

What Feeds on You Only Survives Through Your Participation

By Pedro Lima

A transactional, surface-level society operates through conniving shadowy influence rooted in self-serving agendas, and the shaping of perception via incentives, coercion, pressure, shame and guilt-tripping deceptive tactics, illusions, and narratives of personal gain at the expense of others exploitation.

It sustains itself through repeated unconscious engagement, attention, approval-seeking, and unexamined acceptance of what is presented as “normal,” blurring the line between conscious consent and conditioned compliance.

Over time, this forms a closed loop in which an identity becomes curated and performed rather than authentically embodied. Within this narcissistic loop, individuals avoid confronting inner disconnection by remaining occupied, dependent, reliant upon external validation, social signaling, and attachment to surface-level meaning. What is extracted from others mirrors what has not yet been cultivated within.

This cycle continues through collective participation, repetition, and unconscious reinforcement. The very same structures that appear dominant are sustained less by inherent power and more by collective attention, emotional investment, codependency and habitual agreement.

The inner shift begins the moment this pattern is interrupted, when seeking, performing, proving, reacting, justifying, and complying by default are no longer automatic. As self-awareness and self-discernment deepens, engagement becomes intentional rather than conditioned. Attention is no longer fragmented and outsourced, but consciously directed.

What relies on your unexamined attention to sustain its influence loses coherence when that attention is reclaimed. Systems of influence weaken when participation becomes conscious rather than reactive, polarized, in ego-based auto-pilot survival mode.

Self-accountability becomes the anchor: the capacity to choose, moment by moment, to regulate your inner state in alignment with your inner truth, to feel and process emotion without abandonment and betrayal of self, and to self-express authenticity without distortion, without the need to please or appease anyone.

It is the ongoing return to inner coherence, where self-awareness, self-discernment, and emotional honesty that guide intention and action rather than driven by conditioning, external pressure, or corrupt systems of hierarchical parasitic control, exploitation and dominance.

In this state, illusion is no longer resisted blindly, but seen clearly and transmuted into awareness, restoring grounded presence within oneself.

Soul Call - Self-Remembrance & Self-Integration

This is a call to return to what was never truly lost, only fragmented. To gather the scattered aspects of self shaped by adaptation, survival, conditioning, and disconnection, and bring them back into conscious unity. To no longer suppress or exile parts of your experience in order to belong, but to integrate them into wholeness through presence and self-acceptance.

Let remembrance replace inner fragmentation. Let awareness replace division within. Let every abandoned part of you be welcomed back into the center of your being, not to be fixed, categorized, or judged, but to be reintegrated. In this return, the self becomes whole again, not through perfection, but through conscious inner alignment reclamation of everything you once had to leave behind to survive.