

Why do people cling to self-betrayal, struggling to let go of self-conditioning curated fragmented stories?

By Pedro Lima

People curate self-preservation facades for so long, remaining attached to unresolved emotional wounds, suppressing, neglecting, self-sabotaging, self-deceiving, and self-betraying themselves.

They play the victim role, complain, blame, and judge others from a bitter, resentful, closed heart, consumed by societally indoctrinated “good or bad” stories and rigid categorizations of right and wrong.

These condition our beliefs, habits, perceptions, emotions and choices, but we possess free will, the power of choice in each moment, to lean into our inner compass guidance.

When we trust and rely on our inner knowing and inner wisdom, become self-validated, and consciously an observer of our inner world, we develop awareness of the energies we choose to cultivate within, taking accountability for our own sacred sovereign authentic energy, not of anyone else.

From that awareness, we can release what is not ours to carry, alchemizing others projections, burdens, and distortions, detaching from what was never meant for us to carry.