



(REVIEW ARTICLE)



Unmasking deception: Pathological lying in narcissists and the role of subconscious energy healing therapy

Padmakali Banerjee ¹, Brahmdeep Sindhu ¹, Amita Puri ², Srishti Bhatt ^{2,*} and Shivam Gupta ²

¹ Psychiatrist, Direct Health Services Haryana, VC, IILM, Gurgaon.

² Citizen Hospital and De-addiction Centre, VC, IILM, Gurgaon.

World Journal of Advanced Research and Reviews, 2024, 24(02), 1719–1724

Publication history: Received on 05 October 2024; revised on 14 November 2024; accepted on 17 November 2024

Article DOI: <https://doi.org/10.30574/wjarr.2024.24.2.3477>

Abstract

Pathological lying, a pervasive behavior in individuals with narcissistic personality disorder (NPD), is used to manipulate reality, reinforce grandiosity, and avoid accountability. While traditional therapeutic approaches have addressed the cognitive and emotional roots of such deception, a deeper exploration of subconscious influences offers a novel avenue for treatment. This concept note explores pathological lying among narcissists, examines existing research, and introduces Subconscious Energy Healing Therapy (SEHT) as a complementary treatment. By accessing and reprogramming unconscious patterns, SEHT provides a holistic approach to transforming deep-seated deceptive behaviors into authentic communication.

Keyword: Pathological Lying; Narcissistic Personality Disorder (NPD); Grandiosity; Manipulation; Subconscious Energy Healing Therapy (SEHT); Psychotherapy; Emotional Regulation

1. Introduction

Pathological lying, or pseudologia fantastica, is a hallmark trait in narcissists, often rooted in the need to preserve a grandiose self-image and evade perceived threats to self-esteem. Narcissists lie compulsively to maintain control over how others perceive them, bolster their self-worth, and avoid vulnerability. While this deception may offer short-term relief, it damages interpersonal relationships and further disconnects the narcissist from their true self.

Research on NPD has focused extensively on the cognitive and emotional drivers of pathological lying. However, deeper, unconscious forces may play a significant role in sustaining this behaviour. Subconscious Energy Healing Therapy (SEHT) offers a promising approach to addressing these unconscious drivers, helping narcissists break the cycle of deceit at its energetic and subconscious roots. Pathological lying, also known as pseudologia fantastica, is a deeply ingrained behaviour often observed in individuals with narcissistic personality disorder (NPD). It serves as a maladaptive mechanism to maintain a grandiose sense of self and avoid vulnerability, shame, and perceived inadequacy. Narcissists tend to use compulsive deception to control how they are perceived, manipulate their environment, and shield themselves from emotional exposure. While this behaviour may provide short-term relief by bolstering their fragile self-image, it ultimately harms interpersonal relationships and further distances them from their authentic selves.

The traditional body of research on pathological lying in narcissists has largely been rooted in cognitive-behavioural and psychodynamic theories. According to these models, narcissists' lies are driven by a combination of cognitive distortions and emotional dysregulation, specifically an exaggerated sense of entitlement, a lack of empathy, and an avoidance of internal feelings of inferiority (Morf & Rhodewalt, 2001). Narcissists, through their lies, attempt to

* Corresponding author: Srishti Bhatt

construct a reality where they are constantly admired, respected, and valued—shielding their fragile ego from perceived threats to their self-esteem. This form of deception may also act as a defense against criticism, rejection, or anything that could potentially diminish their carefully constructed self-image.

1.1. Cognitive-Behavioral Perspective

From a cognitive-behavioral standpoint, research has suggested that pathological lying is a strategy used by narcissists to manage emotional discomfort and cognitive dissonance. When reality conflicts with their self-perception, narcissists often resort to dishonesty to reconcile this gap (Millon, 1996). Their cognitive patterns are typically marked by self-serving biases, wherein they distort facts and manipulate narratives to maintain control over how they are perceived by others. For example, they may lie about their achievements, fabricate stories to gain sympathy, or downplay failures to protect their fragile self-worth.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), one of the key diagnostic features of NPD is a preoccupation with fantasies of success, power, and superiority, often manifested through exaggeration and deceit (American Psychiatric Association, 2013). Narcissists' lies serve to reinforce these fantasies and shield them from perceived threats to their self-esteem, such as criticism or failure. The continuous use of lies to manipulate their social environment eventually becomes habitual and compulsive, leading to significant distortions in their relationships and personal reality.

