

Don't Make Assumptions: "Souls in Smaller Bodies" are the Real Christmas Message

By Dr. Michael Obsatz – December 2022

In his book called "The Four Agreements" Ruiz tells us to not make assumptions about other people. ¹

I am reminded of the motto: "You can't tell a book by its cover."

The way I believe this assumption fits into the Jesus message is that Jesus was against categorizing and labeling people. He believed we are all worthy, all children of God. He spent time with the rich and poor alike, the outcasts, the lowly, and those rejected by the larger society.

Labels and categories divide, confine, and limit people. It is easier to control people if you put them into a box. Then, you don't really have to get to know who they really are by spending time, listening, and seeing the good, the Light, and the lovability in them.

In Empire Consciousness, we divide all kinds of people into racial, sexual, class, and educational boxes. We then make generalizations about those in each group. We tend to look for the differences, not the similarities. And we make assumptions about them.

Empire Consciousness is about power, domination, hierarchy, control and categories.

Oneness Consciousness is about compassion, connection, and real meaningful understanding of the complexity of our being.

The world suffers when people are categorized, labeled, and put into limiting boxes.

I hear that Native Americans do not have a word like "children" in their vocabulary. They were just "souls in smaller bodies."

You don't know who I am by a quick glance. I transcend categories and you can't define me.

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¹ Don Miguel Ruiz, *The Four Agreements*, (Amber-Allen Publishing, San Rafael, CA, 1997)
The Four Agreements: 1 - Be Impeccable With Your Word, 2 - Don't Take Anything Personally, 3 - Don't Make Assumptions, 4 - Always Do Your Best.