

ADDRESSING THE FIVE HINDRANCES

RELEVANT TO ALL FIVE

- Don't reject or fight the Five Hindrances – be a student of them, and investigate them
- Turn your stance 180° - rather than focussing on what is hindering you, look at it as a hindrance – observe how it is affecting you – in your thoughts, in your body, in your feelings and emotions. Observe yourself as someone being hindered.
- Practice RAIN to do this

GRASPING AND DESIRE

- Apply ourselves energetically to meditation
- Look carefully at the object of desire
- Be aware of subjective experience of desiring
- Cultivating contentment
- Savour what you already have
- Redouble effort
- Consider the negative aspects
- Dig below

AVERSION AND ANGER

- Self-kindness
- Forgiveness
- Cultivate calmness and equanimity

WEARINESS, SLOTH AND TORPOR

- Choose the best time of day
- Practice loving kindness and compassion
- Bodyscan
- Sit up – be more erect – open eyes
- Do walking meditation first
- Wash face, neck, hands and feet in cold water

AGITATION AND RESTLESSNESS

- Appreciate the present moment
- Feel the restlessness physically
- Backtrack to the cause of restlessness
- Focus on the anchor – the breath, or sounds, or ...
- Understand the causes – and if necessary, deal with them outside meditation

DOUBT

- Keep a journal
- Discipline – create a habit
- Increase time incrementally
- Write down 10 questions you have about meditation, and reflect upon them