

Healing Emotional Wounds Through Spiritual Transformation ¹

A Summary of Dr. Michael Obsatz's Talk

1. The Wounding Process

- At birth, we are innocent, lovable, and connected to our true essence.
- Exposure to 'Empire Culture' (competitive, fear-based, shame-inducing) distorts our self-worth.
- Negative self-beliefs arise: 'I am unlovable,' 'I am not enough.'
- Emotional wounds come from family, peers, school, and societal systems.

2. Psychological Healing

- Begins when the pain becomes too great—therapy, trauma work, and forgiveness help.
- We learn to feel and name the pain, recognize patterns and defenses.
- But we may still define ourselves by the wound ('I am my trauma').

3. Spiritual Transformation

- Key shift: 'I am not my wound.'
- The wound happened to you—but it is not your identity.
- You reconnect with Spirit/God/Universe and reclaim your core identity as:
 - 'Lovable, loved, and loving.'
- There is a divine, unbroken part of you that remains untouched.

4. Living in Spiritual Wholeness

- Live in the world, but not of it—be discerning and selectively vulnerable.
- Let Spirit flow through you—serve, connect, and practice compassion.
- Live from Oneness Consciousness: all beings are connected.
- Become resilient: negativity no longer defines or controls you.

Closing Blessing

- May you heal and remember your essence.
- You were always loved and will always be lovable.
- You are a child of the Universe—live in that truth.

¹ YouTube link of video: <https://www.youtube.com/watch?v=-r55oMnZSJo&t=1s>

Summary created by David Tillman by using YouTube video transcript and ChatGPT to Summarize. – July 2025

Memorable Quotations from Dr. Michael Obsatz

On Our True Nature:

"At birth, we are innocent. We are lovable, loved, and loving. We know that somewhere deep inside."

On the Harm of Empire Culture:

"Empire Consciousness is about hierarchy, fear, scarcity, domination, and shame. It feeds addiction, depression, and self-doubt."

On the Pain of Wounding:

"People start defining themselves by their wound. It becomes narcissistic—'I am alone, I am suffering, no one cares.'"

On Psychological Healing:

"You can look at your defenses and say, 'They were dysfunctional,' or you can say, 'They saved me from a toxic situation.'"

On the Shift Toward Spiritual Transformation:

"What needs to change spiritually is this: It's not just about me. It's about what happened to me—and I am not that person they said I was."

On Depersonalizing the Wound:

"This wound is not me. It was caused by someone or something outside of me. There is nothing wrong with me."

On Spiritual Identity:

"I am a child of God, a child of the Universe. A part of me was never wounded."

On Spiritual Identity:

"Only you and Spirit know the real you."

On Oneness Consciousness:

"The transformation is to Oneness Consciousness—seeing yourself as part of the larger connectedness of creation."

On Supporting Others:

"We cheer others on, cherish hearts, and empower everyone's resurrection."

On Emotional Resilience:

"You build a kind of armor—like Teflon—so that negativity bounces off and back to where it came from."