

Muse

The Narcissists Stare

Muse - The Narcissists Stare - Jerald W. Blackstock



About

the Duchy of Jerald

book 3

Muse

the narcissists stare

Jerald W. Blackstock

2020 All Rights Reserved
published by Blackstock Art&Design
ISBN 978 772148 0 7

Dedicated to Cliff Eyland
a true inspiration

muse

/myoz/

1.

(in Greek and Roman mythology) each of nine goddesses, the daughters of Zeus and Mnemosyne, who preside over the arts and sciences.

inspiration

creative influence

stimulus

stimulation

afflatus

2.

a person or personified force who is the source of inspiration for a creative artist.

“Yeats’ muse, Maud Gonne”

3.

a predator

4.

a monster

A Sense of Connection

About Cliff on CBC

Went to the mountains today after hearing that Cliff had passed and stopped at Deadman's Flats, ironically, to listened to Bob Dylan sing 'she's never gone as long as she's inside you.'

So this sense of connection is a choice. Choose a sense of connection. Dr.David Burns said fighting is an intimate connection and a choice to connect with resentment so I choose to be not connected as well. They don't have to be in the same room to enjoy this feeling this sense of connection or even on the same planet or even in the same time period.

I feel very connected to my favourite writer long passed away to read his words is to read his mind.

To see Cliff's artwork is to see and feel him what he valued and loved and connected to.

Some connections, like with Cliff, I value extremely and will always be with me.

Overvalue, Undervalue, Dump, Smear

From my family, particularly my Mother, to my siblings, acquaintances, through my spiritual search for connection that I didn't receive at home, (my father died of a lung cancer he found in a coal mine); to co-workers and colleagues, my search for family and connection utopia brought only more pain that I was seeking to relieve.

I didn't mention marriage in that list, for even though I went through the ceremony, there wasn't even an attempt to sustain relationship from the partner who chose me and suggested the rites.

I was sought out, a victim of the hunt, of a predator, really a series of predators, searching for their utopia of never being bored. Hurt and vulnerable, intelligent, artistic and good looking I was the prime target, then the competitor to be killed, the person to be blamed for their mental health issues when it turned out that what I wanted was a boring old sane stable relationship where healthy people assert their rights and ask for what they want to deepen relationship. This, as it turns out, is the garlic repelling the vampire, they leave a trail of smear going out the door. Rinse repeat.

The problem with the list of my 'crimes' was that I believed them. I believed in belief. They had to leave, it was



all my fault. I had asked for what I wanted, the cardinal sin. Since they had nothing to give, they left, blaming me.

