



*Today's Suggested  
Topic is...*

**Spiritual  
Bypassing**



# *Spiritual Bypassing:*

*"a tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks"*

JOHN WELWOOD

# What is Spiritual Bypassing?

*It can include such things as:*

- Not focusing on present-moment reality in favour of putting most awareness into the spiritual realm
- Self-righteousness about the concept of enlightenment
- Exhibiting frequent bouts of anger
- Engaging in cognitive dissonance
- Over-emphasis on the need to always be "high vibe"
- Pretending that everything is "love and light". It's not. Stop avoiding dealing with your personal shadow work!
- Believing that all your traumas can be easily managed with only affirmations that "shift your mindset"



# "SPIRITUAL BYPASSING IS A DEFENSE MECHANISM."

spiritual bypassing  
"shields us from the truth," and assists in avoidance of issues we face. "It is more about checking out than checking in - and the difference is so subtle that we usually don't even know we're doing it."

"WE CAN'T OVERRIDE THIS HUMAN OPERATING SYSTEM THAT WE LIVE AND BREATHE IN EVERY HOUR OF EVERY DAY."

Being a spiritual person isn't  
about **faking perfection**, it's  
about having the **humility** to  
admit your flaws and search  
for **freedom**.



# Spiritual Bypassing

## COMMONLY USED PHRASES

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Good vibes only.

Positive mindset only.

Love and light.

Raise your vibrations.

I don't see colour, all lives matter.

You create your reality.

Focus on the positive.

I don't have an ego.

Thoughts and prayers.

This is all part of God's plan.

Spiritual Bypassing is Dangerous. Avoid it.

# Examples of spiritual bypass:

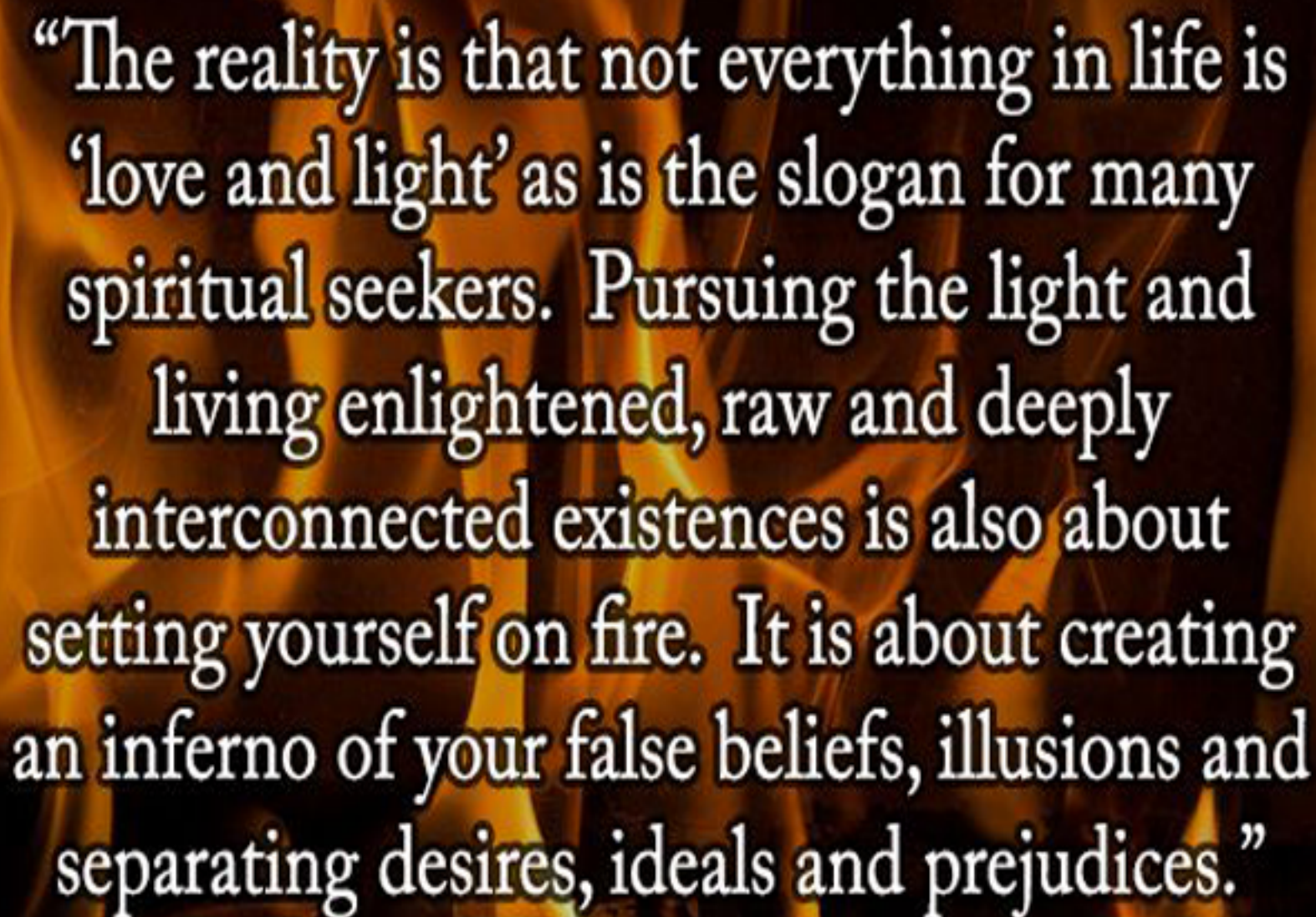
@IamSaharaRose

- Avoiding reality and what's happening in the world
- Deflecting any conversation that makes you feel uncomfortable or doesn't fit YOUR spiritual ideals
- Seeing yourself as a "chosen one"
- Pretending to be happy when you're not
- Pretending everything is all love and light, when it's not
- Using the term "empath" to make yourself a victim and blame other people for how you feel
- Thinking you're super spiritual because you've done a bunch of psychedelics
- Looking outside yourself with astrology instead of making your own decisions
- Looking for a sign rather than taking ownership that you create your reality
- Thinking a guru, saint or teacher has the answers
- Thinking if you just send prayers and meditate, the issue will go away
- Pointing fingers at someone else rather than taking responsibility

SOMETIMES THE ROUTE  
WE THINK IS THE  
"HIGH ROAD" IS  
ACTUALLY A  
SHORTCUT CALLED  
"AVOIDANCE".

~RANDI BUCKLEY

HEALTHY BOUNDARIES FOR KIND PEOPLE



“The reality is that not everything in life is ‘love and light’ as is the slogan for many spiritual seekers. Pursuing the light and living enlightened, raw and deeply interconnected existences is also about setting yourself on fire. It is about creating an inferno of your false beliefs, illusions and separating desires, ideals and prejudices.”

~ Aletheia Luna



Many people think that being spiritual means being positive, but being spiritual means being conscious and aware.

To become conscious is a much different thing than to become positive.

To become conscious and aware, we must become authentic. Authenticity includes both positive and negative.

-Teal Swan-

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EVERY DAY  
EVERY HOUR  
TURN THE PAIN  
INTO POWER

- THE SCRIPT -

