



Obstacles to Meditation

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i.e. TASTING THE FLAVOUR &
LISTED as one of the 4 obstacles to MEDITATION.

- 2) KASHAYA — The old Vasanas cropping up
- 3) LAYA MIND GOES INTO A STUPOR in meditation
- 4) VIKSHEPA DISTRACTION OF MIND IN OTHER DIRECTIONS
(See MANDUKYA KARICA — just 2 verses are there).

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