

Oh, Grow Up, Ten Tasks for Mature Wisdom

A Guidebook to Mature Wisdom ¹

By Dr. Michael Obsatz – October 2025

Introduction

This guidebook is based on Dr. Michael Obsatz's timeless work, 'Oh, Grow Up – Ten Tasks for Mature Wisdom', enhanced with reflections and themes from his broader writings. It is designed to support you in growing into your wholeness, deepening your relationships, and discovering your spiritual purpose. This is not just a book to read, but a journey to live.

1. Unhook from Family Definitions

Free yourself from childhood roles and family scripts that limit your identity. Explore healing through self-reflection and recommended readings like 'Healing the Shame That Binds You' by John Bradshaw.

2. Let Go of Childhood Defenses

Recognize the protective behaviors you developed as a child and release those that no longer serve your highest self. Learn to trust yourself and others again.

3. Challenge Cultural Pressures

Disconnect from societal expectations that define your worth through performance. Embrace your inherent value and challenge gender stereotypes, perfectionism, and the myth of 'never enough'.

4. Discover Inner Beauty and Purpose

Connect with your spiritual self to find meaning. Ask: What gifts am I here to offer the world? Allow this purpose to evolve over time.

5. Release Abusive and Controlling People

Set clear boundaries and build a supportive spiritual family. Surround yourself with people who affirm your wholeness.

6. Create Financial Stability with Integrity

Develop a strategy to support yourself while staying true to your values. Let your work reflect your gifts and bring you peace.

7. Dedicate Your Life to Love and Peace

Choose a cause or a daily practice to uplift others. Let your life be a ripple of compassion, service, and healing.

¹ Dr. Michael Obsatz's YouTube link of Oh, Grow Up – Ten Tasks for Mature Wisdom 2020 video: <https://youtu.be/BLgXEaXqeH0> This guidebook 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/>

8. Honor Your Body and Sexuality

Respect and care for your physical and sexual self. Celebrate diversity and express sexuality with integrity and love.

9. Parent Without Control

Guide children with love and let go as they grow. Provide tools, not rules. Honor their unique paths.

10. Live, Play, and Be Grateful

Embrace joy and spontaneity. See life as sacred and cultivate daily gratitude.

Additional Reflections from Dr. Obsatz's Work ²

From Empire to Oneness Consciousness

Grow from control and scarcity into connection, collaboration, and abundance. Choose love over fear.

Love as Navigation

Let love guide all decisions. It's not just the goal—it's the path itself.

C.H.E.E.R.: Be a Cheerleader for Others

Empower others by seeing their strength. Create a circle of support and encouragement.

Legacy of Love

Your true legacy is how you made others feel. Practice small, daily acts of kindness and integrity.

Living in Delight

Delight is a spiritual practice. Celebrate your life with awe, wonder, and light-heartedness.

Interdependence Declarations

Remember: You are one with Spirit, self, others, and the Earth. Let this truth shape how you live.

Navigating Many Worlds

Honor the many roles and stages of your life. Growth is ongoing; each world offers new wisdom.

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