

This chart is a combination of

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;

and a chart from *Insight Journal*, Spring 2005, “Understanding the Hindrances” by Andrew Olendzki

NOTE: for each hindrance, first note it, then recognize without judgment. Stay with it to feel the effect in the body and force of the energy before applying the antidote. See Gil Fronsdal’s Five Hindrances Overview for ideas on investigating them using the RAIN formula. With all, remember that each arises unbidden. It’s how we respond to each that makes a difference, the degree of being trapped or being free.

Remember to recognize the lower amplitude or absence of a hindrance wave! Summary: know presence or absence of a hindrance;

the conditions that create their arising and removal, and the conditions that prevent their future arising.

| Hindrances to stilling the mind, to waking up | Simile of Water in which one tries to see one’s face reflected in water | Predicament - underlying emotional tone | Here are suggested Antidotes . The Hindrances, or Torments of the Mind, are manifestations of our shared human condition of dukkha, a sense of lack, stress, dis-equilibrium, dis-satisfaction. |
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| Sense Desire (There are 6 senses: seeing, hearing, smelling, tasting, touching, thinking) | Mixed with brightly-colored dyes | Being in debt | Contemplate impermanence, non-beauty, [complications]. Aware of tightness in body, narrowed focus of attention; looking at the consequences might break the enchantment; feel physically the relief of letting go |
| Aversion, Ill-will | Boiling | Disease, dis-ease | Benevolence, metta, lovingkindness, befriending oneself. Notice bodily sensations, for example feeling “heated up”; feel physically the relief of letting go. |
| Sleepiness, dullness, Non-engaging, Sloth and Torpor | Overgrown with algae | Bondage or slavery | Make effort to increase mental clarity- open eyes; careful noting; increase amount of stimuli i.e. perhaps change to hearing; investigate if there are unnoticed pleasant sensations in the body; cycle through senses (ex: hearing, breath, where buttocks meets chair); pinch earlobes; stand up; take a nap; go to bed! |
| Restlessness and Worry | Agitated by wind | Bondage or slavery | Tranquility – bare attention; simplify experience; walking meditation; wide-angle lens of awareness; stop sitting and go outside; self-compassion; cool the mind; investigate if there are unnoticed unpleasant sensations in the body. |
| Skeptical Doubt | Muddy, in the dark | Dangerous journey | Distinguish wholesome conditions from their opposites; apply careful attention; contemplate the suffering it causes when one is stuck and hesitant to commit; self-compassion |

Compiled by Karen Summer, who takes responsibility for any errors.