

This chart is a combination of

(edited as of Dec 11, 2017)

tables from *Perspectives on Satipatthana* by Venerable Analayo, pp. 185, 191, 193;

text from *Insight Meditation Workbook* by Salzberg and Goldstein; ideas from *Mindfulness: A Practical Guide to Awakening* by Goldstein;

chart from *Insight Journal*, Spring 2005, "Understanding the Hindrances" by Andrew Olendzki; and

text from *Unhindered: A Mindful Path Through the Five Hindrances* by Gil Fronsdal.

For each hindrance, first note it, then recognize without judgment. Stay with it to feel the force of the energy and effect in the body-heart-mind before applying the antidote. With all, remember that each arises unbidden. It's how we relate to each that makes a difference, that conditions the degree to which we are trapped or free.

Remember to recognize the absence of a hindrance! Take delight in your increased clarity, awareness, ease. Summary: know presence or absence of a hindrance; the conditions that create their arising and removal, and the conditions that prevent their future arising.

Hindrance	Simile of Water person trying to see one's face reflected in water. Can't do it because water is	Predicament, underlying emotional tone: Relief of letting go	Antidotes for Removal of Hindrance
Sense Desire	Mixed with brightly-colored dyes	Being in debt: Being freed from debt	Contemplate impermanence, non-beauty, complications. Aware of tightness in body, narrowed focus of attention, look at the problems, break the enchantment, enjoy relief of letting go
Ill-will	Boiling	Disease: Recovered from an illness	Benevolence, metta, lovingkindness Notice bodily sensations, for example feeling "heated up", relief of letting go.
Sleepiness, dullness, Non-engaging, Sloth and Torpor	Overgrown with algae	Being in prison: Release from prison	Make effort to increase mental clarity- open eyes, straighten spine, pinch earlobes, stand up, take a nap, careful noting, change meditation anchor to increase amount of stimuli i.e. perhaps change from breath focus to hearing. What stories do we tell ourselves that sap our energy?
Restlessness and Worry regret	Agitated by wind	Being a slave: Freedom from slavery	Tranquility – bare attention, simplify experience, walking meditation, wide-angle lens of awareness, stop sitting and go outside, self-compassion, cool the mind.
Doubt	Placed in the dark, muddy	Dangerous journey: Arriving safely	Distinguish wholesome conditions from their opposites, apply careful attention, contemplate the suffering it causes, self-compassion