

Eleven Spiritual Mistakes Most People Make

1. Spiritual bypassing
 - Don't do a "spiritual bypass", by bypassing or avoiding some of your painful feelings by going into your spirituality and trying to "rise above it all". In doing so, you can lose your grounding. Live in all rooms of the house that is you. Deal with feelings on a feeling level. It is so important to be grounded.
 - Trying to live in your attic, but never making trips to your basement to clean it up.
2. Knowledge-based spirituality
 - Coming from what x guru said, what you can read in books, etc. rather than what you know.
 - If all you have is what you know, you're screwed.
 - You need to have a spaciousness from which knowledge can come forth.
 - Your body knows, field knows, organism knows, but your mind doesn't.
3. Worshiping the sign-post
 - The guru is a sign post who points you in a certain direction.
 - You don't stop in the road and start worshiping the signpost; you look at it and move on your own.
 - You must leave the signpost behind.
4. Mistaking the map for the territory
 - Maps are good to have, but they are not the territory.
 - The idea of oneness is not oneness.
 - Samsara – the prison of your own mind – it's useful to have a good map to make a good map to make a jailbreak.
5. The myth of oneness
 - Non-dual equals oneness.
 - Oneness and multiplicity are the same.
 - Everything is the one and everything reflects to one.
 - Not one, not two, it's what's left.
6. You Need to leave your body behind – separate from your body
 - We have subtle, physical, causal bodies. We need structure and the structure is the body.
 - The universe needs a body to explore the potentiality. Not learning to separate from the both, its incorporating the body.
7. We can progress without developing cognitively
 - There needs to be cognitive development to move to the next level.
 - Mind needs to progress cognitively and grasp certain things.
8. All problems can be solved through meditation
 - People who have been meditating for 20 years still have the same shadows.
 - Meditation can help with shadow but it doesn't
9. There needs to be a Witness
 - At the highest state, there is no witness.

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- Everything is self-referential, self-aware, self-arising, self-liberating.
 - The witness is the last to go.
10. Enlightenment is about self-improvement
- Self-improvement is a passion, intrinsic motivation to be with what is, after I have let go with everything I identify I know, everything I believe, everything I think I am – *nedi-nedi-* (Neither this nor that).
 - The heart sutra – it's not for the mind.
11. Trying to use your mind to go beyond your mind
- You can't do that.
 - Seeing that puts you beyond the mind.
 - That which is beyond the mind comes fully into being when the mind is quiet.
 - The difference between a mind that *is* quiet and that is *made* quiet.
 - It's quiet because it sees clearly so it doesn't get trapped by itself. It doesn't try to achieve to enlightenment.
 - Only the ego wants to get rid of ego and only the ego can't do that.
 - If the mind is smart enough not to get caught in its own self-deception, that is a quiet mind. Mind can leave the window open; other than that, it's impotent.
 - That clarity brings recognition that the window has always been open and it's always been the case.
 - It's arriving home, coming back where you started, but for the first time.
 - "Show me the face you had before you were born."