

The Hindrances to meditation			The Antidotes				
	Traditional simile	Energy	"Sky like attitude"	Cultivate the opposite	Consider	Suppression	Outside of meditation
<b>Desire for sense experience</b>	The mind is like water, dyed with bright, alluring colour	High	Watch the distraction float past like a cloud – do not add any energy to it	Take interest in the object of meditation Cultivate contentment and look for subtle signs of enjoyment in meditation	Where will this lead me? Will such desire ever be satisfactory?	If minor, say no and be resolute	"Guard the doors of the senses" Cultivate the ability to focus on one thing - mindfulness
<b>Ill will</b>	The mind is like simmering, steaming, bubbling, boiling water.	High	Observe your negative feelings and thoughts – don't engage with them	Cultivate metta, forgiveness, patience Notice the effect on your body	Where will this lead me? All people have positive qualities and a few faults – even us!	If minor, say no and be resolute	Cultivate positive friendships Be careful who you spend time with Avoid malicious gossip Resolve disputes
<b>Restlessness and anxiety</b>	The mind is like water whipped up by wind	High	Observe your restless feelings and thoughts – don't engage with them	Cultivate stillness Watch the breath lower in the body Be aware of your body and kind to what you find Try to engage in a relaxed, not tense way	Note that your worries are impermanent and will pass They are not 'you'	If minor, say no and be resolute	Watch what you eat and drink Slow down your life Cultivate relaxed attention Study the dharma Exercise to relax
<b>Sloth and torpor</b>	The mind is like a stagnant pool, choked with weeds	Low	n/a	Take interest and watch the breath higher in the body Cultivate energy through metta meditation, chanting Air, light, temperature	The opportunity to meditate is precious, don't waste it	n/a	Watch what you eat prior to meditation Get enough sleep, exercise and fresh air
<b>Doubt and indecision</b>	The mind is like water clouded by mud	Low	n/a	Cultivate commitment and be decisive - engage with the practice	Consider the value of the practice and cultivate confidence in your abilities	n/a	Study the dharma Cultivate faith Cultivate encouraging spiritual friendships

## Go for Refuge

If all else fails - take refuge in your potential to grow and that all things change. Also understanding of the effects of conditions.