

Breaking Out of Prisons of Childhood: Coming into Oneness Consciousness

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Many of us grew up in a variety of prisons. Rigid dogmas, cultural norms, circumstances -- these all imprison children. Being locked in a "prison" means limited access to wholeness, and powerful shame, control, and addictions.

Here are a variety of prisons that lock children up.

1. The prison of religious dogma, especially one that promotes the notion of a fear-based, judgmental, and punishing God.
2. The prison of circumstances -- being poor, a minority -- such as gay, Jewish, Black, Latino, etc.
3. The prison of abuse, neglect, and shaming parents.
4. The prison of cultural norms -- what is masculinity, what is femininity, gender roles.
5. The prison of peer pressure, social media comments, constant judgment and external validation.
6. The prison of self-hatred, isolation, and fear. Being bullied, degraded, shamed by others.
7. The prison of the pressure to conform to societal standards of behavior and beliefs.
8. The prison of powerlessness as a child, being undervalued and demeaned.
9. The prison of a narcissistic culture -- haves and have-nots.
10. The prison of being non-athletic, uncoordinated.
11. The prison of needing external validation.
12. The prison of Empire Consciousness -- seeing the world through hierarchy, power, conquest, control, and shame.

Breaking out of these prisons takes awareness, motivation, and discernment, as well as a willingness to risk being ostracized and resented.