will go buy it right now then.

Carol: Please do Rachel and God Bless you and I love her honesty. I think we’ve all had that voice that says I’ll never do better; I’ll never find a guy more this or more that. That is just so not true I don’t care what quality, or what thing they have, or what car they drive, or how rich, or how smart or how tall, or how much hair. It is such a big world ladies. Someone in spring Texas is the next caller with a question, are you there Spring, Texas?

Caller:  Hello

Carol: Hi, who’s this?

Caller: Hi this is Leanne

Carol: Hi Leanne, thank you for calling. You have a question for Melanie?

Leanne: Yes, I am just getting out of a relationship with someone who I think fits what you’re saying perfectly. The interesting things is that I’ve kind of gone through a lot of the spiritual stuff myself. When I first even came in contact with this person before I knew or really even saw him, I got this sort of download of like this person is going to be in my life. I remember looking up to god and saying that’s funny, I don’t know what that means. It just like all these red flags going off but still being so chemically locked into this person and spending two years and lots of just unbelievable tragedy. I live across the street from this person, I need to know, I don’t know I kind of just don’t know what to do at this point.

Melanie: Well what your describing that massive feeling of connection of I’m meant to be with this person and etc. I believe that narcissists are there to come as our soulmates and that they are the greatest messenger to bring us forward the gift of learning how to heal ourselves and love and come home to ourselves. I believe often there is a very big passive correlation with this, but if he matches what I’m saying you’re not meant to be with him as a relationship, he’s meant to give you back to the gift of yourself that’s the healing that needs to be done. But until then, Barbra Angeles I remember wrote this beautiful book. What she spoke about in it was that when were upstairs before we come down were setting up our review and were sitting in a table are we are talking to our potential people, and one person would sit and say dearly beloved I promise to come with you meet you in this life time and I’m going to keep battering you and abusing you and I’m going to hurt you and I’m going to keep doing it until you learn to self-partner and come home to being a generative source to yourself and I’m not going to stop until you do. Then you say, well your upstairs, well dearly beloved thank you so much for loving me enough for doing that for me. I know this is what I need to evolve, that’s what you’re going through you’re going through a very very powerful experience, with this person to come home to yourself. But what that means is you’ve got to come home to yourself because if you keep looking at him as the parent as a partner as the person that going to give you yourself, you’re missing the lesson.

Carol: What would you tell somebody who lives across the street from somebody like this? Would you actually...

Melanie: I’d say start doing my program, because even people who live with narcissist do my program, and the reason being you’re still in all those unconscious chemicals and young wounds, like on a practical level. Of course everybody will say to you well stop contacting him, don’t go near him, block him don’t let him come over, get an order out on him if you need to do it.

Carol: Right, but none of that matters if you haven’t healed

Melanie: Well you might not be able to even do it. That’s the truth, do really first of all the decision you’ve got to make is this is about me not about him. This crazy woman from Australia is making a bit of sense. I need to look deeply at me and then if you can get the space and detach enough to start actually doing some work on those inner programs and the reasons why this has happened. You are going to start chemically emotionally detaching and you’ll be able to end it. The truth is whether or not he lives across the road or three continents away he is not going to be your reality.

Leanne: Right, and there is no hope for him?

Melanie: If you see what I’ve talked about, has described him, no there is not. That the bottom line, and you know how we know. How Carol was talking about that other guy before that other person, when we aren’t leveled and we start really speaking out for what we need and we lay boundaries well then we see up level and join the evolution relationship with us, a healthy relationship. And NPD has absolutely no possibility doing that, but if you’ve had the level of pathological lies, twist and turns the malicious behavior and you’ve explained that it’s been terrible, right? He’s gone there is nobody there to up-level, there is nobody home there is nothing but a false self that has completely taken this person over like a position. There nobody left in there to work with that the truth.

Leanne: Wow

Melanie: so this is all about you healing you and I promise you when you do that you will look back at this and see that he was one of the greatest gifts that ever came into your life. It’s devastating now but I promise you when you come home you’ll go oh my god that was just the most amazing breakdown, breakthrough experience I could have ever orchestrated for myself. Promise you.

Carol: Can you hear that Leanne are you able to hear that.

