

Getting Unstuck in Meditation

People who get stuck in their meditations do so because they confront obstacles without and within. Examples of these roadblocks include:

External obstacles include:

- You have a noisy external environment that makes it hard to concentrate.
- Family members interrupt your meditation with urgent issues.
- People call with important matters when you are in meditation, and you have to pause your meditation to take the call.
- Bad smells in the environment keep distracting you.
- You are hungry, thirsty, or sexually unfulfilled—or your body is in pain—and your meditations consist of fantasizing about food, water, or sex, or your meditations focus on each of your aches and pains in exquisite and excruciating detail.
- You cannot get your body into a comfortable position and you move and squirm throughout your meditation period—and your body's discomfort keeps bringing your attention out of meditation.
- You are physically ill and it is difficult to muster the energy and enthusiasm for meditation, because you feel miserable.



Internal obstacles include:

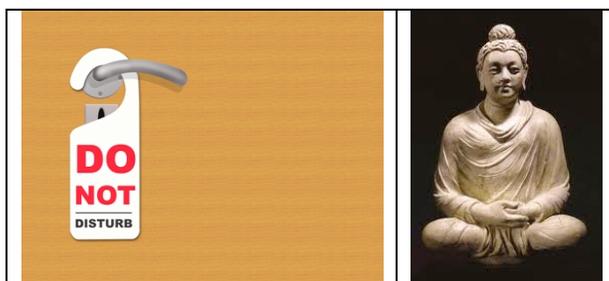
- You have difficulty using a particular technique to go within.
- You reach the edge of your unconscious mind and the karmic accretions within this zone are too dense for you to pass through.
- You reach an inner gate or door within and can't go through it.
- You are not sure how to do the meditation correctly, and you don't get the results you expect.
- You go into inner trance states where you zone out, you go into dream-like fantasy states, or you fall asleep and begin snoring.
- You can't see in meditation—everything is a grey mist.
- You can't hear distinctly the inner voice of intuition or your spiritual guide's satsang.
- You spend your meditation time processing emotional issues—worry, anger, resentment, regret, shame, sadness, or despair—and you can't get beyond this.
- You spend your meditations thinking about issues in your life, and about things people have said, etc.
- You see or hear things in your meditations that frighten you.



Some Solutions for External Distractions

To deal with noise, use some earplugs or a white noise generator. A white noise generator makes sounds like the sea, the rain, or a waterfall. You can also listen to soft classical or New Age music. Don't turn up the sound too loud, though, as you may spend your meditation period listening to the music.

If family members disturb your meditation, set some limits. Let them know that you are not to be disturbed during your meditation. Put up a do not disturb sign and a picture of someone meditating. Put a sign up that you will be available at a certain time.



Send phone messages to voice mail, and turn off your cell phone. That way you won't be tempted to answer them, and to spend your valuable meditation time talking on the phone.

If bad smells distract you, clean up the space if you can. You may be able to mask these bad smells with incense. Don't use incense if you have any respiratory problems.

Eat lightly before meditation if you are very hungry. A salad or a smoothie should not be too heavy.

Have water near you and make sure you are properly hydrated before you begin your meditation.

If you are having a lot of sexual fantasies in meditation, you may need to take care of these needs before sitting down to meditation. If you are able to maintain celibacy, it will be a source of energy, it will help your concentration, and will give you an aura of holiness and purity. Not everyone is ready for this though, so don't be too hard on yourself if you can't do this.

Those who achieve celibacy typically use a technique like mula bandha, sublimate their energy and perspective so they don't see others as sexual objects, and keep their attention fixed in an altered state of consciousness.

You can use pain medicine if pain distracts you from meditation. Acupuncture also is helpful.

If you have discomfort and problems remaining still while you are sitting in meditation, you may want to use a simple posture or sit on a chair. Doing hatha yoga and exercise before sitting for meditation can also relax your muscles. Some people find that taking a calcium and magnesium supplement helps them be able to sit still.

If you are feeling ill, rest. Don't do any aggressive meditation. Some Vipassana, repeat your transformation mantra—do gentle meditations only.

