

Richard Rudd

Spirituality and the Spiritual Ego

Transcription of a [Youtube Video](#)

youtube.com/watch?v=4t4Z0IVShec

from [@gene_keys](#)

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by Karin Schnurfeil

[jinkies.de](#)

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For my dear friend & fellow traveller Geno

(free image from pluspng.com)

With footnotes and some notes in square brackets in German.

Depending on your software, you might be able
to use my intertextual links (all in blue).

All page numbers lead to the [Index](#).

Thanks from the heart to
Richard Rudd & Team.

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0:06 Hello, my name is Richard Rudd, and I'm a spiritual teacher. I'm founder of a system called The Gene Keys, a synthesis. As a spiritual teacher over the years, the decades I have noticed many patterns coming and going, both in myself and in the forces, energies and people I have met in the world at large. You might categorise some these forces, they fall into the realm of what we might call "spiritual ego". There are many traps on any spiritual path. So I've decided to categorise some of the ones I've noticed and share them with you. The purpose of doing this is two-fold.

0:55 Firstly it helps to clarify me as a teacher which ones I maybe personally fall victim to and therefore gain clarity around those. But also for others, so that you can hold these up as a mirror to yourself and begin to look and see, "well, which ones might apply to me?". That hopefully can be an inspirational and useful checklist.

1:23 I've identified eighteen [traps], I'm sure there are many more. I encourage you to dig in and find them yourselves because there are layers of this ego. Especially when you get more and more refined in your spiritual understanding, then the patterns become subtler and subtler. I have named them and want to start with this one.

01:46 (1) The Spiritual Materialist

[nach oben](#)

This is really about the leader or the master. There are many leaders, and what we do is we build credentials¹. I personally, for example, wrote a thick Gene Keys book and it's very impressive to some people. So we build these credentials. Or, maybe we had a big experience at some point, or maybe someone spent twenty years in a monastery. All these things build the story and the credentials. Or you're in a lineage, you're part of a lineage.

2:23 There's absolutely nothing wrong with writing books or any of those things. What I'm saying is that one builds a story. You could be a life coach, and then you write a book or whatever. In any situation where you are guiding or teaching others, this spiritual materialism can interreign. It can become a trap. It's quite a common one because what happens is that you get recognition. Sometimes you get adoration. You get put on the pedestal, you get seen as the healer, the saviour,

1 *credentials*: Referenzen. Legitimation. Zeugnis(se). Qualifikation. (Berufs-)Berechtigungs-nachweis. Begründung.

the master. All these things might happen.

3:03 Obviously you have to be super-careful there because you can be trapped by the glamour of spiritual fame, or chasing spiritual fame, or just the deep appreciation that people will have when you offer them a service or especially something that touches their heart or their soul very deeply. It is easy to be trapped by that glamour, by the glamour of that kind of worship, or adoration, or recognition.

3:36 But it all serves a purpose as well. It all serves a purpose. There are many teachers out there, and many people offering many things. Especially nowadays it seems like everyone is at it. And there are many hucksters, many tricksters out there whose intentions are not as clear, and perhaps some others. So there are authentic ones, authentic voices, and there are less authentic voices, and they all form this rich canvas. The purpose of it is to allow us to hone² our discernment³.

4:16 Oftentimes you follow a person, or you go to a person, and in the beginning you may be putting them on a pedestal. Then they fall off that pedestal ... This will probably happen at some point.

4:30 That's a very valuable part of the journey, and it is the backdrop⁴ of all spiritual journeys. You are very lucky if you find a teacher who is absolutely crystal clear and you can just stay with them all the time if that is your path. But many of us are touching lots of different things and are being influenced by lots of different teachers and teachings these days. So there is even more need for this fine level of discernment. But we learn by trial and error.

5:03 The spiritual materialist can basically be both the follower or the leader, it can be anyone else. It is the whole racket⁵.

5:13 I just want to share it. We all fall victim or prey to this in one way or another. So spiritual materialism is the one to really look for.

05:27 (2) The Spiritual Victim

[nach oben](#)

The spiritual victim is more of a follower. They can be people that blindly follow without question, "everything my teacher says is right".

2 *to hone*: feinschleifen.

