

HINDRANCE**DESCRIPTION****ANTIDOTE**

Sensual desire	Clinging to desire for pleasure	<ol style="list-style-type: none">1. recognize pleasantness of moments without desire2. guarding sense gates3. reflect on impermanence4. reflect on repulsiveness of object
Aversion	Anger, hostility, boredom, judgment, possibly fear	<ol style="list-style-type: none">1. notice suffering in anger, judgment2. cultivate compassion/empathy/ loving kindness3. cultivate humor about judgment4. fear – see it as impersonal
Sloth and torpor	Dullness, sleepiness, fogginess, laziness, lack of vitality	<ol style="list-style-type: none">1. rouse energy (open eyes, stand, take a deep breath)2. splash cold water on face3. do walking meditation (fast)4. direct mind to object of concentration, moment by moment5. sit in a precarious way6. recognize need for sleep and do so
Restlessness	Worry, anxiety, nervousness, agitation	<ol style="list-style-type: none">1. concentrate (count breaths, etc.)2. watch and label
Doubt	Questioning whole purpose of practice while practicing	<ol style="list-style-type: none">1. don't get caught up in content2. observe doubt's composite nature3. note components' impermanence4. observe confusion of doubt5. see how grasping after doubt creates more doubt6. continuous mindfulness of breath7. faith in own and others' experience
<i>All Hindrances</i>		<ol style="list-style-type: none">1. Mindfulness – make them object of meditation/ feel in body/ see as composites2. cultivate their opposite states3. let them go

RAIN = *Recognition, Acceptance, Investigation, Non-identification*