

We are NOT the World:

Maintaining Internal Stability in an Unstable, Volatile World

By Dr. Michael Obsatz – February 2025

Since much of the world still lives in Empire Consciousness, there will always be instability all around us. Empire Consciousness focusses on fear, scarcity, power, mistrust, domination, violence, shame and hierarchy. These always lead to polarization, addiction, destruction, panic and emotional and physical pain and death.

This type of living comes from Trauma Consciousness, the powerlessness and abandonment felt by children and adolescents. As such helpless beings are "thrown to the wolves," without guidance, support and authenticity, their trauma gets projected onto the external world.

Only Oneness Consciousness can heal the effects of early trauma. Oneness Consciousness means that all beings, and the earth are lovable, loved, and loving. This type of living focusses on connection, love, empathy, abundance and compassion. The internal shift can result in a different way of believing, seeing and living. This shift leads to trust, respect, and personal emotional healing.

We are NOT our wounds, losses, disappointments, limitations, mistakes, and traumas. These experiences happened TO us, but were never ABOUT us. We can let go of the world's ways, beliefs, and negativity. We can free ourselves from the prison of needing the world's validation and approval of who we are.

Centering ourselves in spirit, we are spiritual beings having a human experience. WE are love, compassion and peace. WE are light in the darkness, stability in the instability, and centers of spiritual love.

As we make this shift in awareness and understanding, the world gives us the opportunity to support the spiritual transformation of others in a kind, gentle, and meaningful way.

Living IN the world, but not being OF the world requires selective vulnerability, clear boundaries, and awareness that worldly greed and domination have no power over us. We are NOT the world -- we are here to TRANSFORM the world.