

Do you feel your Spiritual Development is Stuck 6 Ways to Unblock Yourself!

Sometimes, try as we might, we run into a period when we feel our progress developing our spiritual abilities gets “stuck.” How can we un-stick it?

Below are some blocks you might be experiencing and some ideas to help you remove them so that you get back on track!

1. Spending too much time in your Left brain. Psychic/Spiritual information is most often received telepathically via the right or creative side of the brain. Spending too much of your day on logical, left brain work can become a block to receiving it.

To remove this block, focus on doing some creative work – draw, paint, make or listen to music, dance or sing – on a regular basis. Using your creativity has always been a tool to access yourself and emotions.

2. Worrying about the future. Time spent fretting over what tomorrow might fill your head with words and makes you anxious. The goal is to be present “in the present,” clearing your mind of so many words and the anxiety that goes with it. **The Buddha taught,** “Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

3. Not making amends with the past. Similar to spending too much time in the future, we can also fill our heads with unresolved issues in our past. The key to removing this block is forgiveness. Work on forgiving others for their past actions or behavior and forgive yourself. When you forgive, you in no way change the past – but you change the future.

4. Focusing on the form. Psychic/Spiritual information comes to us in a multitude of forms. 1. We may hear words or numbers (clairaudience) 2. see it clairvoyantly, 3. simply know the information (claircognizance), 4. feel the emotions behind it (clairsentience), or perhaps through smell (clairscents), taste (clairgustance) or touch (clairtangency).

Often we are unknowingly gifted with several of these abilities, so concentrating only on one can become a block to the others.

It’s best to pay less attention to the form that the information comes in and spend more effort on being open to the message in whatever form it may take. Part of keeping space open to spend more time thinking about content, and let form take care of itself.”

5. Not finding your Tribe. Having a safe space in which to share your Spiritual journey is key to making great progress. Find others that share your interest in developing their abilities to help remove this block.

Here’s how Drew Barrymore expressed it, “I work with the people I love, I travel with them, I make films with them, and I’m in an office with them. So in a weird way...I feel that I’m a part of creating a family. It’s a tribe. I love that word.”

6. Blocking the flow. Sometimes when we’re trying too hard to make something happen, we inadvertently block the flow of information. **Learning to let the information, feelings, sights and sounds flow to you is an important part of the process.**