

# 13 Meditative Hindrances

There are sequential habitual imbalances in effort and the structure of attention that hinder the development of samatha calm during mindfulness of breathing. These are known as 13 Meditative Hindrances and are seen by the MIDL meditator as opportunities for insight into anicca & anatta.

Meditative Hindrances list.

## Traditional Five Hindrances

1. Desire.
2. Aversion.
3. Sloth & Torpor.
4. Restlessness.
5. Doubt.

These 13 hindrances are a breakdown of how the traditional five hindrances from the Buddha are sequentially experienced during mindfulness of breathing due to their relationship with the development of samadhi.

*(Progressive hindrances to calm).*

- 00: Stress Breathing.
- 01: Physical Restlessness.
- 02: Mental Restlessness.
- 03: Sleepiness & Dullness.
- 04: Habitual Forgetting.
- 05: Habitual Control.
- 06: Mind Wandering.
- 07: Gross Dullness.
- 08: Subtle Dullness.
- 09: Subtle Wandering.
- 10: Sensory Stimulation.
- 11: Anticipation of Pleasure.
- 12: Fear of Letting Go.
- 13: Doubt *(present at any stage of mindfulness of breathing until [Sotapanna](#): Stream Entry)*.

## Understanding Meditative Hindrances and Markers of Calm.

Each Hindrance impedes the development of calm in its associated Meditation Marker. Creating the conditions for developing a particular Meditation Marker will calm the hindrance that impedes it.

Meditative Hindrances.

Markers of Calm.

*(Hindrances to calm).*

*(Signs of deepening calm).*

- |  |   |                             |
|--|---|-----------------------------|
| 00: Stress Breathing.                                | → | 00: Diaphragm Breathing.    |
| 01: Physical Restlessness.                           | → | 01: Body Relaxation.        |
| 02: Mental Restlessness.                             | → | 02: Mind Relaxation.        |
| 03: Sleepiness & Dullness.                           | → | 03: Mindful Presence.       |
| 04: Habitual Forgetting.                             | → | 04: Content Presence.       |
| 05: Habitual Control.                                | → | 05: Natural Breathing.      |
| 06: Mind Wandering.                                  | → | 06: Whole of Each Breath.   |
| 07: Gross Dullness.                                  | → | 07: Breath Sensations.      |
| 08: Subtle Dullness.                                 | → | 08: One Point of Sensation. |
| 09: Subtle Wandering.                                | → | 09: Sustained Attention.    |
| 10: Sensory Stimulation.                             | → | 10: Whole-Body Breathing.   |
| 11: Anticipation of Pleasure.                        | → | 11: Sustained Awareness.    |
| 12: Fear of Letting Go.                              | → | 12: Access Concentration.   |
| 13: Doubt ( <i>absent at Access Concentration</i> ). |   |                             |