

## THE FIVE HINDRANCES AND THEIR ELIMINATION

HINDRANCE	PRIMARY CONDITION	PRIMARY ANTIDOTE	OTHER REMEDIES	HOW ERADICATED	SIMILES
Source of information	Samyutta 46:51	Samyutta 46:51	Satipaṭṭhāna Commentary, etc.	Satipaṭṭhāna Commentary, etc.	Samyutta 46:55 Dīgha 2; Majjhima 39
Sensual desire ( <i>kāmacchanda</i> )	Careless attention to an attractive object ( <i>subha-nimitta</i> )	Careful attention to an unattractive object ( <i>asubha-nimitta</i> )	<ul style="list-style-type: none"> <li>• Guarding senses</li> <li>• Moderation in food</li> <li>• Good friends, suitable conversation</li> </ul>	Path of arahantship (based on premise that here ‘sensual desire’ represents all craving)	<ul style="list-style-type: none"> <li>• Water mixed with paints</li> <li>• Being in debt</li> </ul>
Ill will ( <i>byāpāda</i> )	Careless attention to a repugnant object ( <i>paṭigha-nimitta</i> )	Careful attention to the liberation of the mind through loving-kindness	<ul style="list-style-type: none"> <li>• Guarding senses</li> <li>• Moderation in food</li> <li>• Good friends, suitable conversation</li> </ul>	Path of non-returner	<ul style="list-style-type: none"> <li>• Boiling water</li> <li>• Severe illness</li> </ul>
Dullness and drowsiness ( <i>thīnamiddha</i> )	Careless attention to discontent, lethargy, torpor after meals, sluggishness of mind	Careful attention to the three elements of energy: aroused effort, persistent effort, vigorous effort	<ul style="list-style-type: none"> <li>• Moderation in food</li> <li>• Changing postures</li> <li>• Perception of light</li> <li>• Living in open air</li> <li>• Good friends, suitable conversation</li> </ul>	Path of arahantship	<ul style="list-style-type: none"> <li>• Water overgrown by moss and algae</li> <li>• Imprisonment</li> </ul>
Restlessness and remorse ( <i>uddhacca-kukkucca</i> )	Careless attention to the unsettled mind	Careful attention to peace of mind	<ul style="list-style-type: none"> <li>• Much learning</li> <li>• Asking questions</li> <li>• Skill in Vinaya</li> <li>• Meeting elder monks</li> <li>• Good friends, suitable conversation</li> </ul>	<i>Restlessness</i> : path of arahantship <i>Remorse</i> : path of non-returner	<ul style="list-style-type: none"> <li>• Water stirred into wavelets by wind</li> <li>• Slavery</li> </ul>
Doubt ( <i>vicikicchā</i> )	Careless attention to things that are a basis for doubt	Careful attention to contrasting mental qualities (wholesome and unwholesome, etc.)	<ul style="list-style-type: none"> <li>• Much learning</li> <li>• Asking questions</li> <li>• Skill in Vinaya</li> <li>• Resolve</li> <li>• Good friends, suitable conversation</li> </ul>	Path of stream-entry	Traveling across a barren desert