Leanne: Yeah, I totally hear that I just have this sadness

Melanie: You’re going to get through this, you really are. What I’d love you to do is once you start working the program is get into my nob community the forum community there are so many beautiful thrives and angels in there that are amazing. That can really help hold you through this because so many of them have been through it. You’ve got a whole community that can just help you so much.

Leanne: Thank you

Carol: Thank you Leanne that was really really brave, so hard when there is all that attachment, any loss even healthy loss even loss we want is still loss and its painful and attachment is a real thing people. Elle are you with us from New York, are you here Elle

Elle: I am, can you hear me?

Carol: I can, how are you?

Elle: I’m well thank you how about you?

Carol: Excellent thank you for joining us, do you have a question for Melanie?

Elle: I do, I’m curious about something Melanie, you’ve said something a couple of time like you’ve used the word self-love, self-partnering and then I’m also curious when down on the floor and I imagine that’s an incredible pain there’s got to be an amount of self-loathing and hatred and you have a spiritual awakening, what is it that enables you to be able to get to that self-love from that harsh place?

Melanie: with that, that time when I surrendered that self-loathing you know total surrender there was actually nothing left, there was no self-loathing there was none of me there was nothing. Self-Love, and that’s when the download happens. Self -love everybody says this what is self-love, what is it? Is it good nutrition, all of that is great self-care but that’s not self-love? Self-love to me is when we say I love myself enough that I am going to into my insides into my subconscious program I’m going to accept every part of me, every flaw, every self-loathing, every program, every part of me the good and the bad and the ugly. What I’m going to do is I’m going to love myself enough with the ferocity of total self-love that I’m going to do everything in my power to help myself get well, that to me is self-love. It’s not like I had the awaking and I had self-love, I didn’t,

Elle: Is it like you stand for something? Or is it something that clicked in you, something that switched or is something that you stand for is it something you see like a vision.

Melanie: Right, I know what you’re trying to do you’re trying to conceptualize it and it’s really quite hard to do that. Self-love is really something that grows and it develops and it starts off with the intention of I’ve been looking for love in all the wrong places. I’ve been trying to get, worthiness or love and approval from outside of myself through achievement of other people. But what I really realized is that the only way that I can be self-loved is that I have to learn to be with my inner landscape unconditionally, I have to be my own best confident. I have to know every part of myself intimately I have to be able to sit with myself with my pain and deal with it and love myself regardless. And no longer self-avoid, so no longer go for that slice of chocolate cake of Facebook or have that cigarette or have that alcohol or that horrible destructive relationship or do all the things that I’ve been doing to avoid my emotions. That’s the opposite of self-love. Does that make sense?

Elle:  yes it does Thank you, very much

Melanie: You’re Welcome

Carol: Beautiful, does that help Elle?

Elle: Yes, it does, I appreciate that.

Carol: Ok beautiful, Melanie there are so many hands up and there are so many questions. I’m just going to pick a couple from the Q&A cause people posted way early on during the call, there is so many questions and I’m so sorry guys. Would you come back can we do this again?

Melanie: We can do this once a week if you like.

Carol: Oh you’re adorable, I feel like this is defiantly more than a one parter and you know what we should do, we should come back and I promise to answer or to at least have her answer some of these questions. But I’m going to just pick a couple really quickly. Somebody asked, and I already know the answer to this, but somebody asked can your sister be like this and can you be the target of a different kind of relationship? And that’s of course a yes, right

Melanie: Absolutely, and there are many people in my community that are healing not just from intimate partners, from family any even a child, any narcissist in their lives the program works for and my community caters to.

Carol: Then, somebody wrote, how do you cope when your parents are narcissist? It’s like the people that are supposed to be the most there for you the most honest the most on your side, when you’re at your most vulnerable of your entire life when you’re little or you’re an infant or you’re just a young child, or you’re blooming into adolescents. How devastating is that, do you have any extra advice for children of narcissist.

Melanie: You know what the healing process is actually identical it is seriously, seriously identical. I think what’s really really powerful about the Quantum freedom healing method is that were really going direct to source and that oneness for healing that we really can’t get on a human level. It’s very very hard on the contemporary model to re-parent past the wounds that got as children, for people that were in narcissistic family involved in a relationship. What happens is when, and there are many there are thousands of people in mu community that have healed beyond family origin narcissism. Is that when you really go direct to source for all of the healing and the up leveling of those awful wounds that you were born into and that you had as a child, absolutely you will transcend and the truth is you’ll either be doing modified contact or maybe even no contact with your family of origin but you will be so connected and radiant and feel it would be okay and your life will transcend, and it does and it has done so many times in the community.

