

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

By Dr. Michael Obsatz – October 2025

Here's a **summary of Dr. Michael Obsatz's "Oh, Grow Up – Ten Tasks for Mature Wisdom"** drawn from both his **2017 article** and the **2020 video talk** (as transcribed in the October 2025 document). This message encapsulates his life's work, drawing from a wellspring of compassion, psychological depth, spiritual awareness, and social insight:

At its heart, “*Oh, Grow Up – Ten Tasks for Mature Wisdom*” is an invitation to personal liberation and spiritual integration. Dr. Obsatz argues that many global and interpersonal conflicts stem from emotional immaturity, unhealed trauma, and ego-driven behavior. Maturity, then, is not merely about age or accomplishment—but about wholeness, integrity, and love.

The Ten Tasks: A Path to Wholeness

1. Unhook from Family Scripts

Let go of limiting roles and labels placed on you by your family or your past. You are not your childhood wounds. Healing begins by redefining yourself on your terms—not theirs.

2. Release Childhood Defenses

Old coping mechanisms—like withdrawal, people-pleasing, or constant joking—once served you. Honor them, but learn to live without them. Growth requires trusting yourself and others anew.

3. Break Free from Cultural Pressures

Reject society's obsession with achievement, comparison, and perfection. Your worth is inherent, not earned. Choose authenticity over conformity.

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

4. Discover Inner Beauty and Purpose

Each person has a unique calling. Tune into the quiet voice of Spirit within you. Ask:
How can I serve love, peace, and healing in the world?

5. Let Go of Controlling, Abusive People

Set healthy boundaries. Choose to build a new “spiritual family” of those who affirm your whole self and walk alongside you with love.

6. Create Financial Stability with Integrity

Find a way to support yourself that aligns with your values. You can do meaningful work *and* make a living—one does not exclude the other.

7. Dedicate Your Life to Love and Peace

Choose a cause that matters. Whether loud or quiet, your efforts to uplift others ripple outward. Let love—not ego—be your driving force.

8. Honor and Respect Your Body and Sexuality

Treat your body as sacred. Practice sexual ethics grounded in mutual respect, consent, and compassion. Celebrate diverse identities and orientations.

9. Guide Your Children Without Controlling Them

If you're a parent, empower your children with tools, not chains. Love them fiercely—but let go when it's time. Trust their journeys.

10. Live, Play, and Be Grateful

Embrace spontaneity and joy. Life is fleeting and sacred. Cultivate gratitude and presence. Let your spirituality be life-affirming, not fear-based.

Central Message:

True maturity is not control, domination, or rigid conformity. It's wholeness, presence, compassion, and connection. Dr. Obsatz encourages us to evolve from ego-centered “Empire Consciousness” into “Oneness Consciousness,” where love, interdependence, and dignity guide us.

This is a spiritual and emotional journey. As Dr. Obsatz says, “We are spiritual beings having a human experience.” Growing up is not about losing your innocence—but about reclaiming your fullness.