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The Narcissist Who Outsourced His Healing to AI

A story of delusion, borrowed quotes and spiritual bypassing in the age of artificial wisdom

2 min read · 4 days ago



Elena Byron

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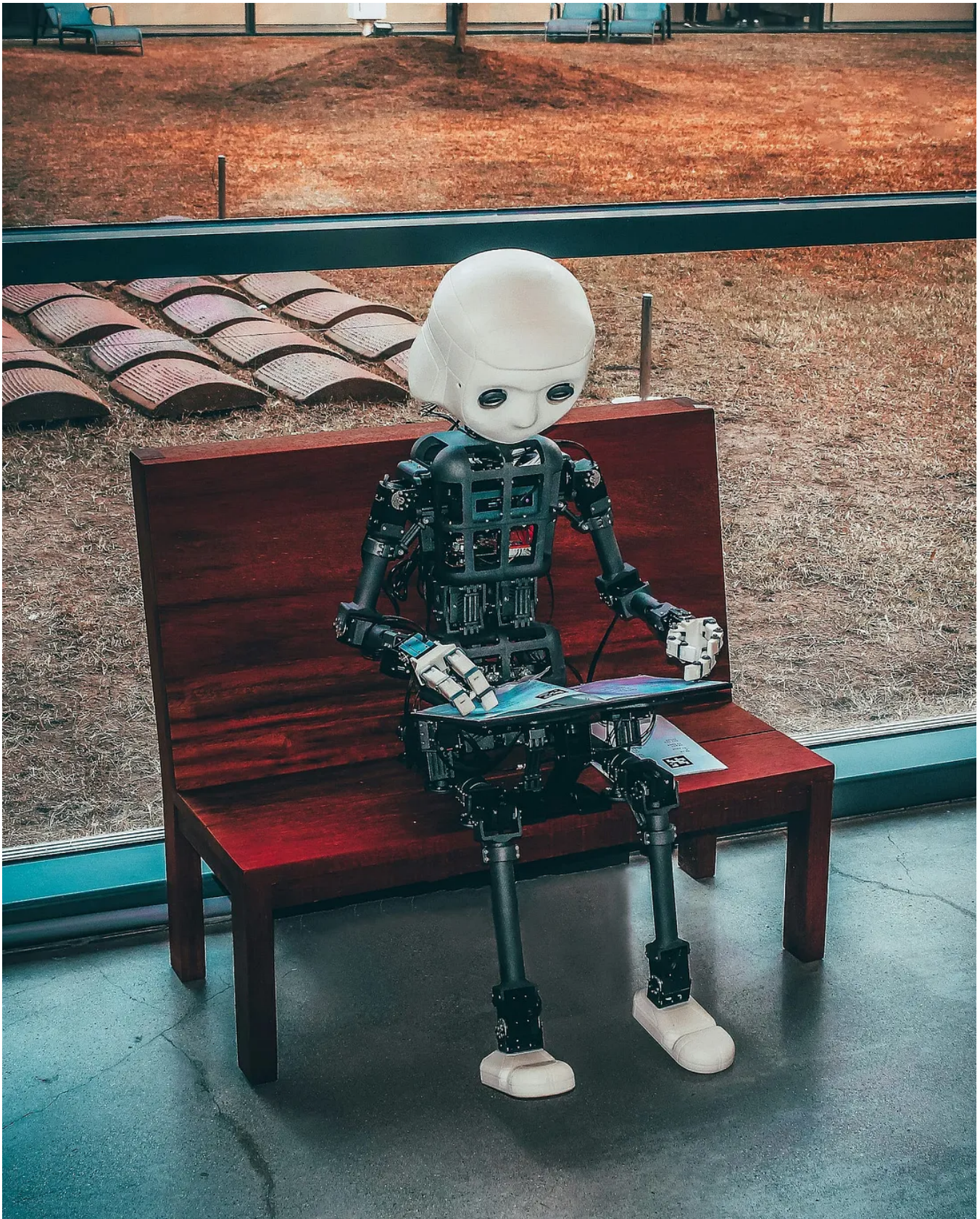


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There's something surreal about watching a man that barely speaks English publish articles on "ecosystemic intelligence" and the "emergency of reality". Everything, of course, *entirely written in English by AI*.

He calls it "visionary thought." It's really just **narcissistic cosplay**. Because he is severely allergic to introspection. And the best antidote to it is **projection**. He became a master at that!

