



Spiritual Bypass

A conscious or unconscious reason why some people are attracted to spirituality is because of their difficulties coping with life. To escape from the struggle of life, they search for spiritual experiences and highlights outside of themselves. This might make them forget their struggle for a moment, but it can become addictive. This can become a spiritual bypass, a path of self-deception, and this is a path of illusions. Self-deception can be experienced by newcomers and any spiritual seeker in different stages of the path, especially when traveling alone. Having a spiritual teacher to accompany you is very helpful in preventing those illusions from developing. Illusions are contrary to the spiritual path. A genuine spiritual quest is embodied and frees you gradually from illusions about yourself.

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