Carol: One of the questions and this is a really good one this is from Alexandria in Dallas.

81:27

Carol: One of the questions and this is a really good one this is from Alexandria in Dallas. I was thing this about your situation, you were actually divorced but yet your guy kept coming back and you kept going back, how do you actually short of moving across the world and changing all your friends and quitting your job. How do you actually really keep them from staying out of your life? Especially if they want revenge, I have friend right now going through the most horrible, devastating custody battle with a narcissist and she can’t move away because the courts won’t let her she can’t full custody, he is so good at convincing and charming everyone, that the court evaluator believed him the judge has believed him. Her child now has stood up, and he’s too young to say which parent he wants to live with, but he has absolutely refused to go home and refuses to be with the father and they finally appointed him his own counsel his own attorney as a minor, and she has to go back yet again. In that kind of situation, somebody wrote how does one avoid this person’s revenge what recourse do I have and what does she do. How do you get to leave you alone?

Melanie: My story is a perfect example of this, I use to call him the terminator and there were people in my life that actually said you’re going to be on the news, he’s going to kill you. Because he had vowed and declared that he would destroy my life or he would kill me. He used to break in through my roof when I’d evacuate, the crazy stuff. I thought I was never ever going to break out of it. What happen was when I stopped trying to run, hide, survive, comeback make him accountable, when I just realized, it was actually after quantum freedom healing was born and discovered, I was in Thailand I was away but when I came back there was still rubbish going on. When I came back and I found quantum freedom healing what I did I went into every wound about that, what I’d see what was painful when I tracked through my body and found the original causation wounds of those and I up leveled and I got them out, then the field including him completely changed, so what happen in an incredibly short amount of time was he was exposed, the police called him out all these people came forward to me that said oh my god he was lying, we are so sorry that we’ve lined you up, and he stopped because the thing is narcissist have none of their own energy they need your fear and pain to actually be able to operate in your experience. So when you uplevel all of your causation wounds that are connected to every bad experience you’re having with them, there is no other half of the magnet, it’s done it’s gone. They literally cannot operate in your experience, this goes for all stalking, this goes for custody, property battles, there’s been narcissist in my community which have said ok ill move out, alright I’ll give you a settlement, but never when that person is still stuck in the normal human emotions, of all the rage and injustice, and despair and pain and suffering from what he or she is doing. This is a quantum reality this is quantum law. That there is nothing in our experience that can be in our experience unless we got matching part of ourselves as a subconscious program that’s the other half of it, and that’s why this is so powerful and why it’s worked so well.

Carol: Wow that’s amazing,

Melanie: He lives ten minutes away from me, I have not bumped into him since 2008, never, in the community anywhere, never.

Carol: He doesn’t drive by or bug you

Melanie: Never

Carol: Well he doesn’t get energy from you anymore

Melanie: He is not in my universe in my reality we are in a totally different reality.

Carol: Melanie I swear we could do this once a week this is so powerful and this is so important. And there are so many questions and I feel so badly I’m so sorry everyone that we didn’t get to all your questions. I promise we are going to have Melanie back and we are going to have her back soon and I’m going to print all the questions from tonight and we will answer them. I was to answer one question that is actually about astrology and it said, can you tell astrologically if someone is a narcissist. And I mentioned already I have a whole chapter in my e-book love is in the stars about how to tell if somebody is astrologically afflicted, and an astrological affliction are things like low capacity for love, low capacity to have compassion, be sensitive to you so yes you can absolutely see things like selfishness, personality problems, propensity to cheat. I mentioned Jessie James and Sandra Bullock, because he has such a chart of a cheater, tiger woods also just so many combinations that are so difficult for being honest and being faithful, so sad. So, yes absolutely I’m going to make everybody an offered, I shared with them Melanie when I told them about tonight that you have this incredible program that’s multiple parts and very comprehensive, and they can find all the information about it at the link in the email that told them how to find the call tonight. If any of you do decided to get her program which is extremely affordable by the way, if you write to my customer service and you show that you preceded Melanie's program I will give you my book for free because that chapter will be a really great supplemental piece of information for you. I include questions to ask someone like if you’re just getting to know someone, or if you just meet someone, warning signs to watch for things to help you determine is this someone you can trust, is this someone who is a good idea. And part of it is how is the rest of their life going, they leave clues really truly selfish broken people have problems with everybody not just you. And they can only put on a show for so long, they typically hate everybody at work, haven’t talked to their brother in ten years, don’t like their parents, are angry at all their exes, look for stuff like that look for a lot of chaos in their lives, look for a lot of drama and problems, that’s like simple, simple stuff. But anyway you can write to support@loveisinthestars and say Hey Carol said I could have her book for free hook me up and we will totally hook you up. Melanie would you just like briefly to tell them about the program and let them know what it does and how it works.

