

# The 16 Meditative Hindrances

While training your attention on the Experiential Markers you may be visited by any of the below 16 Meditative Hindrances. They are called hindrances because they hinder the development of samadhi, they do not however hinder the development of insight. They are simply signs of imbalance of either effort or structure of attention and should therefore be seen as opportunities to learn meditative skill.

## The 16 Meditative Hindrances

The hindrances are experienced during meditation in this order:

### AVERSION BASED

- 01. Stress Reactions: Habituated stress/anxiety reactions of the mind.
- 02. Physical Restlessness: Unable to experience physical comfort.
- 03. Mental Restlessness: Unable to experience mental comfort.

### DELUSION BASED

- 04. Habitual Forgetting: Habitually forgetting your meditation object.
- 05. Gross Wandering: Attention habitually scanning the six senses.

### ATTRACTION BASED

- 06. Directed Thinking: Thinking regarding past and future events.
- 07. Wandering: Random, meaningless thoughts, images and fantasies.

### DELUSION BASED

- 08. Doubt: Losing trust in your meditation practice, technique, teacher.

### EFFORT BASED

- 09. Gross Dullness: Complete collapse of clarity of awareness.
- 10. Gross Restlessness: Restlessness towards your meditation session.
- 11. Subtle Dullness: Loss of clarity of meditation object (*sensations*).
- 12. Subtle Wandering: Random, brief background thoughts.
- 13. Subtle Restlessness: Shaking due to effort in applied attention.

### CONTROL BASED

- 14. Subtle Instability: Shaking due to desire to control.
- 15. Anticipation: Desire for pleasurable states.
- 16. Fear: Fear of giving up all control.