3 *discernment*: Urteilsvermögen, Unterscheidungsfähigkeit, Wahrnehmungsvermögen. Einsicht, Erkennen. Feines Gespür.

4 *backdrop*: Hintergrund, Kulisse.

5 *racket*: Remmidemmi.

5:40 That is not a negative thing. It can be very powerful. To have absolute faith in your teacher is an incredibly powerful thing. I've heard a story by Osho, for instance, where he tells of where a genuine seeker follows an inauthentic teacher, a master, who isn't for real, who is faking, but because of the level of the devotion of the devotee they have the experience of transcendence, even though it was a false teacher.

6:21 So there's a lovely message in that. Sometimes we also have to leave our teachers behind, and again it's a level of discernment, sometimes we do, sometimes we don't. It depends on the teacher. 6:38 They may be perfect teachers, and they may be perfect followers. But if a teacher is true to their nature then they would welcome you to transcend them. They would want to give you a lift-up, they would want you to go beyond them. And if they don't, then there's a question around that. Often when we follow a teacher or a teaching we get to this point where a part of us wants to expand even further. And that's a powerful faith, that's a powerful thing to come to. And sometimes it's not just about a teacher, sometimes it's a whole set of *teachings*, or philosophies that we've come to from great teachers. But we are called to stretch even beyond some of those incredible wisdoms that have come from the paths and from our teachers.

7:34 So part of this is not to fall victim to the lineage or to the teaching but to be ready and available to actually stretch and see if you maybe are called to go beyond, not necessarily the teacher but the teaching. This is something to consider, not to fall victim to a set of credentials out there, or a set of teachings that then hold you in a kind of more closed circuit way of thinking.

08:06 (3) The Spiritual Escapist

[nach oben](#)

I was one of those – I call them "up and out". It's the journey up and out, we are trying to get out, "this is my last life", this is what these people will say. "This is my last life!" It may be but the kind of thing you might hear is: "I'm here to escape samsara", "I'm here to attain nirvana". And the trap here can be trying to escape. That's the trap. Not the teachings but trying to escape. There are subtler layers to this as well.

8:49 In the Advaita tradition there are these self truths that come out that there is nothing to do. There is no need for spiritual practice. *You're already enlightened.* And there's a deep truth to that. But that insight, that wisdom has to come when the fruit drops from the tree. If you're just still a seed, you can't force that

process. You might look at someone, or hear someone, and their fruit has dropped from the tree. And yet you're the seed. But you can't suddenly jump to be the fruit yourself. I've seen some people will stop there. And it's kind of a relief. "Ah, I can stop! I don't have to seek anymore. I'm just going to stop, what a relief. No more searching." If you've been searching for a while and you suddenly get to that and you go "[Erleichterungsseufzer] I'm just going to let it all go", that relief can give you a sense of incredible expansion that you can easily mistake for awakening.

9:59 So the question is, have you earned that stage. Is it a state or a stage. Because a realised person said it, it doesn't mean that you've realised it. You may need many more years of searching before you reach that stage, even though you resonate with the Truth.

10:24 If it is a stage, it doesn't go away. That's the point, it doesn't go away. So beware of the pattern of the spiritual escapist always trying to get up and out and away – as opposed to down and in. See, I'm a down-and-in teacher, that's what I am interested in, and it's bringing the spiritual realisations into the body, into the form ... into the world. Not "escaping", and "this is my last life, I don't want to be here anymore". It's here, be here. Be here fully. Be here so much that you would never want to not be here!

11:06 Then you're really here, then you're truly present in the body and in the form. That's powerful, that's empowerment.

11:14 (4) The Spiritual Extremist

[nach oben](#)

The spiritual extremist is the one that's addicted to the high. We get addicted to the highs. Whether it's kundalini yoga, or plant medicine, or all kinds of things that help us attain those highs. Deep long consistent meditation practices, chanting, all kinds of things that take us into that elevated state of consciousness that's so beautiful, that connects us to a higher self.

