

Psychopath Character Structure

A person caught in the psychopath character structure demands to be seen as special and unique - and insists on receiving lots of recognition and approval. This in turn generates a need to exert power and influence over as many people as possible in order to maintain this recognition. The person needs to be seen as a "star" - loving, adorable, talented, capable.

The underlying fear is of losing power or influence, of losing the approval of others, of losing face, and of being betrayed. They can only love those who love them back, and only for as long as they do.

In its extroverted form the psychopath structure appears as pride, arrogance and self-centredness, with an emphasis on having the right image, being seen and admired, performing at every occasion, and having lots of influence over others. All this is done in order to boost an underlying lack of self-esteem.

The introverted or passive expression is seen in seductiveness, subtle manipulation of people and events, and doing almost anything (even prostituting oneself) in order to gain a bit of love and attention.

The physical body carries a lot of energy in the head and upper body, positively radiating confidence. There can be a puffed-up or outwardly projecting chest (with a big star on it). There is usually very little energy in the lower body and legs, because psychopaths are highly emotionally-charged and not well grounded.

This character is always smiling, because he knows this is an effective way of gaining acceptance and manipulating the emotions of others. He (or she) talks about himself constantly, letting everyone who will listen know how great they are. The performance can be quite theatrical at times.

The underlying belief is that one must be special in order to be loved. The psychopath character is quite unable to admit mistakes, because this would mean that they were not completely perfect in every way.

Healing Response

A person displaying the psychopath structure always needs an adversary. Winning requires someone to pick a fight with, and then to defeat, or to be better than in some significant way.

The healing response is to refuse to engage as an adversary. This means not accepting their distorted view of life, but not arguing with it either (which is another kind of acceptance, and triggers the fight reaction).

First step is to take a deep breath and bend your knees. Sink your energy down, and pull back any bioplasmic streamers you may have sent out. Break eye contact if it helps, and centre in yourself. Make the lower half of your field strong with a wide base, and the upper part small.

Do not engage in a contest. Imagine your body and your energy field is made of teflon, and let the negative energy simply slide off. Use the mantra, "no contest, no contest". Do not argue any points. Just be there and listen to the arguments, continuing to let their negative energy slide down into the earth.

Next, decrease the frequency of your field, because in arguments they will get high, harsh and jagged. Bring to mind things that make you feel calm, soft and secure. Keep slowing and smoothing your energy frequency until you come into resonance with the earth's energy field, and hold yourself there.

Hopefully the other person will find that the contest or argument is not as important as your acceptance of them for who they are. As they calm down and you feel safer, allow more heart energy to come in.

References: Annie Marquier, Free Your True Self, Book 1: Releasing Your Unconscious Defense Patterns. Barbara Brennan, Light Emerging: The Journey of Personal Healing.