



CONSCIOUSNESS TRAPS 1-10

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Consciousness Trap #1 Mistaking Imbalance for Balance

Sacrificing one capacity for another. Currently, rationality is under attack, with the presumption that intuition is supposed to usurp it in our spiritual practice. Or sacrificing logic for relying only on feelings. This is like trying to breathe oxygen without air. Air is the medium that oxygen (energy particles) flows through and we breathe it, and reason is the process of making sense of (grounding) what our intuitions reveal to us. We require all the capacities to be developed (mind, body, spirit, emotion), each fulfilling its proper function. No physical structure is created without the integration of all. This is the essence of internal "balance." Intuition and (controlled) feelings without the reasoning: we're with heads in the clouds all day and can't manifest. Reasoning without intuition and (controlled) feelings: we can only perceive materially, laterally, step-by-step, limited.

Consciousness Trap #2 Trying to Destroy the Ego

At the extreme spectrum of a consciousness practice you may hear imperatives urging you to annihilate your ego, this being the way to freedom or enlightenment. This is a perversion and really a distorted perspective that doesn't hold up against sensible cosmology. In order to experience in this 3rd dimensional world, we (as a divine spark) require vehicles. In our case that vehicle is a body (the body is a "temple" we're fused with). Through this body we are able to acquire experiences that propel us further or away from realizing (re-membering) our divine connection. To co-exist with other beings along their paths, we recognize a type of separation (you and me, this is a chair, a dog, a car, etc.) that enables us to interact and identify things. Ego-identity serves its purpose this way. The damage begins when we forget the original reality is the interconnectedness of all and that we are the likeness of the Divine. Once an individual seeds the thought that he is truly separate from everything, he generates a vibration that enables him to commit acts that violate others' paths ((this is Set (Egypt) or Shaitan (Islam) or Satan (Christian) energy)) and opposing universal laws. At this point the ego is out of control. Unbridled. And while it cannot be destroyed (unless we lose the vehicle and experience we're actually the creator), it needs to be disciplined, not killed, but put in its rightful place, so we live as divine beings in the flesh.

Consciousness Trap # 3 Parading How Conscious We Are

An increase in knowledge and power comes with the enthusiasm to want to share it with everyone we meet. Yes, we've unraveled some profound understanding that we think the entire world would benefit from. If only others knew....so with our newfound

understanding, we set off on the journey to not just inform others, but to forcefully make others understand what we understand. This is the egoic trap that elevates charismatic gurus to platforms charged with intent to manipulate, to connive for ill-ends. It's a form of despotic spiritualism wielded by the adult-aged child who is unseasoned at wearing one's crown. Absent regal bearing. While it doesn't always take this aggressive form, we can become caught up in the glory of our attainments and seek to gain pleasure from showing them off to the world. Do this enough and we find ourselves lost in lust with our own gains, losing the focus of why we even have those capacities to begin with. The ancients demonstrate that the truer the spiritual power acquired, the more discerning we become, because we recognize just how potent that power is, and we become skillful with how to deploy its influence. Rather than telling others how great/conscious/spiritual (choose your language) we are, we just emanate it like wearing fine garments, allowing the quality to speak for itself.

Consciousness Trap #4 Skills Over Virtues

One of the gifts of this Information Age is the sheer abundance of knowledge access. Of course there is knowledge out there that's more esoteric in nature that just won't cut it for the Internet. But generally we can say that it's relatively easy to search up online varieties of consciousness-based experiences to develop from. What we DON'T see in abundance is content to assist character education. This space involves the cultivation of virtues that purify an aspirant's spirit while they develop miraculous (psychic/magical/spiritual) abilities. The consequence? People who have knowledge of the body-mind and can influence others and environment without the conscience to act wisely like...renegade yogis who can tap into energy sublimation and lack the integrity to refuse creating cults or...rogue magicians who use their abilities for fun and games at the expense of others or....superb mind marketing masters who trade their skills in for cash while turning customers into puppets. This was why virtues like self-discipline, prudence, loyalty, honor and service were (are supposed to be) taught hand-in-hand with or before an aspirant even set foot inside of a mystery school. When these character traits are inwardly established, we become immune to corruption, and responsible enough to work with the abilities (siddhis) granted to us as a natural effect of rising consciousness.

Consciousness Trap #5 Highs & Lows

Enter a meditation retreat for the first or 50th time and we experience the same high vibes. Open communication, people of like-spirit who care about matters deeper than the superficial. Special music and lighting. Inspiring symbolism throughout. A week retreat, a week of feeling high on raised consciousness. Then when the time is done and we return to our mundane worlds, so too does our mundane energy. What happened? This trap is about the eventual low that can be felt coming out of a high vibe experience when we DON'T have specific psycho-spiritual tools to train with daily. The purpose (I hope) of these retreats is to facilitate transformation in the participants meaning...we're supported to change so that we don't have lows like that any longer. Rarely is the inner psyche of elevation covered on platforms but I'm here to tell you that as you raise your vibration in initiations, your tastes change. You don't experience "lows" because what you once were interested in no longer holds interest, and you desire other experiences and things. You can only have a low if you're still attached to what your previous

vibration pined for. If a retreat or “conscious” experience only offers you the high and no inner technology, do not expect to have lasting transformation, unless you have your own toolkit.