11:52 And yet that can also become a trap, that can also become an addiction, and you can get really tight on the inside. Spiritual revelation, as I understand it, most often arrives to the balanced one. It's what Buddha called the middle way. Siddharta, in his story of the Buddha, he heard this musician one day say: "If the string is too tight, it will snap. If it's too loose, it will not play." He was talking about his musical instrument. And Buddha heard the fisherman: "Too tight, it will snap the fishing line, too loose it will sag and you won't catch the fish."

12:34 So there are these stories that concern this. If you are too extreme, if you are too tight, then you create the opposite, you can burn out. It's really ... you want to be careful of extremes.

12:55 Having said that, there are no laws here. For some people, those extremes are correct, but they are probably few people. There are real ascetics, people who are really drawn to the ascetic paths. And it's correct for them.

13:11 And I guess also ... what's the hurry? What's the hurry? One great teacher said, enlightenment is not in front of you, it's behind you. If you slow down, maybe it will catch you up. Things to think about when we get too tight, too intense.

13:33 (5) The Spiritual Provocateur

[nach oben](#)

These are people that love to challenge. They love to challenge all the different spiritual paths. They are this sort of proud ... there's a pride in it. "I say how it is. I'm a rebel." This is actually a subtle identification in being a spiritual rebel. Anywhere the ego can identify, anywhere. So these can be people that love to debase or debunk the views and paths of others.

14:06 And yet there's a beauty in the diversity of paths. There's a beauty even in paths that we think are wrong paths or paths that lead nowhere, or dead-end paths. Why would you stop someone going down a dead-end? They might find something amazing down there. Let them find that dead-end, let them come back, let them find another path.

14:27 Even paths that seem very extreme as I just mentioned, or just plain crazy, they still have their viability as steps or rungs on the path, on a greater path. So all paths can be allowed. And sure it's good to challenge spiritual inauthenticity at times. But it's all about doing it with kindness. Sometimes provoking can be part of a deeper pathology that's rooted in your own one-zone deeper unprocessed trauma that hasn't been looked at, that hasn't been dealt with, and that's why you look out and you are looking to provoke out there.

15:09 So self-inquiry is always taught to look back inside when we haven't really looked deeply within. Then we can weaponise spiritual knowledge. It just becomes a part of our projection field, of our blame, and we are looking for that reaction, that response from someone else, to give us that sense of "I exist". And it's a common thing. If someone's doing it to you, I've been on the end of it many

times ... How you deal with that is also a great learning. Eventually you may find a deeply compassionate way to deal with it. And again, it serves a purpose.

16:03 (6) The Spiritual Dogmatist

[nach oben](#)

The spiritual dogmatist or puritan. It's a little bit similar to the provocateur. It can be subtler. This is a bit more *superior*. "My teacher, or my teaching, transcends all others." Here's another thing: "It's not all love and light and unicorns." I often hear that, "it's not all love and light". My thing when I hear that always is, "Well, I love unicorns! What's wrong with them?"

16:40 The provocateur attacks, the dogmatist defends. So it can be more of a *passive aggressive* pattern. This is a pattern that uses the knowledge, the spiritual knowledge, to deepen their defensive view.

17:00 These are people who might look out into the world with a tendency to go, "oh, those people are all muggles⁶", or "they are in their not-self", or "they haven't found the way yet". -- "Those Gene Keys people are lost souls." I've heard people say that about the Gene Keys community ... What a thing to say, to condemn an entire community. It's amazing when you see these patterns at work.

17:35 And the other side is like: "Our teacher is the world saviour." Any way you see one spiritual view attacking another spiritual view, you can almost guarantee, it's rooted in maintaining some kind of dogma. Otherwise, why would it bother you? Why would it bother you, you could just let it go. Unless of course you're attacking something that actually harms people, or hurts people, then I would say, that would be a viable form – or the only viable form of really having a go at something else, challenging it deeply if it's actually harming people.

18:20 (7) The Spiritual Cynic or Skeptic

[nach oben](#)

The spiritual cynic, the spiritual sceptic. The cynic goes on looking for flaws and of course the cynic finds flaws, everywhere. That's all they find. If you are a cynic, that's what you look for, that's what you find. If you are a cynic then hearing this probably won't change you in the slightest. So this is really advice for people who are *dealing* with cynics, who are dealing with this energy when it comes towards

6 *muggle*: jmd. der nicht bescheid weiß, (fig.) Analphabet, jmd. der nicht zaubern kann [Harry Potter].

you, and many times that is another great challenge that we have to learn.

