

Beyond Dependence on External Identity Approval – Reclaiming Authentic Sovereign Selfhood by Pedro Lima

Energy was never meant to become transactional, commodified, exploited, harvested, manipulated, regulated, weaponized, or justified as a means of sustaining self-serving, parasitic, greedy, hollow, exploitative, profit-driven systems, fragile senses of security, or narcissistic, fragmented identities rooted in fear and survival conditioning.

Energy is meant to be consciously present, aware, observant, and alchemical, a living force guiding individuals toward inner balance, emotional integration, healing, self-awareness, and authentic alignment.

Unresolved wounds, suppressed emotions, inherited trauma, fear, resentment, guilt, shame, and internal fragmentation do not simply disappear when ignored, neglected, or suppressed.

They accumulate within the body, mind, and nervous system, eventually manifesting through emotional imbalance, self-victimization, self-mediocrity, self-misery, curated self-sabotaging narratives, destructive behavioral patterns, psychological suffering, spiritual disconnection, and physical health symptoms when stagnant energies remain unaddressed, avoided, denied, or unprocessed.

A narcissistic, spiritually impoverished society by choice becomes conditioned to project, scapegoat, suppress, and avoid confronting the “elephant in the room” at all costs.

Rather than turning inward and courageously facing their own conditioning, unresolved wounds, emotional immaturity, self-betrayal, and inherited programming, many individuals remain psychologically bound to curated, fragmented identities and fear-based hive-mind narratives that provide temporary comfort, familiarity, social approval, and performative belonging.

Individuals become conditioned to cling to rigid ideologies, divisive identities, dogmas, factions, cultural conditioning, and distorted paradigms that require self-abandonment and self-betrayal as entry fees for acceptance, validation, and inclusion within collective structures rooted in fear, dependency, emotional conformity, and psychological domestication.

Within this hollow, distorted societal framework, individuals are unconsciously complacent, comfortable participating in sustaining the very systems that diminish them.

Through fear, complacency, obedience, distraction, dependency, emotional numbness, and unconscious consent, humanity continuously feeds parasitic corporate-based hierarchical systems designed to surveil, exploit, manipulate, divide, censor, regulate, dominate, and psychologically condition consciousness into fragmentation, exhaustion, external dependency, and spiritual disconnection.

These hollow, subversive, dis-governance, Ponzi-hierarchical corrupt systems of control and exploitation profit from a collective that has forgotten its own inherent capacity to become self-governed, self-aware, emotionally responsible, inwardly sovereign, and aligned with authentic truth.

A spiritually disconnected society becomes easier to manipulate when individuals abandon their own discernment, intuitive intelligence, self-trust, emotional self-regulation, and inner authority in exchange for conditional belonging, external approval, performative identity, fragile security, and survival-based validation.

Self-liberation begins the moment an individual consciously chooses to stop outsourcing their worth, truth, identity, emotional stability, and inner authority to a hollow external world rooted in manipulation, greed, fear, and domination.

Alchemical transformation emerges when individuals begin cultivating inner coherence, emotional accountability, discernment, authenticity, energetic awareness, self-responsibility, and alignment with the deeper intelligence of the heart and soul.

The path toward soul remembrance requires the willingness to release all relationships, systems, narratives, identities, environments, outdated beliefs, habits, addictions, and attachment-based obsessions that no longer resonate with one's authentic values, inner truth, and sovereign essence.

It demands the inner courage to dismantle inherited conditioning layer by layer, confront illusion without avoidance, and consciously reclaim the fragmented aspects of the self hidden beneath fear, trauma, performance, pain, procrastination, social conditioning, and emotional suppression.

Because self-identity is not based on curated performative hollow masks constructed for survival, or dependence upon external acceptance, or approval, but is cultivated through the coherent authentic essence frequency that remains when every layer of illusion, conditioning, fear, lack, fragmentation, self-abandonment and self-betrayal dissolves, revealing the sovereign truth of who one has always been beneath the layers of distortion, indoctrinated fear-based, powerless conditioning stories curated in a fragmented external world that mirrors back what we refuse to address within ourselves, refuse to take accountability for the energetic frequencies that we choose co-create, to put out to the Universe.