

Manifesto of Inner Sovereignty

by Pedro Lima

Codependency is a mechanism of control. It conditions us to abandon our inner authority, mute our authentic expression, and outsource our knowing to people and systems that feed on obedience, compliance, subservience, approval-seeking, and self-betrayal.

From childhood, we are trained to comply, conform, and appease, to be submissive to false hierarchies, curated authority figures in all levels of society, and parasitic dysfunctional systems that reward submission, codependency and ignorance while suppressing inner sovereign and authentic self-expression.

We learned to dim our light to belong. To fragment ourselves into roles, titles, and curated self-preserved identities to survive a system built on domination, conflict, exploitation, confusion, distortion, division, disconnection, and fear.

But what was learned can be unlearned.

I reclaim the free will to stop participating in the performative falsehood societal show, to step out of inherited narratives, compulsive attachments, and self-deceiving stories that excuse a lack of self-honesty, self-responsibility, integrity, self-love and self-compassion.

I choose to face myself fully.

To meet my shadow without judgment.

To integrate every abandoned part with awareness, patience, forgiveness, compassion and love.

Nothing in me is wrong.

Nothing in me needs to be exiled to be whole.

I honor my alchemical journey of self-remembrance.

I choose inner sovereignty over codependency on external authority.

Inner liberation over validation.

Truth over comfort.

Authenticity over Falsehood.

Presence over performance.

I stand rooted in my inner compass, unaligned with control, unavailable for the manipulation,

deception, chaos and drama of those who choose projection over self-accountability. I am anchored in the whispers of my pure essence, the unshakeable authentic and sovereign knowing of who I am.