

## Are You Spiritually Evolving... or Just Spiritually Avoiding?

*(A light-hearted invitation to trauma-aware growth)*

If you've ever tried to **"love and light"** your way out of a panic attack, declared your childhood "a lesson from the universe," or attempted to meditate your emotions into early retirement, congratulations: you may be dabbling in **spiritual bypassing**. It's like trying to mop the floor while the tap is still running. Admirable effort... wrong tool.

Ken Wilber would say that true transformation has four lanes:

**Growing Up, Waking Up, Cleaning Up, and Showing Up.**

But spiritual bypassing usually skips straight to *Waking Up*—because who wouldn't prefer cosmic bliss over dealing with your inner eight-year-old who still thinks everyone will abandon her?

Here's the problem: when you skip **Cleaning Up** (trauma, old patterns, unresolved grief) and **Growing Up** (emotional maturity, boundaries, accountability), your spiritual insights sit on top of your nervous system like a vegan salad on top of a triple cheeseburger. Looks good on Instagram. Doesn't digest well.

Maybe you've noticed the signs:

- You "release" emotions by pretending you don't have any.
- You think feeling your feelings is optional... like extended warranties.
- You've used new age truisms as a way to avoid difficult conversations ("There is no you, there is no me, so technically this isn't my fault" or "Everything happens for a reason").
- You're extremely enlightened—until someone cuts you off in traffic.

The truth? **Waking Up** (non-dual awareness) is beautiful, tender, insightful... but without the **Cleaning Up**, your unprocessed stuff sneaks through the back door wearing spiritual robes and yoga pants.

Real healing happens when we **expand consciousness AND integrate the wounded parts**. When you can sit with your sensations, not float above them; meet your emotions, not spiritually outsource them; and actually **show up** in your life instead of silently levitating next to it.

If you're reading this and thinking,  
*"Oh... this might be me,"*  
great. You're already **Growing Up**.

And if you're ready to stop bypassing and start **integrating**, I've got space for you. Bring your emotions, your ego, your spiritual insights—and even your inner eight-year-old. We'll help them all get on the same page.

(With no chanting required. Unless you really want to.)