

COMPREHENSIVE LIST OF QUOTES ON NARCISSISM

FROM 3 TALKS OF HER HOLINESS SHRI MATAJI NIRMALA DEVI



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"Now why is it that you do not feel the ego but you can feel the superego? Means if somebody possesses you, there's a possession on you, immediately your neck will go like this. You see, if there's a possession from the left side, your neck will go like this, or you'll get a pain, you won't be able to sleep, you'll be scratching your head, you'll go mad, or you'll be jumping, or something will be happening to you. But if you are egoistical, nothing can happen to you but to others. You'll be dominating others. You wouldn't even care for your own wife, for your own husband, for your own children. You wouldn't. And you wouldn't know that you are not caring. You see, sort of a narcissism. You can say it a narcissism, uh like a love, self-love develops: you are on top of everything. Self-love! You will see in the mirror ten times, you'll groom yourself very well or you may not groom. The other side is, can be, that you'll become so extraordinarily funny also. You may put a round, here, red's hmm thing and you'll put a red thing here and put something in the ears and, say, I don't know what sort of a thing you'll do: just to show that part. It is all self-love, try to face it. We wouldn't care even for the nearest and dearest. It is self-love. And self-love is such a subtlety, such a subtle kind of, that we do not see it.

But it starts like this, ``I don't like it!" Now who are you?

Some people talk to Me as if they are Duke of Norfolk. I have not met him so far! I've not met him, but even he would be humbler than those people, I can assure you!"

1978-0619 Public Program, The Difference Between East and West, Caxton Hall, 10 Caxton Street, Westminster, London, UK



"But some people have a habit of looking in the mirror all the time, which is very wrong, because it gives you a kind of a funny ego. Is better to look at Śhrī Kṛishṇa's photograph than to look at your own false faces, so that your face will become like that of Śhrī Kṛishṇa. Instead of you start looking in the mirror all the time, what will become of you, God knows, because may, if you go to your past, God knows what you'll become.

So, also I'm thankful to psychiatrists that they don't like narcissism.

But is very dangerous to all the time watch your face in the mirror, very dangerous. It creates a very funny personality, that you start telling yourself, `Oh, I am ... I'm Napoleon.' So you become Napoleon [laughter], and start behaving like Napoleon. Next day you find one, one Napoleon walks out of the bathroom! [Laughter.]

So [laughing:] one has to be careful not to pay so much attention and importance to your own self, but to your Self which is within, which is your Spirit. And if you look after that side, then all these things will happen in such a beautiful manner."

1992-0816 Śhrī Kṛiṣṇa Pūjā, Virāṭa State and Rise above Viśhuddhi, Tent, Cabella Ligure, Italy



"Now, the best way, I told people, and which has worked wonders, that, when you are, wherever you are free, whether you are meditating or not, wherever you are freely standing or doing, try to see what is your mind is thinking. You separate, now because you're realized Soul. You have to be first of all connected. If you, you are not connected you can't do this practice. But if you are connected to the mains, then what you should do is to see that your mind is thinking. Now watch your mind. Ask the mind, `Now, what are you thinking? Let's see. What are going to think?' And you will be surprised, you'll go on watching and suddenly you'll reach a point [snaps Her right fingers] and you'll have become thoughtless.

So, always watch the mind: `What is it doing? What is it thinking? What is it working out?' And the mind will just stop thinking, because it cannot answer, you see. It cannot answer a realized Soul, you see. But for that, you have to be beyond the mind. To begin with, you should separate yourself from your mind. You see, you ask questions to your mind: `Now let's see what are you thinking, sir? Where are you up to?' In the mirror also you can see it. **You shouldn't suffer from narcissism, of course not, but what you have to do is to ask."**

1996-0310 Talk to Sahaja Yogis, before Evening Program, Furama Hotel, Hong Kong, China

