

# START MEDITATION

## HINDRANCES

The Buddha talked about **five(5)** hindrances.

**HINDRANCES** are distractions that will pull you away from your object of meditation – 5 troublemakers who will surely come calling!



# START MEDITATION HINDRANCES



Every distraction is based on at least **one of the five hindrances.**

Often they come two or three at a time and gang up.





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## HINDRANCE 2 – ANGER AVERSION FEAR

**“I DON’T LIKE THAT”** Mind.

You will want to **push away** states of mind that you don’t like.

Or, you might experience **fear or anger** over unpleasant or painful feelings that have already arisen.

You will try to **push away and control** anything causing you pain.

You will even try to **force your mind to experience things in a certain way that you think is right** when you actually *should just observe* what is there.

**Now, that is over controlling!**





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## HINDRANCE 3 – SLOTH and TORPOR

**DULLNESS** and **SLEEPINESS**.

These will cause lack of effort and determination because you've **lost interest in your object of meditation**.

You will experience mental fog.

When you look at it closely, you actually see that it has tightness and tension in it.

There is even Craving in sleepiness.



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## HINDRANCE 4 – RESTLESSNESS

With restlessness, **you** constantly want to move and change to do something other than what you are doing, to be somewhere other than here.

Restlessness can manifest as very tight, unpleasant feelings in the body and mind.



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## HINDRANCE 5 – DOUBT

You are not sure you are following the instructions correctly, or even if this is the right practice.

It makes you feel unsure of yourself.

It may even manifest as a lack of confidence in the Buddha's teaching or your teacher or both.



**When the  
Hindrances  
arise**

**Your job is  
neither to  
like them**

**nor to  
fight with  
them.**

**Your job  
is to  
accept  
them.**

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HANDLING HINDRANCES -1**



**To invite them,  
and to 'offer  
them tea'!**



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## HANDLING HINDRANCES - 2

**Don't feed them with your attention.**

Forcing and not liking them to be there just gives them the attention they crave and makes them stronger. If you just let hindrances be, turning your attention to something that is wholesome instead, gradually the energy inherent in them will fade away.

**They will disappear like a fire that runs out of fuel. The fire just goes out.**

**In Pali, *Nibbana* translate as 'Ni' or no, and 'banda' or fire.**

**No Fire. No Craving. No Hindrance.**

