

# Through Chaos, Darkness, I Remembered Who I Am in Authentic Sovereign Truth

By Pedro Lima

I was born and reborn through cycles of chaos, adversity, hostility, deception, exploitation, manipulation, and parasitic projections. Again and again, others tried to define me, dictate who I was, and limit what I could be, seeking to override my inner authority.

I found myself in the valley of darkness.

But I did not run from it. I did not numb it. I did not escape it. I faced it.

I embraced the pain, the fear, the scarcity, the shame, the guilt, the unworthiness, the emotional weight of it all. I turned inward and sat with the discomfort, confronting my shadows and navigating every fragmented aspect of self shaped through distorted, dysfunctional environments and relationships dynamics.

Even when I had not yet remembered who I truly am...Even when I had not yet embodied my sovereign truth...Even when my inner authority was still being reclaimed...

Through scapegoating, mistreatment, gaslighting, and the projections of others, I did not allow fear to corrupt my heart.

I did not allow bitterness to define me.

I did not allow pettiness to condition me.

I did not choose self-victimization.

Every time I was pushed down, I chose to rise. To reflect. To learn. To expand. To evolve.

I transmuted adversity into awareness.

I turned pain into perception.

I evolved through every layer of illusion, deception, and conditioning.

I learned to set boundaries, with clarity and without apology, or justification, removing myself from anyone or anything misaligned, inauthentic, or not rooted in mutual respect and integrity.

I am not defined by pain.

I am not defined by trauma.

I am not defined by fear.

I am not defined by adversity.

I am not defined by fragmented identities, fears, or the expectations and judgments of others.

I am defined by my courage to face myself. By my commitment to observe my inner world. By my willingness to take full accountability for my thoughts, intentions, and choices.

I am defined by my awareness. By my discernment. By my conscious and discerning neutral presence.

I choose the energy I embody.

I choose the frequency I contribute.

I choose how I show up, moment by moment.

I remain grounded in my inner compass, anchored in my truth, regardless of what unfolds around me.

I am whole. I am enough.

I do not entangle myself with anyone or any system that demands my self-abandonment or seeks to drain, fix, or define me.

I do not betray myself to meet the expectations of those who refuse to meet themselves.

I choose to connect only with genuine, authentic, sovereign individuals, rooted in truth, honor, dignity, ethic and integrity, who respect and accept me as I do them, fully present and embodied; I connect soul to soul, beyond any egoic curated fragmented performance, beyond any distorted illusion.

I remember who I am through every illusion layer I've faced, integrated, alchemized and transcended, and in that remembrance, I reclaim my self-sovereignty, my authenticity, and my inner authority as the natural expression of my soul's essence.