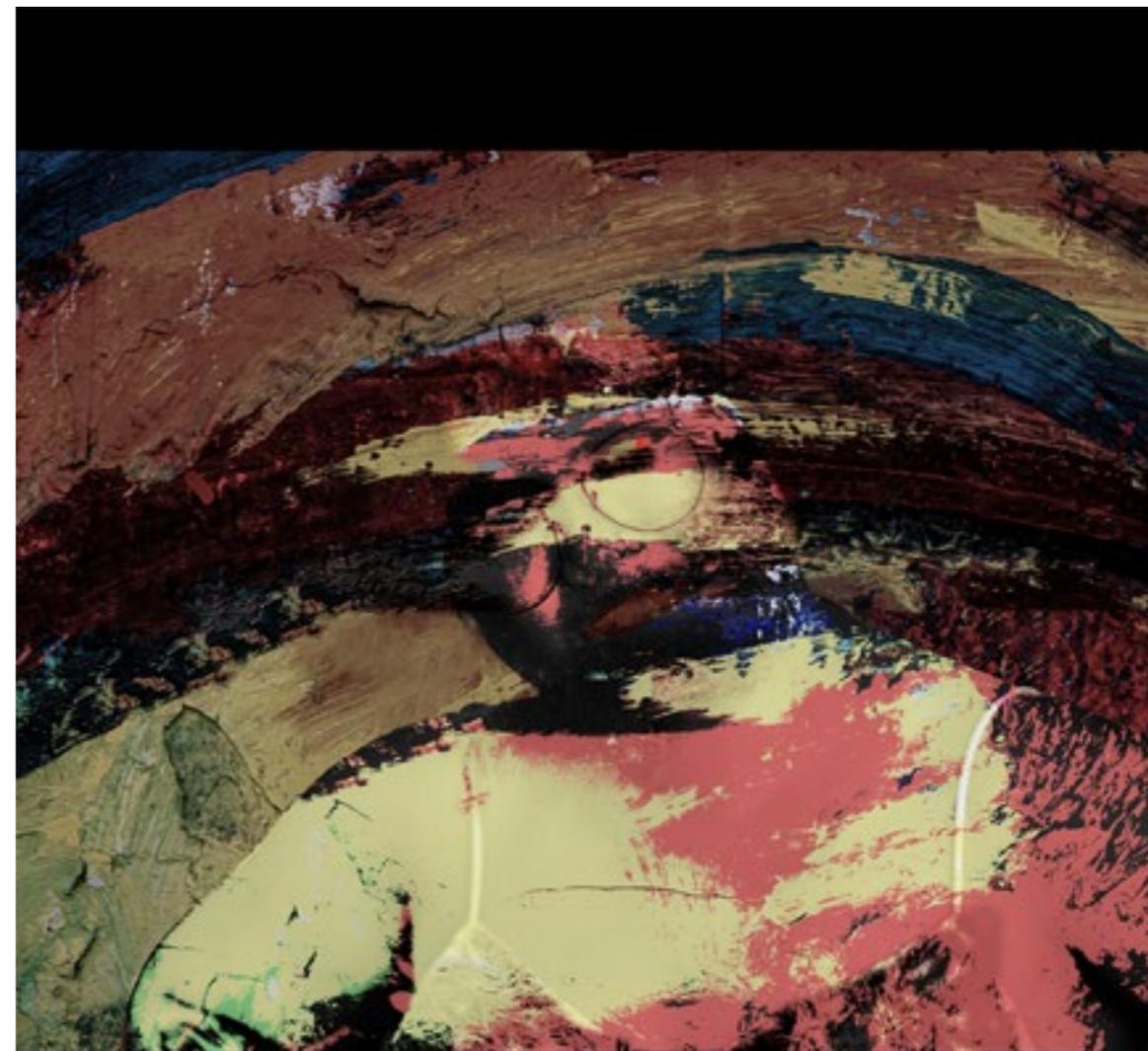
The healing for the pain: Is there any evidence for the belief? This is the prime deprogramming question whether it is from being convinced of original sin in western Christianity, reincarnation because you are a loser in the Dali Lama's Tibetan Buddhism, or my 'wife' who is controlling by withholding sex, similar to advanced yoga at the Ashram, by saying it is my fault due to poor technique because I asked for what I want.

Assertiveness training saved me. How to ask for what you want from people who scare you. I had a lot of scare. It turns out over-anxiety is a consequence of the belief that I can't handle life and I must be liked. Evidence based psychology sustains me. Where is the evidence that I can't handle life, and I must be liked? There never is any as here I am alive and capable of creating some form of satisfaction for myself. Based on pretty obvious evidence.

Where is your family? was often asked of me at the hospital during my 6 month stay doing stroke rehab. Why I'm right here, I would reply. Most thought I was brain damaged from the stroke I'm sure.

Any time I've been in trouble, those who were merely acquaintances, as it suddenly turned out, that I saw as close, similar to a family feeling of loyalty, fucked off.

Well we are not available to spend a week visiting was the put off from Rob and Rose, when I asked to crash at their house in Victoria. Not that I asked for that level of creepy closeness, I asked to be alone with the ocean after being dumped by a devastating narcissist. They



had on 3 occasions come to live with me during the housing shortages when Rob returned to school. He went on to marry his daughter emotionally, started a business with her, his wife denying him by being sunk in depression. The kid becomes the wife, taking care of Dad's emotional needs for partnership (at least), typically conservative (he's an RCMP cop) by making relationship a business deal. A very competitive family, running a karate school cult, anxious and hostile with the wife and daughter competing for Dad. Incest by any other name smells like shit.

The devastation and the damage, comes from believing that these losses are all my fault, that I asked for what I wanted, making them leave.

Recently Theresa a former girlfriend I had stayed in touch with on FB now living in Little Rock Arkansas took a trip back to visit family, and asked to visit me. A visit she found boring based on her lack of enthusiasm as she was doing a social chore. When I asked to deepen the connection by communicating on social media, she refused saying it felt like emotional infidelity. Nothing to offer, she left, smearing, going out the door. Blaming.

Rinse repeat.

Overvalue,

Undervalue,

Dump,

Smear.

Predator and Prey

OK. How did it happen?

She approached me an the gym

I was sought out

Slightly handicapped

Seduced, flirted and flattered.

