

How Empire Consciousness Produces Emotional Pain and Trauma

by Dr. Michael Absatz – January 2024

Empire Consciousness is about power, domination, control, competition, marginalization, fear, oppression, and violence. Those at the bottom, the outgroups, are continually bombarded with messages of deserving to be abused, of shame, of being punished so those at the top can have more. There is belief in scarcity—not enough to go around. Oppressed groups are demonized and blamed for wanting equal rights and power.

All oppression results in pain, suffering, and issues of low self-worth, anger, rage, dependency, and fear. Empire is trauma- and pain-producing. It is not safe for those at the bottom because they will be annihilated, and not safe for those at the top because they constantly fear retaliation. This is clearly a fear-based system.

The solution to this is to move to Oneness Consciousness which values everyone, loves everyone, and creates safety for all. This is a love-based system believing in abundance, sharing, compassion, and empathy. It moves from fear to love.

Trauma usually creates a fear of abuse, violence and ultimately death. One defense that is employed by those who are traumatized is hyper-vigilance. Self-doubt and self-destruction are other defenses. "If I kill myself first, at least I am in control of when I die."

Much of the art of Empires is about battles, winning and losing, and dehumanizing the "other." Sporting events may simulate such competitions.

There is a heavy denial system created around the trauma of Empire Consciousness. All kinds of dysfunctional behavior come from it including wars, violence toward self and others, anxiety, depression, and addictions. These are often seen as individual issues or problems, and not systemic.

Empire Consciousness produces systemic destruction where there is no real safety. Since we all need to feel safe in order to function, we learn to live in an unsafe world, always trying to protect ourselves from any destruction. Bullying, and brutalizing those who have less power become normal under the system of Empire.