
How to avoid Distractions during Meditation

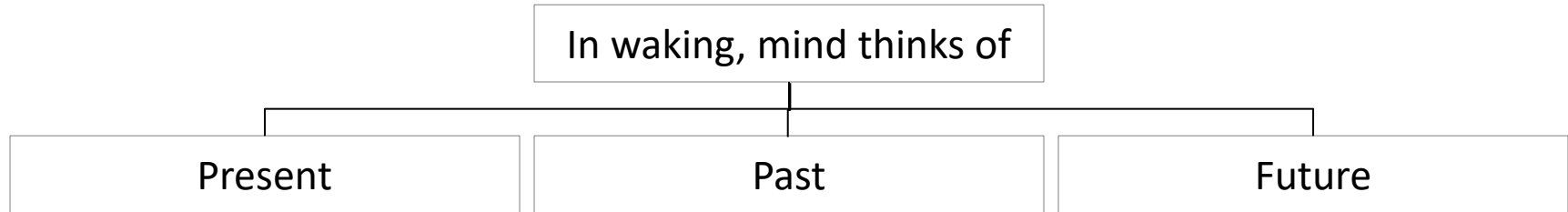


How to Avoid distractions during Meditation?

1) Body is instrument in the hands of the mind.

- Body, senses do not function on their own.
- **Mind is the source, sustainer, conclusive element of all our activities.**

2) Every activity becomes part of the memory.



- It will keep alternating between present, past, future.
- This is character of the mind and cannot be tampered with.
- Can't interfere with blood circulation and breathing of lungs.
- Thinking, is nature of mind.

3) Distraction is natural and essential (Chanchalam).

- You cannot erase your mind and forget what you want.
- Optional thought is chanting – “Om Nama Shivaya.”
- Indicates goal of your meditation.

4) “Optional thought” – “Om Nama Shivaya” chanting in general is constant circulation of thoughts to gain hold on the mind process.

- Preserve this thought as long as possible.

5) That I am disturbed is the conclusion you have drawn.

- Feeling of opposition, resistance or intrusion should be taken away in meditation.

6) Thought is Mind – Substance itself, thought is nothing other than the mind.

Example :

- When you write Ravana on water, does anything happen to the water?
- Water remains as water before.

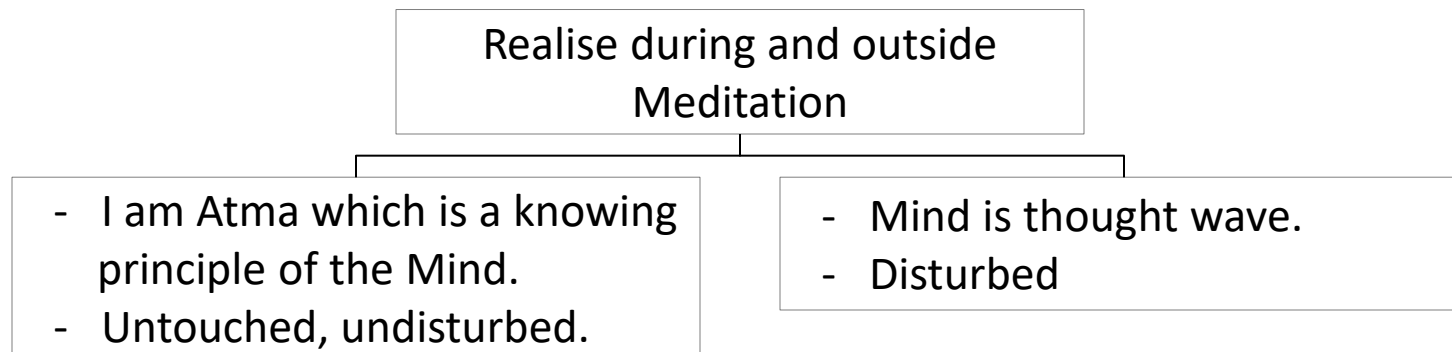
7) Mind is subtler than water, air, space.

- **Whatever be the thought – wave arising in your mind – water, mind will continue to be mind, it remains unaffected.**
- It means that mind does not become non-mind.