Chatted me up for an hour.

Walked away with my contract for training

Specialized in stroke recovery

With a side of implied romance

Oh you have made my day love bombing

Undervalued and Dumped

Didn't respond to an email

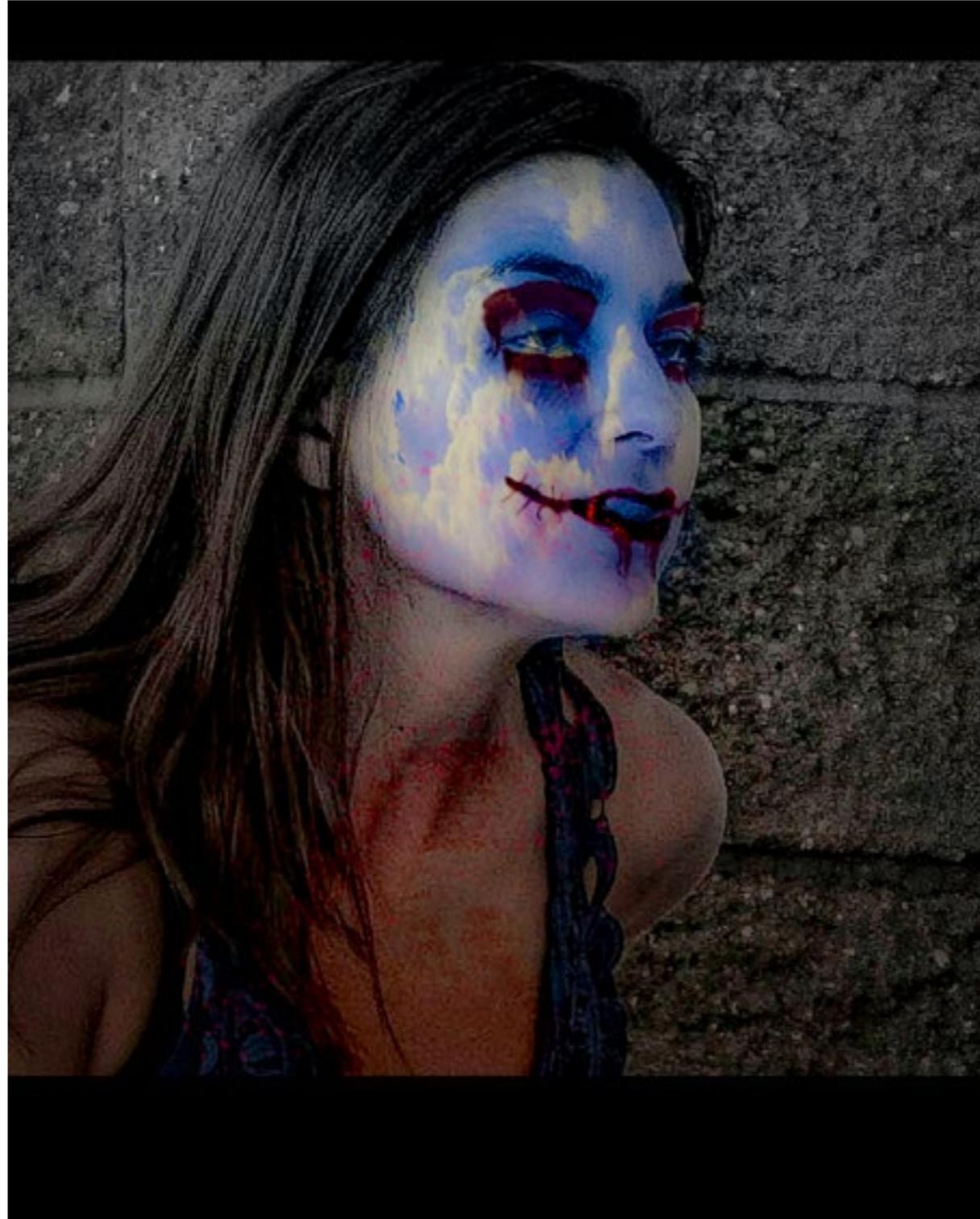
Cancelled last minute

Our first session

Another client took it more priority

Grooming with guilt and obligation to accept

Manipulation with Nice



the hunt





Trust

what is it?

I was raised by conservative narcissists

all narcissists are liars

I am afraid

I don't trust anybody

blind trust

is no trust

blinded by the charm

to create trust

The Problem

I must do well and win the approval of others or else I am no good.

