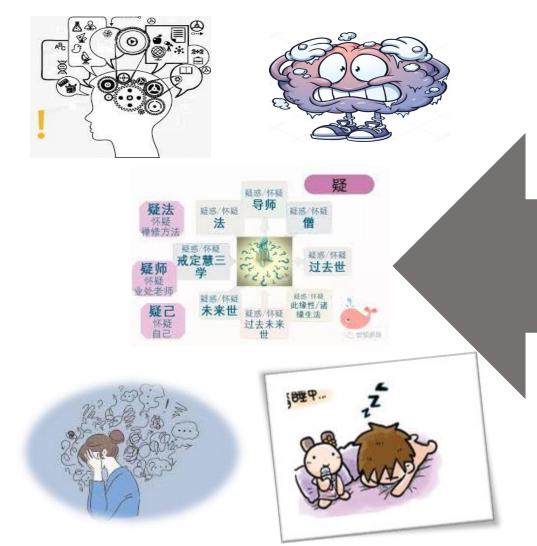
### ST&RT MEDIT&TION HINDRANCES

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



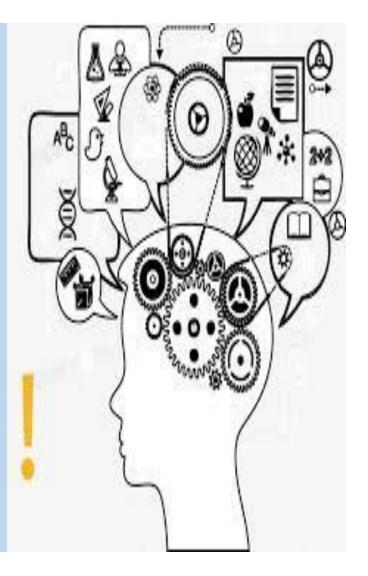
Every distraction is based on at least one of the five hindrances.

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

### ST&RT MEDIT&TION HINDRANCE 1 - SENSUAL DESIRE

'I LIKE THAT' otherwise known as LUSTFUL or GREEDY Mind.

You will hang onto things that are pleasant and want more, causing attachment to pleasant states of mind that arose in the past, and desire for pleasant states to arise in the future.



#### START MEDITATION **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!

# ST&RT MEDIT&TION 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.



# START MEDITATION HINDRANCE 4 – RESTLESSNESS

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

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





# START MEDITATION HINDRANCE 5 – DOUBT

You are <u>not sure</u> 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 <u>a lack of</u> <u>confidence</u> in the Buddha's teaching or your teacher or both.





### START MEDITATION 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, <u>turning your</u> <u>attention to something that is wholesome instead</u>, 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 'bana' or fire.

No Fire. No Craving. No Hindrance.