1.2. Psychodynamic View

In psychodynamic theory, narcissistic lying is seen as a defense mechanism that arises from unresolved childhood conflicts and unconscious fears of inadequacy. Otto Kernberg's (1975) work on narcissism emphasized that narcissists experience a constant tension between their grandiose self-image and deeply held insecurities. They use lying as a tool to preserve the former, often at the cost of authentic relationships. Lies help them avoid the emotional pain associated with shame, rejection, or failure, which are intolerable threats to their identity. Heinz Kohut (1977), another key figure in the study of narcissism, proposed that narcissistic individuals are fundamentally motivated by a desire to have their grandiose self-mirrored and validated by others, and deception is a tactic employed to ensure this validation is maintained.

1.3. Neuroscientific Insights

More recent studies have added a neuroscientific dimension to the understanding of pathological lying in narcissists. Neuroimaging research suggests that altered brain structures in regions responsible for impulse control, empathy, and moral decision-making may underlie compulsive lying in individuals with NPD (Yang et al., 2007). For example, reduced gray matter in areas such as the prefrontal cortex has been associated with impaired self-regulation and ethical judgment, potentially contributing to the frequency and intensity of pathological lying. These findings support the notion that narcissistic lying is not simply a matter of choice or conscious manipulation but may be driven by biological and neurocognitive deficits.

1.4. Gaps in Traditional Research

While traditional therapies have offered valuable insights into the cognitive and emotional components of pathological lying in narcissists, they often fall short of addressing the subconscious and energetic dimensions of this behavior. Cognitive-behavioral therapy (CBT), for example, typically focuses on restructuring faulty thought patterns and increasing emotional awareness, but it may not reach the deeper subconscious motivations that perpetuate the cycle of deception.

In psychodynamic therapy, there is an emphasis on uncovering and resolving unconscious conflicts. However, many narcissists remain resistant to therapy due to their reluctance to confront vulnerable aspects of their identity, making it challenging for these interventions to produce lasting change. Consequently, there is growing interest in more holistic approaches, such as Subconscious Energy Healing Therapy (SEHT), that target these deeper layers of behavior.

Subconscious Energy Healing Therapy (SEHT) offers a novel therapeutic framework that seeks to address the unconscious and energetic drivers behind narcissistic lying. Unlike traditional psychotherapies, SEHT operates on the premise that emotional trauma and negative subconscious beliefs are stored within the energy body, affecting both the conscious mind and behaviour. By tapping into these energetic patterns, SEHT provides a comprehensive approach to healing, focusing on rebalancing energy, releasing emotional blockages, and reprogramming subconscious beliefs.

Through techniques like Emotional Freedom Technique (EFT), chakra healing, and hypnotherapy, SEHT allows individuals with NPD to engage with the root causes of their deceptive behaviours. These techniques work by releasing energetic imbalances tied to past traumas or negative emotions, such as shame, fear, and inadequacy, which narcissists often try to suppress through their lies. This enables narcissists to experience a sense of inner harmony, reducing their reliance on falsehoods to maintain their self-image.

For example, EFT involves tapping on specific acupressure points while focusing on troubling emotions or memories, allowing for the release of emotional energy tied to shame or fear. Similarly, chakra healing focuses on balancing key energy centres, particularly the throat chakra, which governs communication and authenticity. When this chakra is blocked, narcissists may struggle to express themselves truthfully, leading to a pattern of deception. SEHT works to clear these energetic blockages, promoting more authentic communication.

Additionally, hypnotherapy can be employed to access the subconscious mind directly, allowing therapists to identify and reprogram limiting beliefs that contribute to narcissistic behaviours. For instance, deeply ingrained beliefs like "I must lie to be accepted" can be uncovered and transformed into healthier patterns of thought, such as "I am worthy of acceptance without lying." This shift enables narcissists to engage in more honest and genuine interactions.

While SEHT is a relatively new approach in the field of psychotherapy, initial studies have demonstrated its potential to address deep-seated emotional and behavioural issues. Research on the efficacy of EFT, for instance, has shown that it can significantly reduce emotional distress and improve emotional regulation in individuals with a range of psychological disorders (Feinstein, 2012). Similarly, studies on hypnotherapy have highlighted its ability to facilitate subconscious change, making it a promising tool for addressing subconscious beliefs tied to narcissistic deception (Barabasz & Watkins, 2005).

