

Teaching Aid: Overcoming Shame Through Self-Love

By Dr. Michael Obsatz – Video July 2021 – September 2025 ¹

This teaching aid is based on Dr. Michael Obsatz's talk, 'Overcoming Shame Through Self-Love.' It is intended for facilitators, educators, or group leaders to explore key concepts and guide discussion, reflection, and healing.

Learning Objectives

- Understand the roots of shame and trauma in childhood and society.
- Identify the characteristics of Empire Consciousness and Oneness Consciousness.
- Explore strategies for healing through spiritual connection and self-love.
- Recognize the importance of emotional safety, community, and unconditional acceptance.

Key Concepts

- ****Empire Consciousness****: A worldview based on fear, hierarchy, domination, and scarcity.
- ****Oneness Consciousness****: A spiritual worldview grounded in love, unity, and abundance.
- ****Childhood Trauma****: The impact of abandonment, abuse, and forced conformity on the development of shame.
- ****Defensive Strategies****: Survival behaviors like emotional withdrawal or aggression that block authenticity.
- ****Spiritual Healing****: Connection to the divine as a path to self-worth, peace, and purpose.

Discussion Questions

1. Where have you experienced or witnessed Empire Consciousness in your life or community?
2. What defenses did you develop as a child that helped you survive? Are they still serving you?
3. How do you understand or experience spiritual connection? How does it help you heal?
4. What does it mean to you to be lovable, loved, and loving?
5. How can we help others break the cycle of shame in our families, schools, or communities?

Practice Suggestions

- Facilitate a group meditation or gratitude practice.
- Encourage journaling with prompts like: 'When have I felt truly loved?' or 'What do I need to grieve?'.
- Invite participants to identify one defense they're ready to release—and one healing practice to adopt.
- Create a shared circle where each person is 'cheered on' by others (using Dr. Obsatz's C.H.E.E.R. concept).

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¹ Dr. Michael Obsatz' YouTube link of July 2021 video: <https://www.youtube.com/watch?v=epcx3YEzsig>
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