

Creating a Haven of Safety

By Dr. Michael Obsatz -December 2025

My first psychology professor at Brandeis University in 1960 was Abraham Maslow. He created the “hierarchy of needs” back then and said that Safety was the most basic need. Safety came before food and shelter, according to Maslow.

How safe do we feel in our world today? There is a saying that "nobody is safe until everybody is safe." When can we expect universal safety with all the wars going on? We learn about mass shootings occurring all over the world, and sometimes in our own neighborhoods.

Safety is more than a police force, the National Guard, bombers and drones, metal detectors, gun laws, or creating fallout shelters.

We don't usually talk about safety as a spiritual outcome. Safety comes from a spiritual concept of Oneness Consciousness. We are one with each other, and Spirit (or God) and the earth itself. Out of this feeling and belief about oneness comes the conditions for safety. Here are some of the beliefs that are prerequisites for creating a safe world:

We are all lovable, worthy, and deserve to live in a safe world.

We have enough resources for all to share. We need to have a fair distribution process to achieve this.

We can create inner peace for ourselves and encourage others to create inner peace for themselves.

Empathy and compassion result in feelings of joy, peace, and love.

Lovability can't be forced on anyone. It is an INSIDE job.

Trust evolves from experiencing trustworthy behavior from self and others over time.

Safety never comes from fear, hierarchy and domination.

Empire Consciousness produces a we/they belief system that encourages fear, mistrust, and the need for power over others.

Moving from Empire Consciousness to Oneness Consciousness requires introspection, emotional healing, and depersonalizing the abandonment we ALL experience.

Abandonment taken personally results in a shame/fear-based belief system.

Most of us were abandoned into the Consciousness of Empire through education, social media, and family systems.

True Safety will only come when the world tips over into Oneness Consciousness. We must believe it can happen and slowly move the world into this amazing Oneness Consciousness, the only haven of safety that exists.