

# **The Scripted Self - How a Parasitic Narcissistic Society Dictates Who You Are Allowed to Be**

## **by Pedro Lima**

Self-autonomy, self-independence, self-sovereignty, and self-accountability are foreign concepts in a narcissistic, parasitic society that program and dictates who and what others are allowed to be.

Within this hollow cultural paradigm, control replaces conscience. Some strive to author other people's lives, forcing them to fit parasitic, delusional, egoic expectations, while others are conditioned to follow, obey, comply, and surrender their inner authority to someone else's distorted egoic parasitic delusional scripts.

Dependency is indoctrinated, normalized, and enforced as a survival mechanism. Its function is clear: strip individuals of inner sovereignty, inner authority, and authenticity, demanding self-betrayal to please and appease family, friends, bosses, and curated false authority figures.

Those who refuse to transcend their own self-mediocrity, self-misery, narcissism, and self-victimization instead project unresolved fear, prideful ignorance, and entitled hollow thirst for others energy onto anyone who threatens their fragile fragmented egoic constructs.

The dominant paradigm is obedience.

Compliance.

Subservience.

Dependency.

Complacency.

Comfort with self-betrayal.

All justified in the name of belonging, order, acceptance, approval, justice, safety, cultural identity, and permission to exist.

There are no saviors coming to save you.

No gurus.

No masters.

No specialists.

No systems.

No false authorities.

Nothing and no one will save you from accountability for your own thoughts, intentions, emotions, feelings, actions, choices, and decisions.

You alone hold the free will to stop self-betrayal.

To stop clinging to curating egoic fragmented conditioning.

To stop recycling petty, bitter stories, beliefs, and habits that keep you dependent on the external world for permission to live.

A sovereign, authentic soul regardless of what appears in its path always has the opportunity to rise into higher consciousness. To remain present. Aware. Rooted in inner observation. Choosing energies that allow the soul to learn, expand, evolve, and integrate through every human experience and challenge encountered.

Surviving while bound by others expectations, assumptions, opinions, judgments, agendas, and hollow parasitic scripts is a choice.

Living according to the soul's core authentic sovereign values is also a choice.

Playing the victim does not protect you.

It perpetuates self-inflicted mediocrity and misery, endlessly projecting unresolved pain, emotional trauma, fear, and egoic attachment onto others.

What we cling to unconsciously binds and enslaves us.

What we face, release, and alchemize consciously liberates us.

The map was never outside you. It begins the moment you pause long enough to feel where you have been outsourcing your sovereignty, betraying truth, and silencing your inner knowing for the illusion of safety, acceptance or belonging.

Turn inward and listen, not to the noise of fear or conditioned thought, but to the subtle current beneath them.

Where there is contraction, there is misalignment. Where there is clarity without force, there is truth. Reclaim your energy by withdrawing consent from what requires your diminishment to exist.

Stand still in your own presence. Let integrity become your compass, discernment your language, and self-responsibility your ground. From there, the path reveals itself, not as instructions to follow, but as remembrance of who you have always been.