

# **The Illusion of Mastery over Another - When Control of Others Conceals Self-Abandonment Wounds**

**By Pedro Lima**

In a spiritually impoverished, fear-conditioned society, predictability becomes a substitute for conscious awareness, integrity, honor, dignity, compassion, kindness, forgiveness, patience, sovereignty in authenticity, and self-responsibility.

Surface-level, transactional relationships become carefully maintained, hollow marketing structures in which people exchange approval, attention, status, usefulness, and belonging while quietly abandoning the deeper vulnerability required for genuine human connection.

The hollow, shallow appearance of connection remains, but genuine human intimacy disappears.

People may know one another's occupations, possessions, social positions, opinions, histories, appearances, and curated fragmented pain-based victimized identities, while remaining strangers to the inner worlds they are too frightened to honestly self-discover.

This is one of the great paradoxes of fear-conditioned human existence:

**The more desperately consciousness attempts to control what exists outside itself, the less courage it demonstrates toward what exists within.**

Control becomes camouflage for inner uncertainty.

Manipulation becomes camouflage for vulnerability.

Deception becomes camouflage for shame and guilt.

Domination becomes camouflage for powerlessness.

Grandiosity becomes camouflage for insignificance.

Judgment becomes camouflage for self-avoidance.

The relentless need and pursuit to define other people becomes camouflage for the inability to honestly define oneself with integrity, humility, compassion, honor, and dignity.

A person may spend years studying everyone else's behavior while rarely asking what their own behavior reveals.

They monitor.

They categorize.

They label.

They predict.

They police.

They measure.

They compare.

They construct, elaborate endless theories about who another person is, what they are capable of, what they should become, what they will eventually do, and what their life supposedly means. But beneath this obsessive and compulsive outward attention exists a much more uncomfortable reality:

**They have become experts at managing the external world because they have never learned how to inhabit their own inner world consciously.**

It is like someone endlessly rearranging the furniture in another person's house because they are terrified of entering their own chaotic basement.

The external activity creates the illusion of productivity and efficiency.

But the locked room remains untouched. This is how fear-conditioned consciousness creates mental hive-minded cages.

The bars are rarely visible. They are constructed from assumptions. From inherited beliefs.

From collective expectations. From fear-based definitions of success and failure. From judgments about what is normal, what is good or bad, right or wrong.

From social agreements about who deserves recognition. From stories about who is worthy.

From narratives about who should belong. From invisible rules about how much of oneself it is safe to reveal.

The individual may believe they are freely choosing their identity while unconsciously reproducing a role that was handed to them long before they developed the discernment to question it.

The mental cage becomes comfortable because everyone inside it recognizes the same fear-based walls.

When someone begins walking beyond those walls, the collective attempts to pull them back, not necessarily because the person is wrong, but because their freedom exposes the possibility that the cage was never as permanent as everyone assumed, curated, defended, and believed.

This is where policing another person's existence can become psychologically seductive.

If I can convince you that you are not allowed to be who you are, perhaps I do not have to confront the parts of myself I have been afraid to become.

If I can define your limitations, I temporarily avoid discovering my own.

If I can measure your worth, I do not have to examine the conditions I have placed upon my own.

If I can judge your choices, I can postpone questioning mine.

If I can control your behavior, I can avoid confronting the uncertainty within myself.

If I can make your life smaller, perhaps my own life will feel larger by comparison.

This is the comic-tragedy of a comparison-based, spiritually impoverished consciousness world:

**The ego can experience another person's diminishment as temporary evidence of its own significance and relevance.**

But another person's light does not create your darkness.

Another person's freedom does not create your confinement.

Another person's success does not create your failure.

Another person's authenticity does not diminish your own potential.

But a fragmented hive-minded consciousness can experience another person's expansion as a threat when its fear-pain-based identity depends upon hierarchy, comparison, competition to win at any cost, profit from another at any cost, and external measurement.

The result is a peculiar psychological marketplace where people continuously trade in judgments.

Who is ahead?

Who is behind?

Who is superior?

Who is inferior?

Who has more?

Who has less?

Who is admired?