I can't trust their approval or their evaluation of do well

Other people must do "the right thing" or else they are no good and deserve to be punished.

I can't trust them to do the right thing.



Life must be easy, without discomfort or inconvenience

I can't trust life

The Way Out

Is there any evidence that I am no good? The only evidence I can find is that their likes and dislikes only describe them, this I can trust.

Where is it written that others must? Just because I prefer it, does that mean I must have it?

It's a pain, but it's not awful

Accept Accept Accept
The purpose of life is satisfaction

What good can I make of this?

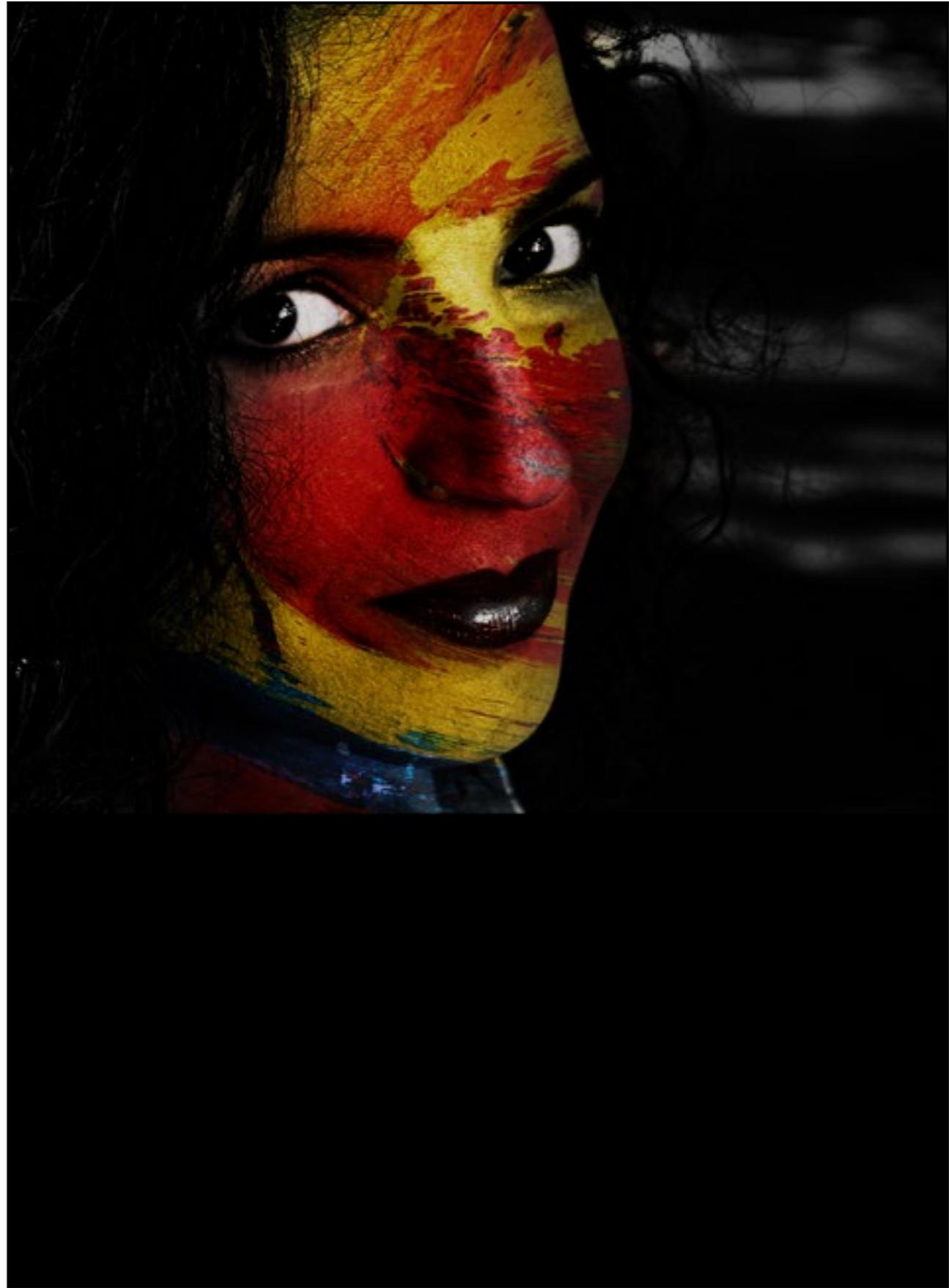
Manipulation

manipulate by withholding sex

F.O.G.

