

The End of Unreciprocal Exchange - My Sacred Expansive Energy and Time Are Not an Open Resource

by Pedro Lima

There comes a moment when giving must become conscious.

For a long time, I have written, shared, created, spoken, transmitted, and opened sacred soul doorways freely.

I gave from the heart.

I offered self-inquiry soul reflections.

I offered questions.

I offered authentic, genuine sovereign perspectives.

I offered soul doorways for those willing to look within, take accountability for their own inner world state.

I shared what had moved through me without demanding anything in return.

Not because I was empty.

Not because I needed validation.

Not because I needed to be needed, but because, at the time, giving was how my soul expressed itself, and I honor that with deep gratitude and appreciation for my contribution.

I do not regret what I have given, but I also recognize something I can no longer deny:

Giving without reciprocity can become self-abandonment.

There is a difference between generosity and overgiving.

There is a difference between service and self-exhaustion.

There is a difference between opening a doorway and allowing someone to continuously consume everything beyond the threshold without ever taking responsibility for their own journey.

My sacred energy is not an unlimited public resource.

My attention is sacred.

My presence is sacred.

My words are sacred.

My creative force is sacred.

My time is sacred.

My consciousness is sacred.

I no longer consent to unconsciously distributing these things simply because someone wants access to them.

I release the need to explain this.

I release the need to justify this.

I release the guilt associated with saying:

No.

No more compulsive overgiving.

No more explaining.

No more pouring into nonreciprocal spaces where there is no genuine, authentic participation, respect, honor, and integrity for my sacred energy and time.

No more confusing someone's fragility with my responsibility.

No more confusing another person's lack of inner movement with an obligation for me to give more.

No more abandoning my own energetic, assertive, discerning boundaries in the name of being compassionate.

Compassion does not require self-betrayal.

An open heart does not require an open door to everything.

Genuine unconditional love does not mean unlimited access.

I am no longer interested in relationships, interactions, or energetic exchanges built entirely around neediness and transactional consumption.

If someone repeatedly arrives only to take, consume, extract, demand, or feed upon what another person has created without any willingness to participate, contribute, reciprocate, or honor the source, I simply step back.

Not with hatred.

Not with revenge.

Not with condemnation, but with assertive self-discernment.

I do not need to destroy what I have outgrown.

I simply stop feeding it.

I stop participating.

I stop offering myself where my presence is treated as an entitlement.

I stop confusing access with connection.

I stop confusing attention with love.

I stop confusing availability with service.

I shed the disempowering belief that I must give in order to prove that my heart is genuine.

My heart can remain open while my assertive, discerning, sacred energetic boundaries become clear.

My soul can remain compassionate while my participation becomes selective.

My generosity can remain intact while my energy becomes sovereign.

I no longer seek to be everything for everyone.

I no longer need to convince anyone of my worth.

I no longer need to chase recognition for what I carry within.

I know what I am here to serve.

I know what I am here to create.

I know what I am here to transmit.

I also know that not everyone is meant to have access to it.

This is discernment.

This is self-responsibility.

This is energetic self-honor, self-dignity, self-integrity, self-knowing, and self-love.

I release those who seek to make their inner deficiency my responsibility.

I release those who continuously outsource their own sovereignty while expecting others to carry and provide for them.

I release the unconscious unreciprocal dynamic in which one person continually gives while another continually consumes.

That cycle ends with me.

I will no longer participate in an energetic transactional parasitic narcissistic economy based upon extraction without reciprocity.

My soul is not here to become someone's permanent source of emotional, spiritual, intellectual, or energetic nourishment while they refuse to cultivate their own inner source sufficiency.

I can offer a doorway.

I cannot and will not walk through it for another.

I can illuminate an unconscious path.

I cannot and will not take any responsibility for another person's life.

I can share what I have discovered.

I will not become responsible for what another person chooses to do with it.

I can love without remaining available to any type of energetic consciousness “vampirism”, distortion, and dysfunction.

This is where my giving becomes cleaner and clearer.

More conscious.

More sovereign.

More truthful.

I give because I choose to give.

I serve because I choose to serve.

I share because I choose to share.

When I choose not to give, that choice is equally sacred.

I am no longer seeking permission to honor myself.

I am no longer waiting for someone else to validate the boundaries my soul already knows are necessary.

I return my attention to myself.

I return my energy to myself.

I return my creative force to itself.

I return my sovereignty to its rightful center.

From that heart-coherent knowing center, I remain open, not to endless consumption, but to **divine, sacred and honorable reciprocal exchange.**

I trust that what is aligned with my soul’s path will meet me without requiring me to betray or overextend myself.

I trust that what is genuinely reciprocal will reveal itself.

I trust that what is not aligned can leave.

I trust that I do not need to chase, convince, rescue, save, persuade, explain, justify, overgive, or overextend.

I am enough. I am self-sufficient. I am self-validated. I am responsible for my own sacred energy.

You are responsible for yours, and that is where true reciprocity begins.

My sacred energy is no longer something I give away unconsciously.

It is something I consciously steward, honor, and respect.

I do not close my heart.

I close the door to parasitic extraction.

I do not stop serving.

I stop abandoning myself through giving without honorable, respectful reciprocal exchange.

I do not stop giving.

I stop giving where giving becomes a door for self-betrayal, where honorable sacred reciprocity does not exist.

I do not become less loving.

I become more assertive and discerning about where my love, expansive and sacred energy participates.

From this moment forward, my energy is not available simply because someone wants or needs it.

Access to me does not arise from entitlement.

My Attention does not arise from entitlement.

My presence does not arise from entitlement.

My creations do not arise from entitlement.

My soul is not a commodity or a resource for any type of entitlement.

My energy belongs first to the truth of who I am.

From that truth, I choose what I give.

When I give, I give consciously.

When I serve, I serve consciously.

When I receive, I receive openly and with heartfelt gratitude and appreciation.

When I say no, I say no without guilt.

When I choose to walk away, I walk away without hatred or resentment, because sovereignty does not require an enemy or a villain. It requires consciousness. It requires discernment. It requires self-honor, and above all, **it requires the courage to stop abandoning yourself when others do not reciprocate with honor, integrity, and soul presence.**