If you are falling asleep during your meditation, try to get enough sleep the night before. It is OK to use some coffee or tea to wake yourself up as a temporary measure, but hopefully, you'll be able to wean yourself off this in time. You may also find that the Hansa breath will help you maintain inner alertness.

If you handle these external distractions, you can go within and make your meditation time productive. You need to set up the external conditions so it is conducive for you to meditate, and schedule enough time so you can make some progress.

Overcoming Internal Obstacles

Difficulty Using a Particular Technique – When you have difficulty using a particular technique to go within, you can benefit from using an alternate technique. The article, “The Journey Inward: Tips for Beginning Meditators,” in *A Mudrashram Reader*, on pages 149 to 151, details 12 different alternate tracks for going within. These tracks are:

- (1) Visual
- (2) Breath
- (3) Taste/Smell
- (4) Auditory
- (5) Touch
- (6) Ladder Analogy
- (7) Voice Analogy
- (8) Stellar Analogy
- (9) Chakra Analogy
- (10) Mandala or Yantra Analogy
- (11) Symbolic Analogy
- (12) Figure Ground Analogy

Pick an alternate method to see if this helps you to go within. We recommend that you try all twelve methods to familiarize yourself with them.

Encountering karmic accretions – Do not attempt to cross the unconscious at this level if you sense this dense accretion of karma. Use your transformational mantra to burn through this karmic barrier gradually. Go up (vertically) in meditation through your vehicles of consciousness instead of trying to cross the unconscious.

Impeded by an inner gate or door – You can get through this door in four ways. (1) Call upon the inner Master or Guide to open it for you. (2) Use a technique that lifts your attention beyond the barrier, like chanting. (3) Sometimes, your attentional principle or spirit may have the ability to open this door—so you can ask them to open the door. (4) If you have taken the Mudrashram® Advanced Course in Meditation, you can use the Mudrashram® Mantra to open the gate.

Not sure how to do a meditation correctly – Raja Yoga, Nada Yoga, and Bija Mantra are core meditations of the Mudrashram® basic classes. Accelerated Meditation Program students sometimes have difficulty understanding how to do them correctly, even though they have the written material and the guided meditation tapes. Those that take the Mudrashram® Master Course in Meditation do have the benefit of an instructor to guide them in person, but even then, they still sometimes don't clearly understand the method. If that is the case for you, please [arrange a consultation](#) with us and we will assist you to do the meditation correctly.

Entering inner trance states, fantasy states, falling asleep in meditation – Go into each meditation with a specific objective or task you are going to perform. Don't just passively float in consciousness—travel to your destination where you will do your spiritual work, do your technique(s), and return to the waking state of awareness.

Be extra vigilant when you are crossing the unconscious mind, the Lower Astral, and the Psychic Realm—these are richly laden with fantasy material.

In addition to the external methods of getting enough sleep and using coffee or tea, you can practice the Hansa Breath. You can learn how to do this by reading the article, “How to Stay Awake in Meditation” on our web site

<http://www.mudrashram.com/awake.html>

You can also read this same article on pages 346 to 350 of *A Mudrashram® Reader*.

Difficulty Seeing in Meditation – Focus your attention on the attentional principle during Raja Yoga or upon your spirit during Nada Yoga. Do micro-concentration on these essences: hold your attention on the brain center of either essence. This will bring you to the state of union with their state of consciousness. This activates the vision principles of the attentional principle (metavision) and of the spirit (heart sight).

Some students have found taking the Vision Workshop has helped them improve their inner seeing. If this doesn't improve, schedule a consultation with us.

Can't hear distinctly in meditation – You use the same method to improve hearing as you use to improve your inner sight: focus on the attentional principle or the spirit. You can also meditate on the form of the guide (Guru Dhyān) when receiving satsang, or move into the presence of your Soul using the technique of Receptive Meditation when listening to its intuitive guidance.

Spending your meditation time processing emotional issues – If you are attempting to perform a meditation other than emotional processing, use a technique like chanting to lift your attention above the place where you are doing the emotional processing.

