

## SPIRITUAL BYPASSING & OTHER CHALLENGES

**Spiritual bypassing** – the avoidance, unwillingness or inability to feel my emotions and feelings, particularly the unpleasant ones, in order to appear spiritually enlightened or positive at all costs and all the time.

**Spiritual arrogance** – (i) thinking I can bypass the challenges of deep inner work; (ii) thinking I know what is best for others; closely related to spiritual narcissism.

**Spiritual narcissism** – thinking I have achieved a level of spiritual superiority, particularly that which others could never, ever achieve; closely related to spiritual arrogance.

**Spiritual abuse** – judging anyone’s path, including my own, as wrong or not good enough.

**Spiritual PTSD** – thinking that there is a sadist at the center of the universe who dislikes and punishes his enemies, leaving us to fend for ourselves in an unsafe world and never getting beyond the anxiety, fear and anger at the terrorizing, judgmental god that I believe in.

**Spiritual scrupulosity** – guilt and obsession about not praying enough or meditating the correct way or doing the absolute right and moral thing that is acceptable to the god that I believe in.

**Spiritual victimhood** – staying stuck in my stories with no self-awareness or willingness or intention of working through them.

**Spiritual contempt** – lacking compassion for my fellow human beings who are stuck and suffering for whatever reason; closely related to spiritual narcissism.

**Spiritual fragmentation** – the inability to conceive of how deeply complex life and human beings are.



The movement of love does not leave our suffering behind or abandon it. Love moves toward the difficulty and suffering. If it isn't doing that, you've got dissociation, not love. You've got a way of making yourself feel better over a background of all the pain that you're ignoring.

~ Russ Hudson