

# **NARCISSISM AND SPIRITUAL AWAKENING WITH REFERENCE TO BHAGVAD GEETA**

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## **Abstract:**

**Narcissism** is a personality disorder characterized by a life-long pattern of exaggerated feelings of self-importance, an excessive need for admiration, a diminished ability or unwillingness to empathize with others' feelings, and interpersonally exploitative behavior. Narcissistic personality disorder is one of the sub-types of the broader category known as personality disorders. It is often comorbid with other mental disorders and associated with significant functional impairment and psychosocial disability. This research paper will explore a particular personality called narcissistic. From this research, the reader will learn about narcissistic personality and overcoming this false ego through spiritual awakening.

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**Key words:** Narcissism, False Ego, Spiritual awakening

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Hey! Inspect me! i'm higher than you. I work for a prime notch firm. I solely related to those on my level that you not. You're to a lower place Pine Tree State. The statements listed higher than area unit samples of an individual with personality. A selfish person thinks the globe revolves around them. They're inconsiderate those who aren't kind or nice. Others word for self-centeredness area unit ungenerous, conceited, or cliquish person. The word self-centeredness was employed by Kohut, Kernberg, and psychoanalyst. There's a Greek story a few man Narcissus. He

was terribly self-involved and fell infatuated with himself. Temperament personality} Disorder (NPD) bases itself on the personality attribute of self-centeredness. Those that suffer this psychological state have a necessity for admiration and exaggerated sense of their importance. A selfish person sees everybody else as poor or second compared to themselves (Dimaggio & et al., 2008). They need constant attention and far recognition of their achievements and talent; albeit those who have NPD seem to be egotistic, they are doing not handle criticism fine. They terribly at risk of it and react thereto with savageness and humiliation.

### **Importance of the study:**

The purpose of this paper is to debate the overall definition and of personality. This analysis paper can begin can the definition then leading into the history of self-centeredness. Also, enclosed are going to be the factors that one can got to meet so as to be diagnosed with this psychological state. There are a unit presently 10 temperament disorders recognized by the DSM, and this paper can discuss personality disorder. Individuals usually confuse selfish as being jam-packed with one's self, however it's an additional advanced aspect. Once obtaining background of NPD, we'll explore religious waking up combined with psychological science to produce the best outcome.

### **Methodology/ Data Collection:**

A list of queries is intended for the analysis paper. The queries relate to life experiences common among some individuals. But it's not a diagnostic tool, it provides basic plan and justifies the necessity of religious waking up.

### **Definition of Narcissistic:**

Before defining narcissistic, we will define personality disorder which “is an enduring patter of inner experience and behavior that deviates markedly from the expectations of the individuals culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment” (DSM, 2000, pg. 685 DSM). People's thoughts, emotions, and our attitude toward things are all part of our personality.

## **Review of literature:**

**Dingfelder, S. F. (2011). Reflecting on narcissism. *American Psychological Association*, 42 (2), 64.**

In the introduction, the author proposes to imagine a country where people are completely absorbed in themselves, easily manipulate others, and behave like participants in a reality show. Dingfelder (2011) suggests that such a country would have high crime rates, both violent and white-collar, cosmetic surgery would be commonplace, and materialism would flourish. The author also noted that such a country would have a high level of anxiety and depression since narcissists hardly know how to make friends and maintain meaningful relationships. Further, the author said that the United States has long been moving in this direction.

Further, in the discussion section, the author describes several scientific studies that confirm and refute the assertion that young people have become more narcissistic than previous generations. Dingfelder (2011) agrees with one of the authors that just like phones and cars in the 1970s, smartphones, and technology in the 2010s made people more separated from the community and live interaction. The increasing trend towards narcissism has been influenced by the Internet culture, which encourages people to behave like TV stars.

**Dingfelder, S. F. (2011). Narcissism and the DSM. *American Psychological Association*, 42 (2), 67.**

In another article on narcissism, Dingfelder (2011) draws attention to the disturbing fact that Narcissistic Personality Disorder “may not make it into the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), due out in 2013” (p. 67). According to Dingfelder (2011), the official reason for this revision is to find the causes of personality disorders common to all types. However, according to the author, such a decision is likely to lead to psychotherapists and scientists’ paying even less attention to narcissistic personality disorder since it loses its name, turning into a series of different symptoms.