18:56 I recommend what I think the Native Americans called *Ducks Back Medicine*. The water rolls off the duck's back. It comes to you and you just let it glide off. It takes some practice. It comes at you. You maybe feel an emotion, but then you just let it slide off. Then you respond as best as you can with compassion. There's no need to defend your view. If you have a view that you need to defend [seufzt] ... it's a slippery slope. Your role isn't to defend a view. Your role is to model the view in the world – to *model* it.

19:32 I think about, in my pathway as a teacher, my Gene Keys Amazon reviews [lacht]. Because when you put something out there, you put your head above, you open yourself up to all this cynical, sceptical views that come in, and challenges, some of them really good challenges.

19:51 And many people, what they've said, what I've read at times about my own teaching system is the suggestion that I'm in it for the money, that I'm a huckster. Like the projection that you buy the Gene Keys book, and then you buy my things, but actually it's all a bit of a trick to get you to buy more ... that kind of thing.

20:14 And it's not easy to read that or hear that especially when you bend over backwards to make it all really affordable. So you have to realise that for instance when we go on to those Amazon things, if we're buying any product, or we're looking at a hotel or something, or somewhere thinking of going, and we look at these five-stars, and the four-stars, and then the one-stars ... Isn't it amazing that we look at the one-stars, and there may be two or three, and then there may be a thousand five-stars, but we read the one-star and we give it way more weight than the thousand five-stars. Isn't that amazing how much weight we give to the cynical, to the sceptical?

21:05 And it's interesting to us, of course, but I just think it's worth bearing in mind that we feed our own distrust sometimes, we do. Things to think about – we're not here to defend. I realised when I looked again once at my book online, as on Amazon, and I saw that the most liked review was a negative review. I was like, "Oh, my word." And I thought, shall I do something about that? Because then people coming on, they are seeing only the bad review first ... I can even get all my friends and people just to like another review, but I thought that would be really *false*, you know, that would be terrible! So I just thought, well, actually, maybe it's meant to be. Maybe it's meant to be that way because then it allows people's discernment to decide.

22:06 So if they read the negative review first, let them read it. Let them discern, and then actually – that could be a good thing! Because then you'll get more

authentic people involved in the teaching. So you can always turn it round for yourself. That's why I'm just telling you *my* stories and the things that have come my way. And it may be common to many of us at different ways how we handle those kind of views coming at us.

22:33 (8) The Spiritual Sniper

[nach oben](#)

Another one that's a little bit connected is what I call the spiritual sniper⁷. These are views or comments or critical things that come at you from the undergrowth and then vanish. And it's really interesting because those are energies – I wouldn't call them people, these are not people. These are just energies, and the energies that move through us at different times, we manifest them, and then maybe they move past us. And we move on.

23:09 So the sniper energy comes at you, and it can be in many things in life, this isn't just spirituality. But they actually don't want resolution. So at times I've noticed people have complained about stuff, and I offered them refunds, full refunds, I've offered them dialogues, I've offered to meet me online and discuss this live, and no one – they've never responded, any of these people. I'm a bit of a warrior, I'm quite adept at swordplay, and I enjoy a good challenge. But often, these energies don't want that. They just want to do it from the undergrowth, they want to have their say and then be gone.

23:53 So if you are one of those people, and you are watching this, *meet* me face to face. Say it to my face! Have some backbone! Come and meet me! I'll meet you ... I'll heed listen to you. And if you can't come, if these energies don't come out, there's nothing you can do. There's nothing you can do, you just let it go. Just let it go.

24:15 So, be brave! Be bold. If someone challenges you, meet that challenge. Invite them ... you got nothing to lose! You got nothing to hide! Listen to them. Show them some respect, show them some compassion. And model it. You get to model it. You might get angry, that's fine, you can get angry. That might be part of the process.

24:39 So ... the sniper. 'Beware the snipers.'

⁷ *sniper*: Heckenschütze.

