



Beware of Tourist Traps!



How to Travel Smart through Skin School

Reflect on one of your favorite vacation trips ...

Did you get caught by a Tourist Trap?

Could there be Skin School Tourist Traps, creating an illusion of separation, distracting us from our spiritual enrichment, or luring us into practices that sabotage our growth?

Discover how to avoid Spiritual Tourist Traps and live life to the fullest!

Sunday, June 23, 10:30 am-noon, ET

Spiritual Café - Zoom [GCSAcommunity.org](https://gcsacommunity.org)

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People will do anything, no matter how absurd,
in order to avoid facing their own souls.



They will practice yoga and all its exercises,

observe a strict regime of diet,

learn theosophy by heart,

*mechanically repeat mystic texts
from the literature of the world,*



**adopt the sayings and follow the
example of the latest guru –**

all because they cannot get on with themselves, and have not the slightest
faith that anything useful could ever come out of their own lives.

~ Carl Jung



How to Avoid MetaSpiritual Tourist Traps and Master the Art of Living in Skin School!



Recognize Tourist Traps for What They Are

*Reflection
Question*

What are examples of people, practices, situations, thoughts, words, etc. that are designed to pull you away from your intentions, cost too much energy, and sabotage your growth?



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#2

Know Your Personal “Temptations”

*Reflection
Question*

What are your default “go-to’s” that sabotage your Spiritual growth? For example, negative thinking, damaging self talk, catastrophizing, fear, worry, regret, old stories, unrealistic comparisons, etc.?



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#3

Be Aware You Can Discover a Gem
in the Midst of a Tourist Trap

*Reflection
Question*

When you find yourself in a Spiritual Tourist Trap, what questions help you transform it? For example, asking: “How can I use this for good? What lessons can I learn? Where can I be grateful?”

*Spiritual
Practice*

How to Avoid Spiritual Tourist Traps and Master the Art of Living in Skin School!

Be aware that there are Skin School Tourist Traps, which are creating an illusion of separation, distracting us from our spiritual enrichment, and luring us into practices that sabotage our growth. Use these three tips to avoid getting caught up in these Skin School Tourist Traps, so you can take Dominion over the world of appearance and Master the Art of Living MetaSpiritually!



Recognize Tourist Traps for What They Are

Be aware! Is this contributing to your Spiritual Enrichment and supporting your intentions?



Know Your Personal “Temptations”

What distracts you, draws you into a belief of separation, takes you down a negative route?



Be Aware You Can Discover a Gem in the Midst of a Tourist Trap

How can you use this for good? What lessons can you learn? Where can you be grateful?