Though empirical research on the use of SEHT specifically for NPD is still limited, there is a growing body of anecdotal evidence and case studies suggesting its efficacy in treating pathological lying and other narcissistic behaviours. As more practitioners begin to integrate SEHT with traditional therapeutic models, its potential for addressing the subconscious roots of narcissistic lying will become clearer.

Pathological lying in narcissists has been a topic of interest for several decades, primarily within the frameworks of cognitive-behavioural and psychodynamic theories. Some key research findings include:

- **Cognitive-Behavioural Research:** Studies have shown that narcissists use lying to avoid feelings of shame or inferiority and to preserve their grandiose self-perception (Morf & Rhode Walt, 2001). Their lies often serve to manipulate social situations in their favour.
- **Psychodynamic Perspectives:** Narcissists are believed to lie due to unconscious conflicts between their idealized self-image and the perceived failures or shortcomings they wish to conceal (Kernberg, 1975). These lies protect the fragile ego and are driven by unresolved early developmental issues related to self-worth.
- **Neuroscientific Insights:** Recent studies suggest that pathological liars, including those with NPD, may have altered brain structures in regions associated with emotional regulation, empathy, and impulse control (Yang et al., 2007). These neurological deficits may contribute to the chronic nature of lying in narcissists.
- **Energetic Approaches:** Though less explored, there is growing interest in the role of subconscious energy patterns in influencing behaviour. Energetic imbalances in narcissists could perpetuate deceptive behaviours, as unresolved trauma or emotional blockages in the energy field may manifest as habitual lying.

While traditional psychotherapy techniques, such as cognitive-behavioural therapy (CBT), have been somewhat effective in managing pathological lying, deeper unconscious factors often remain untouched. To address these underlying issues, it is essential to integrate approaches that go beyond conscious awareness, focusing on subconscious patterns and energetic healing. Subconscious Energy Healing Therapy (SEHT) aims to resolve the root causes of deceitful behaviour by rebalancing the energy field and releasing negative emotional imprints from past experiences.

2. Therapeutic Approaches: Subconscious Energy Healing Therapy (SEHT)

Subconscious Energy Healing Therapy (SEHT) operates on the premise that unresolved emotional trauma and subconscious beliefs stored in the energy body can influence conscious behaviour. By using energy-focused techniques alongside traditional therapy, SEHT targets the deeper emotional and energetic drivers of narcissistic behaviour, particularly pathological lying.

2.1. Energy Scanning and Emotional Blockage Identification:

- In SEHT, therapists work with clients to identify areas of energetic imbalance linked to past trauma, shame, or fear of inadequacy. These blockages can perpetuate the narcissist's compulsion to lie.
- Techniques such as Reiki, Emotional Freedom Technique (EFT), or Chakra Healing are employed to assess and clear stagnant energy from key areas such as the heart and throat chakras, which are often linked to communication and self-worth issues.

2.2. Subconscious Reprogramming:

- The subconscious mind plays a critical role in driving repetitive, destructive behaviours like pathological lying. SEHT integrates hypnotherapy to access the subconscious and reprogram limiting beliefs that perpetuate deception.
- Clients are guided to identify and release deep-rooted beliefs, such as "I am not good enough" or "I must lie to be accepted," and replace them with affirmations of self-worth and honesty.

2.3. EFT for Emotional Regulation:

- Emotional Freedom Technique (EFT) is a key component of SEHT. Through tapping on acupressure points, clients release emotional energy associated with shame, fear, and guilt, which are often triggers for deceptive behaviours in narcissists.
- EFT helps clients regulate their emotional responses in real-time, reducing the impulse to lie when they feel threatened or vulnerable.

2.4. Chakra Healing for Authentic Communication:

- The throat chakra is energetically linked to communication, truth-telling, and authenticity. In narcissists, this chakra may be blocked, contributing to their reliance on deceit.
- SEHT employs chakra balancing techniques to open and heal the throat chakra, enabling the narcissist to express themselves more truthfully and engage in authentic interactions.

2.5. Integration with Psychotherapy:

- SEHT is most effective when integrated with psychotherapeutic approaches, such as Cognitive Behavioural Therapy (CBT) or Schema Therapy. This combination helps clients process the emotional insights gained from energy healing and apply them in their day-to-day lives.

