



# The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

GCSAcommunity.org • 919-530-9417 • revsbilcher@gmail.com

## 9 Toxic Behaviors to Avoid So You Can Be a “Great Date” for your Divine Self

We’re going to invite you to be aware of several toxic dating practices ... yes, you read that correctly: toxic dating practices ... However, we’re going to apply these to **your** relationship with your innate Divine Nature. Our goal is how you can keep and perpetuate a healthy relationship with your Timeless Divine Nature:

### 1. Situationship

**Dating Hiccup: Situationship** is a lack of consensus on what a relationship actually is, which usually means wondering if it’s just somewhere between a ‘no-strings attached’ friendship or a committed relationship.



**Divine Nature Alignment Analogy:** Situationship refers to whether we even believe we have an innate Divine Nature; if so, how closely do we want to be aligned with our Divine Nature; and what kind of relationship do we expect to have with our Divine Nature.

### 2. Relation-Shopping



**Dating Hiccup: Relation-shopping** is dating by a long list of rigid standards that aren't necessities. Relation-shoppers have a hard time feeling satisfied with the person they're dating and constantly wonder if there's someone out there who would be better suited for them.

**Divine Nature Alignment Analogy:** Relation-shopping people with religious backgrounds have been taught that they aren't divine, but simply sinners. They have difficulty believing they are worthy, but are searching for something better. So, they try lots of different things, but continue to apply their laundry list of dogmatic expectations to every new experience.

### 3. Breadcrumbing

**Dating Hiccup: Breadcrumbing** is giving someone just enough attention to keep them interested without exerting much effort or commitment. It's sending sporadic flirty texts, social media interactions, or hints at meeting up, without being specific or even following through.



**Divine Nature Alignment Analogy:** Breadcrumbing with your Divine Nature happens when seekers aren't quite convinced that they're really spiritual beings in human form. They would like to believe they might very well have a Divine Nature, but don't have the commitment to dive in and commit! Instead, they'll toss their Divine Nature 'want to believe crumbs' like saying memorized affirmations, doing sporadic meditations, trying out a variety of different resources, and setting goals to develop a regular spiritual practice without following through.



# The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

GCSAcommunity.org • 919-530-9417 • revsbilcher@gmail.com

## 4. Orbiting



**Dating Hiccup: Orbiting** is lingering in someone's online platforms like Facebook, Twitter, LinkedIn, Instagram, Pinterest, etc., as a potential love interest without ever getting closer to “sticking around” after a romantic relationship has ended. It’s generally following, viewing, and engaging with your social media content.

**Divine Nature Alignment Analogy:** Orbiting seekers create the presence without the commitment. For example, they buy spiritual books, OM and yin yang symbology and clothing; attend chakra, Zen, and psychic ability classes and retreats, to stay in the “orbit” of spirituality, without the commitment in exploring the nature of Higher Consciousness pursuits. These are the folks who may feel stuck in a cul-de-sac of skin school experiences, and wonder why the spiritual stuff isn’t working.

## 5. Ghosting

**Dating Hiccup: Ghosting** is when an individual cuts off all contact with someone they are dating, without explanation. They just vanish!

**Divine Nature Alignment Analogy:** Ghosting -- [we’re not talking about ‘Holy Ghosting’] -- happens when seekers snub their spiritual and New Thought pursuits and return to their religious dogmas or simply neglect to do either.



## 6. Phubbing



**Dating Hiccup: Phubbing** is the impolite habit of ignoring those nearby in favor of interacting only on your smartphone. Phubbing is often simply instinctive and habit forming, although appears to be intentional. Many people do it to stay connected with others, whether it’s through social media, texting or emailing, but it can have the opposite effect on those closest to you. It can be especially hurtful when it happens on a date.

**Divine Nature Alignment Analogy:** Phubbing occurs when we prioritize material desires and distractions over our Spiritual practices. We get caught up in doubt, fear, worry, regrets, or grudges instead of being fully present in the moment. Another example of phubbing is when we pretend to listen to someone sharing a spiritual insight or a recent spiritual experience while directing our attention away from them by showing impatience or out-and-out disinterest. It could also take the form of refusing to be the recipient for a healing treatment spontaneously offered on your behalf by a friend credentialed in acupuncture, Tai Chi, Qigong, Tuina massage, etc.



# The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

GCSAcommunity.org • 919-530-9417 • revsbilcher@gmail.com

## 7. Soft-Launching

**Dating Hiccup: Soft-launching** is hinting that you have someone special in your life, but keeping the details or even person's identity somewhat ambiguous. It can take the form of posting a picture of joined hands, the person's silhouette, or the person's face partially hidden by a large coffee mug. It can also entail having the 'significant other' pop up in your social media posts, but only in group photos that make your friends wonder who that is or if you're together or not.



**Divine Nature Alignment Analogy:** Soft-launching with our Divine Nature shows up when we hesitate to fully embrace our Spiritual journey and share it with others. We might tell others that we believe in our Divine Nature but are reluctant to share any details of our Spiritual practices. It also applies to hinting that you've had precognitive, clairvoyant, remote viewing, déjà vu, and near death experiences (NDEs), etc., but don't want to talk about them.

## 8. The Ick

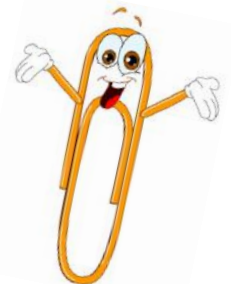


**Dating Hiccup: The Ick** is the feeling of becoming suddenly (and, usually, irreversibly) repulsed by someone you once found attractive.

**Divine Nature Alignment Analogy:** The Ick is the feeling of becoming suddenly (and, usually, irreversibly) repulsed by phrases or practices that you once embraced. Examples of 'icky' turnoffs might include attending a fundamental church service, the words to hymns you used to enjoy, or hearing someone say: 'God works in mysterious ways;' 'All have fallen short of the glory of God;' 'Dust on your Bible leads to dirt in your life;' 'There but for the grace of God ...' 'Everything happens for a reason;' 'It's all good.'

## 9. Paperclipping

**Dating Hiccup: Paperclipping** is when an ex feels it is necessary to sporadically 'reach out' to offer some kind of guidance or information they feel you 'should be aware of.' The name Paperclipping is based on an annoying and short-lived app, Clippy – a cartoony paperclip with eyes that would pop up without notice as you were working on your computer, and offer to help you.



**Divine Nature Alignment Analogy:** Paperclipping, as it applies to 'dating' your Divine Nature, describes the times we totally neglect our Spiritual enrichment and Self-care, only to come back with a vengeance when we are in need or facing challenges.

Article Source: These dating trends come from Charles Trepany's article, *What is breadcrumbing? Paperclipping? Beware of the toxic viral dating trends*, in USA Today, February 7, 2024.  
Images: Dreamstime.com, with permission.



# The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

GCSAcommunity.org • 919-530-9417 • revsbilcher@gmail.com

Spiritual Practice to Handle These “Higher Self Dating Hiccups”

## How to Be a Great Date for Your Higher Self

Identify the “toxic” behavior

Set an intention to change to a new behavior

Take the first step to implement your intention.

*Yes, it really can be that easy!*

*Spiritual Practice*

© Bil & Cher Holton, GCSAcommunity.org



# The Global Center for Spiritual Awakening

*Helping you master the art of living by walking the  
spiritual path on positive, practical, prosperous feet*

GCSAcommunity.org • 919-530-9417 • revsbilcher@gmail.com