

The Psychological and Emotional Self-Imprisonment Consuming a Narcissistic, Self-Victimized Society

By Pedro Lima

A narcissistic, self-victimized, pridefully ignorant society projects onto others from wounded hearts consumed by envy, jealousy, bitterness, resentment, pettiness, pain, chaos, and unresolved inner fragmentation. Many unconsciously seek to diminish, scapegoat, or harm those who trigger their insecurities because confronting another person's authenticity exposes the deep-rooted inner disconnection and self-avoidance they carry.

Rather than taking accountability for their own inner wounds, emotional chaos, and self-conditioning, individuals externalize blame and construct curated narratives that justify their own misery, mediocrity, manipulation, deception, and exploitative parasitic behavior.

Within this distorted, ego-driven societal framework, performative inauthentic appearances, curated false identities, institutional titles, hierarchical status, and external image are valued more than self-integrity, self-honor, self-awareness, authenticity, compassion, self-dignity, and truth.

Human beings become psychologically and emotionally entangled in oligarchical deceptive systems that manipulate perception, reward conformity, subservience, and exploit emotional reactivity.

People compare, compete, project, and fight for validation while unconsciously operating from fragmented survival identities rooted in fear, scarcity, insecurity, irrelevance, and insignificance, and in attachment to external, conditional approval and belonging.

The majority are conditioned into reactive egoic survival states, easily influenced through corporate marketing, propaganda, fear-based scarcity-engineered scripts, emotional stimulation, divisive ideologies, curated middleman dogmas, and paradigms that engineer societal conflict and polarization.

Through constant distraction, emotional and labor exhaustion, mass surveillance, comparison, and dependency, individuals become disconnected from their intuitive inner compass and sovereign awareness.

They begin outsourcing their truth, worth, discernment, and authority to institutions, systems, ideologies, leaders, influencers, corporations, religions, governments, and cultural conditioning frameworks that benefit and profit from obedience, compliance, emotional dependency, and unconscious participation.

False stories are rehearsed and repeated until distortion becomes normalized, accepted by a docile, compliant, and subservient numb collective.

Manipulation becomes normal politics. Exploitation becomes institutionalized within a profit-driven economic hollow self-gaining, speculative Ponzi system. Emotional suppression is labelled and normalized as a sign of individual and collective maturity.

Self-betrayal becomes the entry fee to be accepted, granted an identity, and a sense of belonging.

Dependency is cultivated to justify individual and collective false sense of self and security. Fear becomes the currency for governance, dominance, exploitation, surveillance, and control.

Meanwhile, hollow self-serving oligarchical parasitic corrupt systems harvest attention, labor, emotional energy, and collective agreement to sustain hollow self-serving structures rooted in control, scarcity, domination, and psychological and emotional dependency.

A spiritually disconnected and impoverished collective becomes comfortable being monitored, manipulated, lied to, emotionally programmed, economically exploited, and psychologically managed because they fear uncertainty more than they desire authentic sovereign freedom.

A numb collective clings to what is familiar, predictable, and socially validated, even when those attachments perpetuate suffering, inner emptiness, self-abandonment, and self-diminishment.

People defend the very systems that diminish them because questioning those systems requires confronting their own conditioning, unresolved wounds, survival attachments, and fear of standing alone in their authentic sovereign truth.

This is how self-conditioning perpetuates itself across generations.

Through fear of rejection.

Fear of irrelevance.

Fear of discomfort.

Fear of vulnerability.

Fear of uncertainty.

Fear of losing a false sense of identity.

Fear of losing attachment to external belonging and acceptance.

So the karmic cycle continues, sustained through unconscious agreement, consent, and collective participation.

But the self-liberation path requires that an individual turn inward instead of outward.

The moment one stops reacting through a curated self-preserving wounded identity attachments and begins observing their own thoughts, emotional triggers, intentions, behaviors, fears, projections, and unconscious survival patterns without denial, judgment, or self-deception, then true alchemical inner transformation begins.

It requires honest self-reflection, patience, awareness, forgiveness, and humility to recognize where the ego seeks control, validation, superiority, victimhood, or external approval to compensate for unresolved inner fragmentation.

Self-healing begins when pain is no longer used to justify bitterness, pettiness, manipulation, blame, or self-sabotage, but becomes an alchemical pathway toward awareness, compassion, discernment, empathy, integrity, emotional maturity, and authentic self-responsibility.

The soul remembers itself not through hypocritical performative facades, but through presence, honesty, conscious accountability, inner stillness, and the courage to feel what was once avoided.

The path back home to wholeness requires dissolving the illusion of separation that fuels polarization, division, comparison, and conflict within human consciousness.

As individuals reclaim self-awareness, self-trust, self-worth, self-regulation, and inner coherence, they stop feeding parasitic systems built upon fear, engineered scarcity, and unconscious dependency.

They begin embodying unity through authentic action, grounded discernment, compassion without self-sacrifice, and sovereign inner alignment rather than ideological extremism or emotional reactivity.

Self-remembrance emerges from the depths of a sovereign soul when one no longer seeks identity through external labels, social roles, institutions, or collective narratives, but through direct connection to the heart, intuitive knowing, conscious awareness, and the living truth within a sovereign whole being.

This is the alchemical transcendence of fragmented egoic conditioning: remembering that beneath all fear, pain, suffering, attachment, and illusion, the soul was never separate, powerless, or incomplete, only conditioned to forget its own divine wholeness through its human divine experiences.