

Free At Last:

How Oneness Consciousness Overcomes The Trauma/Empire Consciousness Loop

By Dr. Michael Obsatz – March 2025

Early childhood abandonment, abuse, and neglect result in Trauma Consciousness. The infant/child feels out of control, and lives totally dependent on parents and caregivers. Without their support, the child will surely die. Alice Miller writes about this in *The Drama of the Gifted Child*.

The young child is forced to adapt to a family system which is hierarchical and dominating. The culture, living in Empire Consciousness, is one of isolation, scarcity, fear, and control.

The hurting child takes everything personally, being in a very self-centered phase of development. "They don't want me because I am defective as I am. I am not good enough. I am unworthy, worthless." The child blames himself or herself and feels shame and guilt. This self-talk continues on for a long time, reinforced by the cultural messages designed to sell products. "Maybe if I change, become what they all want me to become, then they will love and accept me."

So, when the child grows up, it is at the bottom of the hierarchical system. Powerless again, the only way out is to climb the ladder of success, to then have power over others. The response to "being controlled" is to move up the power system and have control over others. The educational, economic and political systems are all about power and domination. School teaches about competition, winners and losers. "To the victor go the spoils."

"Survival of the fittest" is a scarcity belief system that becomes reality. When the small number of wealthy at the top hoard everything, many are left homeless, starving, and helpless.

An Intervention of Oneness Consciousness (sharing, empathy, love, compassion, abundance, equality, and cooperative living) is a way to break into the loop of Trauma/Empire Consciousness. The Trauma/Empire loop is very powerful and has maintained itself through history.

The problem with this Trauma/Empire loop is that it does not lead to peace, joy, and authentic living or real love. Oneness Consciousness is fulfilling because when one knows that he/she is enough, has enough, and experiences joy and internal peace. Internal peace can lead to peace between cultures and nations. "We are lovable, loved, and Loving."

This spiritual intervention is part of many organized, religious systems. However, the systems can become empires themselves, and the message is then lost.

"Love thy neighbor as thyself. Love spirit (God) with all thy heart." When enough people move in this direction, then, and only then, will the Trauma/Empire loop end.

Holidays can be used to celebrate Oneness, freedom from slavery, and the true message of inclusion, love and compassionate living.

Maybe someday we'll be free at last.