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How to know ?

~Truth~

Truth is love
Truth is simple
Truth is transparent
Truth needs no explanation
Truth doesn't always feels good but it feels
right if it isn't taken personally

~Lies~

Lies are cloudy
Lies use lot a of words, stories, and excuses to explain
Lies are easily recognizable

~Deception~

Deception is neither a lie, nor the truth
Deception is often not recognized until it is experienced.

Evil = the opposite of Live

Evil has to play games to receive the energy of growth.
The growth of evil is not self sustainable, as
it needs energy from the outside world to exist vs organic
life, which is based on divine intelligence that holds
infinite possibilities of creation and expression



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Physical Signs of Deceptive Manipulation (manifested in the body)

*"Listen to your body when it whispers,
so you will not have to hear it scream"*

~Felling of unease that stays with you throughout the day or night

~Anxiety during a meeting with a person or in a situation

~ Gut feeling in pit of your stomach, a tight body

~Confusion

~Suspicion

~Anxiety

~Hesitation

~Fear



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How deception can be experienced in relationships

- Your things may be Destroyed and proclaimed as an accident.
- Your significant other is secretive. Or they live a double life, only pretending to be giving, thoughtful and loving.
- They are inconsistent ,playing with your emotions and pushing away only to pull you back again like a yo-yo.
- Your significant other can be extremely critical and judgmental . Or even mentally and verbally abusive.
- Things you say or do are twisted to their benefit, creating drama and stress in your life.
- You are surrounded by intentional confusion and gaslighting.
- You are lied to and cheated on while claiming to be faithful.
- When you begin to see through them and no longer give them the admiration they feel they deserve, you will be replaced overnight.
- You may see deception in form of jealousy and envy of everyone, even children, so you may be cut off from your family, friends and your support system.



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How deception can be experienced in relationships continued . . .

- People act as a victims to pull on your heartstrings. As masters of deflection, they blame everyone else for their troubles. If you buy into their strategy, your emotions will cloud your intuition.
- You are to blame for everything that goes wrong and receive all the anger and hostility that results.
- Your need for sleep, peace and community are discarded and disrespected with needless arguments, interruptions, and distractions.
- When they try to apologize, there is a "but ... "
- They take all their anger and hostility out on you. Whatever they feel will be handed to you as a hot potato
- They live double lives. They pretend to be giving, loving, thoughtful and generous to the outside world, but won't lift a finger for their family when they are in the privacy of their home.
- When you eventually find out you have been in a deep deceptive program, most likely you swear to yourself you will never be in a relationship again.