To advance the field of narcissism treatment, the following steps are recommended:

- Research on Energy Healing and NPD: More empirical studies are needed to explore the effectiveness of SEHT for pathological lying in narcissists. A deeper understanding of how energy healing interacts with personality disorders could revolutionize therapeutic practice.
- Training for Therapists: Mental health practitioners should receive specialized training in energy healing techniques, such as EFT, hypnotherapy, and chakra work, to complement their traditional therapeutic practices.
- Holistic Treatment Models: Future treatment frameworks should adopt a holistic approach, combining traditional psychological theories with energy-based therapies. This integration can offer more profound, long-lasting transformation for narcissistic clients.
- Patient Education and Empowerment: Educating clients about the relationship between their subconscious mind, energy body, and conscious behaviour empowers them to take an active role in their healing journey. This knowledge can foster deeper self-awareness and accountability, leading to more authentic behaviour.

3. Conclusion

Pathological lying is a deeply ingrained behaviour in individuals with narcissistic personality disorder, rooted in subconscious patterns of shame, fear, and inadequacy. Subconscious Energy Healing Therapy (SEHT) offers a novel, holistic approach to treatment by addressing the energetic and subconscious factors that drive this behaviour. Through techniques like EFT, chakra healing, and hypnotherapy, SEHT helps narcissists release emotional blockages, regulate their emotional responses, and engage in more authentic communication. By integrating SEHT with traditional therapeutic methods, practitioners can offer a comprehensive treatment plan that promotes lasting change in individuals struggling with narcissistic deception.

Pathological lying in individuals with narcissistic personality disorder (NPD) presents a complex challenge for both the individual and their relationships. At its core, this deceptive behaviour is often a defense mechanism, protecting the narcissist from feelings of inadequacy, shame, and deep-seated fear of being unworthy. Traditional therapeutic approaches, while helpful in addressing surface-level cognitive distortions and maladaptive behaviours, often fall short in tackling the underlying subconscious drivers that fuel these patterns. This is where Subconscious Energy Healing Therapy (SEHT) offers an innovative, holistic solution

SEHT provides a powerful means to address the energetic and subconscious roots of pathological lying. By working at a deeper level than traditional talk therapy, SEHT acknowledges the profound role that unresolved emotional trauma and subconscious beliefs play in maintaining narcissistic behaviours. The emotional blockages and energy imbalances present in narcissists often go unnoticed but continue to drive harmful actions like deceit. Techniques such as Emotional Freedom Technique (EFT), chakra healing, and hypnotherapy allow therapists to work directly with the energy body and the subconscious mind, helping clients to release these blockages and reprogram limiting beliefs that perpetuate deception.

For instance, EFT enables narcissists to release pent-up emotional energy related to shame or fear of inadequacy. Through tapping on specific acupressure points, the energy flow in the body is restored, helping clients to regulate their emotional responses more effectively. By reducing emotional triggers, such as the fear of rejection or exposure, the individual can gradually diminish their reliance on lying as a defense mechanism.

In addition, chakra healing focuses on specific energy centres, particularly the throat chakra, which governs communication and truth-telling. A blocked throat chakra is often linked to dishonest expression or an inability to speak one's truth. Through energy healing, this chakra can be cleared and balanced, facilitating more honest and authentic communication. This is crucial for individuals with NPD, as it helps them shift from deceptive interactions to genuine self-expression, fostering healthier relationships.

Hypnotherapy in SEHT serves as a bridge to the subconscious mind, where many of the core issues fuelling narcissistic behaviour reside. By accessing the subconscious, therapists can guide clients in uncovering and reprogramming beliefs such as "I must lie to be accepted" or "My true self is not good enough." These repressed beliefs often emerge from early experiences of shame, neglect, or criticism. Releasing and transforming these subconscious patterns allows the narcissist to operate from a place of self-worth and authenticity, reducing their need to fabricate stories or manipulate others' perceptions.

When SEHT is integrated with traditional therapies such as Cognitive Behavioural Therapy (CBT) or Schema Therapy, the therapeutic approach becomes even more comprehensive. Traditional therapies provide clients with the cognitive tools to challenge distorted thinking and understand the impact of their behaviour, while SEHT facilitates deeper emotional healing and transformation at the energetic and subconscious level. This dual approach ensures that both the conscious and unconscious aspects of pathological lying are addressed, leading to more sustainable change.

