

2 Huge Obstacles For Your Success in Meditation

First Obstacle. The Ego.



In the society that we're living, we have been told that you have to be assertive and strong to survive in this competitive world. From the beginning, they tell us: "be the best in school", "be the first in class".

By that, we can say that the ego is one of the dangerous things in the world. If you successful – your ego becomes bigger. If not – you suffer from failure, then your ego will cause a wound. Getting into meditation with the idea that failure is your destiny means – you will fail.

The child comes to the world without any boundary, or idea who is he. You have to give him a name and tell him who is he. Then you create a picture of him. A fake picture. He never look's inside himself to know who he is.

When the day comes and you will see that your identity was built by the ideas of others, most from your parents, some from your teacher's, others from friends. Sit down quietly and think you will see that nothing came from you. just think about it. you built a character that came from the outside world. **How can people tell you who you are if they don't know**

voice, but when you don't – you shut up. There is a need for language because it is our main tool to communicate and express emotions.

Meditation is not a technic. it's a growth. No, you don't have to go against your nature or religion, You don't have to learn how to control yourself, don't have to try to stop your mind. Just observe. Whatever comes up. let it come up and see how it disappeared.

When practicing that, you will see a change come within yourself. a new perception. a new rhythm. Continue to observe, let your thoughts come & go. don't try to influence your thoughts. just bless them.

You will notice something really exciting, you will see **Space**. you will see endless thoughts come and go. but if you will notice there are **spaces** between, it will change your experience

When practicing consistent, you will see those **spaces** will go bigger and bigger until you could pass minutes without any thoughts. Pure silent. Undisturbed. Freedom.

Source:

Meditation: The First and Last Freedom by Osho