

## Spiritual P-Plates

### **Recommendations for engaging more safely with spiritual traditions**

Our chants and practices draw inspiration from a range of spiritual, psychological, and contemplative traditions. Many of these lineages contain extraordinary wisdom but they can also contain dangerous blindspots. Throughout history, the same traditions that liberate people have also sometimes harmed them (think fundamentalism, cults, or abusive teachers).

The challenge is that the line between healthy and harmful spirituality is not always obvious. So before you dive into any evolutionary or transformative practice — or recommend one to someone else — I encourage you to first earn your Spiritual P-Plates. Just like you learn to drive a powerful physical vehicle safely, these steps help you learn to navigate powerful *inner* technologies responsibly. Once you've developed these foundations, you'll be in a far better position to decide which traditions resonate with you, and how (or whether) you want to engage them.

### **1. Learn Basic Principles of Safe, Integrated Evolution**

As a starting point, I recommend these eight books. Together, they give you a grounded understanding of transformation, spiritual maturity, and the risks of unhealthy teachers and communities:

- *The Religion of Tomorrow* — Ken Wilber
- *Spiritual Transmission* — Amir Freimann
- *The Guru Question* — Mariana Caplan
- *Spiritual Bypassing* — Robert Augustus Masters
- *Traumatic Narcissism* — Daniel Shaw
- *Take Back Your Life* — Janja Lalich
- *Terror, Love and Brainwashing* — Alexandra Stein
- *Sex and the Spiritual Teacher* — Scott Edelstein

These aren't meant to intimidate — they're meant to protect and empower.

### **2. Research Any Tradition Before You Engage**

Before exploring a specific lineage, practice, or teacher:

- Do a thorough online search.
- Look up the teacher, their teachers, their community, and their organisation.
- Investigate controversies, patterns of harm, or claims of abuse or cultism.
- Notice recurring patterns: problematic behaviour often repeats across students, communities, and even generations of a lineage.

### **3. Check in with others.**

Feel free to chat to me (Jordan) about these topics. I've got lived experience & have done much research 😊