

Sovereign Self-Regulation & Sacred Energetic Self-Discernment Boundaries

by Pedro Lima

I am not responsible for regulating another's nervous system, emotions, projections, triggers, wounds, expectations, or chaos. Each soul is entrusted with its own inner truth. I am solely responsible for:

- My thoughts.
- My intentions.
- My reactions.
- My emotions.
- My feelings.
- My actions.
- My choices.
- My decisions.
- My nervous system.
- My healing.
- My growth.
- My boundaries.
- My energy.

Nothing more. Nothing less.

I do not absorb, manage, fix, rescue, overextend, or self-sacrifice to stabilize those who refuse to stabilize their inner world.

Compassion does not require self-abandonment. Love does not require self-betrayal. Understanding does not require self-sacrifice.

When someone lacks self-regulation and attempts to attach, cling, and outsource it onto me through:

- Guilt
- Blame
- Emotional volatility
- Entitlement
- Victim narratives
- Energetic dependency
- Chronic crisis cycles

I remain centered. I remain grounded in my soul's inner compass wisdom. I stand unapologetically firm on my boundaries.

I do not internalize what is not mine. I do not co-regulate those who weaponize self-dysregulation. I do not participate in unconscious, energetic, manipulative, petty egoic parasitic enmeshments.

Freeloaders seek supply. Energy vampires seek access. Unaccountable individuals seek containers they refuse to build within themselves.

I am not a container for egoic chaotic projection, parasitism. If someone cannot sit with their own discomfort, that is their initiation, not my assignment.

My nervous system is sacred. My energy is sacred. My attention is sacred. My presence is sacred.

My inner peace is sacred.

Access to me requires:

- Emotional maturity.
- Self-responsibility.
- Genuine Authentic Reciprocity.
- Accountability.
- Inner work.
- Integrity and honor in action.
- Willingness to self-reflect.

I meet others at the level they meet themselves. If they are consumed by fear and blame, I remain strong, standing up for myself, cutting off any delusional self-victimized entitled prideful ignorant individual. If they project, I return it without hostility. If they escalate, I disengage without explanation.

Disengagement is not punishment. It is self-honoring, self-respectful.

Silence is not cruelty. It is a sacred spiritual discerning boundary.

Distance is not rejection. It is spiritual self-respect, self-integrity, and maturity.

A self-regulated, self-aware soul does not need to control anyone. It does not drain. It does not manipulate. It does not demand emotional caretaking.

It stands sovereign, and so do I.

I choose soul-to-soul relationships rooted in mutual respect, honor, dignity, sovereignty, independence, authentic and genuine accountable self-regulation, two whole nervous systems meeting in conscious presence, not trauma bonding, not survival enmeshment contracts, not emotional parasitism.

Where there is no accountability, there is no access. Where there is no genuine, authentic, and sovereign reciprocity, there is no continuation. Where there is no self-regulation, there is no soul connection.

I release the unconscious belief of a savior role. I release the belief of needing to be a fixer identity.

I am sovereign over my inner state, and every sovereign being must claim the same. I hold compassion and empathy without absorbing others energies. Presence without entanglement. Care without self-abandonment, self-sacrifice.

My energy is not a public utility or commodity. It is a sacred sovereign, authentic energetic current, and I steward it accordingly, grounded in my inherent inner authority.