Ultimately, SEHT provides a pathway for narcissists to not only recognize and address their deceitful behaviours but also to transform at a fundamental level. By clearing emotional blockages, healing energy imbalances, and reprogramming subconscious beliefs, SEHT empowers individuals with NPD to engage in more authentic, honest relationships. This approach can help break the cycle of pathological lying, promoting greater self-awareness, emotional regulation, and lasting personal growth. As more practitioners integrate SEHT with traditional therapeutic methods, there is great potential for profound and enduring change in individuals struggling with narcissistic deception.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

References

- [1] Bhatt, S., Jogy, S., & Puri, A. (2024). Development of an app for diagnosing autism. *International Journal of Science and Research Archive*, 12(01), 2406–2410.
- [2] Bhatt, S., Jogy, S., & Puri, A. (Year). Integration of Virtual Reality (VR) and Artificial Intelligence (AI) in Autism Therapy. *Journal/Publisher, Volume (Issue), pages. DOI/.*

- [3] Karthikeyan, B., Puri, A., Mathur, R., et al. (2016). Internet of Things (IOT) based attendance and intrusion detection system. *International Journal of Innovative Research in Computer and Communication Engineering*, 4(3).
- [4] Banerjee, P., Puri, A., Puri, A., et al. (2018). Challenges faced by non BPD spouse and family: a case study. *EC Psychology and Psychiatry*, 7(12).
- [5] Puri, A., Navya, N., & Shammi. (2019). Malaise of Domestic Violence: Scarring Children's Well Being. Vol. 7 No. 1 (2019): Volume 07, Issue 1, January-March, 2019. DOI: 10.25215/0701.067
- [6] Puri, A., Bamel, P., Sindhu, B., et al. (2023). Recent advances in psychotherapy in the Indian scenario - subconscious energy healing therapy: S.E.H.T for infertility counselling. *J Psychol Clin Psychiatry*, 14(6), 182–194. DOI: 10.15406/jpcpy.2023.14.00750
- [7] Puri, A., Sindhu, B. D., Puri, A., et al. (2023). Hypnotherapy as an intervention in infertility treatment. *Art Human Open Acc J*, 5(3), 214–218. DOI: 10.15406/ahoaj.2023.05.00211
- [8] Puri, A., Nayar, P., Bamel, P., Puri, A., & Kumar, A. (2024). Invisible Grief During A.R.T.. In Indian Fertility Society (Ed.), *Counseling in Assisted Reproduction Technology (A.R.T.)* (pp. 23).
- [9] Bamel, P., Puri, A., Nayar, K. D., Singh, T., & Jogy, S. (2024). Use of Interest-Based Technology for Patient Care. In Indian Fertility Society (Ed.), *Counseling in Assisted Reproduction Technology (A.R.T)* (pp. 83).
- [10] Puri, A., Nayar, P., Bamel, P., Sindhu, B., & Puri, A. (2024). Implementing Distress Screening and Psychological Assessment at the A.R.T. Clinic. In Indian Fertility Society (Ed.), *Counseling in Assisted Reproduction Technology (A.R.T)* (pp. 63).
- [11] Bamel, P., Sindhu, B., Sindhu, S., Puri, A., & Singh, T. (2024). Recent Eclectic Approach to Psychotherapeutic Interventions in the Indian Context - Subconscious Energy Healing Therapy (S.E.H.T). *International Journal of Creative Research Thoughts (IJCRT)*, 12(2), a434-a442. <http://www.ijcrt.org/papers/IJCRT2402052.pdf>
- [12] Puri, A., Mathur, R., & Sindhu, N. (2024). Harnessing the Power of AI in Healthcare: Benefits, Concerns, and Challenges for Medical Personnel Training. *Art Human Open Acc J*, 6(2), 90-91.
- [13] Banerjee, P., Sindhu, B. D., Sindhu, S., et al. (2024). Exploring the intersections of AI (Artificial Intelligence) in psychology and astrology: a conceptual inquiry for human well-being. *J Psychol Clin Psychiatry*, 15(1), 75–77. DOI: 10.15406/jpcpy.2024.15.00761
- [14] Puri, A., Banerjee, P., Nayar, P., et al. (2024). Understanding the impact of environmental pollutants on infertility counselling: insights from the Indian scenario. *Art Human Open Acc J*, 6(1), 35–37. DOI: 10.15406/ahoaj.2024.06.00218
- [15] Puri, A., Mathur, R., & Sindhu, N. (2024). Enhancing assisted reproductive technology with AI: Addressing concerns and challenges. *International Journal of Science and Research Archive*, 12(01), 745-747. <https://doi.org/10.30574/ijsra.2024.12.1.0859>
- [16] Puri, A., Mathur, R., & Nayar, K. D. (2024). AI-powered fertility assessment tool. *International Journal of Science and Research Archive*, 12(1), 742-744. <https://doi.org/10.30574/ijsra.2024.12.1.0860>