

Dealing with Your Past

Many people cannot meditate deeply because the issues that are embedded in their personal lives invade their meditation, and keep them from progressing on their inward journey. To be able to enter your spiritual life freely, it is important for you to deal with these issues from your past. These issues include:

Issue	Challenges
Growing up in a dysfunctional family	Need to learn developmental skills and adult competencies
Trauma or abuse	Need to find healing and forgiveness, so you can release the episode and go on living
History of addiction	Need recovery, so you can learn to live your life without the addictive substance, person, or activity
Negative legal history	Need to re-establish your integrity and reputation, and find an honest livelihood outside of criminal activity
Repeated failure experiences in one area of your life	Need to make a breakthrough and have success
Failure to complete education or training, leading to diminished career opportunities	Need to identify your passion and authentic career, and find a way to get education and training to allow you to succeed in it
History of uncontrolled emotion or behavior (mental illness)	Need to identify what is normal affect and behavior, and being able to function in a manner accepted by society

How Do These Issues from Your Past Interfere with Meditation?

If you one or more of these issues of the past appearing in your current life activity and process, you might find that the fallout from this area of your life interferes with your meditation. If you are finding it is difficult to concentrate and interiorize, these issues may indeed be the source of your difficulty. Ways you can tell if this is the case include:

1. Your mind will not stop thinking about the issue(s) and is continually attempting to find ways to resolve them; it may even become obsessive in trying to find a solution.
2. You may encounter your addictive cravings when you start to meditate.
3. Your buried pain, shame, terror, or rage will surface during your meditation.
4. Your quest for survival, when you have education or career deficiencies—with or without additional legal issues—may take all of your time, so you will be too upset, exhausted, or tired to meditate.
5. Meditation may bring up painful memories that make you reticent to practice contemplation.
6. You find it difficult to acquire the regular habit of meditation because you have not learned self-control and discipline through work and responsibility
7. When you expand your awareness, it may reactivate the symptoms of your mental illness.



Ways to Remedy these Interfering Issues

To succeed in meditation, you must find a way to do your core spiritual work, while doing personal process to address and resolve these issues. Here are some potential remedies that will help you overcome them.

- To promote the process of healing of these issues, you may need psychotherapy, counseling, or coaching.
- You need to visualize the image of wholeness, and find a pathway to become re-established in this place of completeness.
- You must learn to take responsibility for your life and not blame other people, not make excuses for anything that happened to you—and most of all—do not give up until you have reconstructed your ability, your sobriety, and/or your sanity.
- You must persist with the issue until you get to the bottom of it, and find out how to deal with its challenges successfully.
- You need to ask for help—to seek the blessings, aid, and succor of the Divine through prayer. It will also help if you can find a group who is working on the same issues to find support.
- You need to find a model of a person who has successfully overcome this issue. Figure out how they succeeded and follow their example.
- As you begin to recover from this issue, help others. By doing this, you will develop a community of support that shares with you its experience, strength, and hope.

An Inventory of Your Issues



If you are having difficulties in your meditation, it will be beneficial for you to examine whether any of these issues might be impacting your ability to go within. For this inquiry, you will look at your meditation experiences to see if any of these issues interfere.

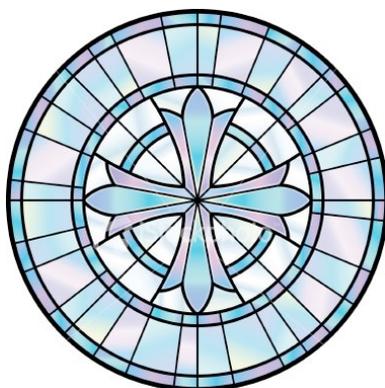
- Do issues from your childhood—either dealing with the aftermath of family dysfunction or trauma—impact your ability to meditate? When you go within, do you feel fear, shame, anger, or guilt?
- Do you have any addictions to substances, people, or activities? Has your addiction impacted your ability to meditate? Do you experience obsession, craving, and being out of control at any time? Do these impressions come up in your meditation?
- Have you had legal problems in the past—for example, gang involvement, incarceration, bankruptcy, or driving while intoxicated—that are affecting your ability to be employed or your current financial situation? Are you experiencing feelings of remorse, guilt, or self-hatred that arise in your meditation?
- Do you continue to struggle in certain areas of your life, or find you can't get ahead in your career because of lack of training or education? Are you experiencing feelings of inferiority, jealousy, and self-criticism come up when you meditate?

