

The Demon's Blessing

What's the problem with hindrances, hang-ups, peeves, worries, angst, melancholy, buttons, metaphorical demons, etc?

Distortion of perceptions, feeling, thinking, and decisions

Attitudes – ways of seeing hindrances without distortion:

Crossed Intentions

Trainer and Friend

Split between Self and Other – genealogy:

Taṇhā (reflexive tightness) →

Self and Other →

Three stooges (Lobha, Dosa, Moha) →

Big Five (desire, aversion, restlessness, sloth and torpor, doubt) →

Multitudes

Upakkilesa Sutta (MN 128: 15–27) – the Buddha describes eleven hindrances: doubt, inattention, sloth and torpor, fear, elation, staleness, excessive effort, weak effort, longing, variety of perception.

The Six Rs – in formal meditation and out in the world

