

I Stand for Myself- Reclaiming My Sacred Energy From Egoic, Parasitic & Dysfunctional Dynamics

By Pedro Lima

I have learned to set the record straight with anyone who does not have my best interests at heart, anyone who chooses to celebrate my misfortunes, wants to see me diminished, engineers, spreads rumors or lies, or attempts to undermine me through pride, entitlement, envy, jealousy, insecurity, victimization, narcissism, delusion, arrogant deliberate ignorance.

I no longer feel responsible for understanding why another human being chooses to embody an artificial, performative, egoic, fragile, curated identity rather than having the courage to sit honestly with themselves.

That is their journey.

Their choices are theirs.

Their inner world is theirs, and their responsibility for what they choose to cultivate within.

I can see through manipulation without becoming consumed by it.

I can recognize deception without becoming deceptive myself.

I can recognize projection without carrying what was projected onto me.

I can recognize attempts to scapegoat me without accepting the identity someone else attempts to place upon me.

I will not allow another person's unresolved fears, pain, insecurity, resentment, entitlement, or unexamined patterns to become my burden.

I am not a victim of circumstances.

I may experience setbacks.

I may experience adversity.

I may experience betrayal, disappointment, loss, chaos, and unexpected circumstances, but I will always choose to pick myself up and rise again.

I will always choose to return to myself.

I do not internalize another person's attempt to pass their unresolved burdens onto me.

Their burdens are theirs to carry.

Their healing is theirs to take responsibility for.

Their self-inquiry is theirs to undertake.

Their accountability is theirs to embody.

They have the free will to continue carrying what they neglect, deny, avoid, and refuse to examine, or to turn inward and consciously process what lives within them.

I am solely responsible for my own inner world.

I am not responsible for managing someone else's consciousness.

I am not a savior.

I am not a rescuer.

I am not here to endlessly fix, carry, regulate, or absorb what another person refuses to take responsibility for within themselves.

will not allow myself to be reduced to a commodity, a source of help for those who repeatedly refuse to help and heal themselves.

The same energies someone may project outward to diminish me remain theirs to confront.

What they choose to do with those energies is their free will.

Pride can be examined.

Entitlement can be questioned.

Fear can be felt.

Insecurity can be understood.

Pain can be processed.

Ignorance can be challenged, but refusing to look inward is also a choice, and while human beings have free will over the choices they make, they do not have complete control over the consequences those choices create.

I don't need to enforce karmic alignment.

I do not need revenge.

I do not need retaliation.

I do not need to bring anyone down.

I do not need to prove anyone wrong.

I simply refuse to participate.

I do not make myself available to petty, resentful, envious, jealous, dishonest, manipulative, or chronically self-victimized parasitic hive-minded social dynamics that demand that I participate in another person's distorted reality.

I will not participate in scripts built upon self-pity, pride, arrogance, fear, entitlement, mediocrity, scarcity, resentment, or avoidance of self-accountability.

My humanness is sacred, and anyone who consciously chooses to cross my path with the intention of diminishing my authentic sovereign presence, violating my assertive discerning boundaries, attempting to manipulate my consciousness, or undermining my inner truth does not receive a permanent seat at my table simply because they demand one.

Access to me is not granted from any type of entitlement. It is cultivated through genuine trust, creativity, respect, authenticity, integrity, compassion, honor, dignity, reciprocity, sovereignty, and conscious behavior.

I understand that the Universe is within each one of us. I understand our interconnectedness.

I understand that every human being carries their own complexity, wounds, fears, conditioning, and potential for growth, but recognizing our interconnectedness does not require me to abandon and betray my inner discernment.

Oneness does not require the surrender of assertive boundaries.

Compassion does not require tolerating disrespect.

Forgiveness does not require renewed access.

Love does not require self-abandonment, and understanding another human being does not require me to remain available to their curated, fragmented, artificial, performative egoic dysfunction.

I set clear, unwavering, assertive, discerning, and uncompromising boundaries around my self-love, self-honor, self-integrity, self-dignity, and self-responsibility.

I do not tolerate dishonesty.

I do not tolerate manipulation.

I do not tolerate deliberate disrespect.

I do not tolerate the repeated violation of clearly expressed boundaries.

I do not tolerate relationally distorted parasitic dynamics that require me to betray my own inner knowing in order to preserve another person's comfort.

I am not afraid to stand up for myself. Always. Regardless of what anyone has to say. Regardless of how anyone feels about my choices. Regardless of what anyone believes, assumes, projects, or expects from me.

I will never give up on myself.

I will never stop being faithful to myself.

I will never stop returning to my own inner truth. Regardless of how many times life knocks me down, I will continue to pick myself up, not because I believe I am invulnerable, but because I refuse to abandon myself.

I am conscious.

I am aware.

I observe.

I discern.

I listen.

I am becoming increasingly capable of seeing through artificial, performative, inauthentic, manipulative, and deceptive behavior without allowing it to determine who I become.

I recognize that some people may mistake authenticity for weakness.

