

White Hall Meditation The Five Hindrances: Summary

	Desire	Aversion	Sloth & Torpor	Restlessness & Worry	Doubt
Definition	Insatiable want	Condemnation	Physical & Mental Laziness	Agitation & Anxiety	Uncertainty Skepticism
Clear Pool Effect	Boiling	Turbulence	Stagnation	Stirred by the wind	Muddy
Manifestations	Excitement Greed, avarice, craving	Anger, ill will, hatred, animosity, irritation, annoyance, fear, sorrow, grief, violent rage	Lack of energy Withdrawal Sluggish, dull and confused mind	Jumping out of skin Distraction, fear, anxiety, remorse, regret	Skeptical about relevance of teachings, path of practice, ability to practice
Conditions leading to arising	Unwise attention to intense wanting Lost in (attached to) pleasure, gain, fame, praise	Physical Pain Unpleasant thoughts Unpleasant situations Taking experiences personally	Imbalance – more concentration than energy Bored, lazy, drowsy, discontent Overeating	Imbalance – more energy than concentration Unwise attention causing mental proliferation Too much talk	Unwise attention to uncertainty Lack of inquiry and investigation
Conditions leading to removal	Mindful awareness Wise Reflection on consequences	Mindful awareness Awareness of adding judgments & commentary Depersonalizing experiences	Mindful awareness More energy Engaging with good friends Take rest	Mindful awareness More concentration Wise Reflection Patience Contentment	Mindful awareness Inquiry/investigation Ask “Is this wholesome? “Does this teaching help to free the mind?”
Prevention	Mindfully guarding the sense doors No exposure to wanting conditions Moderate eating	Practicing loving kindness (metta) Focus on the good rather than the faults	Practicing the elements of Arousal Endeavor Exertion	Foster stillness of awareness	Paying wise attention in our meditation practice and in our lives.

For more information, go to whitehallmeditation.org/satipatthana_sutta/ffm13a/