

Summary: Moving from Empire Consciousness to Oneness Consciousness ¹

Video by Dr. Michael Obsatz – January 2019 ²

Dr. Michael Obsatz explores how **early childhood abandonment**—by parents, culture, or oneself—can lead to psychological and spiritual wounding that manifests as **Empire Consciousness**. This consciousness, rooted in fear, domination, and separation, leads to systemic oppression and violence. The antidote, he asserts, is **Oneness Consciousness**, a spiritual awareness grounded in love, interconnection, and acceptance.

Key Concepts:

1. Abandonment as the Root Wound

- **Parental Abandonment:** Physical or emotional neglect or abuse leaves children feeling unloved and unsafe.
- **Cultural Abandonment:** Children are told they must conform to societal roles, suppressing their authentic selves.
- **Self-Abandonment:** Internalized shame leads to neglect of one's needs and desires.

“Giving up one's authentic self to a world that does not accept you for who you are is a kind of abandonment.”

2. Empire Consciousness: The Revenge of the Wounded

- A reaction to powerlessness: the child grows into an adult who seeks power *over* others.
- Characterized by:
 - Domination
 - Hierarchy
 - Fear
 - Objectification of others
 - Dehumanization
 - Shame, arrogance, and hostility

“Empire Consciousness is a way of viewing the world in which some people have value and others don't.”

- Historical Examples: Roman, Ottoman, British, and American Empires; also seen in personal, cultural, and political bullying and exploitation.
- **Bullying** is a repeated behavior rooted in unhealed emotional trauma.

¹ Video link: <https://lifesjourney.us/moving-from-empire-consciousness-to-oneness-consciousness-vide/>

YouTube link: <https://youtu.be/r8gJA2krXqg>

² Summary created by David Tillman by using YouTube video transcript and ChatGPT to Summarize. – July 2025

3. Cycle of Wounding

- Empire Consciousness perpetuates more abandonment.
- Victims of Empire Consciousness often turn on others at the bottom of the hierarchy.
- Intergenerational trauma is passed down, encoded in memory and behavior.

“Unless the cycle of abandonment and empire is interrupted, it will continue indefinitely.”

4. Oneness Consciousness: The Healing Intervention

- **Spiritual Vision:** Recognizes we are all connected and worthy of love.
- Shifts from:
 - Fear → Love
 - Domination → Support
 - Scarcity → Abundance
 - Judgment → Acceptance
- Emerges through:
 - Self-worth from within
 - Seeing oneself and others as divine or worthy by nature
 - Education and spiritual practice

“Oneness Consciousness means from within you feel validated, loved, accepted, appreciated for who you really are.”

Memorable Quotes:

- *“Fear is what we learned here. Love is what we were born with.”* – Quoting Marianne Williamson
 - *“Children are abandoned when they are forced to conform rather than allowed to be their authentic selves.”*
 - *“The need to dominate others is the revenge of the wounded.”*
 - *“Oneness Consciousness is the only real answer to all the suffering, abuse, neglect, and fear.”*
-

Conclusion

Dr. Obsatz concludes with a hopeful message: by teaching and embodying Oneness Consciousness, individuals and societies can heal the deep wounds caused by abandonment and domination. Love and connection—not power—are the true paths to peace and justice.