Behind the mystical language and secondhand philosophy there is a middle-aged man with no career, no reciprocal relationships, still living with his mother, posting old photos to pretend his life hasn't quietly imploded. *The spiritual guide of nothing, standing on the ruins of everything he never built.*

He doesn't meditate. He manipulates. He doesn't grow, he just moves on to the next nonsensical project.

And what he calls "resonance" is really just **his ego screaming into the void, hoping someone will call it genius one day**.

And I used to believe it. I wanted to believe it.

Because part of me longed for something extraordinary, someone extraordinary.

But what I found was a man performing wisdom, recycling other people's thoughts while avoiding his own unresolved pain.

He's the guru of spiritual bypassing. He uses spiritual language to sound enlightened while avoiding doing any real work on his unresolved mess. He outsources his pseudo-wisdom to AI, all while refusing to acknowledge his own internal chaos.

Some things unravel on their own. No intervention needed.

You can't automate healing.

You can't fake wisdom.

His fantasy is already cracking under the weight of its own emptiness.

And the only thing *resonating* is the silence that greets every post, every plea, every illusion.

The guru of nothing, heading into oblivion.

And I'm finally free from his spell.

Hi, I'm Elena. I'm a clinical psychologist and a survivor of narcissistic abuse.

*If this article resonated with you, **follow me** for more raw and honest stories on healing. I'd love to hear your thoughts in the comments.*

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Write A Catalyst and Build it into Existence.



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Written by Elena Byron

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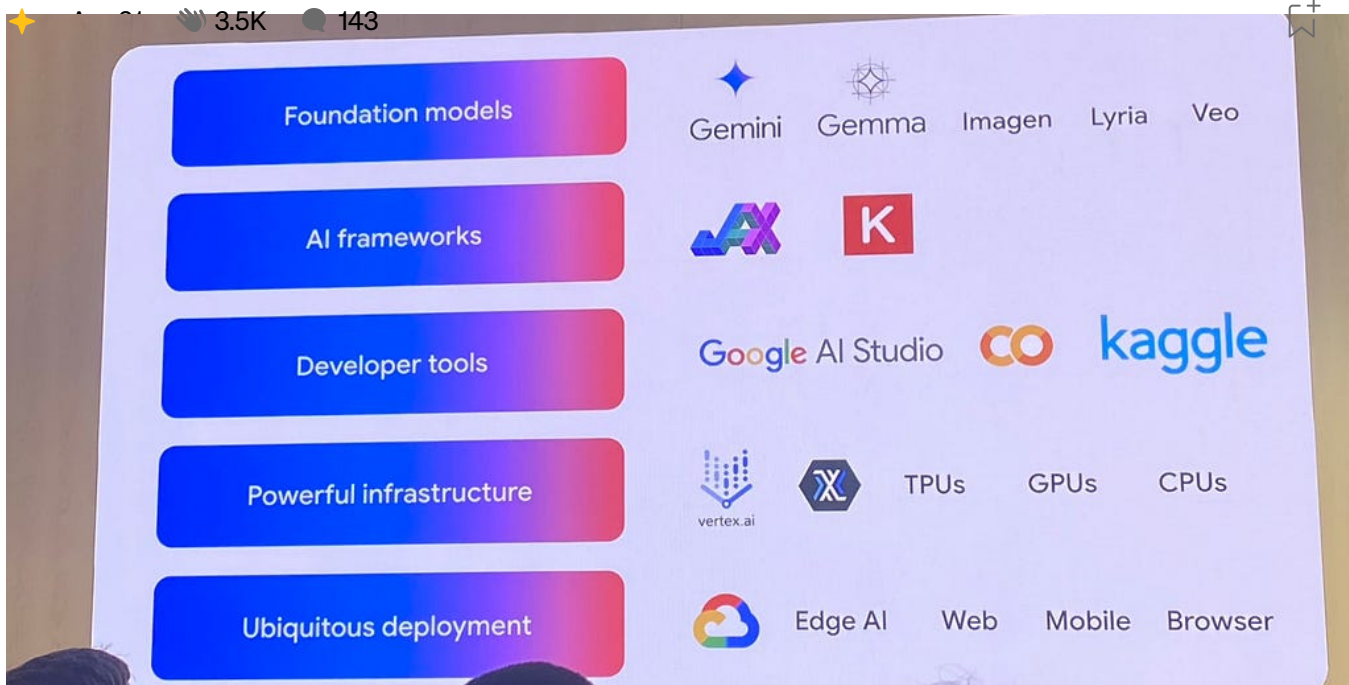




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