

Empire vs. Unity (Oneness) Consciousness

Interview Detailed Summary ¹

*Based on the Interview with Dr. Michael Absatz by Dan Gorbunow
Warrior Evolution Podcast, February 2022*

Empire vs. Oneness Consciousness: An Interview with Dr. Michael Absatz

Host: Dan Gorbunow

Guest: Dr. Michael Absatz

Podcast: *Warrior Evolution* – Season 1, Episode 6

Recorded: February 2022

Introduction & Context

Dan Gorbunow introduces the episode with a reflection on the cultural and personal need for healing, especially for men. He frames the conversation as part of a larger movement of conscious reflection, healing trauma, and developing spiritual depth. Dan positions Dr. Michael Absatz as a trusted elder, mentor, and guide for this crucial time of inner and collective transformation.

Part I: Understanding Empire Consciousness

Dr. Absatz defines **Empire Consciousness** as a worldview based on:

- **Domination and hierarchy**
- **Scarcity and fear**
- **External validation and performance pressure**
- **Addiction to control and materialism**
- **Separation and labeling of “others”**

¹ Interview YouTube Link: <https://youtu.be/rBkDlfV7MjQ>

Interview Detailed Summary created by using YouTube video transcript and ChatGPT to summarize, by David Tillman

He explains that this worldview begins in childhood, especially for boys socialized into harmful masculine norms. Boys are taught to suppress emotions, seek dominance, and prove themselves through aggression and achievement. Over time, this leads to:

- **Anger, depression, and isolation**
- **Addiction and violence**
- **Self-hatred and projection of shame onto others**

Empire Consciousness fosters a cycle where wounded individuals hurt others. It's a defensive, fear-based mode of being.

“Empire teaches us that we are either the oppressor or the oppressed. That we’re never enough. That our value comes from power, not from love.” — Dr. Obsatz

Part II: Introducing Oneness (Unity) Consciousness

Oneness Consciousness, as the antidote, is a paradigm of:

- **Self-love and self-acceptance**
- **Spiritual connection and inner peace**
- **Equality, empathy, and interdependence**
- **Living from abundance, not scarcity**
- **Respecting the divinity in all beings**

This consciousness is not about ignoring wounds, but rather healing them through love, community, and purpose.

“We are beloved, lovable, and loving — and that truth changes everything.” — Dr. Obsatz

Part III: Dr. Mike’s Personal Journey

Dr. Obsatz shares his own story of childhood trauma:

- Bullied for 7 years due to being Jewish
- Felt abandoned and unsafe, and internalized shame and fear

- This trauma catalyzed a lifelong quest to understand and heal the roots of violence, oppression, and internalized hatred

His healing journey included:

- The men's movement and Robert Bly's workshops
- Deep study of social psychology, masculinity, and trauma
- Engaging in mentoring, writing, and creating community

He emphasizes that trauma often disconnects us from our inner wholeness, and healing requires **“reclaiming that lost self.”**

Part IV: The Tools for Healing and Transformation

To move from Empire to Oneness, Dr. Obsatz recommends:

1. Inner Work and Re-parenting

- Healing childhood wounds
- Affirming your worth and lovability
- Developing emotional awareness

2. Mentorship and Support Circles

- Building a chosen family who reflects your true self
- Engaging in men's groups or spiritual communities
- Surrounding yourself with people who “cheer you on”

3. Spiritual Practices

- Prayer, meditation, chanting, storytelling
- Finding sacred rituals that reconnect you to your center
- Embracing your essence as a spiritual being

4. Service and Purpose

- Giving love through acts of care, listening, mentoring, and social justice
- Discovering personal meaning and living in alignment with your soul

5. Radical Forgiveness and Trust

- Forgiving others and yourself
 - Trusting life, your path, and divine timing
 - Seeing yourself and others as “walking miracles”
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Understanding Trauma’s Role

Dr. Obsatz explains that many unhealthy behaviors (addiction, violence, domination) are defenses born from trauma and shame:

- Addiction is often a coping tool for unmet emotional needs
- Defenses that once protected us in childhood may hinder us in adulthood
- Healing requires acknowledging these mechanisms with compassion

“Defenses may have saved you from annihilation — now you need to grieve and grow beyond them.”

Archetypes and Masculinity

Drawing from Herb Goldberg and Robert Bly, Dr. Obsatz unpacks the idea of the “immature masculine”:

- A reactive, externally-driven mode shaped by fear and insecurity
 - Focused on domination, proving self-worth, and denying vulnerability
 - Mature masculinity, by contrast, embraces emotional depth, spiritual grounding, and communal care
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Social Implications of Empire Consciousness

Dr. Obsatz critiques the systems that reinforce Empire thinking:

- Education: Competition-based grading, public shaming
- Politics: Control, domination, fear of rebellion
- Media: Addiction to likes, fame, and external approval

- Culture: Obsession with proving manhood and worth

He calls for a **cultural revolution of compassion, truth-telling, and emotional maturity.**

♥ Closing Wisdom: Becoming a Walking Miracle

Dr. Obsatz ends with this powerful reminder:

- Each person is a miracle, a survivor of systems meant to dim their light
- Healing is possible through **community, spirit, and radical self-love**
- Even if you didn't receive the love you deserved, you can now **create a loving circle that uplifts you and others**

“Love yourself, love others, love Spirit — and recognize that we are all walking miracles.”

Resources Mentioned

- **Websites:** www.mentorsmatter.us, www.lifesjourney.us, www.angeresources.com
- **Books & Authors:**
 - *Raising Non-Violent Children in a Violent World* (Dr. Michael Obsatz)
 - *Iron John* (Robert Bly)
 - *The New Male* (Herb Goldberg)
 - *I Don't Want to Talk About It* (Terrence Real)
 - *What Happened to You?* (Oprah Winfrey & Dr. Bruce Perry)
 - *When Society Becomes an Addict* (Anne Wilson Schaef)