

I Walked Through Darkness, Chaos, Adversity, and Parasitic Projection-But Chose Inner Alchemy, Self-Liberation

by Pedro Lima

I acknowledged and recognized the unconscious patterns of thought, belief, choices, and behaviors that were conditioning and distorting my authentic, sovereign self-expression due to unresolved trauma developed throughout chaotic, distorted, dysfunctional, parasitic narcissistic environments.

I saw where I was outsourcing my inner authority, my peace, my joy, my needs, and my heart's desires.

So I turned inward.

I dove deep into every layer, every illusion, attachment, projection, and societal indoctrinating programming, choosing the unfamiliar path of self-discovery and self-remembrance.

I navigated each experience grounded in my inner compass, trusting my own inner guidance and my own knowing.

I faced what was uncomfortable.

I questioned what I was taught and believed.

I dismantled what was never truly mine.

In this alchemical process, I transcended and alchemized every parasitic, binding energy that attempted to pull me back into cycles of self-victimhood, stagnancy, and the perpetuation of a fear-based scarcity mindset.

I chose self-liberation instead.

I took full ownership of my healing, the integration of all fragments of self waiting to be processed and accepted without judgment. I took full accountability for my inner state.

I refused to compromise my inner peace, integrity, my inner authority, or my authenticity to please or appease anyone, after a period in my journey where I had undergone relentless, chaotic, dysfunctional experiences meant to drag me down, keep me bound, and dependent on others approval.

I was overgiving, oversharing, allowing others to freeload on my energy. Those challenging experiences became an initiation for honest self-reflection, self-healing, consciousness expansion.

An initiation to set boundaries.

To cultivate self-awareness.

To develop self-discernment.

To embody self-assertive action.

I learned to see through unhealthy, toxic dynamics, through energetic intentions to harvest, siphon, and drain my life force, leaving me carrying burdens that were never mine.

Binding projections from others attempted to claim ownership over my being, seeking to keep me obedient, compliant, and subservient to ill intent, malice, and distorted, dysfunctional, parasitic hollow behaviors.

I released all attachments to people, places, and things that demanded my self-abandonment, self-betrayal, obedience, compliance, subservience, or submission to expectations, judgments, and external parasitic, self-serving agendas.

I no longer entertain what requires me to compromise my authentic, sovereign inner truth, raw self-expression.

I do not perform to belong.

I do not seek validation to exist.

I do not seek anyone to complete me.

I do not dim my authentic, sovereign, sacred light to belong or be accepted conditionally.

I stand in my truth, fully present, embodying it unapologetically.

Not for approval. Not for recognition. But because I know who I truly am.

I am sovereign, whole, self-liberated, and fully embodied in my authentic inner sovereign truth.