

The Five Hindrances



Five Hindrances

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Laziness & Lethargy

2

Doubt

3

Aversion

4

Agitation

5

Desire

Five Antidote Mental Factors

1

Directed Attention (stage 1 & 2)

2

Sustained Attention (stage 3-6)

3

Meditative Joy (stage 7)

4

Happiness/Contentment (stage 8)

5

Unification & Equanimity (stage 9)

Laziness/Lethargy and Busyness

Laziness arises when the mind interprets that the cost of an activity outweighs the benefits.

This leads to the energetic state of Lethargy: a state of a lack of energy, procrastination, and low motivation.

Busyness is a mental factor that distracts the mind from right action by distracting the self with non-essentials.

This leads to distraction: a state of scattered energy, over commitment to karmically unproductive action, and exhaustion of resources

Directed Attention

The attitude of "no excuses - just do it". Directing the attention to the object of the meditation and the study of Dharma, your Hero's quest, and the mission of Sacred Hierarchy. This leads to an increase in energy and resolution.

Doubt

An unconscious negative mental factor concerned with negative outcomes. The effect is to split intention causing hesitancy keeping us from applying the energy needed to directly experience the outcome. This leads to the affect of anxiety.

Sustained Attention

Consistently applying directed attention to the meditation object, the study of dharma, and engaging in the Heroic, leads to the beginning of direct experience and synchronicity. The experience of trust develops and faith in the path dissolves doubt, and reduces anxiety.

Agitation

The cognition and negative affect of past traumatic conditioning that has led to further unaligned activities, disturbing consequences, and ensuing worry.

Meditative Joy

Joy overcomes worry through developing optimism and confidence in direct experience, the teachings of Dharma, and the reality of Sacred World and its Hierarchy of Wisdom and Compassion allows healing of remorse and eagerness to correct negative karma.

Aversion

A negative mental process involving the rejection of experience and the mind's attempt to move away from such experience to avoid loss, pain, obscurity and blame. Includes; judgment, criticism, resentment, dissatisfaction, impatience and boredom. The cumulative effect of aversion leads to Evil as the ego rejects its own pain and projects it out onto the world and then attempts to destroy it.

Happiness/ Contentment

The mental factor of contentment allows for the deep appreciation for the present moment of experience and ends the cycle of avoidance, and supports the metabolization of collective Evil

Desire

A negative mental process involving avoiding the present moment through the grasping of experience and the mind's attempt to manufacture more pleasurable experience. This leads to addiction, the unconscious pursuit of pleasure, gain, fame, and praise.

Unification & Equanimity

The mental factor of inner unity allows for an experience of wholeness, as the subminds coalesce around a new center of healing leading to the eradication of lack and the experience of an equanimous mind.