

Detailed Summary of Oh, Grow Up – Ten Tasks for Mature Wisdom ¹

By Dr. Michael Obsatz – October 2025

Here is a **more detailed summary** of “*Oh, Grow Up – Ten Tasks for Mature Wisdom*” by Dr. Michael Obsatz, integrating insights from his original 2017 article and 2020 video talk.

Overview:

Dr. Obsatz calls upon each of us to embark on a journey toward **mature wholeness** — a life guided not by trauma or ego but by **authenticity, love, and spiritual purpose**. His framework identifies ten essential developmental tasks that move us beyond childhood scripts, cultural conditioning, and spiritual disconnection into a life of emotional integrity, inner peace, and compassionate service.

1. Unhook from Family Definitions

Many people grow up trapped in the roles assigned by their biological or adopted families — roles like the hero, scapegoat, or invisible one. These scripts often stifle true identity and fuel shame, abandonment, or emotional neglect. The first task is to **free yourself from those definitions**, acknowledge the pain, and reclaim your whole self. Healing literature by Alice Miller, John Bradshaw, and Charles Whitfield supports this step.

 **Insight:** You are more than who your family said you were. You get to choose who you are becoming.

2. Let Go of Childhood Defenses

Survival strategies like humor, avoidance, or rebellion may have once protected you but can become walls that limit authentic connection. Maturity means **honoring those defenses** for their service — then gently releasing them. Trust, especially in yourself, is a vital ingredient here. Dr. Obsatz recommends Iyanla Vanzant’s *Trust* as a guide.

 **Reflection:** Where in your life are old strategies still running the show?

¹ Dr. Michael Obsatz’s YouTube link of Oh, Grow Up – Ten Tasks for Mature Wisdom 2020 video: <https://youtu.be/BLgXEaXqeH0> This detailed summary was created by David Tillman using the YouTube video transcript, 2017 article, and ChatGPT. – October 2025. Oh, Grow Up 2017 article link: <https://lifesjourney.us/oh-grow-up/>

3. Challenge Cultural Pressures and Stereotypes

Modern culture is a “never enough” machine — pushing people to define worth through success, appearance, and performance. To grow up is to **disconnect from toxic societal messages** about gender roles, competition, and external validation. Embrace your **inherent worth** and claim your identity from the inside out.

🌱 **Quote:** “Our imperfections are beautiful.” — Brené Brown

4. Discover Your Inner Beauty and Spiritual Purpose

Everyone has a sacred calling— a reason for being. Maturity involves **listening to your inner voice**, discerning your spiritual mission, and offering your gifts in service of healing. This purpose may evolve over time, but it always begins with the question: *How can I use my life to bring more love into the world?*

🌟 **Encouragement:** You matter. Your presence and your actions ripple outward.

5. Release Abusive or Controlling People

Let go of those who demean, manipulate, or dominate. Whether family, friends, or authority figures, such relationships keep us small. Instead, build a **new spiritual family** — a chosen circle of trust, love, and support. True community affirms your wholeness and mirrors your light.

💡 **Mantra:** “I deserve relationships that nourish my spirit.”

6. Create Financial Stability with Integrity

While money isn’t the source of meaning, financial self-sufficiency is a part of mature living. Dr. Obsatz emphasizes finding **a livelihood that reflects your talents and values**. Whether through a dream job or a day job that supports your passions, ensure your work allows room for kindness, integrity, and soul.

✂️ **Tool:** Combine purpose with practicality. Make money *and* meaning.

7. Dedicate Your Life to Love and Peace

Your life's legacy is measured not in accolades but in love given and suffering eased. Dr. Obsatz invites us to choose **a cause or a calling**, and contribute in small or big ways. Meaning doesn't come from applause, but from serving something greater than yourself.

♥ **Purpose Prompt:** "What is mine to give? Where is love calling me?"

8. Honor and Care for Your Body and Sexuality

Spiritual maturity includes **reclaiming the body** — feeding it well, moving it with joy, and embracing sexuality as sacred. Respect your body, your desires, and others' boundaries. Speak of sexuality with care and affirm the dignity of all orientations and identities.

🌈 **Principle:** Your body is a temple of experience, not shame.

9. Parent with Love, Not Control

If you are a parent, guide your children without imposing your will. Offer tools, not tyranny. Respect their autonomy, especially as they grow. Dr. Obsatz recommends Barbara Coloroso's *Kids Are Worth It* and the "backbone" parenting model — firm, kind, and respectful.

🌱 **Wisdom:** Children are fellow travelers, not extensions of your ego.

