



**THATfirst**  
Yoga Meditation Advaita

## Obstacles in Spiritual Practice

There are many different obstacles that prevent us from practicing daily or establishing oneself in higher states of consciousness, such as:

1. Sickness because the body is not in its natural, healthy state
2. Dullness of the mind; due to lack of self-awareness, poor food, negative environment, stressful living, emotional disturbances
3. Doubt; lack of faith in the Tradition, lineage or teacher, and lack of direct experience
4. Carelessness and disinterest; due to lack of self-awareness
5. Heaviness of the body and mind; due to poor diet, stressful living, emotional disturbances
6. Outward focus due to strong attraction to worldly pleasures
7. Inability to distinguish between right and wrong; incorrect cognition, lack of self-awareness
8. Not being able to attain glimpses of a higher state of consciousness; lack of determination
9. Not able to establish oneself in a higher state of consciousness; lack of focus and determination

Out of these obstacles emerge mental and physical pain, dejection or frustration, restless body and mind and irregular breath, incorrect diet, irregular routine or extreme stress. Other obstacles are lack of social support, noisy neighborhood, etc.

What are the obstacles that prevent you from deepening your spiritual practice? It could be one of above mentioned obstacles or something else. Contemplate and think of realistic solutions that can you can integrate in your life.

**Obstacles**

**Solutions**