Melanie: Sure, The Narcissist abuse recovery program it’s what I create, the main component is quantum freedom healing and that’s the real power of the program that I’ve been describing to you that energetic up leveling process its ten modules of quantum freedom healing that are specific to healing form narcissism abuse and any narcissist in your life and also to, I would really really suggest to you, and you could do it on monthly payments as well, if you you’re having financial difficulties with narcissistic abuse

Carol: Well it’s less that two hundred dollars, this is cheaper that therapy by a mile.

Melanie: It is, and you have a life time access to the NARP forum, go for gold I really suggest you going for gold because it seven powerful supplementary. as well that you get the incredible I just cannot speak about the NARP support community form enough, cause it the only abuse forum that I know of in the world that’s under a beautifully effective code of conduct which eliminates the victimized venting and the powerlessness. It’s just unique, and the break through that happen in their everyday it’s just astounding they astound me every day. I really stick going for gold if you go into my website, we will give those details at the end I guess, if you go into healing resources you’ll see the narcissistic abuse recovery program is the first program there you can go straight for the program but you can also too, I would love for you to sign up, you can come into my newsletter, there is just so many resources and supplements that I can give you the program is absolutely the background of the transformational healing and without that it’s hard to do that from information alone because you really do need the subconscious reprogramming, the program is a must but I’ve got so many other resources that can just give you so much more information and healing and support, there is a ton there. If you sign up to my newsletter, on my newsletter you get all of that stuff, there is a short video there and you can just put in your details and sign up straight away so you can do that. But do know that isn’t the program itself that’s my resources so if you really hurt enough and saying oh god it’s time to heal, go to healing resources and then you can see and it’s called NARP or The Narcissistic Abuse Recovery Program that’s the key program that makes an incredible difference.

Carol: Beautiful ,and like I said if you guys get it and you haven’t read my book, some of you have which I so appreciate it, but if you haven’t there’s a whole chapter that I’m really really proud of on how to deal with difficult people how to recognize them early before you’ve given your heart and soul  and how to take care of yourself in spite of them and I’ll just give that it you if you get this program cause I really want to support you as well and I really I’m so moved and touched and grateful Melanie that you were here, and so thrilled for you, I mean so beautiful. I was reading yesterday a quote that love is the greatest power in the universe, he knew that something was far stronger than energy and that it was love and that the only thing that would save the world and save the future and that he wished the world was ready for a renowned scientist to declare the greatest force in the universe, is love but he knew the world couldn’t handle it and he was telling his daughter what a shame it was and he truly said there is an absolute power beyond anything any of us can imagine and its love and that its god and that god and love are the same thing. An d you Melanie , I have chills, you are spreading love and you are on a mission from god and I am so, I literally have chills head to toe, I am just over joy that we did this thank you everyone for your patience with our little technology glitches, were going to do this again really soon I just have to figure out my next month but in the next few weeks were going to do this again, were going to answer all of your questions and we are going to find out more from this symbol of love, this vehicle of love with these methodology’s to get you more love in your life especially love with yourself and your higher power because you deserve it. Any last thing Melanie, My dear?

Melanie: That was so beautiful Carol and I feel so blessed to have come on your show with `you I really do, because I know that you’re such a love monster too and I know that your heart and your soul is so authentically about making a difference, you’re on a divine mission as well

Carol: Well, I’m a lucky girl what can I say. Thank you thank you everyone that was Melanie Tania Evan you can find her on the World Wide Web or you can go visit her in the future in Australia and we will meet up with her soon.