

Empire vs. Unity (Oneness) Consciousness – Interview Summary ¹

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

Introduction & Context

Dan Gorbunow opens with reflections on healing, especially for men. He introduces Dr. Michael Obsatz as a trusted elder, exploring deep cultural and personal transformation from Empire Consciousness to Unity (Oneness) Consciousness.

What is Empire Consciousness?

Empire Consciousness is a worldview rooted in domination, fear, scarcity, and separation. It involves:

- Domination and hierarchy
- Scarcity and fear
- Addiction to external validation
- Suppression of emotion, especially in men
- Shame, isolation, and projection of trauma

What is Unity (Oneness) Consciousness?

Unity Consciousness emphasizes love, connection, and abundance. Key aspects include:

- Self-love and spiritual connection
- Respect for all life and diversity
- Living with purpose and inner peace
- Creating supportive, loving communities

Dr. Mike's Personal Journey

Mike shares his story of childhood bullying and spiritual awakening. These experiences led him into men's work, education, and mentoring. He emphasizes the need to heal inner wounds and reclaim one's authentic self.

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

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

Tools for Healing and Transformation

- Inner work and re-parenting
- Mentorship and community
- Spiritual practices (meditation, prayer, storytelling)
- Service and purpose-driven living
- Radical forgiveness and emotional honesty

Understanding Trauma & Masculinity

Empire Consciousness promotes the ‘immature masculine’—emotionally disconnected and performance-driven. Healing involves:

- Naming and grieving defenses
- Rebuilding emotional fluency
- Embracing maturity, vulnerability, and empathy

Cultural Impacts of Empire Consciousness

- Education systems reinforce hierarchy and shame
- Media fuels comparison and validation addiction
- Politics emphasizes domination and fear
- Culture glorifies ‘proving manhood’ over authentic being

Final Reflections

Each of us is a walking miracle. Healing is a return to love—of self, others, and Spirit. We can rebuild our lives around connection, trust, and purpose, free from the wounds of empire thinking.

Resources

- www.mentorsmatter.us
- www.lifesjourney.us
- www.angeresources.com
- Books by Robert Bly, Herb Goldberg, Anne Wilson Schaef, Terrence Real, Oprah Winfrey & Dr. Bruce Perry