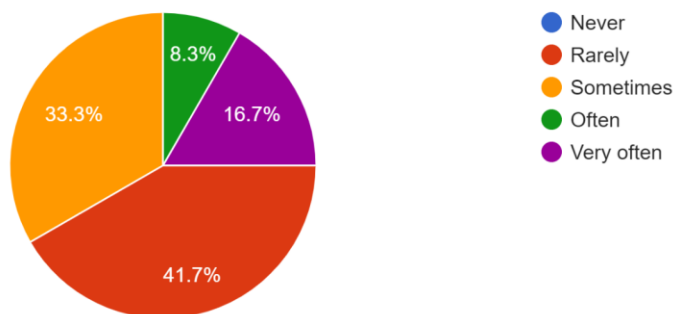
**Ogrodniczuk, J. S. (2013). *Understanding and treating pathological narcissism*. American Psychological Association.**

In the introduction, Ogrodniczuk (2013) notes that many psychotherapists face extreme difficulties in treating patients with narcissistic personality disorder. These difficulties stem from the fact that most patients are reluctant to enter therapy and cause unique frustration and negative emotions in psychotherapists. The author further explains that this book collects unique ideas and approaches developed by eminent clinical experts. Ogrodniczuk (2013) emphasizes that the history of this disorder can be traced from ancient myths to Freud's concepts and later psychodynamic approaches. The scientist summarizes that Narcissistic Personality Disorder is treatable and that many therapeutic models apply to it.

## Data Analysis:

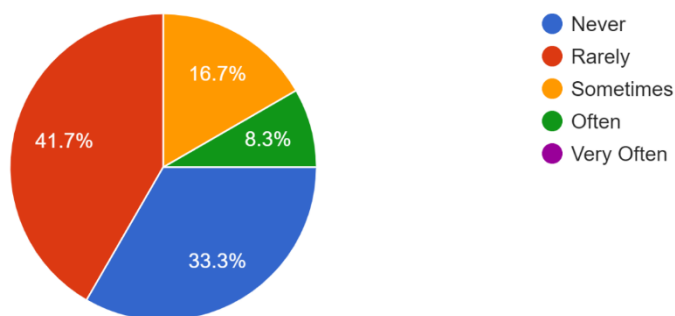
1. Do you experience an exaggerated sense of self-importance that frequently involves the need to exaggerate your talents or accomplishments?

██████████



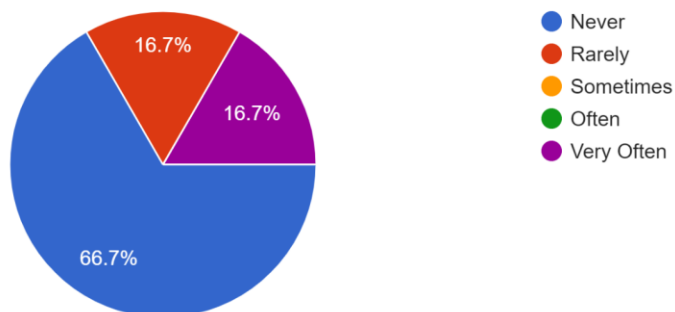
2. Do you believe you are special and unique and can only be understood by, or should associate with, other special or high-status people or institutions?

12 responses



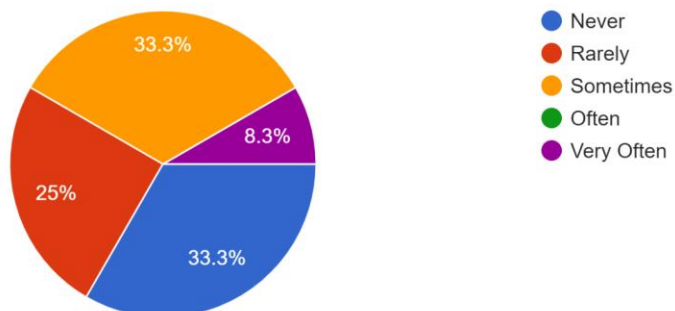
3. Do you find that you constantly have a willingness to take advantage of others to achieve own goals?

██████████



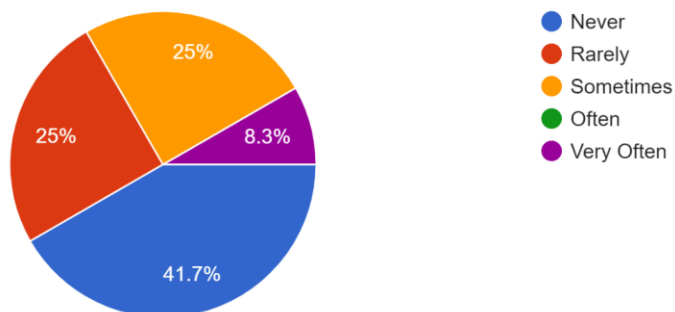
4. Do you require excessive admiration from others?