24:45 (9) The Spiritual Conspiracist

nach oben

Love these. Love these, they are all over the place. Aliens, Illuminati, Reptilians, Government, Bill Gates, 5G ... or whatever it is, whatever it is where the conspiracy is. The conspiracist tries to get you to believe in it, and if you don't believe in it, you become one of the victims. So in other words, you have to believe in it, otherwise you're a victim. The problem with this view, with the conspiracist, is it doesn't allow people to just believe what they want. If I want to take the vaccine⁸, I'll just take the vaccine. Let me take it, if I want to take it. I don't need to have all the theory -- trust me to make my own decision. Trust me to make my own decision.

25:42 And, having said that, there is *often* a grain of truth in conspiracy theories. Sometimes a lot of truth. So the tester⁹ of the conspiracist is ... If the conspiracist moves from one to the next to the next to the next, or they believe in a whole web of conspiracies, then I think that could be like – open up to some deeper probing¹⁰!

26:09 But if it's often just one thing, that they are like, "I really want you to understand this, I really want you to be more in ...", "I'd like to share with you the ... You need more information here", that's fine. But not everything can be a conspiracy.

26:25 As Freud said, "sometimes a cigar is just a cigar". Often we have this tendency to transfer our blame onto *them*. I've done a recording about this ... THEM. The third person plural, "them", is a really handy place to transfer our [verspricht sich zuerst, "brain"] our blame for some unresolved rumour inside ourself. So again – really interesting to look at. And it's good to challenge the status quo. It is! It really is.

27:01 But I would recommend not beginning with the assumption that all governments, for example, are out to get you. I wouldn't *begin* with that assumption. And that's often what the conspiracist does, they begin with their assumption.

27:14 So, *beware* conspiracies, and this whole world. Listen to it, learn from it. Again – all of these, it's about identification. If you identify yourself as that, then you have fallen into a trap. If you can wear that as a cloak, and you go, "this is just something I'm wearing, this is an opinion I've picked up and I'm playing with

8 *vaccine*: Impfstoff.

9 *tester*: Test(gerät).

10 *open up to some deeper probing*: [hier wahrsch.] das könnte eine größere Untersuchung erfordern.

it, but it's not me, I'm not identified to it", then you can play in the game! This is the same with all of these.

27:48 (10) The Spiritual Fantasist

[nach oben](#)

These are people who *are* lost in unicorns, and multi-dimensional 29-strand DNA, and the 24th chakra, and you know, my last life, I was Mary Magdalene, or King Arthur. All of this stuff ... you can get so easily lost in spirituality. And there's a real difference, there's a fine line here. Every single one of these, there's a fine line. You may be getting that, it's a fine line.

28:23 So I don't want you to think that I am judging any pattern, because it's always a fine line. There's a process I call *magical thinking*. Magical thinking is powerful. Indigenous people employ magical thinking, for example. It's a way of looking at the universe through the right brain, in a holistic way that uses the imagination and the intuition together. And it's incredibly powerful for accessing deep truth. But it also can become a spiritual bypass¹¹.

29:01 I remember a guy once who did this tapping technique on the spine, and each point on the spine had a different access to something. I was looking down his list as he was doing this with me, and I said, can I have your list and see what all these points do. And one of the points was *buddhahood*. I was like, "wow, you can just tap a point and you get buddhahood?". And he was like, "yea, yea". I said, "oh, can you give me that one?" He said, "yea, yea! Sure!". [lacht]

29:34 'Tap the pattern and it's magically gone', you know. Trauma is trauma. It's not over in a second. It needs to be moved through, you got it. The shadow is the shadow, you got to go deep into it, you got to be in it, you got to feel it ... there's no shortcuts when it comes to this work. There's no shortcuts. So you got to be really careful with being swept away with all kinds of wild ideas, and then losing your practicality and your connection to the earth and to basically being in your body.

30:18 Again, hold things lightly. Think magically, but don't get caught in identifying with those concepts and ideas.

¹¹ *bypass*: Umgehungsstraße [Vermeidungsstrategie].

30:31 (11) The Spiritual Saviour or Imposer

[nach oben](#)

The spiritual saviour, and sometimes also the spiritual imposer. This is the person or the energy that their healing technique offers all the answers. These are people that can always offer others healings, or readings. Often what they are subtly looking for is recognition. There's an over-keenness to help. The sort of person you go and have a reading with them, and you are there for three hours. They overshare, they can't stop, they have so much they want to share. They want to share.