Who is ignored?

Who belongs?

Who does not?

Who deserves authority?

Who deserves to be silenced?

The marketplace never reaches equilibrium because its currency is insecurity.

There is always another person to compare against.

Another achievement to pursue.

Another status marker to acquire.

Another identity to defend.

Another person to diminish.

Another external standard to satisfy.

The soul becomes exhausted from participating in a competition it never entered.

This is where self-abandonment becomes disguised as adaptation.

A person learns that certain parts of themselves receive approval while others receive rejection.

So they begin editing themselves.

They suppress the inconvenient truth.

They hide vulnerability.

They perform confidence.

They exaggerate achievement.

They minimize desire.

They imitate accepted identities.

They silence intuition.

They abandon authentic, genuine expression.

Eventually, they may become so skilled at being acceptable that they forget what it feels like to be real, authentic, sovereign.

The performative hollow mask becomes so familiar that removing it feels dangerous.

This is where deception becomes more subtle. The deepest act of deception is not always consciously lying to another person. It is repeatedly lying to oneself about what one actually feels, knows, desires, fears, or values.

One says:

“I am fine.”

“I do not care.”

“This is what everyone does.”

“This is just how life works.”

“I need to be realistic.”

“I have no choice.”

“I have to maintain this relationship.”

“I need their approval.”

“I cannot disappoint them.”

“I need to stay because everyone expects me to.”

Slowly, the individual becomes an accomplice to their own disappearance.

This is self-betrayal disguised as responsibility, obligation.

Self-abandonment disguised as loyalty.

Fear disguised as practicality.

Dependency disguised as love.

Control disguised as protection.

Submission disguised as peace.

Conformity disguised as maturity.

Domination disguised as hierarchy, leadership.

The irony is profound:

**The person who constantly seeks authority over others is desperately avoiding the responsibility of becoming authoritative within themselves.**

True authority does not require domination.

True authority begins with self-mastery.

Can I regulate my own emotions?

Can I question my own assumptions?

Can I recognize my projections?

Can I admit when I am wrong?

Can I tolerate uncertainty without controlling someone else?

Can I experience rejection without retaliating?

Can I experience another person's success without needing to diminish it?

Can I establish boundaries without hatred?

Can I communicate honestly without manipulation?

Can I remain compassionate without becoming self-sacrificing?

Can I remain assertive without becoming domineering?

Can I witness my own fear without making another person responsible for carrying it?

These questions are far more demanding than controlling another human being.

Because controlling another gives the ego an external target.

Self-mastery gives the ego nowhere to hide.

The person who seeks to master themselves must eventually encounter everything they attempted to outsource.

Their insecurity.

Their envy.

Their resentment.

Their fear.

Their need for recognition.

Their need for control.

Their attachment to being right.

Their fear of irrelevance.

Their fear of abandonment.

Their fear of insignificance.

Their desire to be seen.

Their discomfort with vulnerability.

Their unconscious hunger for approval.

There is no scapegoat in that room.

There is no audience to impress.

There is no external authority to blame.

There is only consciousness meeting itself.

This is where inner alchemy begins.

Not by forcing ourselves to become perfect.

Not by suppressing the shadow.

Not by judging the fragmented parts into submission.

But by becoming curious enough to understand them.

The controlling part asks to be understood.

The fearful part asks to be heard.

The insecure part asks to be recognized.

The wounded part asks to be held.

The angry part asks to be acknowledged.

The ashamed part asks to be met without humiliation.

The authentic sovereign soul asks only that we stop abandoning ourselves in order to escape them.

This is the difference between repression and integration.

Repression says:

**“I must get rid of this part of myself.”**

Integration says:

**“I am willing to understand what this part is revealing.”**

Repression creates another shadow.

Integration creates awareness.

Awareness creates conscious choice.

This is why genuine self-awareness is revolutionary.

A conscious person grounded in inner coherence becomes increasingly difficult to manipulate because they are willing to examine themselves before surrendering their perception to another person's narrative.

They can listen without automatically believing.

They can question without automatically rejecting.

They can love without becoming dependent.