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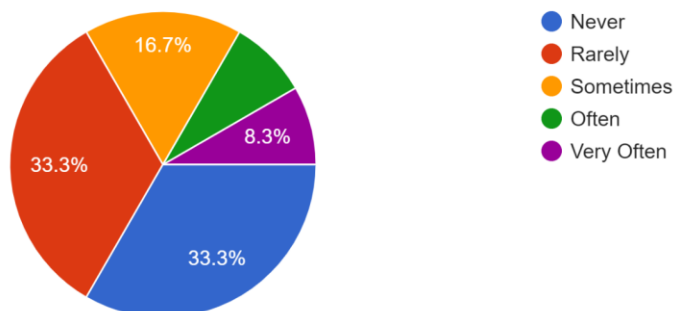
5. Are you preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love?

██████████



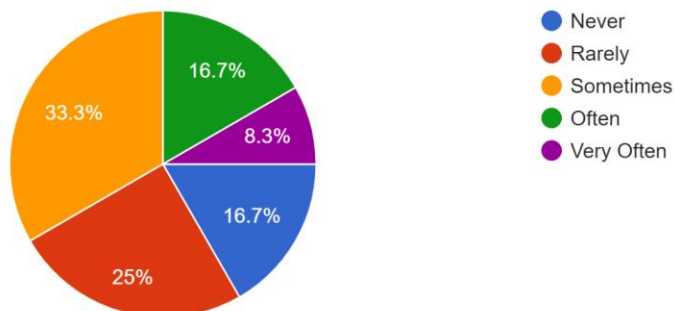
6. Do you have a sense of entitlement from others that involve unreasonable expectations of especially favorable treatment or automatic compliance with their expectations?

██████████



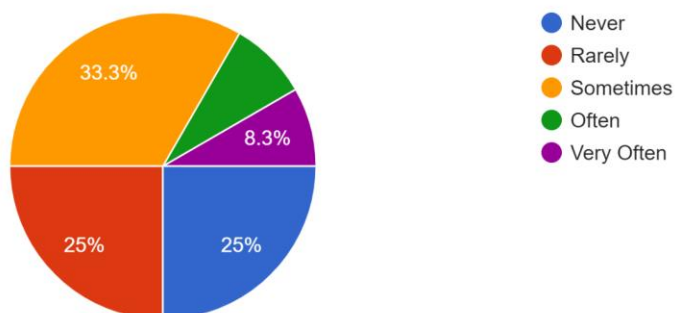
7. Do you find you are unwilling to recognize or identify with the feelings and needs of others?

██████████



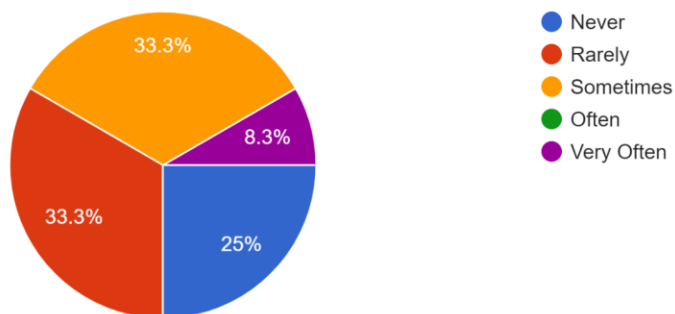
8. Do others perceive you as arrogant or snobby?

██████████



9. Do you find often envious of others and/or believe that others are envious of he/she?

██████████





## **Interpretation and Findings:**

- More than 40% respondents experience **self-exaggeration** sense of self importance rarely, more than 30% experience it sometimes, rest of the respondents who feels it very often are in low ratio.
- Almost 33% of respondents don't feel that they are **unique** and can associate with some special people only which shows moderation in their personality.
- However more than 65% of the respondents have chosen the option that they don't take **advantage of others** for fulfilling their own desires ,there do exist some respondent who agrees honestly on this.
- Around 8%-9% respondents often feel **need of admiration from others** which shows their low self-esteem.
- More than 40% respondent denied about their feeling of having **fantasies** about beauty, power etc. However the truthfulness of the opinion can still be questioned.

