

# Summary: The Four Life-Affirming Declarations of Interdependence <sup>1</sup>

By Dr. Michael Obsatz – February 2023 <sup>2</sup>

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## Introduction: From Empire to Oneness

Dr. Michael Obsatz begins by reflecting on a lifelong journey as a teacher, counselor, and seeker. Drawing from his 40 years as a professor at Macalester College, and his work in men's groups and workshops, he shares insights into how society teaches us who to be based on labels—gender, role, performance—often disconnecting us from our wholeness and spiritual nature.

He introduces the concept of “**Empire Consciousness**” versus “**Oneness Consciousness.**”

- **Empire Consciousness** is a worldview based on:
  - Hierarchy and domination
  - Control, fear, and competition
  - The need for external validation
  - A dehumanizing belief that some lives matter more than others
- **Oneness Consciousness** embraces:
  - Equality and compassion
  - Deep interconnection with all beings
  - Seeing the divinity within ourselves and others
  - Love as the natural state of being

"We are inundated with messages from birth that tell us who to be... but they often miss our soul."

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## The Four Life-Affirming Declarations of Interdependence

Each declaration invites us to reclaim our sacred belonging and spiritual connection in four dimensions: to Spirit, Self, Others, and the Earth.

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### We Are Beloved Children of Spirit

- We are unconditionally loved by the Universe, God, or Spirit.
- Our value is inherent—not earned or proven.
- We carry a divine spark within that can never be extinguished.
- We are never truly alone; Spirit is accessible through meditation, nature, prayer, silence, and inner listening.

“We are one with Spirit.”

“We have a piece of divinity inside of us which can never be taken away.”

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<sup>1</sup> Video link: <https://lifesjourney.us/the-four-life-affirming-declarations-of-interdependence-video/>

YouTube link: <https://youtu.be/danuWDT9mf4>

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

This declaration affirms that **our identity begins with love**, not fear or lack. It is the spiritual foundation for living in freedom.

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## **2 We Love Ourselves**

- Self-love is not arrogance—it is compassion, gentleness, and acceptance.
- We are here to do meaningful, soul-aligned work—not to perform for others.
- Inner wholeness grows when we stop seeking external approval.
- Joy is found in being—not proving.

**“We are one with ourselves.”**

“Not having to prove anything... just being the incredible human beings that we are.”

Dr. Absatz reminds us that **this lifetime is a gift**, and learning to treat ourselves with tenderness and purpose allows us to live it fully.

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## **3 We Find Love and Support with Others**

- We need authentic connection—not just roles or labels.
- Circles of love can be formed through biological family or chosen family.
- The people who accept us without conditions become our sacred community.
- In healthy relationships, we are reminded we are “enough” and whole.

**“We are one with each other.”**

“We are beautiful just as we are.”

This declaration speaks to **the human need for belonging**—not dependency, but soulful community that reflects our goodness back to us.

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## **4 We Care for the Earth and All Living Beings**

- Nature is not separate from us—it is part of the Divine.
- All plants, animals, and ecosystems are sacred expressions of creation.
- Abuse of Earth’s resources harms our spiritual home.
- When we care for nature, we care for ourselves.

**“We are one with the Earth.”**

“To see oneself connected to all of life’s creation is a very powerful thing.”

Dr. Absatz reminds us that **interdependence includes the Earth**, and ecological care is a spiritual responsibility.

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## **☀ Integration: Healing Through Interconnection**

When we declare these truths:

- We live from **internal strength** rather than shame or fear.

- We are no longer ruled by Empire Consciousness.
- We find spiritual **freedom**, knowing our lives are sacred and interconnected.

“Once we declare these life affirmations, we can live in Oneness Consciousness... Empire Consciousness has no power over us.”

### **Final Poem: From Fear to Love**

Dr. Obsatz closes with a poem encouraging release of old wounds and the embrace of joy, connection, and spiritual truth:

#### **From Empire Consciousness to Oneness Consciousness** by Dr. Michael Obsatz

<p>Don't Fester            Don't Pester            Let go of            Yesterday</p> <p>Be a Beamer            Be a Dreamer            And the Redeemer            Will Come Your Way</p>	<p>Let your Light Shine            And all will be fine</p> <p>Celebrate life            And a great life            Will be yours today</p> <p>Move from Comparing            Controlling, Despairing            There's enough            To go around</p>	<p>Move from Dividing            Dominating, Hiding            And our Oneness            Will be found</p> <p>We are Connected            Not to be Dissected            We are Holy and Whole            Soul to Soul to Soul</p>
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### **Closing Blessing**

Dr. Obsatz invites us to “**see the beauty of the world, the beauty in ourselves, and the divine nature in all people.**”

The Four Declarations offer a path to spiritual freedom, healing, and love. They are not only affirmations—but practices for how to live in **wholeness and belonging**.