

- **Poor boundaries** for self and others – The belief that if I or another has boundaries it is a sign of being “Not open” or “Identified with ego”.
- **The belief** that spiritual practice, satsang, or non-dual teachings alone, will resolve all unwanted habits and behaviours.
- **Spiritual Bypassing** – Using spiritual concepts and formulas to avoid dealing with real life issues.
- **The Enlightened door matt** – If I don’t like someone else’s behaviour then this must mean that there is something unresolved in myself (even if that persons behaviour is a complete violation of personal boundaries). This pattern is particularly common in the ‘Open Relationships’ that are common in many spiritual communities.
- **Disowning negativity** – Disowning human emotions such as Guilt, Shame, Anger, Jealousy and Fear, because they are not spiritual.
- **There is only Now** – Using timeless awareness as a formula for denial of ones past. Most unwanted habits and behaviours are an acting out of unacknowledged pain, from unresolved past issues. Once we REALLY understand our past and see how we are acting out it’s unresolved wounding in the present, we have a possibility of real experiential transcendence.
- **Magical thinking** - The law of attraction. If I ask the universe I will receive.