31:17 And they can also be people that (are like), "my diet is perfect for everyone". "This diet, I've got this diet, everyone should do this diet." There's often this overwhelming others with help, and a lack of boundaries sometimes. Another good one is trying to convert your partner.

31:43 You're into something really deep, but your partner is not into it at all, they are not into spirituality at all, and you feel uncomfortable about that, so a part of you wants to convert them. Just let them be! Let them be. If they don't pick it up, they won't pick it up, they don't need to. Surely you can just love them.

32:00 Another one is, "my guidance says you should do *this*". "My guidance says you should wear *white*" or "you should eat *this*". That's a little bit ... to be careful! "You need to listen to *my* guides." And that takes away your own authority. Those are energies that want you to be dependent on them.

32:30 So be careful around your intuitions. That doesn't mean you shouldn't listen to someone else's guidance at all. But it's just like, be careful! Be aware, be alert. Pay attention. You have a very good intuition. Your intuition is mostly for you. Mostly. It's for you so that you can discern what's right for you. And yes, you can go and find someone else who has a very sharp intuition and they can be a great help and support to you. But be careful! Because you have your own intuition as well.

33:05 (12) The Spiritual Narcissist

[nach oben](#)

I know, this is hard because there are so many. The narcissist is the person that knows so much spiritual stuff, and yet they have no clue how to *own* their own stuff, and little humility or self-inquiry. There's a lot of people out there with a lot of knowledge, but they haven't yet really embarked on a deep self-inquiry. So

what happens is that this energy will project out to spiritual dramas. And again, these people are unlikely to see this pattern in themselves, unless they've had some epiphany.

33:54 So often they are energies that we have to deal with, and how do we deal with them. The real thing is, just learn ... just take what you need for yourself. From all these energies, any of these energies that come towards you, just take what you need for yourself. It's for YOUR growth. The other person's growth is not your concern. It's not in your control! Otherwise YOU get into the spiritual saviour. You just take what you learn for yourself. That's the great boon¹² here.

34:31 (13) The Spiritual Pleaser

[nach oben](#)

The spiritual pleaser is always gentle, always smiling, always yielding, slightly lacking in backbone. Needs to sound a battle-cry a bit, needs a bit of warrior. Over-listening – is that possible? I think so, to over-listen. Be careful for this one, spiritual pleaser. I don't need to say much more about that.

35:08 (14) The Spiritual Tourist

[nach oben](#)

The spiritual tourist never settles. There are lots of these around today. I was one – not so much now [lächelt]. You know, books, courses ... doing all these different things. I'm amazed when I put out courses and retreats, there's (? of) people that buy them, the retreats, and they never show up. They just sign up, and then they never show up. Wow, what is the energy that does that? I can understand if something happens in their life ... But they never ask for their money back or anything like that. They just "booked it" but then they never did it ... which is sad in a way! And so, the lesson for the spiritual tourist is ... if you're looking for water, under the ground, if you dig lots of shallow wells in lots of different places, you never get down to the water table¹³.

36:16 Whereas if you choose one spot and you dig your well deep there and you keep digging in that place, you will eventually get to the water. Nice metaphor really to think about, with a spiritual tourist.

12 *boon*: Segen, Gabe, Gnade, Wohltat, Gefälligkeit, Gunst.

13 *water table*: Grundwasserspiegel. Wasserspiegel (im Boden).

36:31 And it's a phase as well, these are phases of our evolution, of our spiritual journey. When you are beginning something, you may try lots and lots of different things. So it's fine. Again, it's fine. All these are fine. And yet at some point, you will need to focus and really dig that well deep, and that's when things will really start to open up for you.

36:57 (15) The Spiritual Comedian

[nach oben](#)

The spiritual comedian is someone that always deflects depth, or pain, using humour, or perhaps false modesty. And they are *really* frustrating because they won't let you fully connect with them, because they keep bypassing you using their humour [lacht, seufzt] ... There's not a lot you can do. You can call them on it, and they'll probably just make that into a joke, but maybe they will, also, it's always worth calling someone on their patterns if you can be compassionate and kind and if it feels appropriate. That's a deflection technique that people use when they don't want to feel something, or they are not able to *fully* connect with you and look you deeply in the eye.

