

# Summary of Interview: Healing Mistrust: Abandonment and Betrayal in Self and Society

Featuring **Dr. Michael Obsatz**, interviewed by **Dan Gorbunow** on the *Wellness Warrior Podcast*: <sup>1</sup>

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## Key Themes and Insights

### 1. Trust, Safety, and Authenticity

- **Trust is foundational** to human development and mental health. It includes trusting others to accept us, trusting life to provide, and trusting in our own inherent worth.
- According to Dr. Obsatz, many people lack trust due to **early abandonment, family dysfunction, and a culture based on Empire Consciousness**—a paradigm centered around power, control, competition, and dominance.
- **Authenticity is lost** when people feel they must conform to survive in dysfunctional systems, leading to **self-abandonment and shame**.

### 2. Empire vs. Unity Consciousness

- Empire Consciousness breeds mistrust, hierarchy, fear, and oppression. Unity (or Oneness) Consciousness fosters compassion, cooperation, and healing.
- Dr. Obsatz emphasizes a shift from Empire to Unity consciousness as the **path to healing and wholeness**—both individually and societally.

### 3. Abandonment and Shame

- **Abandonment** is more than physical absence; it is the internalized belief of unworthiness and conditional acceptance.
- **Shame** is the ultimate form of self-abandonment and disconnection from one's true self.
- Healing requires recognizing that **abandonment was never about us**, but about the limitations of our caregivers and culture.

### 4. Personal Power and Inner Work

- True **personal power** comes from living an authentic life, not from external validation or control.
- **Inner work** is essential for healing: cultivating self-compassion, understanding one's wounds, and reclaiming one's innate dignity and lovability.
- Support groups and spiritual practices can help people reconnect with their authentic selves.

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<sup>1</sup> Used interview transcript and ChatGPT to summarize.

Link: [Healing Mistrust, Abandonment and Betrayal in Self and Society - Life's Journey](#)  
or on YouTube: [https://youtu.be/pcV\\_Xl2JmAA?si=6ipncygAuMr7HhIq&t=1](https://youtu.be/pcV_Xl2JmAA?si=6ipncygAuMr7HhIq&t=1)

## 5. Cultural Critique and Systemic Betrayal

- Dr. Obsatz critiques systems that **reward domination**, perpetuate scarcity myths, and reinforce **validation-seeking behaviors** (e.g., social media culture).
- Many people are susceptible to **charismatic leaders** and toxic ideologies because they seek belonging or meaning to heal their pain.
- **Historical trauma**, fear, and a desire for control contribute to societal division, scapegoating, and violence.

## 6. The Role of Spirituality and Purpose

- Spirituality—connection to God, a higher power, or inner spirit—can offer a sense of **unconditional love and belonging**.
- Discovering one's **authentic purpose** is vital to healing and transformation. This purpose arises from self-awareness and compassion, not from status or power.
- Historical and spiritual figures like Jesus, St. Francis of Assisi, and Jimmy Carter are referenced as models of **compassionate service beyond ego**.

## 7. The Solution: Consciousness Shift

- Healing mistrust and betrayal requires a **shift in consciousness**—moving from blame and fear to compassion and unity.
- This involves:
  - Honest self-reflection and emotional healing.
  - Accountability for one's actions.
  - Challenging fear-based systems and societal norms.
  - Building supportive, trustworthy communities.

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## Notable Quotes from Dr. Michael Obsatz

- “You are loved, lovable, and loving. That is the message.”
- “Shame is the ultimate abandonment.”
- “Trust starts with inner work. It's an inside job.”
- “The culture teaches hierarchy, not unity.”
- “If addictions worked, we'd only need to do them once.”
- “There is enough to go around. We just have to believe it and live it.”