The bestowed findings are vital as they represent a generalized read of the many people's mental deviation. The self-loving disorder results in suffering within the surroundings of the person and their mental devastation. Its aspect symptoms like anxiety, depression, and concern of the long run, inability to form certificatory and substantive relationships. Therefore, the disorder should still be taken seriously.

## **Spiritual Awakening with reference to Bhagvad geeta:**

In the Bhagavadgita you will find two types of references to ego (aham), one in a subjective sense as "I am" and the other in an objective sense as a reference to the individuality or the sense of self.

### **Two types of selves**

The Self is universal, eternal, one and without divisions. The expansive or exalted feeling that I am everything and I am all this does not constitute egoism. However, the feeling that I am so and so, or I have this and that constitute egoism or Ahamkar. When the universal Self is covered with the impurities of delusion and ignorance, it develops this limited view of itself as a separate entity, which we recognize as **false ego**.

Thus, the false ego is the feeling of separateness, the sense of duality, or the idea of being distinct and different from others. It is the false perception of oneself as a separate being or a limited being. Egoism creates the limitations of space and time in which we become stuck. Since it exists in all of us as individual consciousness, it is a universal feeling. Ahamkar is that which is shaped by egoism. It manifests in us in several ways such as the following

1. Ownership and doer ship
2. Desires and attachments
3. Pride and arrogance
4. Self-esteem
5. Selfishness
6. Self-centeredness
7. Aggression and competitiveness
8. Judgment, opinions and criticism
9. Identification with the mind and body
10. Fear, suffering, anxiety, anger, stress, and so on.

***‘NARCISSISM IS ALL ABOUT TAKING ASSUMPTION FOR REALITY’***

What is the exact Sanskrit word for narcissism? It is *darpa* (दर्प)| It has evolved from the root word *drip* (दृप्), which literally means ‘to be proud of, to inflame, to excite, to agitate others with. It is the root for another derivative called *darpan* (दर्पण) or mirror. Now this explains the whole concept of narcissism. As the mirror shows you the reality, the same way your perception shows you the reality. But, when the mirror shows you the reality and your perception is interfered with your desire for what “you want to be”, it changes the reality reflection and you no longer see the real image in the mirror. What you see then is the image formed in your mind with the brush of “what you want to be”.

This adds features to your image which you may not have at present and yet believe you have them. This perceptual fallacy or inflated image then becomes the basis of your inter-human relations and responses. Obviously, in this state you think, decide and behave from the standpoint of your assumed image and aggressively defend it. This is seen by others as pride, vanity or inflated sense of self-love.

### **What's wrong with it?**

Everything is wrong when you have reached this state. Because, you will hold yourself right all the time and others wrong. Bhagvad Geeta explains this state in His discourse 16 variously. However, the most common definition comes from shloka 17, which reads,

**अत्मसम्भाविताः स्तब्धाः धनमानमदान्विताः ।**

**यजन्ते नामयज्ञैस्ते दम्भेनाविधिपूर्वकम् ।।**

This shloka tells us in a nutshell who narcissists are. It means, “Those, who assume themselves as somebody, stuck in wonder with themselves, measuring others with their scale of wealth (possessions, or assumed qualities) and related power, always act and behave for and by name and fame in violation of the natural system.”

In other places, in the same discourse, Bhagvad Geeta uses Sanskrit phrases like

“कोअन्यो अस्ति सदृशो मया”, “ईश्वरो अहं,” सिद्धो अहं”, meaning “Who else is like me, I am Lord, I am perfect” all these phrases echo in the mind of a narcissist. We can say it is a perceptual disease, whose parallels can be found among many people today—“I am the most beautiful girl (others aren’t), I am the most handsome boy (others aren’t),” I am the most intelligent person (others aren’t).”

Look! When you say—every person has his own beauty, you actually are realist not narcissist! That is why Bhagvad Geeta suggests in that inclusivity is the best way out of a redundant evolutionary impulse of assuming something and not evolving to it! “I am God”, if you just say it and don’t evolve then you know what it really means....Therefore, Aham Brahmaasmi or Shivoaham have a great danger if we assume we are Brahma or Shiva and don’t try to evolve to that state.

