






The 5 hindrances

	<p>Desire for sense experience (pleasure)</p> <p>You're not very engaged with what you're doing because something else that seems more interesting keeps drawing your attention – eg an interesting idea or problem to solve, a nice sound. This is craving & grasping at work!</p> <p><i>Bring your awareness to the core of the body, at the back of, or behind, the heart area.</i></p>
	<p>Ill-will</p> <p>Similar to the above, except your interest is captured by painful or unpleasant experience that you can't let go of. This could be emotional, mental or physical.</p> <p><i>Bring your awareness to the core of the body, at the back of, or behind, the heart area.</i></p>
	<p>Restlessness & anxiety</p> <ul style="list-style-type: none"> - A mind that is anxious and flighty - A body that is fidgety or hyperactive <p><i>Bring your awareness lower down</i> in the body – to the lower abdomen, the contact between the body and the floor or seat, or even project it <i>into the earth</i> beneath you. This is also helpful when there's just lots of mental activity.</p>
	<p>Doubt & indecision</p> <p>That little voice questioning what you're doing – is this the right practice? Should I be doing this now? etc.</p> <p><i>Bring your awareness lower down</i> in the body – to the lower abdomen, the contact between the body and the floor or seat, or even project it <i>into the earth</i> beneath you.</p>
	<p>Sloth & torpor</p> <ul style="list-style-type: none"> - A dull mind or you feel empty-headed (torpor) - A body that feels tired & heavy (sloth) <p>Focus attention on posture. And you can try taking your awareness to the top of the head or even project it <i>into the space above</i> your head.</p>