- Do you encounter uncontrolled impulses, irrational thoughts, delusional beliefs, or wide mood swings when you sit down to meditate? What underlying needs might be trying to get your attention through these symptoms?

If you do not encounter any of these issues and you still are having difficulty with meditation, this may stem from issues of finding a technique that enables you to interiorize successfully. This is a sign you need to schedule time with the coach.

If you are fortunate enough to not encounter these issues yourself, and your meditations are all right, it will be valuable for you to understand these issues, so you can assist others to cope with overcome them.

If entering states of meditation makes your symptoms of mental illness worse, you should stop meditation for a time, and see if you can get a better grasp on the issues that are causing these symptoms.



Pole Four Issues

In Integral meditation, we refer to the Life Consciousness aspect of your nature. This aspect of your nature has two parts.

The **Life** portion of this pole includes your personality and personal unconscious—these are the issues of your life.

The **Consciousness** portion of this pole includes your attention and your attentional principle—these are the faculties that allow you to meditate.

The issues of your past are embedded in the physical etheric matrix that makes up your life. To be able to meditate deeply, powerfully, and effectively, you must be able to move your attention out of this matrix.

We can characterize the relative impact of these life issues on your meditation on a nine-point scale, 0 to 8.

- 0 – Your personal issues are so overwhelming that you cannot meditate.
- 1 – Your personal issues only allow you access to the secondary zone of your Conscious mind—the waking state of awareness, your movement awareness center, your sensory center, your body awareness center, and your feeling center. This lets you experience relaxation, self-soothing, and calmness, but you cannot move into deeper states of meditation.
- 2 – Your personal issues allow you the flexibility to have some insight into the primary zone of your Conscious mind—the faculty of reason, the desire-driven will, your ego, and your preconscious. This enables you to think rationally, to take responsibility and ownership, to begin to re-own projections, and to stop your denial about the problem. You can also begin to ask questions of your Subconscious mind, and can receive answers. You can participate in and benefit from psychotherapy at this level.
- 3 – Your personal issues allow you the liberty to trace the origins of your problems to the personal unconscious, and you can begin to make new choices in your life. You can participate in and benefit from depth psychotherapy at this level.

- 4 – Your personal issues have attenuated enough so that you can access the chakras and astral body in your Subconscious mind. You can transcend your problems through astral travel. You begin to work with them through communion with inner guides or angels, or tracing issues back to past lives. You can develop inner objective visioning, which allows you to “see” your problems as images or subpersonalities. You can utilize hypnosis, autohypnosis, affirmation, and process meditation at this level.
- 5 – Your personal issues allow you to access the essence centers of your Subconscious and Superconscious mind—your attentional principle, your spirit, and your Soul. You can perform inner transformational work at this level—the core practices of Integral meditation.
- 6 – You are able to function fully using the centers of your Metaconscious mind. You are able to use the executive functions of your personality to work on and resolve these personal issues. This is the stage of personal integration.
- 7 – You can bring down energy and guidance from the Superconscious mind, using Agni Yoga and Jnana Yoga to work on your personal issues, and to gain insight into these issues from the perspective of your Superconscious mind.
- 8 – You are able to function fully as the Soul and do your spiritual work. Your personality has become an instrument for your expression. You have worked out your personal issues to the point where they do not interfere with your meditation.

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8

Where are you on this scale today?

A Seed Thought Meditation to Help You Resolve Your Personal Issues

Consider what it would be like if you were able to fully function as the Soul. What would it like to have your personality be the instrument to carry out your Soul's purpose? What would it be like for you to have resolved each of the personal problems that interfere with your ability to meditate?

Imagine that you are climbing a mountain and going up to the Soul's vantage point. As you view from this perspective, what are the roots of your personal problems? How do they keep your attention from ascending to this height?

Now imagine that the Soul is taking each problem and placing a seed of a solution for each one—a solution that will completely resolve it. This will work in the background—inexorably and irresistibly leading you to solutions for and resolution of each of your personal problems, so you can reach the deepest and most profound states of meditation effortlessly.

Notice how each problem closes down a band of your awareness and ability, and what it would be like if you had resolved all of these problems. Resolve that you will achieve this state. Invite the help of your Soul, of God, and the Masters to help you overcome each obstacle until you can be fully free.

Now bring your attention back to the waking state of awareness, and let the all-accomplishing, genie-like power of the Soul work to resolve all of your life problems—be willing to cooperate and do your part to bring this to pass.

These problems of the past can be overcome. This will free you to have greater success and happiness in your life, and better, deeper, and more insightful meditations.

Thank you for attending our webinar today!