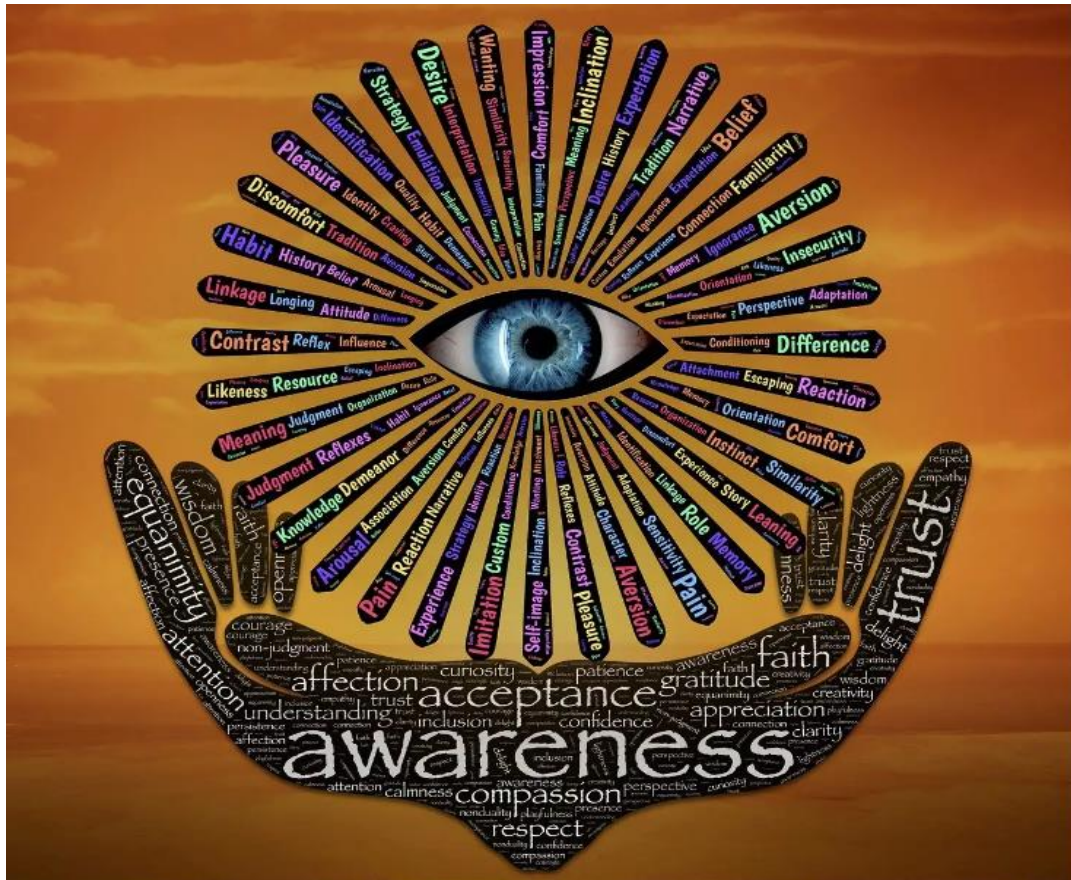
### **What happens? What’s the cure?**

Such people, according to Bhagvad Geeta, are thrown into negative or challenging conditions, where the reality bites them, snaps at them, again and again till they begin to shed the "assumed image" and accept the “real image.

Everybody has this conflict of “assumed image and real image”. It becomes a problem when it begins to reflect through behavior. Even Arjuna had this problem to some extent and the reality show in the eleventh discourse, where Krishna shows His Universal form, brings him back to reality image and he admits, **इदानीमस्मि संवृत्तः सचेताः प्रकृतिं गतः**, it means “after having witnessed the reality, I have (my mind has) assumed reality dimensions (**संवृत्तः**), I am now conscious (of the problem and alert) and I have re-assumed my realistic dimension.”

One can equate Narcissism with self-obsession and over-estimation of one’s abilities. Narcissists are often labelled as ‘attention-seekers’, ‘loud’ and ‘braggarts’. Obsession with one’s own looks, underestimating the abilities of the other, a desire for a higher status and portraying a picture-perfect image in society are few of the common characteristics of a Narcissist.

Narcissism is a psychological disorder in which a person has an almost delusional sense of self importance. It’s overcompensation for a deep rooted insecurity mostly in formative years.



Therefore, consider yourself an eternal Self. Identify yourself with it, instead of accepting yourself as your mind and body and becoming obsessed with your looks, or your name, wealth and status. Know that in the core of your being, in the silence of your heart, and in the absence of all seeking and striving, you dissolve all boundaries and enter the vast, endless space of Brahman.

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