

Overcoming Shame Through Self-Love

Dr. Michael Obsatz – July 2021



THE ORIGINS OF PAIN

- Children are born into a world of fear, scarcity, and dysfunction
- Many grow up without unconditional love or emotional safety
- Traumas include abandonment, abuse, and forced conformity
- Defensively, children emotionally withdraw, act out, or internalize shame



THE PATH TO HEALING

- Advocating for a spiritual intervention – a shift from Empire to Oneness Consciousness where
- Every person is inherently lovable and worthy
- Safety, love, and dignity are universal rights
- Spiritual connection replaces external validation



STEPS TOWARD HEALING

- Self-love is essential— loving ourselves as we are, not as others define us
- Spiritual practices (meditation, prayer, nature) help reconnect us to our inner divine essence
- Grieve losses and let go of outdated coping strategies
- Interrupt the trauma cycle by showing love, feed the hungry, sheltering the homeless, building community
- Unconditional love from Spirit (or God) is the foundation for transformation



FINAL WISDOM

- Healing begins within, one person at a time
- Gratitude, compassion, and self-care are powerful tools
- Technology and culture may distract or divide, but our essence remains love

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¹ Dr. Michael Obsatz' YouTube link of July 2021 video: <https://www.youtube.com/watch?v=epcx3YEzxi>
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