37:54 And again, humour is wonderful and it's a deep part of the spiritual path. You need a balance between humour and seriousness. So too much of one, again, it's like veering you off into the path of the extremist. So balance of seriousness – be seriously funny [lacht]. The key is balance of both.

38:19 (16) The Spiritual Processor

[nach oben](#)

The spiritual processors are people who are addicted to the processing of emotional trauma. You never get past the emotional phase. It can be very good emotions, it can be sharing, crying, or whatever, just processing it, and processing it, and processing it. That can be a phase where you get addicted into the actual process itself, you never get to the end, you never quite make it past the letting go of that and into the learning of the lesson and then the transcendence and the gratitude that comes after that process. So it's easy, it's another way in which unconsciously we can get hooked into patterns that keep us from going FULLY into the next layer of the trauma. We get caught in these loops but we never actually dig *deep* into the trauma. Therapists and healers, they will probably recognise this one in people. Often those people, they come to you, they need help, just a little

bit of a push, to pull them a little bit past that loop of the emotions that you can get caught in. So another one, another potential trap.

39:39 (17) The Spiritual Know-it-all

[nach oben](#)

The spiritual Know-it-all, of course this is me because I've written this long checklist. The problem with the spiritual Know-it-All is, often they are the one that has no opinions of their own. They are trying to maintain spiritual objectivity. But in fact they are really a little bit disengaged¹⁴ ... They are trying to maintain this safe place, often quite intellectual. Often can feel a bit superior, and if you challenge them, they'll be very defensive because they have a well-built citadel of knowledge.

40:17 Like many of these patterns, such a person is not able to be vulnerable very easily. And that's a real edge. If someone can be vulnerable and strong at the same time, that's a powerful place to be. That person is not in a trap. You know, if you really feel that tremor¹⁵ of their vulnerability ... That's a good sign for any of these patterns that if you can open up and be vulnerable and own the pattern then that's a way of breaking the pattern.

Alright, almost through --

40:59 (18) The Spiritual Succeder

[nach oben](#)

So finally, one more to end which is the one I call spiritual succeder. That's the final one, spiritual succeder. The spiritual succeder is the person that's got there – "I am enlightened. I am a master." A master never calls themselves a master, by the way. Others will call them a master but they will never call themselves a master.

41:26 Again, it's the Advaita veneer¹⁶. "I've decided to stop being a seeker." You have to exhaust¹⁷ seeking to stop being a seeker. You can't pretend that exhaustion. Otherwise you are looking at everyone else and you are seeing ... you are looking-down on seekers in a way. You are a bit superior to all seekers

14 *to be disengaged*: sich von etwas abgesetzt haben, sich ausgekuppelt/gelöst/ losgemacht/freigemacht/entlastet haben.

15 *tremor*: Zittern, Beben, Erschütterung.

16 *veneer*: (fig.) Fassade.

17 *exhaust*: ausschöpfen, ganz erschöpfen, ausreizen.

because you found it. It stopped for you. And you've created a duality, a superiority. There's the awakened people, and there's the asleep people. There's people living their design, there's people not living their design. There's people in their shadow, there's people not in their shadow. You know, that's all division! And we ...

42:14 Closing

[nach oben](#)

I want to finish by saying, we are all the children of God! We never stop growing, we never stop changing, we never stop evolving. Consciousness itself doesn't evolve, it can't. It's perfect. But awareness evolves. Awareness. These forms. So be careful about pretending or believing that there's an end or there's a way out ... up and out. Enlightenment is not something that is attained. But it's also not something that's NOT attained – if you know what I mean.

42:56 Wherever you go there's a trap. There's a great book by Trungpa, *Spiritual Materialism*, and I read it when I was younger, it's a darn uncomfortable book to read but really good. And one of the things that he mentions is success. Beware of success.

43:15 And beware of knowing stuff. Don't use this checklist, for example, to point out to others where they are stuck. This is not to be weaponised. This is only for you, this is for me. Yes, you might spot one of these patterns in your life but you need to be so careful because it can so easily – anything spiritual can be made into a dogma, or it can be imposed on others. Or you use it to talk about someone else behind their back. Or even, you keep it quietly to yourself but subtly you know that they are in their pattern.

