

Beyond Externally Engineered Enemies Curated to Sustain Collective Self-Deception and Self-Delusion

By Pedro Lima

There exists a profound illusion within human consciousness: the belief that the source of suffering, pain, fear, insecurity, conflict, lack, and inner fragmentation exists primarily outside ourselves.

Through generations of conditioned, survival pain-based victimized narratives, inherited fears, cultural programming, collective pain-based agreements, and unconscious survival adaptations, humanity has created an external battlefield where the unresolved conflicts within the individual psyche are projected outward.

The scapegoating illusion begins with the belief in separation:

Me versus others.

Us versus them.

State vs Public.

My truth versus your truth.

My suffering versus your responsibility.

My identity versus your identity.

My belonging versus your exclusion.

My victimization versus your rejection

From this separation, fragmented, curated pain identities are constructed.

The human being begins to unconsciously protect not the authentic soul, but a carefully curated survival self-victimized identity built from fear, pain, conditioning, attachment, and the desperate need to feel safe, significant, relevant, accepted, and validated.

The fragmented self begins creating stories to explain its discomfort.

It searches for external reasons for internal pain.

It searches for enemies instead of searching for self-understanding.

It searches for someone to blame instead of something within itself to illuminate.

It searches for external agreement instead of remaining sovereign, authentic, rooted in its inner truth.

It searches for sympathy instead of accountability.

Slowly, without conscious awareness, the individual becomes imprisoned by the very pain-based fear victimized curated self-narratives created to protect itself.

A spiritually disconnected collective does not sustain itself only through external hierarchical systems of control and dominance.

It is sustained through unconscious participation.

Through unconscious agreement.

Through repeated identification with fear-based victimized narratives.

Through the collective reinforcement of identities, beliefs, cultural paradigms built around wounds, grievances, hypocrisy, superiority, victimhood, comparison, competition, and separation.

A distorted surface-level victimized society becomes attached to its own illusions when those illusions provide psychological and emotional comfort and security.

Even painful identities can feel safer than the uncertainty of alchemical inner transformation.

A person may unconsciously prefer remaining the victim because victimhood provides an explanation for what is familiar.

A person may prefer remaining angry because anger creates the illusion of power and righteousness.

A person may prefer to choose sides because separation creates the illusion of certainty.

A person may prefer remaining righteous because self-righteousness protects them from the discomfort of self-reflection.

The curated prideful fragmented self-preserving illusion survives because it becomes familiar, known, and is widely accepted as “normal” in a hive-minded collective.

What becomes familiar is often mistaken for truth.

One of the deepest mechanisms of unconscious self-delusion is the creation of external enemies.

Not because enemies never exist, but because the unresolved inner world seeks a place to scapegoat what it refuses to acknowledge within itself.

The parts of ourselves we deny do not disappear.

They wait.

They seek expression.

They seek recognition.

They seek integration.

But when consciousness refuses to meet its own darkness, it projects that darkness outward.

The anger we refuse to understand becomes someone else's fault.

The insecurity we refuse to heal becomes criticism of another.

The fear we refuse to face becomes currency for control.

The shame we refuse to embrace becomes a tool for judgment.

The inner emptiness we refuse to acknowledge becomes the endless pursuit of status, recognition, possession, empty hunger to own, and a morally and culturally hypocritical sense of superiority.

The lack of inner peace becomes the obsession with controlling external circumstances, people, resources, and outcomes.

The inability to sit with oneself becomes the need to constantly focus on what others are doing.

Projection becomes the escape route from self-confrontation and self-inquiry.

Inner transformation requires a level of courage that the ego resists, because the journey inward removes the comforting illusion that someone else is responsible for what is happening in our entire inner world.

It requires sitting with what has been avoided:

The fear.

The grief.

The insecurity.

The resentment.

The envy.

The need to be right.

The need to be chosen.

The need to be admired.

The need to control.

The need to be seen.

The need to prove.

Not to condemn these aspects.

Not to shame them.

Not to label them as bad.

But to consciously witness them.

To understand their origins.

To recognize their protective intentions.

To integrate their lessons.

To transform unconscious energy into conscious wisdom.

The shadow is not the enemy.

The shadow is the messenger.

What is hidden within is not asking to destroy the self.

It is asking to be acknowledged.

The sovereign soul does not become free by pretending darkness does not exist.

