

# **Soul Retrieval through Remembrance & Reclamation of all Elements of a Fragmented Self**

## **by Pedro Lima**

Consciousness is like a flower ever-unfolding, ever-expanding, rooted in something deeper than an identity, deeper than a thought, and deeper than a conditioned self.

Within our human experience, this natural unfolding becomes distorted. Layered. Fragmented. Pulled into cycles of polarization, projection, illusion, fear, scarcity, deception, exploitation, control, and domination.

Not because this is human nature, but because this is what we have been conditioned to attach to.

A human being disconnected from its own essence begins to operate through unresolved emotional, psychological, and physical trauma.

It builds identities to justify attachments to pain, victimization, and self-preservation of curated, fragmented layers of illusion to survive.

Fragmented identities.

Protective performative deceptive masks.

Stories that justify pain, avoid self-responsibility, and preserve a sense of control in a world that feels unsafe, unfair, chaotic, and challenging.

So begins the perpetuation of the cycle:

Me vs others.

Right vs wrong.

Good vs evil.

A constant need to label, categorize, measure, trying to make sense to fit into the egoic-mind limited fear-based scarcity perception, and striving to define the experience, not to understand it, but to contain it within self-conditioning narratives that soothe fragile egos who are afraid of irrelevance and insignificance.

To avoid the unknown.

To avoid vulnerability.

To avoid the depth of what is actually being felt in each moment.

Because to feel fully...would mean to face everything that has been neglected and suppressed.

So instead, the human clings to polarity.

Clings to a curated performative inauthentic identity.

Clings to pain.

Clings to narratives of victimhood, blame, and scapegoating, not always consciously, but as a deeply embedded survival self-preserving egoic mechanism.

This is how self-conditioning is sustained.

This is how self-sabotage becomes normalized.

This is how the ego constructs a reality that feels familiar, even when it is dysfunctional, distorted, and limiting.

Not because it is true, but because it is known. Because it feels safe.

But consciousness is not meant to remain confined within these cycles.

A flower does not stop unfolding because the environment is chaotic.

It adapts. It grows. It moves toward light, even when surrounded by darkness.

So does the human being when they choose to turn inwards, to embrace a journey of self-discovery and self-remembrance.

Because there comes a moment, a subtle but powerful fracture point, where the individual begins to see.

To see the patterns. To see the projections. To see the attachments. To see the ways they have been participating in their own limitation, and in that seeing, something shifts.

Not externally, but internally.

The need to label begins to dissolve.

The need to blame and judge begins to soften.

The need to control begins to loosen.

And what remains...is awareness as a conscious observer of one's own thoughts, intentions, emotions, actions, decisions.

Raw. Honest. Unfiltered. This is where the real inner work begins.

Not in fixing the external world, but in turning inward to address all aspects of a curated, fragmented self without judging them, integrating them, accepting them, finding within them inner power, potential to expand, evolve, ascend through inner alchemy.

Facing the darkness that was avoided. Not as something to eliminate, but as something to understand, to integrate, to alchemize in order to find our way back home to wholeness, oneness.

Because the darkness is not the enemy. It is the part of the self that was never fully seen, acknowledged, recognized, integrated, or accepted.

When it is met without judgment, without a narrative, without resistance, it transforms, it harmonizes, it creates a space for inner coherence between the heart and mind.

To transcend duality is not to deny it. It is to move through it consciously. To experience without attaching to an identity, to feel without creating a story, to observe without reacting from a place of conditioning, to take full ownership of your inner world, your thoughts, your emotions, your reactions, your patterns, without projecting them onto others, without turning them into karmic energetic weapons against yourself.

This is self-regulation.

This is self-integration.

This is self-acceptance.

Not as concepts, but as lived soul, authentic presence, and embodiment through our humanness.

It requires self-discipline. It requires self-honesty. It requires self-integrity. It requires the willingness to sit with discomfort without escaping into distraction, procrastination, sorrow, blame, or illusion.

To stop asking: “Why is this happening to me?” and begin asking: “What is this showing me about myself?”

Because every experience, no matter how chaotic, painful, or confusing, becomes an initiation, a doorway, not into suffering but into conscious awareness, if you allow it, if you choose it.

The ego fears this path because it cannot survive without an identity, without a story, without attachment.

It thrives on division, on comparison, on judgment, on the constant need to define and defend itself, but consciousness does not need to defend, it simply is, and the moment you stop identifying with the layers of conditioning, the moment you stop feeding the fear-based narratives, the moment you stop attaching to the roles you were taught to play, you begin to return, not to something new, but to what has always been there.

Whole. Aware. Present. Unfragmented. Waiting to be rediscovered, remembered, reclaimed through authentic sovereign truth.

You are not here to remain bound to karmic cycles of fear, scarcity, division, and illusion.

You have the free will to move through them to see them clearly, transmuting them consciously, alchemizing them into conscious awareness.

A flower does not ask permission to bloom. It does not compare itself to other flowers. It does not judge the pace of its unfolding. It simply follows its natural blossoming flow, and so can you. When you stop resisting what is. When you stop attaching an identity to experience. When you stop avoiding your own depth, because the alchemical path is not outside of you, it never was, it is within. Waiting. Not to be found, but to be remembered.