*FEAR
OBLIGATION
and
GUILT*





Heartbreak Alley

Heart broken
I am broken
I didn't do relationship right
Obviously
Because she left
So
It's all my fault
That she didn't keep her promise
That she wasn't loyal
That I am broken

or

She didn't keep her promise
Because she is not sincere
She left because
I asked for what I want
To Deepen Relationship
She Had Nothing to Offer
She Didn't Keep Her Promise
Of Love
Because She Is A Liar
She Slept With Another
Because She Is Bored
She Craves Chaos



conclusion

I am not Broken
Disappointed yes
Even Devastated
But Not Broken



Artists Statement

I was born in the Kananaskis, Alberta, Canada, my grandfather was a homesteader near Blue Rock. The Bow Valley has been my life.

After working as the Art Director at Chinook Plastics, where I supervised and produced the architectural signage for large projects such as the Cave and Basin in Banff and the University of Calgary I moved on to a career at Art School (Alberta University of the Arts) where after 6 years of study I taught painting and drawing. (c.v.)

By editing to create fleeting moments of exaggerated light, colour and pattern, my contemporary approach to digital painting has created a body of work that is brimming with nostalgia

for my first homes, the street, and the mountains.

The works are similar in spirit to Nouvelle Vague:

“From this passion for cinema they developed a belief in the theory of the auteur: that is, a conviction that the best films are the product of a personal artistic expression and should bear the stamp of personal authorship, much as great works of literature bear the stamp of the writer.” © 2008 Simon Hitchman

“(An artist) makes liberal use of artistic license to significantly embellish or change the circumstances of real-life incidents by any means possible” – Rosalind E. Krauss.

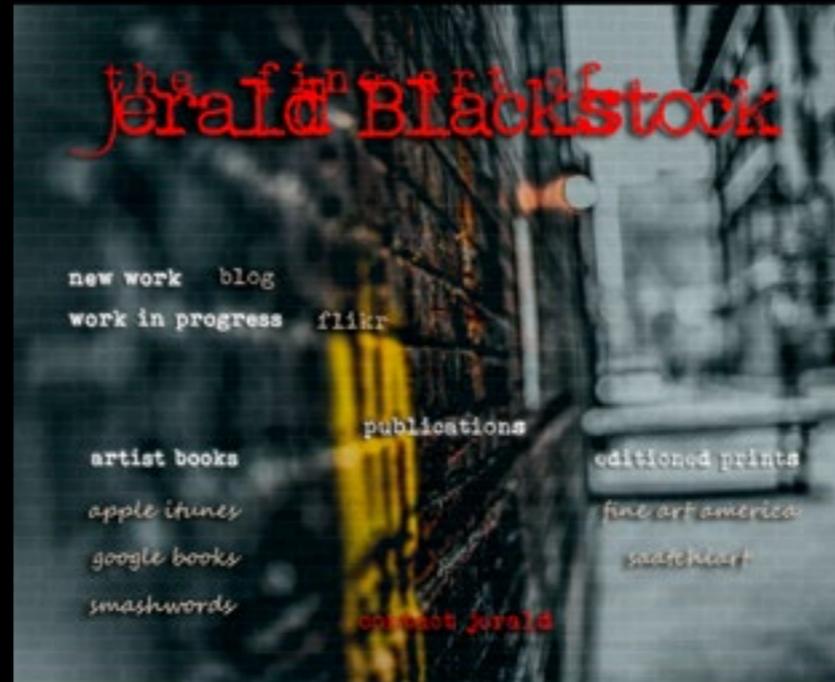
With my emphasis on feeling, I’m a

personal history expressionist. I relate to Alice Neel, who as “A successor to the expressionism of Chaim Soutine, Edward Munch, and Ernst Ludwig Kirchner, Neel used distorted drawing and invented color to reveal the character beneath each sitter’s physical appearance. (© Artsy)”

I use the camera, editing software, a formal education in painting aesthetics and a lifetime of fine art practice to reveal what lies beneath; the poetry of existence.

Blackstock 2019

The Duchy of Jerald



Acknowledgements

[Dr. Tara J. Palmatier, PsyD](#)

[Albert Ellis, Ph.D, Past President, Albert Ellis Institute, New York, New York](#)

[Cliff Eyland](#)

