



*5 Inner Blocks
That Keep You
From Deep
Spiritual Growth*

Uncover the hidden patterns
holding you back—and
release them today.

BY KOLBRUN – LUMINARYFLOW.COM



✿ You're not stuck because you're not spiritual enough.

You're stuck because you've lost sight of who you really are — something every seeker goes through at some point. The blocks on the path aren't always obvious. Some are easy to miss, especially if you've picked up second-hand ideas about what you're supposed to be doing.

These blocks live in the way you see yourself, in the stories you believe, and in the pressure you put on yourself to keep pushing forward — when in reality, now may be the time to be still.

This guide is here to clear some of those misconceptions and remind you that none of these blocks are the real you. You don't need to do more. You just need to remember.

🔧 1. The Fixing Loop

This block lives in the mind. It's the belief that you are never quite "there" — that there is always something wrong with you, something missing, something to fix.

So you analyze yourself. You hunt for hidden flaws. You chase the next method, the next insight, the next shift that will finally make you "whole."

But here's the trap: the more you try to fix yourself, the more broken you feel. Each new solution reinforces the belief that you're a problem that needs solving.

What if there is nothing to fix? What if the constant need to improve yourself is keeping you stuck?

Real growth doesn't happen by dissecting yourself. It happens by being present with what's here now. You were never broken. You only believed you were.



2. Mental Overdrive

One of the easiest traps to fall into on the path is the mind. It wants to organize everything into systems — chakras, stages, levels, charts, explanations. The more diagrams you collect, the more it feels like progress. But in truth, you're only in the head.

The mind likes control. It wants to know what's happening, where you're going, and how far you've come. That feels safe, but it also keeps things small. You can't think your way to freedom.

Real growth isn't found in another framework or theory. It's found in direct experience. In the quiet moments when the mind pauses — when you notice what's right here without trying to measure it.

The mind has its place. But if it never rests, you'll never see beyond it — and it will never comprehend the real you.

♥ 3. Healing Addiction

Another common block is getting stuck in healing. You keep processing, digging up, and reliving old pain because it feels like you're "doing the work."

But there's a difference between pain that you experience in the moment — and old pain you keep circling back to. At some point, more crying, more analyzing, more revisiting the wound isn't healing anymore. Repeat it long enough, and the wound starts to feel like your identity.

Real healing has an end. What was heavy becomes light. But if you never allow it to finish, you end up living inside the wound instead of moving beyond it.

The path isn't about endlessly digging up pain. It's about seeing that pain was never truly you. You are not meant to stay in repair forever.

Healing can be a doorway, but it's never your home.

 **4. The Spiritual Persona**

This block is subtle because it feels like you have made progress. You start to believe that being spiritual means looking a certain way: always calm, always kind, never angry, never messy. You begin to perform the role of the “awakened” person.

But that performance quickly becomes a prison. You start hiding parts of yourself, censoring what doesn't fit the image. The anger, the fear, the doubt — all those human traits you label “negative” — get pushed aside in the name of staying “spiritual.”

The truth is, real spirituality isn't a role to play. It isn't an image to maintain. It's not polished or presentable. It's alive, contradictory, sometimes raw, and always very personal.

When you abandon the parts of yourself that don't look spiritual, you abandon parts of you that need your attention. The parts you hide don't go away. They wait for you to stop pretending.

Wholeness doesn't come from being flawless. It comes from being real.

■ 5. Fear of Expansion

One of the deepest blocks is the fear of outgrowing what's around you. You want to grow, but part of you hesitates because you know it will create distance. Friends may not understand. Family may resist. Society prefers you to stay in a role they recognize as "normal." Expansion threatens the identities and relationships that once made you feel safe. It can bring friction, misunderstandings, and even loneliness. Staying small feels easier — at least you'll still belong. But belonging at the cost of yourself is its own kind of suffering. You can't keep shrinking to make others comfortable and still feel free. What wants to grow in you isn't "too much." It's simply real. Expansion doesn't mean you abandon others — it means you stop abandoning yourself.



You're Not Here to Stay Small

If these blocks sound familiar, good. That means you've seen yourself in at least some of them — and seeing is the first step out.

You don't need another system. You don't need to fix yourself for another ten years. You don't need to perform some perfect version of "spiritual."

You need to stop looping. Stop shrinking. Stop waiting.

Real growth isn't about becoming someone new.

It's about letting go of who you keep pretending to be — because none of that is the real you.

Real growth is remembering the you that was never broken.

So let it go. Take the next step. Live.