

## 4 Realms of Awareness versus Consciousness

Psychological and spiritual realms are not separate.  
They support and interweave each other.

Spiritual is vertical line ↓

If we're not open to the spiritual, we won't develop psychologically past this midline. If we are doing our inner psychological work, the spiritual will open automatically. Spiritual is the concept of anything bigger and outside of ourselves that we do not control.

Psychological Awareness is horizontal line ↔

<p style="text-align: center;"><b><u>Holy Shit</u></b></p> <p>Spiritual bypassing – person does spiritual work but no psychological work; superficial and worldly, chaos with some balance</p> <p style="text-align: center;">↔ Psychological Awareness ↔</p>	<p style="text-align: center;"><b><u>Holy Whole</u></b></p> <p>Person doing both spiritual and inner psych work; peace, empathy, “good trouble,” balance, authentic confidence</p> <p style="text-align: center;">↔ Psychological Awareness ↔</p>
<p style="text-align: center;"><b><u>Holy Hell</u></b></p> <p>Person does no work in either psychological or spiritual; chaos, reactive, limited, fowl, arrogant</p>	<p style="text-align: center;"><b><u>Holy Holes</u></b></p> <p>Person has done a lot of psychological work but there are holes in the spiritual work; corporate life, unaware of what they are unaware of</p>

- **Spirituality** without grounding in psychological work is emotionally bypassing and illusory, leading to arrogance, vanity and illusions.
- **Psychology** without spirituality is arid, superficial and ultimately meaningless, leading to nihilistic victimhood thinking.

What do we need to do so we are not susceptible to “teachers” who are not truly in the “Holy Whole” space, even though they think they are and they want others to believe they are?

We each need to do our own inner work and not get ahead of ourselves. We need to practice thinking critically and listening to our own spiritual, heartfelt intuition. We need to hold people we respect in the reality and bright light of the here and now, fully aware that all people – including teachers – need to be constantly, actively learning.

Also, we can learn from people who are not in the Holy Whole space and are just pretending to be. Pretenders give off a charisma or magnetism that can feel flashy and superior, like they have all the answers or at least a magic wound. When we're around them we may feel psyched up and special, but there's a hollowness to the feeling. In reality, our energy is being drained – we are giving up our power to them. After we're no longer in their presence, we can feel let down and deflated. Our challenge is to learn to identify our patterns of relating to people – to identify our projections of sainthood onto others and to identify our own shadows. The goal is to be able to take responsibility for and to trust our own truth.