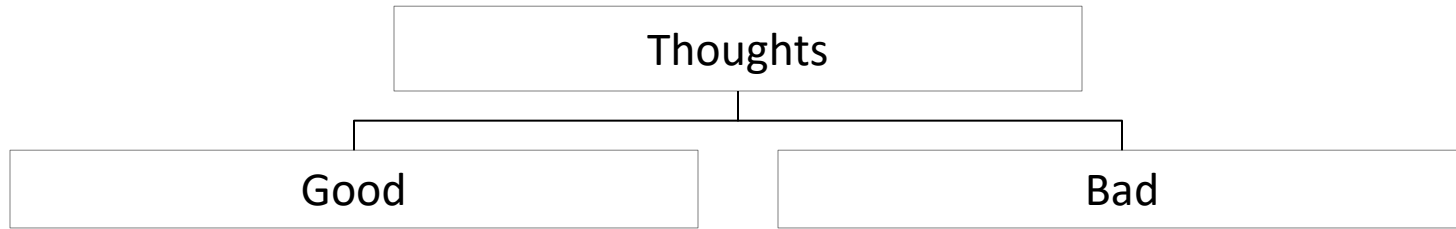
8) Mind cannot get disturbed, is knowledge.

- Because of lack of clarity, mind gets overwhelmed.
- Mind is unassailable.

9) I am getting disturbed in meditation, is known to me.

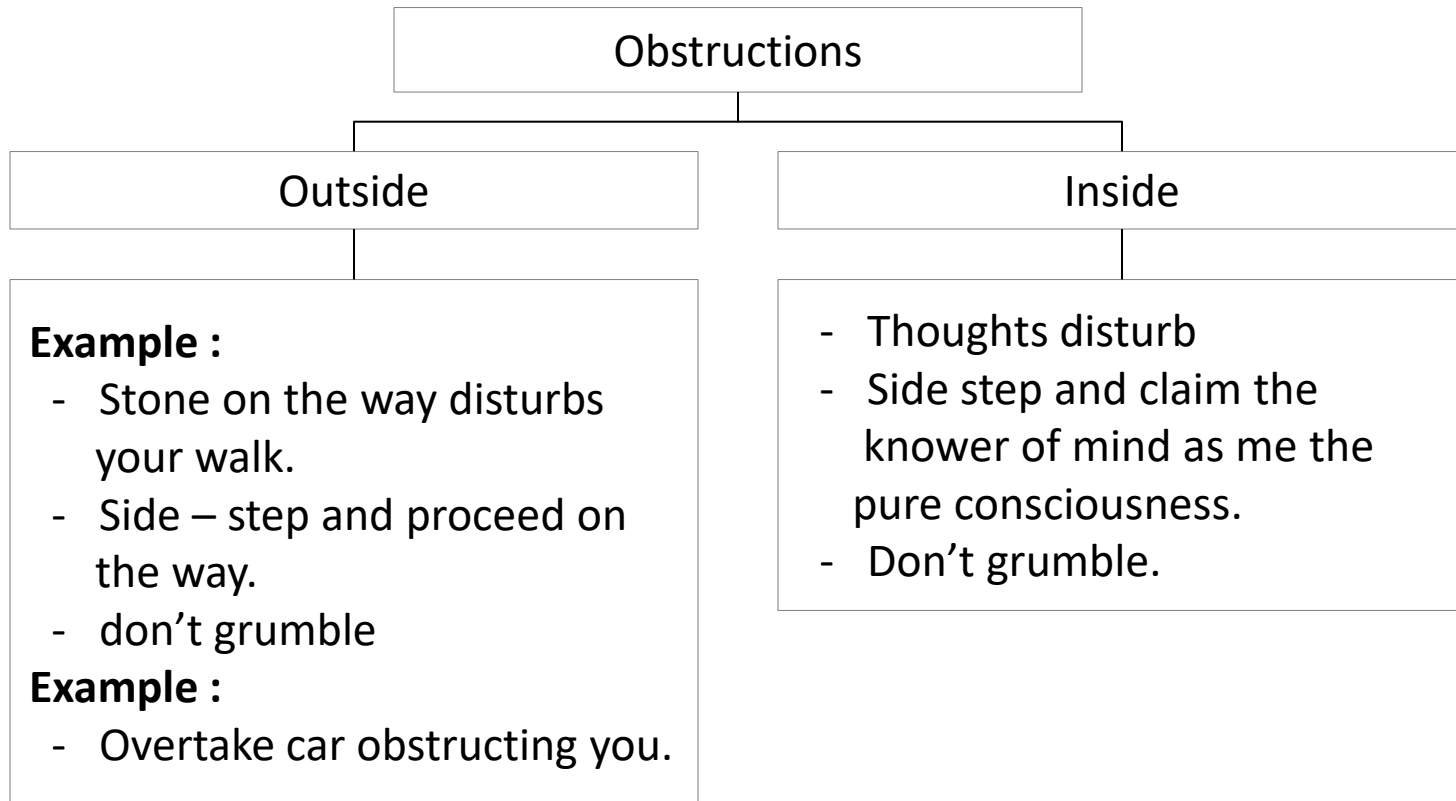


10)



- Who tells you that your thoughts are bad? Atma, Pure Chaianyam.

