

PATANJALI'S YOGA SUTRAS: INNER OBSTACLES

Sutra 1-30 identifies the obstacles that we can experience in the creative process, emotional life or spiritual development.

☑ 1.30 *Vyadhi-styana-samshaya-pramada-alasya-avirati-bhrantidarshana-alabdhabhumikatva-anavasthitatvani-chittavikshepah-te-antarayah*

(First they (below) are just distractions (chitta-vikshepa), then they become obstacles (antarayah).

INNER OBSTACLES

<i>vyadhi</i>	disease, illness, sickness	Any physical discomfort, or disorder that distracts us.
<i>styana</i>	mental inertia, lethargy idleness, procrastination	Difficulty focusing, the mind remains stuck in circumstances or lacks capacity for action.
<i>samshaya</i>	indecision, doubt	Loss of confidence in the path that you've been following, the means you used to get there or the destination itself.
<i>pramada</i>	carelessness, negligence	Lack of enthusiasm and focused attention, practices become mechanical and lack conviction and intensity. "Going through the motions" carelessly.
<i>alasya</i>	apathy, languor, laziness	Total incapacity for thought or action, stagnation, no desire to continue moving forward.
<i>avirati</i>	Compulsive overindulgence, craving	Inability to resist temptations, overindulgence of the senses. Looking for distractions though sensory, sensual and sexual cravings, as a result - dissipation of energy.
<i>bhranti-darshana</i>	false views or perception, slip of judgment	Developing a false vision of reality, an erroneous view of oneself, inferiority or superiority complex.
<i>alabdha-bhumikatva</i>	stunted growth	Inability to make progress, lack of a firm foundation, being stuck, reaching a plateau.
<i>anavasthitatvani</i>	instability, slipping down	Inability to maintain the same level, falling back into the harmful habits, loosing some of the spiritual progress that was made.

SUMMARY

<i>Vyadhi</i> - Illness	<i>Styana</i> - procrastination	<i>Samshaya</i> - doubt
<i>Pramada</i> - negligence	<i>Alasya</i> - apathy (no desire)	<i>Avirati</i> - compulsive overindulgence
<i>Bhranti-darshana</i> - inferiority or superiority complex	<i>Alabdha-bhumikatva</i> - reaching a plateau	<i>Anavasthitatvani</i> - slipping from the level achieved

☑ 1.31 *duhkha-daurmanasya-angamejayatva-shvasaprashvasah-vikshepasahabhuvah*

These obstacles are usually accompanied by mental or physical pain, depression, agitation or anxiety, and disturbed breathing.

OUTER SIGNS OF THOSE OBSTACLES: Mental and physical pain / Anguish / Agitation / Disturbed breath

These four arise as a consequence of the nine that are given in the previous sutra. They are good indicators of the subtler obstacles. Once those outer signs lead you to awareness of the subtler obstacles, then it is much easier to take corrective action, to get back on track.