

The Price of Outsourced Worth and authority in a Codependent Narcissistic Fear-based Societal Culture

by Pedro Lima

A narcissistic, manipulative society behaves as though it is entitled to the time, energy, and resources of others. It strives to create frameworks that conditions individuals to believe they must seek approval, validation, and permission simply to exist.

Codependency, neediness, ignorance, and inadequacy are quietly cultivated within the societal landscape, where false hierarchies, curated false authority structures, titles, and performative ego-based roles are used to sustain polarization, define individual worth, identity, and a morally hypocritical sense of superiority.

Emotional, physical and financial dependency become culturalized, legislated, normalized, and even democratized within a hollow societal framework system that thrives on the obedience, compliance and subservience of others.

From within its delusional, parasitic, and controlling egoic posture, this hollow structure clings to prideful, egoic attachments, attempting to sustain toxic and insecure patterns that bind others to its delusional egoic self-serving expectations.

Beneath the surface, lies hidden deep-rooted unresolved emotional trauma, a deep fear of insignificance and irrelevance, as a persistent avoidance of true self-accountability in vulnerability, authenticity, integrity and truth.

Rather than cultivating self-sufficiency and inner maturity, many are conditioned into the familiar comfort of the victim role, reinforcing self-conditioning narratives and egoic cultural survival identities that depend on the consent of the many to remain intact.

These parasitic constructs do not generate real substance. They leech. They persist through spiritual impoverishment, sustained ignorance, and conscious or unconscious denial, refusal to integrate its own shadows.

But none of this fear-based architecture is self-sustaining.

The moment an individual remembers and reclaims responsibility for their inner state, the parasitic energy, the indoctrinated and self-conditioned illusion begins to fade.

Inner sovereignty was never meant to be granted by anyone or any parasitic governance hollow self-serving system.

It was only ever forgotten.

The way forward is not through louder egoic energetic resistance, or clinging to surface-level attachments but through deeper inner return.

Turning inward, gently, honestly, without performance, or need to justify itself. Beneath the layers of self-conditioning and the pull of external societal validation lives a vast, silent energetic field of knowing that has never been broken and never been owned. This is the sovereign terrain of the soul.

Here, in the quiet space where self-honesty meets compassionate awareness, the false masks soften, the unresolved fears-based projections lose momentum, and the nervous system remembers safety without the need for permission or validation. This is where true self-regulation begins. This is where inner discernment becomes embodied.

Walk this path with patience. With courage. With radical self-responsibility.

The map was never outside of you.

It lives in the stillness you are finally willing to enter.