

The Illusion of Normal in Narcissistic Spiritually Impoverished Societies

By Pedro Lima

A narcissistic, parasitic, spiritually impoverished society curates pain-based, fragmented identities, self-conditional, self-sabotaging, self-victimized narratives that justify and legitimize a deep-rooted fear of insignificance and irrelevance.

To perpetuate this self-inflicted suffering, it constructs relational dynamics that reward performative, inauthentic facades. It seeks to standardize, normalize, legalize, and institutionalize a morally hypocritical hierarchical status quo, one that indoctrinates individuals to self-abandon, to outsource their inner authority, to neglect, silence, suppress, and avoid authentic self-expression guided by their intuitive inner voice.

Within this system, individuals are conditioned to self-betray, surrendering their free will, self-discernment, self-reliance, and self-validation in exchange for conditional belonging. They become submissive, subservient, and codependent on people and systems that harvest their life force, creativity, and well-being, while others hoard, profit, and accumulate wealth from their labor, addictions, obsessions, and inner disconnection.

And still, many agree to it. They grow comfortable. Complacent. Participating in and defending the very same corrupt, deceptive, manipulative, and exploitative oligarchical paradigm they are bound within, mistaking it for “normal.”

This is a society that externalizes its own inner chaos, a reflection of a deeply disregulated, wounded collective that refuses self-honesty, self-accountability, self-healing, and self-integration. Instead, it clings to egoic distortions and illusions, avoiding the raw truth that would require it to face itself.

The way out is not found in fighting the parasitic societal narcissistic surface-level system, but in withdrawing your unconscious participation from it.

Self-remembrance begins the moment you turn inward and face what you have been avoiding, your dysfunctional patterns, your addictions, obsessions and attachments, your need for external validation, your fear of standing alone.

It requires self-honesty, self-accountability, and the courage to sit with your own discomfort without projecting it outward.

As you reclaim your inner authority, you dissolve codependency, you restore self-trust, and you begin to regulate your own inner world. No longer seeking permission to exist, to express, or to be.

You become self-sufficient in your truth, grounded in your discernment, and aligned with your authentic essence, and in that inner alignment, everything built on your self-abandonment shift and begin to fade because you are no longer available for the entangle yourself with distortion, illusion.

The return home to our pure essence is not abstract, or found in any book, or middle man indoctrinated ideology or dogma, it is lived, felt, and embodied here, in your human experience.

Self-liberation is not dependent on anyone or anything, but in the courage to embrace a journey of alchemical self-discovery, it is the moment you come back into your body, into presence, into awareness of your breath, your choices, your pure energetic frequency.

It is the integration of your soul through your human form, where your thoughts, emotions, and actions align with your authentic sovereign truth. No longer escaping, no longer performing, no longer fragmenting yourself to survive.

You begin to inhabit yourself fully. You move with intention, speak with clarity, and act from integrity. In this embodiment, your presence becomes your power, grounded, aware, self-led, and in that intuitive grounded state, you are no longer seeking freedom...you are living it through your humanness.