

# **Breaking Free from Unconscious Cycles - Awakening to Soul Authenticity**

## **by Pedro Lima**

Most people move through life unaware of the hidden loops that drive, dictate their thoughts, emotions, behaviors and choices. These unconscious cycles are born from fear, survival mode, and avoidance of truth, repeating like karmic echoes throughout the Universe. They manifest as self-sabotaging beliefs, unfulfilling resentful, petty and bitter patterns, attachments to egoic ideologies, dogmas, and an endless pursuit for external societal validation.

Without awareness, these cycles enmeshed themselves into identity, roles, judgment, convincing us that dimming our light is safer than standing in our authentic sovereign Soul truth. We silence our voice to be accepted, shrink our presence to belong, and conform to roles that keep us hidden from our own authenticity, but what we often fail to realize is that survival is not living.

To live in alignment with the soul, we must first recognize the patterns that keep us bound. The Illusion of safety in fear convinces us that blending in is protection, normal because others do it. It tells us that playing small will shield us from judgment, rejection, or abandonment. Yet, the longer we dim ourselves, the more we abandon our own essence. This is not safety, it is self-betrayal. Each time we deny our inner truth, the cycle tightens its web of illusions, stagnancy, complacency, keeping us locked in repetition, unable to expand into our full potential.

The Courage to see the truth awareness is the first key to liberation. To acknowledge, recognize what is hidden in our subconscious minds is to weaken its hold. Self-reflection is not about judgment but about witnessing with compassion. Ask yourself: Where in my life am I repeating patterns that drain my spirit? What fears keep me in survival mode instead of living authentically? When have I dimmed my light for acceptance, and what did it cost me?

The courage to face these questions begins to unravel the unconscious loops. Truth may feel uncomfortable, and disruptive but it is also freeing, because it dissolves illusions and points us back to authenticity. We were never meant to live hidden behind fear. Authenticity requires vulnerability, courage, and trust in your inner compass.

It means choosing to shine, even if others do not understand, or dislike it. It means breaking free from the unconscious loops by consciously stepping into new ways of being, ways rooted in love, wholeness, and sovereignty. Every time you choose truth over avoidance, awareness over egoic autopilot mode, authenticity over conformity, you disrupt the cycle.

You stop replaying the past and begin creating a new pattern: one aligned with your soul. A path of liberation breaking free is not instant, it is a sacred process. Each cycle you unravel reveals more of your essence multidimensional layers. Each choice to embody authenticity strengthens your light, and each act of courage reclaims your freedom. You are not here to merely survive. You are here to live embodying your soul radiant, sovereign, and whole authentic essence.

The unconscious loops do not define you, they are invitations to awaken. The moment you choose awareness, you are closer to close the cycle. The moment you embody authenticity, fear dissolves. This is the liberation of the soul: to remember who you are beyond the loops of pain, to rise from survival into true living, and to allow your light to shine fully, unapologetically and eternally.