



MEDITATION
Disturbance in Meditation
Extract from 5/2/07 Satsang

Om Shri Paramatmane Namaha

There may be some problems for seekers when they sit for meditation. A common problem is that often there may be some external sound. It can be any sort of sound and one cannot do anything to stop it. Events are happening around us and other people are not aware or concerned that we are meditating. It is our own affair. The world is not worried about us. There may be human or animal sounds outside, and there are inner currents of thoughts. What attitude is to be adopted in this case? It occurred to me that I should explain to you something about this.

Your attitude should be to ignore these disturbances and not be concerned with them. A sound comes, alright, and it goes away, alright! Thoughts arise inside. Alright, they will be there but they will go away. So let them go away, but detachment will not always happen. Sometimes there may be a reaction. Someone may create a disturbance while you are trying to concentrate and meditate, and you may feel agitated by it. You should witness your own agitation. You are the awareness or the consciousness, in which these sounds appear, and you are not the sounds or the thoughts. So let the sound come and then go away. "I am what I am – pure consciousness." This attitude has to develop. We cannot and should not fight or struggle with external disturbances. With whom are you going to fight? You cannot stop the normal daily life of the world outside.

Sometimes I give the example of the motorcycle. One year when I was in Prague a boy next door would start his motorcycle every day at the time of our meditation and run it for some time. However, he was not doing it intentionally, because he did not know what we were doing there. The anguish was of our own creation. Do not make anyone an enemy in your mind. Events are happening around you so take them as they come and ignore them. Even if you were able to stop the boy from starting his motorcycle, could you stop the neighbour's dog barking? If you tried to stop the dog barking it would only bark more!

We need to develop a different attitude towards the outside disturbances as well as to our inner thoughts – we should be witnesses and detached observers. There is a difference between concentration and meditation. In concentration, the mind is focused on something. In meditation, there is a sort of expansion of awareness. It is a gradual discipline from outside to inside. Everywhere it is discipline. Discipline is the point. We have to have discipline in everything: in food habits, in sexual relationships, in sleeping or in waking up. But discipline is not suppression. Suppression means that some desire or feeling comes and we suppress it through our will power. Discipline comes through understanding. Through understanding one becomes larger than the problem. Some element of willpower is there in discipline also, but understanding and awareness is more important. Everyone has to pass through these stages.