11)



12) Have on attitude :

- No thought can disturb me, the consciousness, the knower of thoughts, invisible, ever present, Nityaha, changeless.

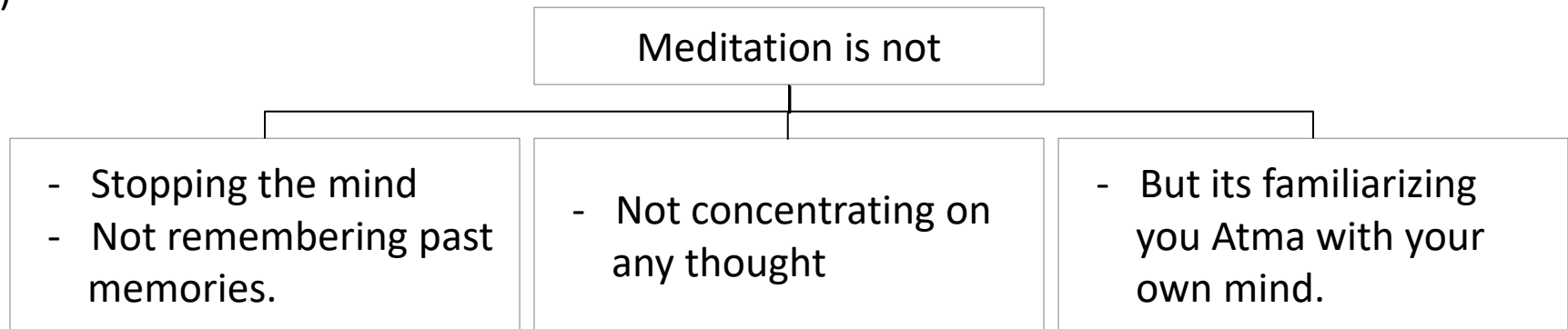
13) Claiming, I am the knowing Chaitanyam of the mind is Moksha.

- Take away fear from your own thoughts by Virtue of this knowledge of Atma.

14) Be at home with your thoughts.

- A revolution will take place within you.
- You will become peaceful, Joyous and ecstatic.

15)



16) Watching your mind is called waking up to your higher level, superconscious level.

17)

Waking up from dream	Waking up to Atma
<ul style="list-style-type: none">- No need to feel guilty of acts done in the dream.- This comes by knowledge and removing delusions.	<ul style="list-style-type: none">- No need to become guilty of all done in previous waking states.- They were all wringing in water, unreal past gone.- This comes by knowledge and removing delusions.

18) Our life in Vyavahara Kala is only thought life, which we consider as mine – Jivatvam.

- Be Guided by knowledge of Atma.
- Don't run to temples because of one dream.

19) If you are not guided by scriptural knowledge, you will be totally deluded in meditation.

20) You can watch clay and then stand aside and watch all pots made of clay.

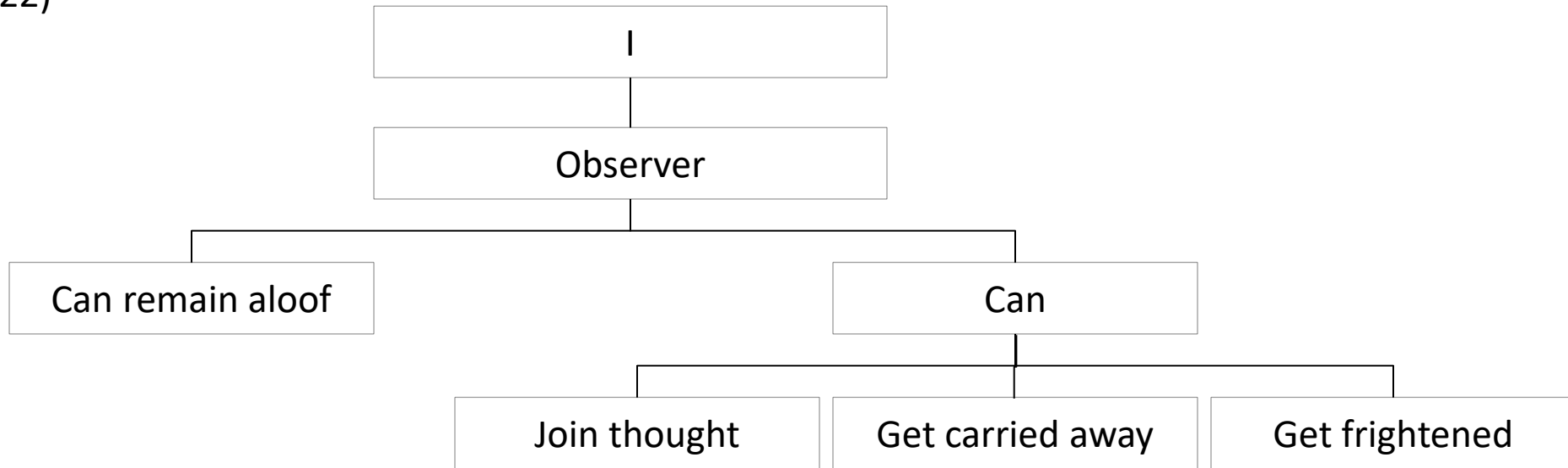
- **Thoughts are not objects like pots where you can stand aside and be witness.**
- **Thoughts rise from you, sustained by you, dissolve by you, dissolve in you the pure Chaitanyam.**
- Where are your thoughts?
- Don't be ruffled by thinking process.
- Watch your thought process for 10 minutes daily.

