

Modern Women

You're reading for free via [Elena Byron's Friend Link](#). [Become a member](#) to access the best of Medium.

★ Member-only story

The Cult of Cosmic Nonsense: How Narcissism Masquerades as Insight

A story of narcissism, spiritual showmanship, and the quiet power of walking away



Elena Byron

Follow

3 min read · Mar 29, 2025

👏 136

Q 2



[Open in app ↗](#)[Sign up](#)[Sign in](#)

Medium



Search



Write



Photo by [GR Stocks](#) on [Unsplash](#)

Not a Medium member? Read and share it through this [free link](#).

He sounded like a cross between a male Oracle of Delphi and a modern hi-tech guru.

But he lived like a ghost.

His words were grand, mysterious — often unintelligible. They needed to be interpreted, decoded. At the time, I thought I wasn't enlightened enough to understand. But now I see it clearly: he was just confused. Confusion

disguised as cosmic wisdom. And only now, as he unravels publicly, do I fully see through it.

I've always admired honest, kind, hard-working, driven, humble people — whatever their path in life. Looking back, he had none of these qualities. If anything, he embodied the opposite of everything I value.

At that point in my life, I needed to believe this relationship was going to work. I was exhausted. Vulnerable. And part of me thought that if someone sounded so wise, he must be safe. But wisdom isn't performance. I learned that the hard way. My gut knew something was off from the beginning. But my mind clung to justifications — until they no longer held.

He's a master of shortcuts. Even if they compromise the work, it doesn't matter. Ethics are a nuisance to him — something for others to worry about.

Quantity over quality, always. It's not about how many deep connections he has — it's about showing he's surrounded by noise, followers, social media "friends." Anything to feed the image. Supply, as it's called in narcissistic abuse, isn't about love, respect or genuine connection. It's about admiration and validation at *all costs*.

And when supply runs dry? He reframes. Rejection becomes proof that the world isn't ready for his genius. Criticism is a sign of other people's blindness. The delusions deepen — because they have to. His ego can't tolerate the truth of his emptiness. He builds a new identity, another mask, another script.

Big words to cover a big void.

Superficiality over depth — in everything. His projects, his conversations, even our relationship. Plans never followed through. Ideas constantly changing. Depth was an illusion.

What saddens me is how often society rewards this. We're so busy, stressed, and distracted that we mistake performance for substance. Narcissists thrive in that space. They build a stage and call it truth.

At the beginning, he seemed empathetic. He listened. Asked questions. Mirrored my values. But in time, it became clear: he didn't want connection. He wanted worship. From me, *from everyone*. That's what people are for in his view of the world. They are providers, mirrors to reflect his grandiosity.

Now, he's reinvented himself as a visionary. He throws around buzzwords — quantum, AI, consciousness, systems theory. The message beneath it all? "*Admire me. I'm enlightened, while you are a poor average person. Let me teach you how to live.*"

He reframes failure as innovation, breakdown as spiritual awakening, disconnection as visionary experience. His website isn't a website — it's a coping mechanism dressed in cosmic language.

There's no point arguing. He'll defy logic with narcissistic word salad. Someone once told me, "*Never play chess with a pigeon.*" I laughed out loud. That's exactly what it was like. He'd knock over all the pieces, shit on the board, and strut around like he'd won.

So no, I stopped playing chess with a pigeon a long time ago.

The most empowering thing I did was walk away. I ignore his attempts to reach out. I speak my truth when I need to — but I don't feed the echo chamber. Because with someone like him, even criticism becomes fuel. He'll twist it into proof of his superiority.

But silence? That's what he dreads.

Because in the silence, there's no one left to mirror him. Just the empty reflection of himself.

Women

Relationships

Narcissistic Abuse

Healing

Mental Health



Published in Modern Women

10.2K followers · Last published 7 hours ago

Follow

Heartfelt, down-to-earth and real stories by women for women. Support our lovely Modern Women editing team @ ko-fi.com/modernwomen



Written by Elena Byron

170 followers · 17 following

Follow

Psychologist & Trauma Therapist | Survivor Exploring the aftermath of narcissistic abuse, the resilience of the human mind and the path to self-reclamation.

Responses (2)





Write a response

What are your thoughts?



pockett dessert

Apr 4

...

Hi Elena, this took me back!! And it's not that long ago. So many misguided spiritual idols who promise to save those lost. They are so charismatic and believable, until intuition screams, RUN!!!



15



1 reply

[Reply](#)

Shefaalii Parwani

Apr 1

...

Perfectly conveyed



5



1 reply

[Reply](#)

More from Elena Byron and Modern Women





In Heartline Publications by Elena Byron



In Modern Women by Ashika R

How I Broke the Spell of Narcissistic Abuse

Escaping was just the beginning, reclaiming myself is the real victory

Apr 5 656 12



In Modern Women by Sangeeta Kalsi

The Six Words That Saved Me Years of Therapy

If only I'd thought of this myself...

Apr 19 2.2K 17



Why I Took a Career Break (And What I'm Learning Along the Way)

I kept thinking, This next one. This will be it. This will finally make me happy.

Mar 28 2.1K 57



In Catharsis Chronicles by Elena Byron

"You're Still Alive, Aren't You? So What Harm Did I Even Do?"

The chilling words of an abuser

May 14 213 6



[See all from Elena Byron](#)

[See all from Modern Women](#)

Recommended from Medium



In The Reflective Mindset by Suzy Bliss

The Hidden Psychology Behind Narcissistic Control: A Guide to...

If you've ever felt like you're walking on eggshells around someone, constantly...

4d ago

103



In Write A Catalyst by Soulitinerary

8 Symptoms of Daughters of Narcissistic Mothers

Your Mother Wasn't Just 'Tough Love'—She Was a Narcissist. And You're Still Bleeding...

May 22

417

7



In Kill the Silence by Cody Taymore

Somatic Healing: What It Is, Why It Works, and How to Actually Feel...

Let's get something straight—if talk therapy alone could heal trauma, most of us would b...

May 15

1.1K

11



13 Things Narcissists Take From You That You'll Never Get Back



In The Narcissist Det... by Alexander Burgemeest...

13 Things Narcissists Take From You That You'll Never Get Back

When you first meet and fall in love with somebody, you never expect them to turn ou...

★ May 24 101 1



In Age of Empathy by Toni Crowe

Marriages Built on Another Woman's Tears Do Not Last

Foundations matter

★ 5d ago 1.6K 28



See more recommendations