

Hindrances and their antidotes

Hindrances

It can be helpful to have a really clear idea of how you are not engaging in the practice of meditation in order to remedy it. There are many ways in which you may fail to follow through your intention. Many of them fall into five traditional categories.

Sense desire	Sense desire arises when you are drawn towards pleasant sense experiences, which can also include enjoyable thoughts.
Ill will	With ill will you are obsessed with something you dislike or which annoys you.
Restlessness and anxiety	Restlessness means physical restlessness or arousal and anxiety is mental worry.
Sloth and torpor	This has two aspects: physical sloth and mental torpor. It often manifests as drowsiness.
Doubt and indecision	Doubt may involve lack of confidence in your ability to meditate or in the value of the practice or perhaps in your own potential.

Antidotes

Cultivating the opposite	<p>There are three parts.</p> <ol style="list-style-type: none">1. Identify what the hindrance is that is distracting you.2. Identify what the opposite is.3. Identify how to cultivate the opposite and then do it. <p>A large part of working in meditation is simply being clear about what you want to work towards.</p>
Consider the consequences	You consider what the consequences would be in your life if you allow this hindrance to continue completely unchecked. It is probably best to do this while setting up.
Sky-like mind	Imagine the mind to be a clear blue sky and the hindrances to be like clouds passing by. You watch without getting involved.
Suppression	You just say 'no' to the hindrance and push it aside. It works best if the hindrance is weak.
Connecting with our values	Sometimes you just need to remind yourself that you are doing the best you can, and that you made an effort, and even that will help you to achieve your vision.