

# Empire Consciousness, Oneness Consciousness, and "Not Taking Anything Personally"

By Dr. Michael Obsatz – December 2022

In his book, "The Four Agreements," Ruiz encourages us to "not take anything personally."<sup>1</sup> When someone makes a comment to us, we are to see it as their idea, their impression, coming from their framework or lens.

When people tell you something, and they are coming from a place of Empire Consciousness, the comments are more likely to be about their need to control or feel superior. When people tell you something coming from Oneness Consciousness, they are coming from a place of wanting your highest good.

So, it all depends upon the source of the comment, and the Consciousness they are living. Empire consciousness encourages co-dependency and the need for external validation. Those people who primarily live in that consciousness have been brainwashed into believing that their worth must be validated by others, and that they are never good enough. Putting others down builds them up, temporarily.

Empire Consciousness embraces feelings of powerlessness, shame, and low self-esteem. It is easier to dominate and control other people when they feel worthless.

Built into Empire Consciousness is hierarchy, scarcity and fear. Most Empires use these concepts to expand and overtake other people. Making others feel "less than" is one way to justify domination, exclusion, and violence.

So, trust is built into Oneness Consciousness. Mistrust is built into Empire Consciousness.

So, not taking things personally makes sense when the comments are made by someone who has been brainwashed by Empire ideology. Those people who come from a place of Oneness Consciousness are loving, generous, compassionate, and kind and may offer feedback which may be useful and valuable. The tone and intent are usually gentle and supportive.

If those offering comments believe in your personhood and value, they are coming from a place of love. The challenge is assessing which consciousness each person offering feedback is coming from.

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<sup>1</sup> 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.