

HINDRANCE	DESCRIPTION	ANTIDOTE
Sensual desire	Clinging to desire for pleasure	<ol style="list-style-type: none"> 1. Recognize pleasantness of moments without desire 2. Guard sense gates 3. Reflect on impermanence 4. Reflect on repulsiveness of object 5. Cultivate non-sensual pleasures
Aversion	Anger, hostility, boredom, judgment, possibly fear	<ol style="list-style-type: none"> 1. Notice suffering in anger 2. Cultivate positive heart states 3. See composite nature of beings 4. Cultivate humor about judgment 5. See fear, anger as impersonal 6. Stay in present moment
Sloth and torpor	Dullness, sleepiness, fogginess, laziness, lack of vitality	<ol style="list-style-type: none"> 1. Rouse energy: open eyes, stand, take deep breath, splash cold water 2. Do walking meditation (fast) 3. Direct mind to object(s) of concentration, moment by moment 4. Remember time is short 5. Sit in a precarious way 6. Accept 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 content 2. Observe doubt's composite nature 3. Note components' impermanence 4. Observe confusion of doubt 5. See how grasping after doubt creates more doubt 6. Continuous mindfulness of breath 7. Have faith in own experience
<i>All Hindrances</i>		<ol style="list-style-type: none"> 1. Mindfulness – explore! Make hindrances object of meditation: feel in body/ see as composites, arising and passing 2. Cultivate their opposite states 3. Let them go, rest in awareness

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