10. Live Fully, Play Often, and Practice Gratitude

Mature people know how to **play, laugh, and savor life**. They see beauty in the ordinary and honor the fleeting nature of time. Dr. Obsatz calls us to live with presence, make gratitude a daily practice, and celebrate the miracle of being alive.

🎁 **Daily Ritual:** Begin and end each day with a moment of thanks.

Conclusion: Maturity Is Wholeness, Not Perfection

Mature wisdom is about letting go — of shame, control, ego, and fear—and stepping into a life of love, purpose, and joy. Dr. Obsatz draws from spiritual teachers like Carl Rogers, Richard Rohr, and his own decades as a professor, therapist, and author to remind us that we are all on a journey toward **Oneness Consciousness** — where we live not as isolated individuals but as part of a sacred web of life.

Because the heart of Dr. Michael Obsatz’s work beats far beyond a single article. His teachings weave together themes of healing, interconnection, legacy, spiritual awakening, and love as the highest calling. Based on his broader writings, here are **additional insights and layers** you can integrate into the *Oh, Grow Up* summary to deepen and enrich it: ²

1. From Empire Consciousness to Oneness Consciousness

Dr. Obsatz frequently contrasts **Empire Consciousness** (based on fear, domination, hierarchy, and scarcity) with **Oneness Consciousness** (rooted in love, interdependence, and abundance).

 **Reflection for Summary:** Growing up means moving from needing power *over* others to recognizing power *with* others. Maturity involves dropping the illusion of separateness and embracing our shared humanity.

“We are all one, sacred and loving, peaceful and connected.” — *The Movement from Empire Consciousness to Oneness Consciousness*

2. Love as Navigation, Not Just Destination

Love isn’t just the end goal — it’s the way. In his 2024 piece *Love Is Our Motivation, Navigation, and Inspiration*, Dr. Obsatz encourages us to let love guide how we speak, act, choose, and serve.

 **Addition to Summary:** Each of the Ten Tasks is not just about personal development — it’s about aligning with the deeper spiritual reality that **love is what we’re made of, and what we’re here to express.**

“Your essence is love, your mandate is love, and you are lovable, loved, and loving.”

3. CHEER: Cherished Hearts Empowering Everyone’s Resurrection

In *C.H.E.E.R.*, Dr. Obsatz highlights how healing is a shared journey. We rise when others cheer us on—and we become mature by **cheering on others** through presence, listening, and belief in their worth.

² Dr. Michael Obsatz’s other articles and videos links are at www.lifesjourney.us. For specific articles and video use the search feature at the top of the home page.

 **Integration Idea:** Task #5 (letting go of abusive people) could be balanced with an invitation to **create a circle of cheerleaders** — those who mirror your wholeness, and for whom you become a mirror of hope and belief.

“All people are worthy of love, support, and listening.”

4. Legacy as Living Imprint

In *LEGACY – The Imprint We Leave Behind*, Dr. Obsatz defines legacy not as fame or fortune, but as the **daily love, courage, and kindness** we offer. Maturity means living **in such a way that others are uplifted** by your presence — even after you are gone.

 **Enhancement to Summary:** Add a new layer to Task #7 — loving the world — not just through activism, but through how you show up daily in small, generous ways.

“Our every action can make a difference in somebody’s life.”

5. Delight and Light as Spiritual Maturity

In *Living in the Light is Living in Delight*, Dr. Obsatz speaks of choosing joy, lightness, and wonder as an act of resistance to fear and cynicism. True maturity includes the capacity for **delight, gratitude, and sacred play**.

 **Addition to Task #10:** Play is not childish — it’s a form of spiritual maturity. Laughter, awe, and spontaneous joy are signs of a healed heart.

“We are ‘delight-ful’ creatures. We are full of light and love and joy and kindness.”

6. The Four Declarations of Interdependence

In *The Four Life-Affirming Declarations*, Dr. Obsatz outlines our inherent sacredness, self-love, belonging, and ecological interconnection.

 **Integration Across All Tasks:** These declarations can underpin the entire summary, reminding us that mature wisdom is not isolation or stoicism, but **deep belonging — to Spirit, self, others, and Earth**.

“We are ONE with Spirit. We are ONE with ourselves. We are ONE with each other. We are ONE with the earth.”

Bonus Enhancement: Navigating Our Many Worlds

In *Navigating Our Many Worlds*, he outlines how we inhabit multiple roles and life stages — each offering growth. Maturity means being **adaptive, self-aware, and reflective** across these evolving worlds.

 **Enrich Task #1:** Add that as we mature, we must continuously **redefine ourselves** in each new world we enter — parent, elder, partner, worker, spiritual seeker.

“Many people do not give themselves enough credit for navigating all of these worlds.”