

I Am My Own Authority

by Pedro Lima

I am not defined by pain, chaos, adversity, or suffering.

I am not defined by how others think, feel, live, decide, choose, or express themselves.

Nor am I defined by anyone's inner chaos, their projections, manipulations, expectations, or narratives born from their own self-abandonment and unconscious self-sabotaging patterns and attachments.

What others carry is not mine to hold.

I am defined by the energy I choose to cultivate within.

I take full accountability for my inner world, how I regulate, respond, and remain present with what arises no matter how challenging, chaotic, or distorted it is, whether from within or projected from others.

I honor with the highest integrity and love my authentic self by consciously fully feeling, processing, and integrating my emotions instead of avoiding or externalizing them.

I choose to see clearly, beyond curated fragmented illusions of separation, comparison, competition, and false hierarchies or identities having self-serving egoic strings attached.

I do not subscribe to narratives rooted in scarcity, deception, manipulation, indoctrinated propaganda, division, profit-driven at the cost of other well-being, control, domination, obedience, compliance, subservience, subjugation or exploitation.

I am defined by how I process my inner world.

By my ability to remain aware of my thoughts, intentions, actions, and choices.

By my commitment to self-trust, self-reliance, and inner alignment.

I follow my inner intuitive compass, my authentic voice, regardless of external fear-based distortion, opinion, or reaction.

I am not defined by anything outside of my souls layers of sovereign multidimensional wholeness and oneness.

I do not obey, comply, or become subservient to conditional expectations, judgments, or hidden agendas of others.

I stand grounded in my inner peace, my inner clarity, and my inner authority.

I am self-led.

Unaffected by the performative illusions of a surface-level, ego-driven world.

I return to myself, again and again, through awareness, presence, soul embodiment and conscious choice.

I observe without attachment, feel without resistance, and integrate without judgment.

I reclaim my energy from everything that once pulled me away from my heart center.

I choose truth over comfort, inner alignment over external approval, and self-responsibility over attachments to self-victimized curated fragmented identities, illusions.

I am self-liberated.

No one and nothing outside of me has power or control over my being without my attention, my agreement, and my consent.

In that inner knowing, I remain grounded, whole, and sovereign, guided from within, embodying my authentic sovereign truth with clarity, integrity, compassion, empathy, assertiveness, forgiveness, emotional maturity, and unwavering presence.

In mastering myself, I alchemize, integrate every fragmented part of self into wholeness, nothing is rejected, nothing is outsourced, just fully embodied, self-aware, and complete within my own soul sovereign presence.