They can participate without becoming submissive.

They can belong without becoming assimilated.

They can cooperate without surrendering discernment.

They can establish boundaries without creating enemies.

They can walk away without needing revenge.

They can remain open without becoming naive.

They can remain sovereign without becoming isolated.

This is what a spiritually mature human authentic connection can become.

Not two fragmented personas budgeting, negotiating how much of themselves they are allowed to reveal.

But two human, sovereign, genuine beings meeting without requiring one another to abandon themselves.

No performance contract. No psychological bargaining. No hidden leverage. No unconscious demand for rescue.

No need to control. No need to dominate. No need to diminish. No need to possess.

Just presence. Honesty. Discernment. Integrity. Respect. Reciprocity. Freedom.

This is where the transactional societal marketplace begins losing its power.

Because a person who knows their inherent worth cannot easily be manipulated through external approval.

A person who trusts their inner compass cannot easily be controlled through fear of rejection.

A person who practices self-awareness does not need another person's scapegoating narrative to explain their inner world.

A person who cultivates self-respect does not need domination to feel powerful.

A person who develops self-reliance does not need dependency to feel secure.

A person who has learned to sit with themselves does not need constant external stimulation to escape themselves.

The sovereign soul does not need to conquer the world. It needs to become inhabitable to itself.

That may be one of the deepest forms of freedom available through our humanness:

To become a safe enough inner home that we no longer need to turn other human beings into objects of control, projection, commodification, comparison, exploitation, or psychological and emotional regulation.

I no longer need to master another person to feel powerful.

I need to master my relationship with myself.

I no longer need to define another person's limitations to feel significant.

I need to discover the places where I have limited myself.

I no longer need to police another person's authenticity.

I need to protect the authenticity within myself.

I no longer need to demand that others carry the fears I refuse to examine.

I can meet those fears consciously.

I no longer need to construct enemies to explain my discomfort.

I can become curious about what the discomfort is revealing.

I no longer need to sacrifice myself to belong.

I can belong to myself first.

I no longer need to perform curated identities to be worthy of love.

I can allow myself to be human.

Imperfect.

Learning.

Changing.

Feeling.

Discovering.

Growing.

Expanding.

Remembering.

This is soul self-sovereignty.

Not the rejection of humanity, but the reclamation of our humanity as spiritual sovereign authentic beings.

Not the denial of vulnerability, but the courage to inhabit it consciously.

Not emotional isolation, but connection without self-abandonment.

Not domination, but self-mastery.

Not control, but discernment.

Not perfection, but presence.

Not superiority, but humility.

Not fear-driven certainty, but the courage to remain awake within uncertainty.

I am not here to become an authority over another soul.

I am here to become responsible for the consciousness I embody.

I am not here to manage or control another person's path.

I am here to walk mine with integrity.

I am not here to dictate how another human being should become.

I am here to continually discover what within me is ready to become.

Perhaps the greatest act of sovereignty available to us through our divine humanness is this:

**To stop outsourcing our inner authority, stop abandoning ourselves for belonging, stop betraying our authentic values for approval, and become so deeply present to our own consciousness that we no longer need to dominate another soul in order to feel powerful, diminish another to feel worthy, control another to feel safe, or possess another to feel loved.**

We become sovereign not when we rise above our humanness, but when we become intimate enough with it to consciously transform what once unconsciously governed us.

We honor the fear without becoming its servant.

We embrace the shadow without allowing it to become our identity.

We recognize our wounds without worshipping them.

We establish boundaries without hatred.

We love without possession.

We speak without manipulating strings attached.

We listen without surrendering discernment.

We participate without abandoning ourselves.

We remain open without becoming available to exploitation.

We walk through this imperfect, unpredictable human existence with the quiet knowledge that no external hierarchy, social contract, collective expectation, curated identity, bureaucratic maze of corrupt parasitic laws, or fear-conditioned narratives has the authority to define the deepest truth of who we are.

**Our sovereignty is not something the world grants us. It is something we remember, embody, and continually choose, within the extraordinary, unfinished, vulnerable, conscious, deeply human experience of being ourselves.**