

The Movement from Empire Consciousness to Oneness Consciousness

by Dr. Michael Obsatz – July 8, 2020

1. PERSONAL/EMOTIONAL/SPIRITUAL

From: I feel alone and abandoned
To: I feel loved and connected to all of creation

From: I don't think I'm worthy of being loved
To: I am worthy of love just as I am

From: I live in shame, and will never be enough, have enough
To: I love myself. I have everything I need, and I am more than enough

From: The world revolves around me
To: I am part of the Universe, and it is all significant

From: My worth comes from what others think of me
To: My worth comes from within my very being, and my spiritual connection

From: I dwell on the past, and worry about the future
To: I live in the moment with gratitude, love and acceptance

From: I am detached and aimless
To: I have meaning and purpose in my life

2. SOCIAL

From: Nobody is worth trusting
To: I am selective about who I trust and trust myself and life itself.

From: I need to dominate and control others, especially those who are beneath me in status and power
To: I value and respect that all others are Divine creations and have a right to express their own uniqueness

From: I have to be better than everyone
To: I don't need to compare my self to anyone

From: I compete with others all the time
To: I focus on collaboration, cooperation, and creating peace with others

From: Those at the bottom are worthless and deserve to be there
To: I am committed to help all others despite their situation and social status

From: My group is the most important and matters most
To: I am here on this planet to bring peace, love and meaning to everyone I can

3. POLITICAL

From: We must be the strongest, most powerful nation in the world
To: We must work hard to feed everyone, and keep everyone safe

From: We will kill anyone who gets in our way
To: We work for peace, non-violence, and love as the only way to live

4. ENVIRONMENTAL

From: The earth and its resources are for me to use as I wish — and I don't have to conserve anything
To: I am mindful of ecology, and know that we need to preserve the air, earth, and water of this planet

5. PHILOSOPHICAL/INTELLECTUAL

From: There is a scarcity of resources and I must take anything I need
To: There is an abundance of resources —enough for everyone to share. I am committed to sharing.

From: We are separate and competing with each other
To: We are all one, sacred and loving, peaceful and connected

From: I know everything I need to know
To: I am always open to learning new ideas and growing

© 2020 Dr. Michael Absatz, all rights reserved
© 2020 www.mentorsmatter.us, all rights reserved