

# **Spirituality Myths Debunked**

## **“For Beginner and Advanced Spiritual Persons”**

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### **1). Spiritual people don't have ego problems.**

**Answer:** Not true. In fact, many of them have truth, reality and ego issues that involves the various ego defense mechanisms, cognitive dissonance, belief perseverance, psychological reactance, Dunning-Kruger effect, conformation biases and other cognitive biases.

### **2). Ego is a bad thing.**

**Answer:** Not necessarily true because the ego can help you with your thinking, mindfulness, self esteem and empowerment. On the flip side, one's ego can be harmful and destructive especially when there's an over abundance of pride, arrogance, selfishness, narcissism, materialism, etc.

### **3). Spiritual people are theistic.**

**Answer:** Not necessarily true because pantheists, atheists, agnostics, humanists and freethinkers can be spiritual without the belief or inclusion of a personal God.

### **4). You can't be spiritual and not religious.**

**Answer:** Not true and they're different from one another. Spirituality is person and liberating whereas religious for the most part is deals with dogmas and conformity. Even Jesus Christ disliked religion according to the Christian bible. In Matthew 23, he called religious leaders hypocrites and criticized their man made customs and traditions in Mark 7.

### **5). Spiritual people are authentic.**

**Answer:** Not necessarily. While it's true that spiritual people tend to be more genuine than most people, they're not 100% authentic. For whatever reason, they still lie and deceive others including themselves.

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**6). For happiness, do only light work.**

**Answer:** Many spiritual people still suffer from depression and other mental issues because they only focus on the light and utilize the law of attraction, positive psychology and cognitive behavioral therapy with little to no improvement. And on top of that, you can improve your life and happiness through shadow work.

**7). You should only focus on the present.**

**Answer:** No true even though it's very important. Instead, you should address the past, present and future accordingly. Besides, a lot of present problems stem from one's past. And if you don't rectify the past, your present and future may not ever improve.

**8). Right hand path is the best approach for spirituality and enlightenment.**

**Answer:** Not true. You can become more spiritual and enlightened by utilizing both so called right and left hand paths. However, moderation, the Middle Way or Path may be the best approach for your personal spirituality and enlightenment in which Socrates, Aristotle, Buddha, Lao Tzu, Confucius, Rumi, Robert Ellis, John and Lillie Allee, myself and others promote and embrace.

**9). There is only one way to become enlightened.**

**Answer:** Not true, there are several ways you can become enlightened.

**10). Law of attraction will give you positive outcomes and results.**

**Answer:** Not necessarily true because many people haven't benefited from it. In fact, there's more to the law of attraction than likes attract likes, positive thinking, the use of affirmation and visualization that self help gurus and personal development experts don't publicly mention. Trust me, myself and my people I know the secrets.

**11). Money is evil and you need to live in poverty in order to be spiritual.**

**Answer:** Not true. Don't get me wrong, the lust for money can be harmful and destructive, but you need money to survive. And without it, you're enslaved. In all, it's OK to make money, but don't allow it to control and define you as a person.

**12). Sex is detrimental to your spirituality.**

**Answer:** Not true. Assuming that it's properly expressed, controlled and moderated. And I also want to point out that sex could actually improve your spirituality and vice versa.

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**13). Sex can't be spiritual.**

**Answer:** Not true. For starters, you may want to research Tantra and then go from there.

**14). Magic(k) is useless.**

**Answer:** Not necessarily true. Even though you may not believe in the Harry Potter stuff, you could still benefit from magical principles and practices in the real world.

**15). The occult is harmful and deals with the supernatural.**

**Answer:** Not necessarily true. Besides the fact that occult practices may not involve the supernatural, some secretive groups (societies) and applied universal laws can be harmless and beneficial. By the way, the occult means knowledge of the hidden or known.

**16). You need special diets and mind altering drugs for spirituality.**

**Answer:** Not true, you can improve your spirituality without them.

**17). Meditation is a good thing.**

**Answer:** Not necessarily true because certain individuals do experience negative psychological effects with meditation. On the flip side, meditation is just like exercise, it could be good for you.

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