

5 Lower-Vibe Things You'll Want to Release on Your Path to Enlightenment.



By Wes Annac | in5d.com

You probably don't need me to tell you that spirituality isn't all about feeling positive or uplifted. The enlightenment path requires us to sacrifice things that hold us back and keep us from making progress, and maybe this is where the notion of religious sacrifice was created.

Most religious sacrifices throughout history have been unnecessarily violent and wicked, but maybe the idea of religious sacrifice originally came from the external (and even internal) sacrifices we have to make on the enlightenment path.

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Why do we have to make these sacrifices? Because there are a lot of things here on Earth that stop us from making genuine spiritual progress and we have to avoid these things if we want to elevate our consciousness or awaken others.

The purpose of self-sacrifice isn't to boss ourselves around or give up things we cherish, unless they cause serious damage – it's to detach from things that are destructive so we can make room for more wholesome things that accelerate our evolution.

Here, I'll list four things we'll want to give up if our goal is to walk the [spiritual path](#) without falling back into limiting habits or mindsets. Ridding ourselves of them right now will allow us to forge ahead with strength, and they'll eventually stop influencing us and fade away.

1. Negative or toxic people

I'm sure we all know someone who seems overly negative or constantly upset with life, and we'll want to keep our distance from them for the sake of our spiritual growth. When we're around other people, we tend to be subconsciously influenced by their expressions and, sometimes, their outbursts, and if we aren't careful, we could end up repeating their behavior.

We could end up frustrated with life or with the people around us, and we won't even realize we were influenced by someone else's [negativity](#). We're all subconsciously connected, and the words and actions of people we're close with can affect us in a deeper way than we realize.

With all of this said, we should remember that the issue isn't always black and white. We might have a loved one who means a lot to us but tends to have random or not so random outbursts (or their opinion on any issue is just too negative to take), and we won't just want to abandon them.

We don't want to abandon our family or people we're close with just because of their negativity, so we'll have to find some kind of middle ground. We don't want to spend so much time with them that they start to influence us, but we don't want to avoid them just because we don't like how they express themselves.

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We'll want to stay balanced and listen to our intuition when we're met with any difficult circumstances. Our [intuition](#) will help us make the best and most helpful decisions, and we can spend time with an angry loved one while finding some way to stay impervious to their negativity.

2. Sugary, artificial, GMO foods

It's no secret that our modern society is filled with cheap, fake foods that make big food corporations money while slowly poisoning us and ensuring that we'll be sick when we're older. These foods don't just hurt our physical health – they're a detriment to our spiritual health as well because mind, body and spirit are one.

What we put into our bodies affects us deeply on a mental, emotional and spiritual level, and if we want to be clearheaded as we go throughout our day or we want our meditations to be more potent, then clean, healthy and preferably organic food is our best bet.

I'm not trying to be one of those food snobs who tells you how to live your life, and while I try to be healthy, I tend to eat as much fake, sugary food as anyone else.

I've felt firsthand the difference between healthy and unhealthy food, and the first choice gives us energy, clarity, vitality and an enhanced sense of passion while the latter pleases our taste buds before making us feel lazy, tired and

awful.

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We'll also want to avoid unhealthy eating habits, like eating too much or too late at night. We don't realize how this affects us when we're doing it, but the effects will make themselves known at a later time when we feel terrible and we can't understand why.

3. Too much television or technological stimulation

Watching television is one of the most destructive things a spiritual seeker can do. Again, I don't want to tell you how to live, but a lot of things on this world (including TV) seem designed to keep people unhealthy and, for lack of a better word, stupid.

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