Consciousness Trap #6 Escapism

When we say, “focus only on the positive,” it can give the impression that we are to do so at the avoidance of the negative. This trap tricks us into seeing our experiences as a division, made so as to avoid one side over the other. By doing so we vibrate with escapism and that’s a frequency rooted in fear, overt concern with protection or safety. The deeper our initiations go the more we realize that the full breadth of life experience offers gems for our development; the alchemist makes use of all forces in nature, turning them toward divine cultivation. We then don’t focus on the positive to the neglect of the negative; all experiences are gobbled up with transformed meaning (not an “issue” but an opportunity; not “pain” but a signal for attention; not a “limitation” but an undeveloped capacity that can be developed). Escapism stunts growth because growth takes place when we’re called to exercise capacities and graduate from a level. As we grow our inclinations change, automatically guiding us in our choices to organically “avoid” experiences that would corrupt.

Consciousness Trap #7 Ignoring Toxic Word Choice While Advancing

The path is a holistic journey, yet we still can fall sway to seeing it as a one-dimensional experience, expecting one development vehicle to provide all that’s needed for our growth. It can if it’s truly holistic, that is, all levels of our being are addressed in that practice: physical, mental, emotional, material and spiritual layers. This means for a system to be genuinely holistic it needs to teach how to live a daily lifestyle in accordance with the path. One basic component often neglected is tutelage on how to use our speech. How we speak to ourselves, think and address others can be treated as separate from what we call “work on ourselves.” If I meditate like a yogi in class and then say I hate myself in the privacy of my home, the power of that language can unravel the great work I just invested in. Process: the words and meaning convey messages in my brain through neuro-chemicals, which then flood my brain and signal to create stress-inducing chemicals in my bloodstream. Toxic language poisons my system. Another way to put it: toxic speech can gradually kill. Or, if I hurl destructive slurs at someone while I lecture on meditation the next day, I run that same process in my body and potentially induce it in the target. Is this being holistic? The trap here is to become dazzled by the talents and abilities these practices can cultivate, the shiny objects and sparkling consciousness parties, while ignoring the character education these practices are supposed to come with.

Consciousness Trap #8 Bringing in the Power

Bring in the light. Open your third eye to receive. Receive the power. Let the power come in to you. Subtle framing makes a significant difference, and while it may not be a speaker’s intention, accepting this process creates potential for your spirit to be engaged by external entities, by invitation. This is why we can be energetically attacked

when we're sick; the weakened immune system acts like an invitation for parasites to invade. This is a trap because your source of power becomes dependent on something outside of you rather than emanations from within your own spirit. The angels, deities, neteru, divinities and other like-names are cosmic forces that are naturally a part of your spiritual anatomy. They're always present and can be accessed and commanded (for another post), as we are their directors when conscious not the other way around. As manifestations of the Source we have the source within us. Exercise: be mindful of how you phrase your prayers and affirmations; listen keenly to the guided experiences you have and consciously reframe statements given to you that choose external power sources.

Consciousness Trap #9 Mistaking Freedom & Free Choice

Examine both ancient and contemporary teachings in spirituality and we can see the message of "break free." Simultaneously, this message becomes synonymous with free choice, which is not the same. In our pursuit to have free choice we can become consumed with the idea that any sense of control, line or safeguard is equivalent to being dominated, thus losing our sense of freedom. Example: Jane Doe has the free choice to sucker punch the guy who leered at her on the train. But if Jane responds this way out of a rush of anger, she technically is not making a free choice, only acting out of an emotional possession in the spur of the moment. Example: John Doe has the free choice to drink himself into oblivion; it's his volition to do so, but he isn't acting out of freedom, but an emotional desire to consume the drink without restraint. By walking on the ground each day we reinforce the truth that we are to work with the principles in nature, gravity demonstrated to us daily. Same with breathing, eating, sleeping. Genuine freedom arises out of what we're likely used to hearing: being in harmony, in balance, not tugged by compulsions, aligned and that manifests from working with the forces needing alignment. This implies a synthesis of volition, listening, surrender, sensing, directing, guiding and being guided. Quite the opposite of "I do whatever I want."

Consciousness Trap #10 Intuition Over Logic

Intuition is an inner (in) teaching (tuition) that empowers us to reveal holistic understanding. It also is the faculty we use to make decisions without having all external information, and it's the power that nudges us to choices that may conflict with popular opinions. We can fall into a trap with overemphasis on intuition in replacement of logic, or logic replacing intuition. To replace it is a fallacy because logic and intuition operate from different faculties in our spirit. Two different engines powering a car. Close out logic and we should close out this IG app right now, and all operations that bring products we value to our front door. Without logic and analysis, we dim the capacity to "ground" what our intuition makes visible in the mind. Close out intuition and we can only perceive the world through the material, only capable of mimicking rather than originating. Example: John Doe walks through a small town and intuitively senses how distracted people are. He hasn't spoken to anyone, only senses the vibe. After speaking with several people, he recognizes a pattern (logic): they tend to be stressed out and lack time to themselves. A stronger intuition flows through him; this is a place that could use a meditation practice. He makes a plan (logic) and returns to those people offering his meditation services. Within a few weeks he develops consistent clientele. Both logic and intuition have their place in the functioning of an aligned individual, each to perform its native capacity.