43:51 [lacht] Whatever you do, there you are the narcissist. Whatever you do, you are damned. So the line is always so fine! And the real purpose of this discussion, of this checklist, of all these ideas is so that the more refined layers of awareness that we have, the subtler our ego can also become. So use these ideas as a mirror and you can forget about all of this, actually, if you are inspired just to look a bit deeper at yourself and see some of these roles. All these roles are just wonderful costumes in the great drama. They are no different from the costumes of people not on the spiritual path, they are no different from the people in the world. There are saints, and there are sinners, and there are janitors¹⁸, and there are kings, and

18 *janitor*: Portier.

there are all kinds of different costumes that humans wear. And it's no different. Every costume that we wear has its ... *perfection*.

45:04 So the most important thing is, just interact with others with integrity. These insights can help you to become more compassionate, especially if you see the ones inside yourself.

45:13 We get to a stage of spiritual evolution where really the only thing that can help us is the heart. Because the moment we project blame, or we project a label onto something or someone, the heart contracts. So use this list wisely, lightly, as a checklist for your own spiritual ego. And know that above all the only thing that protects us from a spiritual ego is our hearts. It's love. Self-love. A tender heart, a compassionate view of the world. So be gentle with yourself. That's my creed, be gentle with yourself. It's the only thing I have personally found to truly and unequivocally¹⁹ mitigate²⁰ these many traps of the ego. And it's so simple. Simplicity. Patience. Gentleness. These are wonderful guides on the path of self-inquiry and deep contemplation.

46:20 I got a lovely quote from Vivekananda, "Have as many faces as you can for full enjoyment of life". So what he's saying there is, try all these, find them in yourself, see them, see them in others. And then let them go. We are not here to be perfect. We are here to be perfectly imperfect. So all of this is just, I hope, fuel for gentleness towards yourself, to remind you that the only thing you can do is open your heart and soften your heart, that's the ONLY WAY you will get past this, and the only way that you will be able to open to the deep awakening that is embedded in your body and your soul.

47:12 So, thank you for bearing with me²¹ as we went through this mammoth checklist, and I hope it's of use to you, and many, many blessings to you, whoever you are, wherever you are watching this. Thank you.

47:26

19 *unequivocally* ['une'quivekli, da verspricht sich sogar der Muttersprachler ;D]
unzweideutig, unmißverständlich, zweifelsfrei, eindeutig.

20 *to mitigate*: entschärfen, mildern, abschwächen.

21 *to bear with sb.*: es mit jemandem aushalten.

More in The Comments:

(19) The Obsessive Shadow Worker

[nach oben](#)

[@cosmosunited](#) I would add the Obsessive shadow worker, the one who challenges people but who cannot be challenged because he/she has done sooooo much shadow work already ... the one who sees the shadow in people but who cannot be challenged for their own.

(20) The Spiritual Ignorant or Hypocrite

[nach oben](#)

[@leannemichellewatson9354](#) Another pattern I noticed quite a lot in the past two years is the spiritual ignorant or spiritual hypocrite. People following a spiritual path, sharing the teachings of a spiritual being like Buddha ... the middle path, you are your own master, you are 100 % responsible for yourself etc ... yet when faced with adversity²² completely abandoned the teachings to follow unenlightened people/ organizations, and implemented policies that caused harm and division. They allowed fear to dictate their lives, and instead of taking responsibility for it used emotional manipulation to make everyone else conform. It definitely opened my eyes to the myriad of false prophets out there and that the only true guidance comes from within. Also, not to judge as we are all waking up from this illusion. Thanks, Richard, for a great video.

(21) The Spiritual Fatalist

[nach oben](#)

[@kathrynhume4701](#) The Spiritual fatalist ... it's got to be done so perfect, done "the right way", otherwise I/we/they will go to hell and suffer endlessly and needlessly, and the bar of perfectionism is so high, that I/we can never achieve it ... this one has been a sticky one for me.

²² *adversity*: Not, Unglück, Widrigkeit.