It becomes free by no longer being unconsciously governed by it.

It does not deny anger.

It understands anger.

It does not suppress fear.

It listens to fear.

It does not reject insecurity.

It brings awareness to insecurity.

It does not attack the fragmented self.

It integrates the fragmented self.

Because every unconscious pattern once served a purpose.

Every defense was created by an attempt to survive.

Every wound carries information.

Every shadow contains energy waiting to be transformed.

The goal is not perfection.

The goal is coherence.

The goal is not becoming superior.

The goal is becoming whole.

Authentic inner sovereignty does not create another identity called “the awakened one.”

It does not replace one egoic attachment with another.

It does not use spirituality as another performative mask for superiority.

Conscious awareness is accompanied by humility, integrity, honor, dignity, and compassion, because the more consciousness expands, the more one recognizes the complexity of being human.

The sovereign soul understands:

“I can be aware and still have shadows.”

“I can be conscious and still have lessons.”

“I can be compassionate and still require boundaries.”

“I can love humanity and still acknowledge dysfunction.”

“I can forgive and still honor discernment.”

“I can understand another person’s pain without allowing their unconsciousness to govern my life.”

Humility protects awareness from becoming another form of ego.

The Alchemical inner transformation begins when the individual stops asking:

“Who is responsible for making me feel this way?”

and begins asking:

“What is this experience revealing within me?”

The question changes everything.

Because awareness returns power to its rightful place. **Within.**

The individual begins recognizing:

My emotions are information.

My reactions are invitations.

My triggers are teachers.

My patterns are pathways.

My shadows are opportunities.

My choices are my responsibility.

My energy is my creation.

My consciousness is my responsibility to cultivate.

Every human being is continuously participating in the creation of their inner world.

Through thoughts.

Through emotions.

Through beliefs.

Through attention.

Through interpretation.

Through perception.

Through choices.

The question is not:

“What energy exists around me?”

The deeper question is:

“What energy am I choosing to cultivate within me?”

Am I cultivating fear or awareness?

Resentment or understanding?

Judgment or discernment?

Victimhood or responsibility?

Control or trust?

Separation or conscious connection?

The sovereign soul understands that inner freedom begins when consciousness becomes intentional.

Not controlled by unconscious reactions.

Not governed by inherited fear-pain-curated fragmented survival narratives.

Not shaped by external expectations, but guided by an authentic inner compass rooted in:
Integrity. Self-honesty. Humility. Compassion. Discernment. Presence. Self-responsibility.

The deepest act of self-liberation is not about defeating the external world. It is ending the unconscious war within oneself.

When the human being stops needing enemies to justify pain, fear, something extraordinary happens.

Energy returns. Attention returns. Power returns.

The fragmented pieces begin coming home.

The individual no longer needs to constantly defend an identity.

No longer needs to prove worth.

No longer needs to convince everyone.

No longer needs to seek external permission to exist authentically.

The soul remembers:

I do not need another person to be smaller for me to be whole.

I do not need another person to suffer for me to feel worthy.

I do not need an enemy to understand myself.

I do not need separation to feel safe.

I do not need illusion to protect me from truth.

The collective may continue choosing fear. It may continue reinforcing separation. It may continue creating pain-based stories that divide, control, domesticate, and imprison consciousness.

But each individual has the sacred responsibility to choose differently.

To sit with the darkness.

To illuminate what was hidden.

To reclaim what was projected.

To transform what was unconscious.

To cultivate the frequency of consciousness they wish to embody.

The sovereign soul does not escape humanity.

It returns to humanity with greater awareness.

It does not reject the shadow.

It integrates the shadow.

It does not destroy darkness.

It brings light.

Because the greatest revolution is not about changing the world outside the self before changing oneself.

The greatest revolution is becoming so deeply aligned with truth that fear no longer requires separation, projection, or illusion to feel safe.

The journey of soul remembrance begins when we stop searching for enemies to explain our suffering and become courageous enough to meet ourselves with unwavering honesty, integrity, compassionate awareness, and sovereign responsibility.

What we consciously embrace within ourselves no longer needs to be unconsciously projected onto the world.

This is the soul alchemy of consciousness: transforming separation into awareness, fear into wisdom, fragmentation into wholeness, control into self-mastery, and the forgotten self into the sovereign soul that was always present beneath the fragmented fear-based curated illusion.