

Unlearning Societal ego-based programming to remember Soul Sovereignty

By Pedro Lima

I was indoctrinated to follow, to trust blindly, to believe without questioning, to obey and comply. I was taught to put others expectations, opinions, judgments, feelings, needs and agendas above my own, becoming subservient to what others thought I should be, think, do or speak. For years, I lived beneath the weight of shame, guilt, unworthiness, fear, lack, all the ego-based narcissistic parasitic projections others tried to cast upon me, but amidst the external noise of control, manipulation, deception and conformity, I heard the whisper of my own heart saying; do not conform, and I chose to honor it.

My relationships at every level tested me. Again and again, I was faced with dynamics that dishonored my inner sovereignty and trampled over my sacred energetic boundaries, but instead of abandoning myself, I began building from within. Piece by piece, unlearning layer by layer of self-conditioning, realigning with what resonate with me in a Soul level, forging an unshakable, and unbreakable connection with my inner compass.

I learned to trust my heart's intuitive desires. I began unlearning the ego-based indoctrination that society uses to keep souls bound in false distorted illusions. I carved my own divine, authentic path, supported by the Universe, my ancestors, and my star friends.

Through shame, guilt, gaslighting, negativity, and fear projected onto me, I chose inner alignment over external validation. I chose clarity over distortion. I chose authenticity over compliance.

Others tried relentlessly to undermine me, gaslighting me, diminish me, ostracize me, simply because I refused to obey or bow to parasitic, narcissistic, ego-driven expectations, but I rose above it all to no longer be bound by external conditioning, no longer intimidated by hierarchical illusions of egoic control and manipulation to normalize enslaved obedience, compliance.

My journey through chaos and darkness has become my initiation into Soul remembrance.

I am sovereign.

I am whole.

I am enough.

I am self-reliant.

I am the leader of my own life.

I am sovereign of my energy and I do not consent to anyone being entitled to it.

This is the sacred path of remembrance: to reclaim what was always ours. Sovereignty is not granted by others; it is embodied from within.

And from within, I rise whole in my eternal pure authentic essence.

Daily Practice: Embodying Sovereignty

Morning exercise of Self-Remembrance

- **Ground:** Place your hand over your heart, close your eyes, and breathe deeply three times. With each inhale say: *“I reclaim my energy.”* With each exhale: *“I release what is not mine.”*
- **Affirm:** Speak with intention one truth about your sovereignty (e.g., *“I am the leader of my life,”* or *“I do not consent to anyone owning my energy.”*).
- **Align:** Ask yourself: *“What one choice today will honor my sovereignty?”* Write it down and carry it as your compass through the day.

Practicing this daily builds resilience, clarity, and the remembrance that your energy is sacred, sovereign, and yours alone.