They may mistake humility for submission.

They may mistake compassion for permission.

They may mistake openness for accessibility.

They may mistake kindness for the absence of boundaries.

They may mistake my willingness to understand for my willingness to tolerate.

They are very mistaken.

My heart can remain open while my unwavering, assertive boundaries remain clear.

My compassion can remain intact while my discernment becomes stronger.

My vulnerability can remain sacred without becoming an invitation for manipulation.

My authenticity does not require me to become naïve, obedient, compliant, and subservient.

Our humanness is not merely about performing some artificial, egoic, performative, curated version of “love and light.”

Our humanness is revealed through what we consciously choose to embody in each moment.

What do we exchange from a place of heart coherence?

What do we cultivate from a place of integrity?

What do we contribute from a place of authenticity?

What do we exchange when fear, ego, insecurity, entitlement, manipulation, dependency, and unconscious conditioning are running the interaction?

Every interaction is an energetic exchange. I choose to become increasingly conscious of what I participate in.

I am the sole steward of my sacred energy.

I do not entertain or entangle myself with hollow, parasitic, artificial, performative, manipulative, or one-sided exchanges that continuously diminish my humanness.

I choose authentic, sovereign, truthful, respectful, reciprocal, heart-coherent connections.

Connections where integrity is reciprocal.

Where honor is reciprocal.

Where dignity is reciprocal.

Where compassion is reciprocal.

Where genuine support is reciprocal.

Where vulnerability is safe enough to exist without becoming a currency for leverage.

Where individuals remain responsible for their own inner world while consciously co-creating something meaningful, purposeful together.

That is the kind of connection that allows authentic soul expansion.

That is the kind of connection in which human beings can learn, grow, evolve, create, and consciously co-create with the Universe.

I choose self-love.

Gratitude.

Self-discernment.

Self-sufficiency.

Self-validation.

Self-trust.

Self-knowing.

Self-reliance.

Self-responsibility.

Self-compassion.

Self-sovereignty.

Self-acceptance.

Authentic truth.

Conscious self-expression.

I choose to cut off what no longer honors my assertive boundaries, not from hatred, not from resentment, not from revenge, but from inner discerning sovereign clarity.

I can walk away without wishing another human being harm.

I can close a door without needing to slam it.

I can forgive without returning.

I can release without hating.

I can love someone from a distance while recognizing that proximity is no longer healthy for me.

This is not cruelty.

This is self-love and self-discernment.

I think for myself.

I feel for myself.

I question for myself.

I listen for myself.

I choose for myself.

I do not outsource my inner sovereign truth.

I do not outsource my self-responsibility.

I do not outsource my inner authority.

I do not surrender my consciousness to someone else's expectations simply because they are louder, more entitled, more persistent, more socially accepted, or more committed to their artificial, performative, dysfunctional egoic version of reality.

I am not here to convince everyone of who I am.

I am here to embody who I consciously choose to become.

I am not here to carry the burdens of everyone.

I am not here to rescue and help everyone.

I am not here to absorb the distortion of everyone.

I am not here to become responsible for the consequences of another person's unwillingness to look within.

I am here to be responsible for myself.

My choices.

My consciousness.

My boundaries.

My energy.

My words.

My actions.

My integrity.

My evolution.

My journey back home within myself.

I refuse to confuse self-sacrifice with love.

I refuse to confuse codependency with connection.

I refuse to confuse tolerance with compassion.

I refuse to confuse silence with peace.

I refuse to confuse surrender with humility.

I refuse to confuse conformity with belonging.

My sovereignty does not require me to control, exploit, or dominate anyone. It requires me to stop abandoning myself.

My boundaries do not exist to control another person. They exist to clarify what I will and will not participate in.

My discernment does not make me superior. It makes me responsible for what I consciously allow into my life.

I do not need to become hardened, jaded by what I have experienced. I choose to become heart coherent.

I do not need to become bitter because someone chose dishonesty. I choose to become wiser.

I do not need to become resentful because someone attempted to diminish me. I choose to remember my own worth.

I do not need to become hateful because someone projected their unresolved pain onto me. I choose to return what does not belong to me.

I do not need to become smaller because someone is threatened by my authenticity. I choose to remain fully present in my own light.

I do not need anyone's permission to do so. I stand for myself.

Not against humanity. Not above anyone. Not in hatred. Not in revenge, but in conscious self-responsibility.

I choose to remain open-hearted without becoming energetically available to every societal dynamic.

I choose compassion without self-abandonment.

I choose forgiveness without reopening doors, chapters that no longer belong in my life.

I choose sovereign connection without codependency.

I choose vulnerability without surrendering inner discernment.

I choose love without the need for possession.

I choose sovereignty without isolation.

I choose to set assertive boundaries without hatred.

I choose authenticity over every artificial, performative, curated, fragmented, egoic, dysfunctional identity that requires me to betray myself in order to belong, be accepted.

I will always choose myself, not because others do not matter, but because I understand and recognize that my sovereign, authentic heart desires matter more.