

10 Myths About Spiritual Growth

Spiritual growth is a tricky process. It requires certain conditions to be met in order to produce results. As a starting point it is always good to remove certain biases and myths about it.

Myth 1: I Can Do It On My Own

Doing spiritual practices on your own, reading books and watching videos on YouTube, is a great starting point but it is simply not enough. If you are serious about your spiritual growth you should work with qualified teachers and engage with spiritual groups, Sanghas, that resonate with you.

Myth 2: Spiritual Growth Requires Too Much Time

If it is done with sincerity and honesty, with the right teacher and Sangha, utilizing both the wisdom of the spiritual traditions of East and West and the achievements of the modern and contemporary world, spiritual growth does not need to be a long and time consuming process.

Myth 3: Spiritual Growth Is Too Difficult

Spiritual growth is not difficult, it is not easy, it is just tricky. That's why working with qualified teachers and supportive Sanghas is the key.

Myth 4: Spiritual Growth Is Rainbows and Butterflies

Although the vast majority of spiritual growth is pleasurable and interesting, there are stages on the journey that can be challenging and uncomfortable. One has to be committed to spiritual growth beyond comfort and discomfort in order to taste real results.

Myth 5: Spiritual Teachers Shouldn't Be Charging For Their Services

Spiritual teachers just do what they do best: teach. In present day society money is one of the basic exchanges of energy and it should be part of spirituality in a healthy way. Money exchange actually contributes to creating a healthy container for spiritual growth.

Myth 6: It Is Impossible to Attain Enlightenment In The World

The core of your being is already enlightened, thus the vast majority of spiritual growth is about removing the clouds in order to recognize the ever-present sky that you already are. In present day society, so many things can be used for spiritual growth that enlightenment that it is actually a faster process now more then ever before on this planet.

Myth 7: I Don't Trust Spiritual Teachers, There Has Been Too Many Scandals Involving Them

The relationship with a spiritual teacher is a sensitive one. If it's done properly, by both sides, it is one of the best things you can do for your spiritual growth. Before you commit to working with a teacher, be clear what your intuition says about that teacher, talk to others who have already worked with the teacher and do the research to make sure he or she is trustable.

Myth 8: In The Present Day World Spirituality Does Not Matter

Actually bringing spiritual depth to the world is one of the most powerful things we as humans can do. When we inform everything we do - family, work, politics, environment, leisure time - with spiritual depth, real transformation occurs.

Myth 9: I Don't Feel Like Investing Money In My Spiritual Growth

Spiritual growth requires some time, energy and money. Investing money in your spiritual growth brings more commitment, responsibility, dedication, and flow, creating a healthy container for your spiritual growth. Energetically, investing money into your spiritual growth actually fuels the process by activating the interplay between giving and receiving.

Myth 10: Spiritual Growth Is About Me Not Others

Including others and helping others is one of the best things you can do on your spiritual journey. The presence of others reminds us of the relativity of our small self, brings the bigger picture into account and activates the Love and Compassion that we already are.