21) While being witness, remain unaffected by any thought.

Example :

- Suppose you are sitting in front of me and I am observing your face, I don't do anything, not interfering with what I see.
- Observe thought, don't act upon the thought processes, don't follow your thoughts, don't get be carried away.
- Don't get frightened by the nature of thoughts.

22)



- **You are not responsible for the generation of your thoughts.**
- **They appear governed by laws of nature.**
- **Allow that nature to work but you remain calm and observant.**

23)

Mind	Thought
<ul style="list-style-type: none">- Ocean- Does not object to the presence of waves.- Sea not harmed by turbulent waves.- I am the reflected awareness principle, in the Mind, untouched, eternal Atma.	<ul style="list-style-type: none">- Wave

24) Example :

- In railway station, you are not affected by all the faces...
- Just allow them to pass by.
- You are not affected by the sight of all faces.

Maintain Neutral Attitude :

- **I am not affected by any thought appearing in the mind.**

25) Sadhana should be based on knowledge of Asanga Atma.

- **Thought is a process which takes place in the mind – Arena and remembering this always.**

26) By thinking, mind is not affected.

- Therefore I should not get affected in meditation.

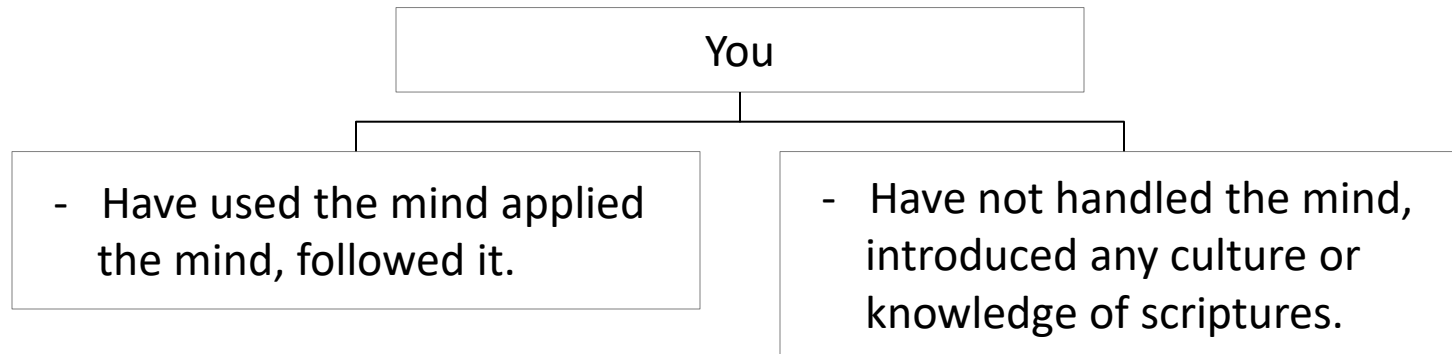
27) Under ignorance and delusion, I say I am disturbed.

28) Enlightened person drops all delusions of the mind and thinking process, instrument.

29) No thought ever remains forever, it has no real existence, can do nothing to me.

30) I get afflicted, agitated due to ignorance about this whole process.

31)



32) Thought process not a concrete gross phenomenon having independent status.

33) Mind sits on sovereign pedestal of Atma.

- This is experiential, practical, possible, realizable.

34) In meditation, you understand the wonderful instrument the mind provided by Ishvara to this body.

OM TAT SAT