

Traps to Avoid

As the wise traveler upon the path knows, there are many traps that will keep one from continuing on to a new kind of Happiness. These are clever traps disguised as caution, doubt and logic. The disguises are created by the Ego, because the Ego wants to hide the traps. Ego has no other will than to protect itself from exposure to the True Light of Reality—the certain source of its demise.

Your work is to break free of these traps that hold you back from seeing Reality, as God would have you see it. Knowing what these traps are can be extremely helpful if you honestly want to continue toward the Light of Truth.

The traps you will experience are many, but here are a few common traps that you would be wise to see.

Thinking you are Spiritually intelligent

Words and thoughts will never solve problems. So in essence there is no such thing as *spiritual* intelligence. There is absolute Knowledge of what is true and what is not. The trap is that you want dearly to solve your problems by thought because you are comfortable with it, and you are convinced that one day you will figure it all out.

You will not figure anything out until you realize that you are spiritually unknowledgeable and that the knowledge you possess is only food for more thought, and thought is nothing more than food for the Ego. What you possess in thought is useless to a real search for a better life.

Reading about and discussing Spirituality but doing no work

A most dangerous trap is to be fooled into thinking that mere participation in discussion or reading literature will bring progress. You would be better off not to participate at all. It is a clever slight of hand trick that the Ego uses to keep you where you are.

You must also be careful not to fool yourself into believing that you are actually doing work if you are simply picking and choosing your *work* according to your comfort level. That is Ego looking for the easy way “in.” This way doesn’t exist. It is in the sacrifice itself that one finds the Truth.

Believing there are many ways to Spiritual Freedom

The concept of “grey areas” where Spirituality is concerned could be described as quicksand and will serve only to keep you stuck. There may indeed be many roads to the grocery store but just one entrance. The entrance to Truth is through

awareness. There is no other door. The way to freedom is through shedding unneeded baggage.

Think of the man who is spinning around in circles heading this way and that, attracted by one idea and then another. Looking for inspiration. Running from fear while chasing relief in what he is convinced is a spiritual quest.

In another case, imagine the man who sits and ponders his whole life without making any real effort whatsoever—saying that there are many paths and that he is waiting for the one that's right for him. He believes he is being prudent and thoughtful. He is wasting his life.

To call either of these dilemmas “grey areas” is to simply make excuses for not moving forward. Walk; the path will reveal itself.

Measuring your Spiritual progress by comparing yourself to others

This is proof of the Ego's continued existence. It can serve as a true indicator of your spiritual condition. It is only the Ego that concerns itself with others. If you believe your progress can be measured in human comparison, you still have much work to do.

The True Self will be quite happy to make any progress at all, regardless of anyone else. It cares not to compare, question or worship. It has no need—it is happy to simply *not* be in pain.

Looking outside of you for the source of pain.

Blaming the outside world for your troubles is indeed a sign of being trapped by Ego and the human condition of unconsciousness. It is rooted in the idea that something can be done about your trouble by changing outside circumstances.

All circumstances are interrelated and to affect one is to affect the rest. Are you God that you can have this kind of power to control all circumstances? Surely you are not. There is only one thing you can change to bring about True Happiness.

The one who is awake first sees the undeniable Spiritual fact that all pain comes from resistance to what already is. Change can only happen through the dropping of that resistance.

Imitation

Be ever so mindful of how you react to new Spiritual teachings. The trap is in how you immediately want to know how to *act* with regard to the principle being taught. You ask, “Are you telling me to do this or that?” or “What should I do when this happens?”

Even before you understand the Spiritual principle, you want to know how it will manifest itself in your life. This is looking for the shortcut. It is Spiritual laziness. It is the demanding of immediate results from your work.

Work instead to understand the principle. Look for how it already exists in your life. When you see it, correct actions will happen naturally.

When you admire another for what you think is Spiritual progress superior to that of your own, you seek to imitate. You want to know exactly how they would act in each situation so that you can quickly reach their level. This will work no better than resisting the entire principle altogether. Nothing of this new way of living comes that easily.

At each and every moment, you have access to the very same Knowledge as anyone else on earth. Work to see it inside; work to uncover it.

Resigning to the idea of Human Nature

This trap is the most common trap because it gives great comfort to the uncomfortable. When you hear of Spiritual principles that sound daunting, that threaten your current way of living, that shine light upon the lack of your true Spiritual mettle, you cry "human nature."

"No one can possibly do that" or "Everyone does that, it's just human nature." These are the words of one who is only human and wishes to stay that way. Please remember that the masses are not interested in True Spiritual Happiness. Will you dare to be different?

Instead say, "That idea makes me very uncomfortable, why?"

Taking Action.

You cannot *will* natural action. It will just happen, if you relax and allow it. It will not feel forced; it will not be exhaustingly sought out. It will not be controversial where others are concerned. When such conditions arise, do not fall into their harmful trap.

It is difficult to sit by and watch things happen without participation. Your needless participation in these events, however, is the source of your deepest pain, so it is imperative that you see what is truly happening. If the seeing is done with great care, your participation will happen, as it naturally needs to.

What good can you do when you are not on solid spiritual ground yourself? What can you contribute? What will be the best possible outcome from your action?

When you answer these questions you will see the truth of your participation in all matters.

You may say that you will work to gain your Spiritual footing first before you return to getting involved, but I assure you that when you gain true Spiritual footing it will be obvious that your involvement is not necessary.

It must be said as well that inner development is never dependant upon outward action.

You no longer need to *do* in order to *be*.

Continue to look for additional unknown traps

The traps are many and as you continue to grow toward the Truth, these known traps and additional unknown ones will become more and more evident through awareness. Seeing them is healthy and a sign of real progress, not discouraging as Ego would like to view them.

Press on; if you enjoy a fight, in this you have found a worthwhile fight to pursue!