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Bridging the Worlds of Science & Spirit

Spiritual and emotional bypassing



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Hey! Iván here. This is a short summary of my YouTube video about Spiritual and emotional bypassing.

You can watch the full video [here](#).

Hope it helps and thank you for reading!



THE "EVERYTHING HAPPENS FOR A REASON" PARADOX

Spiritual and emotional bypassing are some of the most common problems our society suffers from, and the consequences of them are much bigger than what we give them credit for. So, what do these two terms mean?

Emotional bypassing

To use certain tools to avoid or dismiss difficult emotions rather than allowing them to be fully experienced.

Here are some examples of those tools

- Minimizing: "It's not a big deal; people go through this all the time!"
- Rationalizing: "I shouldn't be sad because..."
- Avoiding conflict: "I'm really angry, but it isn't worth bringing it up and making a big deal out of it"
- Numbing/distracting: Instead of feeling your feelings, binge-watching TV, scrolling through social media, or drinking alcohol.
- Over-intellectualizing: "Anxiety is just a chemical reaction in my brain caused by stress. If I understand the science behind it, I don't need to worry about it." By intellectualizing the experience, you distance yourself from the actual emotional experience, preventing you from truly addressing the anxiety that showed up.

It's important to note that bypassing is just a coping mechanism to deal with pain.

Spiritual bypassing

To use spiritual beliefs and practices to avoid facing unresolved emotional issues, psychological wounds, or personal challenges.

Instead of confronting and working through these difficulties, individuals may use spirituality as a way to sidestep them.

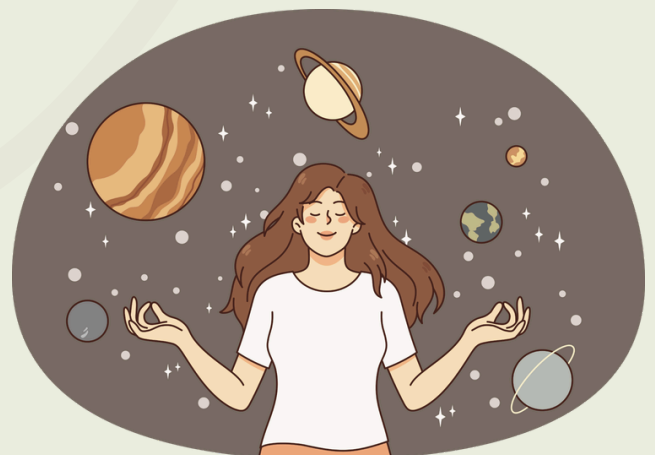
Here are a few examples:

- Denying emotions: “I shouldn’t be sad because sadness is an illusion, and also everything is temporary, so this sadness shall pass too”.
- Seeing the positive side: “How could I be depressed when I know I have so many people that love me and I have a roof over my head, when so many people don’t even have that? I should think of how lucky I am to have those things, not of what I don’t have!”
- Self-convincing: “I can’t pay my bills and that feels so sh... actually, if you focus on abundance, you will attract abundance. So, just focus on abundance. I’m abundant.”
- Manifestation: “I manifested this accident with my negative thoughts so, I guess I deserve this.”

In all of these examples, you could add at the end the part that the person is bypassing which is: “therefore, I shouldn’t feel _____.”

And the most common one:

- Everything happens for a reason.



“ —————
Everything happens for a reason
————— ”

This isn't necessarily untrue. As a matter of fact, all of the examples above aren't necessarily untrue.

The problem here is that NOT EVERY TRUTH IS TRUE AT ALL TIMES. Phrases like those are true in certain specific moments, but those moments are not present the majority of the time.

When it comes to bypassing, what makes these spiritual truths untrue is that we are using them to bypass our emotions.

Using truth to bypass an emotion transforms the truth into falsity.

In the example of “Everything happens for a reason”, the only way in which you can truly say it is if you already know the reason and you are not using it to bypass an emotion.

Once you've processed the event and your feelings, you naturally start reflecting on the situation more deeply, as the emotions are not taking over anymore.

In this case, you are not using “Everything happens for a reason” to bypass your emotions or avoid responsibility. Instead, you are fully experiencing and processing what happened and then coming naturally to a place where you see the experience as constructive or meaningful.

THEN you can say: “Oh wow, I guess everything happens for a reason!”

Here is a tip: if you have no clue why something happened, then “Everything happens for a reason” will be used as bypassing which, paradoxically, it’ll delay you actually finding the reason by delaying the processing of the emotions you are trying to bypass, which helps find that reason.

So there is no need to say “Everything happens for a reason”: either it is used for bypassing if you haven’t found the reason yet, or it isn’t necessary if you already found it.

Why does this happen?

None of this is really our fault.

We have been fed this narrative by our parents, society and teachers since the day we were born. We didn’t have anyone to teach us that emotions are meant to be felt.

It isn’t our parents fault either, they’ve been taught the same. And it comes from a good place. It comes from them not wanting for you to be in pain.

It isn’t just that your parents have not been taught not to bypass. Deeper than that, is that they can’t deal with seeing someone they love in pain. It is too painful for them. So partially they are telling you to bypass so that you feel better so that they feel better.



And even deeper than that, your parents are in pain when you are sad because they don't know how to hold their own sadness. They are not okay with sadness in general, starting with their own.

The true way to make another person feel better is to give them permission to be sad, tell them that it's okay to feel what they are feeling and holding them in those emotions.

It's no one's fault, but it is within our power to change that so that we don't do the same to our children or our friends.

Why is this so important?

- The path to healing includes processing unprocessed emotions. Bypassing them will only delay or completely stop the healing process.
- By bypassing, we teach others to bypass, and we reinforce it everywhere we go, continuing this cycle and contributing to the erroneous way in which our society relates to our emotions.
- Bypassing creates the opposite effect of what we are trying to achieve. We want to feel better, and the way to feel better is to feel our feelings so that we can process them.
- Bypassing is easier at the beginning, but it is ultimately a form of numbing that perpetuates the problem and leads to more wounding. Feeling your feelings ends the problem and creates healing.
- The more we stop bypassing, the more we will embody that all emotions are equally valid, leading to more healing in masses.

What can we do about it?







- Become aware if you are doing or saying any of the things we talked about. At first it'll be difficult, but each time you become aware is a small victory.
- When you realize you are bypassing, stop and ask yourself: what feelings am I trying not to feel? Example: sadness, grief, anger, disappointment, loneliness, undeserving, etc. Take note of them, whether in writing or mentally.
- Ask yourself: can I feel these feelings instead of bypassing them? If so, what does this specific feeling want from me? Example: my anger wants me to scream, or punch a pillow. Can I allow myself to do that? My sadness wants me to cry. Can I allow myself to do that? Can I go somewhere else where I will feel safer to give my sadness what is asking of me?
- If I can't feel these feelings, can I at least acknowledge that I can't and that I'm about to bypass? Ask yourself what would you need to be able to feel them. Maybe seek support, like calling a friend who will listen or hold you.
- Demand this of others when they do it to you. If you are sad and someone tells you that everything happens for a reason, tell them: I don't need you to tell me this. I just need you to listen to me / hold me / validate my feelings.

It is okay to bypass. No shame around it.
Let's just simply stop the cycle.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video [here](#).

Contact



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Thank you for being here.

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