

The Perceived Illusion of Normal in Narcissistic Societies that Train You to Abandon Yourself

by Pedro Lima

Self-sufficiency is something that a narcissistic, parasitic, exploitative, surface-level, profit-driven, transactional corporate-based society knows nothing about, because it survives by harvesting energy, attention, time, and resources from others.

It labels this as “normal”.

It fuels and rewards comparison, competition to win at any cost, and engineers scarcity through speculation, lies, deception, manipulation, lobbying, and binding propaganda. It sustains parasitic, predatory financial, economic, military, political, and religious Ponzi-like systems that seek to culturalize, legalize, and institutionalize a controlling, oligarchical, dominating framework in which hollow, soulless, greedy individuals and corporations profit from others addictions, obsessions, disempowerment, and inner disconnection.

It shapes societal landscape perception so that the majority experiences life as something to struggle through, where individuals are conditioned to accept and internalize poverty as normal, abandon and betray themselves to belong, to be provided for, and to remain at the mercy of external expectations, opinions, and corrupt, soulless, parasitic controlling agendas.

People are trained to work, survive, obey, comply, compare, and compete against each other for “breadcrumbs” to survive, chasing the illusion of safety, status, identity, and success through a distorted hierarchical Ponzi-like societal ladder of hollow thrones.

The majority is indoctrinated to outsource their inner authority and sovereign authentic voice, to please, appease, and soothe the egoic expectations of others. Obedience, subservience, and compliance become normalized virtues within a system of curated narratives, ideologies, dogmas, and cultural conditioning that require self-betrayal as the price of belonging.

At the structural level, these dynamics are reinforced through corporate, political, economic, and religious hierarchical systems that function as intermediaries of extraction and control.

Corporate frameworks extract labor, attention, and creativity while repackaging a paycheck dependency as opportunity, framing exhaustion as ambition, and branding overextension as success. Political hollow systems convert collective uncertainty into leverage, shaping perception through curated, carefully engineered rehearsal false narratives that sustain stability through managed fear, division, conflict, and selective distorted “truth”. Economic systems normalize inequality and inequity by embedding scarcity into participation itself, where survival requires continuous output, competition, and compliance within rules that

disproportionately serve centralized mass hoarding accumulation of a few rather than empowering and contributing to the overall collective and planetary well-being.

Religious and ideological institutions, when entangled with power, can mediate meaning and identity in ways that reinforce external authority over inner knowing. Spirituality becomes a performance facade, hypocritical morality becomes currency for collective obedience, and questioning becomes a source of deviation, repercussions, and punishment. Across all societal sectors, attention economies, data-driven influence systems, and engineered dependency loops are created to commodify and convert human presence into a measurable output, where engagement replaces awareness, and consumption replaces reflection.

What is labeled as “success,” “progress,” or “normal life” conceals a deeper parasitic energetic extraction mechanism, where human energy is continuously redirected outward to sustain corrupt profit-based hollow societal systems that depend on disconnection from self-awareness, inner responsibility, self-sufficiency, and sovereign discernment.

At its core, this is not only a structural phenomenon, but it is also sustained through individual and collective agreement, participation, and consent.

The moment an individual stops outsourcing their inner authority, stops betraying their inner knowing, stops abandoning their inner authentic sovereign voice compass, and begins to observe, be aware, self-discern, and act from inner coherence grounded in their heart’s knowing, the leverage of these parasitic societal exploitative systems begins to dissolve.

Because what depends on unconscious agreement cannot sustain itself in the presence of conscious awareness.

Self-sufficiency is not just economic; it is energetic, psychological, emotional, and spiritual. It is the return to inner alignment, Inner coherence, where life is no longer mediated through hierarchical, tyrannical, indoctrination, societal distortion, but lived through inner clarity, inner discernment, presence, and authentic truth of a sovereign soul embodying its essence through its humanness.