

# **Conditioned to Belong, Born to Be Free**

## **by Pedro Lima**

We weren't born seeking approval. We were taught to.

Indoctrination trains us to trade inner truth for acceptance, authenticity for safety, to self-deceive, self-betray, and call it "belonging."

Fear replaces intuition. External codependency and validation replaces self-trust, self-validation, distortion becomes normalized, inherited, and self-perpetuated.

A conditioned society learns to appease, please, obey, comply, and perform, subservient to false authority figures, forgetting sovereignty was always within.

Inner remembrance is the path to liberation, shedding layers of societal indoctrination and self-conditioned curated fragmented stories attachments.

Self-betrayal persists not because truth is hidden, but because familiar pain feels safer than the responsibility of remembering one's sovereign inner knowing.

When we choose self-honesty over self-preservation, the curated, fragmented stories dissolve.

What was never ours to carry quietly returns to where it belongs. What remains is clarity, integrity, sovereignty, courage, and the strength to stand in alignment with our own truth.