Take the time at another meditation session to work with that issue by practicing process meditation, the mandala method, and the rainbow technique—these methods are specifically designed to work through the emotional issue, uncover its roots, and to help you gain insight into what underlies it.

You can augment these methods by auto-hypnosis, affirmation, little sun method, and receptive meditation, which will enable you to deal with the dysfunctional behavior and beliefs associated with the issue, and gain insights into how to work with it and cope with it.

Spending your meditation time thinking – If reflective meditation is not your objective for this meditation, use chanting or other method to transcend the band of the mind where you are thinking. Perform the meditation you have intended to do.

Return to these thinking processes at another time and structure them as formal reflective or receptive meditations. By bringing the faculties of the higher mind to bear on the issue—in addition to the faculties of reason, memory, conscience, intellect, and personal intuition that operate in the personality—you have the optimum environment to fully think through and be able to make a decision to resolve these issues you have been contemplating.

Experiencing frightening things in meditation – Every meditation student, at one time or another, will encounter something in meditation that upsets them or frightens them.

These frightening images may be a personification of one of your passions in your unconscious mind. You may encounter a thought form in the Astral Plenum that you have created or that someone else has created. You may run into a malevolent entity on the Lower Astral Plane or have to deal with the hypnotic and magnetic energies of those that operate in that sphere. You may encounter your own fear of death, or have visions of demonic or dark forces.

Before you meditate, we recommend that you invoke the protection of the Mudrashram® Masters, or any great spiritual Master in whom you place your trust. We give you the Mudrashram® Prayer for this purpose—please use it.

You may also wish to acquire a picture of the three Mudrashram® teachers for your meditation altar and meditation space. You can order this on the Mudrashram® Publishing web site:

http://www.mudrashrampublishing.com/MP_ordering_page.html

The Teachers of the Mudrashram® Lineage



Swami Charan Das



Swami Prem Dayal



Swami Prabhu Maharaj

We also recommend that you build your psychic bubble of protection, which we call the Armor of Light. You can read an article on our web site that explains how to create this sphere of protection:

<http://www.mudrashram.com/armoroflight.html>

It will also be helpful if you read about the different types of spiritual phenomena that meditators have encountered on their spiritual journeys. Knowing what to expect as you move through each Plane of the Great Continuum of Consciousness in the Superconscious mind will help prepare you for what you might encounter and will make you to deal with it.

For those who have completed the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program, one of the best tools that we can offer you for this purpose is the Mudrashram® Correspondence Course. You can learn more about this program at

<http://www.mudrashram.com/MCC.html>

You can order it at

http://www.mudrashrapublishing.com/MP_ordering_page.html

You can successfully overcome these outer and inner obstacles to free you to accomplish each of your spiritual goals. With regular practice, you will begin to make perceptible progress towards that inner horizon where you perceive the Divine, and you will undergo each stage of Initiation—culminating in your attaining Mastery and Liberation.

If you elect to continue to study with us, we can assist you to make each step of the journey—through the Subtle, Planetary, Transplanetary, Cosmic Supracosmic, and Transcendental Realms—and to fulfill each aspect of your intrinsic Soul Purpose.

Your Obstacles in Meditation

As you think about what we discussed at our webinar today, reflect on your own difficulties in meditation, and summarize them below (you can fill in this form and [send it to us](#)).

#	Describe Your Difficulty	How Does It Impact Your Ability to Meditate?
1	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>

What you can do

Read an article on this topic – there are articles on the website, <http://www.mudrashram.com> and in *A Mudrashram® Reader* that discuss solutions to common meditation problems.

Use an alternative method to go within – if you are having difficulty moving your attention to the focal point where you are going to do your spiritual work, use an alternate method to interiorize your focus.

Pray to God and the Masters – asking for help from the Higher Power can sometimes give you the boost you need to succeed in meditation.

Schedule a meditation consultation or soul attunement – If you continue to have difficulties despite reading and trying a different approach, you can schedule time with us for a consultation. Email us at George@mudrashram.com. You can order this service at

<http://www.mudrashram.com/webservicesorder.html>

Thank you for attending our webinar today!

