

# Being "Stuck" With Meditation, Patience, Overcoming Obstacles

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It is not uncommon that even the best meditators, experience something that is also experienced from advanced or new meditators.

This might be a situation where you meditate and you notice you don't advance further as you might have previously done. This can be a slowdown, or even feel like a halt. The amount of time these levels take can be ranging, and it might terrify one in some cases, or instill strong doubt in their progress. Therefore, I need to explain why this occurs and that yes, you should NOT be worried. These can last from weeks, to months, to in rare cases, as long as 2 or 3 years.

Of course, this might not be everyone, but in one's long journey, the above might be experienced, so one has to be ready to counteract this too. The roots of this are also in Alchemy and revealed in the Tarot. If you check the Pentacles, you will see the 7 of Pentacles, you will see a man who has done everything in meditation [7 also symbolizes the 7 chakras in one interpretation we can give] but is sitting there depressed looking at the tree he has planted.

Then, this is followed by 8 of Pentacles, which is basically the same type of man, instead of sitting there depressed lamenting by the lack of progress or being stuck, he is merely continuing his work happily. Then in a jump of levels, we have 9 and 10 of Pentacles, which are major levels of success. But just a few levels before, the aspirant was only just stuck in a rut and seemingly not going anywhere.

Generally this situation can revolve around many factors, and is oftentimes, planetary. In fact I have not found another cause more than the planets until now to cause this. So some people, depending on what transits they might experience, will probably not even get to experience this but once every a couple of decades.

Also, due to lack of knowledge on how meditation works in the progressive way, you might be thinking you are hitting a wall, but the opposite may be soon about to happen. Let me explain.

Meditation or much of it, revolves around feeding the soul and advancing it. This, adds up after a while, and the effects do compound upon one another.

I have gone through similar ruts like everyone else, where it took years to push past a previous barrier or to move to the next level. Basically, this involved just being stably on top of the already previously attained level and staying there for a while.

By never quitting, I always made sure to supply the soul with what it required to advance further. Sometimes, it felt as if I were doing nothing or not much as no further upwards progress was being made "in front of my eyes". But as it turned out, these years where it looked like nothing was moving that much further, were actually the most pivotal meditation years for new birth, causing later compound added growth and exponential growth.

After a time, all of this catches up with you. This is just another law of life at work, but because of lack of perception on natural flows, we don't understand it.

Much of life's activity happens beneath the evident and the experienced realm. You walk into a recently planted forest and you might see nothing on the surface. Yet, because all the preconditions of life are being met, beneath the soil there may be booming life. Eventually, you start seeing the first newborn plants, and ten to twenty years from now, you have an amazing forest rife with life.

All of this started from the years that you really walked in the forest and questioned yourself if this shit was even worth your time at all.

However, after specific periods have passed, all the work comes back to you. This is like planting things on a field. For half the year, you will see nothing, and maybe for the next year, you will only see the first results of your efforts. Many scoff these because they don't see things in the long term. As an ancient philosopher in Greece, Plato, has said, "to begin is the half of the whole".

What many people describe as being "stuck", is oftentimes attributed to these following causes:

1. Planets that may disallow you from experiencing some things right now [normal, it always passes, and meditations stack up anyway]. A lot of Saturn can put a lot of weight on the system. However, Saturn will reward the efforts of just about anything, and when he is away from you, you will grow with compound effect if you have been meditating through these transits.
2. Certain levels of development where the soul goes into an incubation state. This is like generating for new birth. As one keeps the baby provided [the soul] eventually you will reach a new checkpoint and sometimes, quite "suddenly". You might be toiling for this for 355 days and it will happen in the last 10 days.
3. In rare cases, curses or other things [which you can easily remove with the FRTR and with proper cleaning. Also, the Gods or a working will assist here if the situation is very serious].

4. The need for new knowledge. Now, that is a little rare and should concern only advanced meditators. But at this level, it's expected from people to also receive guidance to do the proper meditations, and advance in the next direction. This knowledge typically will arrive to you when it's time for you personally to move on the next level of your advancement. This is a serious level of affairs. All the building blocks for this are in the JoS already, and you may need up for example, to work on other parts of your soul as you advance and so on.

In closing with meditation, you are never really stuck. When meditations are being done, they ARE being done, and they are being applied to your soul.

One Chinese philosopher whose name does escape me now, said that when you plant a seed, you don't dig it out every single day to judge on if it has grown. It has to be left alone to grow itself, in the dark, and where you don't see it. You just have to water it. The same goes for the human soul and spirit in the examples of having to endure some waiting periods and other strides where you are actually rising the mountain but you haven't been to your next checkpoint.

Eventually of course, you will see the first sprout of the seed, the tree above the soil, and then its rewards, until it becomes a huge tree. But most people don't wait that much and they therefore leave the seeds without water.

The key here is this: Keep advancing at your own pace and level, and it will all come together. Have faith in the work that you are doing.