

Introduction to Mindfulness Part 2

Newcastle
INSIGHT
MED/TATION

TALK 1

Hindrance of Desire

TALK ▶

MEDITATION ▶

01

We can use the hindrances as the objects of mindfulness to gain insight into what hinders our ability to be mindful and to become familiar with how the hindrances work in us.

The five hindrances are:

- desire
- aversion
- sloth, rigidity, torpor
- restlessness, agitation
- doubt

The very thing that makes it difficult to be mindful - that's the thing to be mindful of.

Recognising desire

Recognising desire as desire is very helpful.

Thinking + desires = swept away in thought

Thinking + desire + attachment = compulsive behaviour

Compulsive desire makes it difficult to be aware and present.

Reconise your desires throughout the day, what desires are operating at the supermarket, driving, emailing etc.

Recognise desire during meditation. Observe thoughts driven by desire. Note 'This is a desire'. When you're not able to be easily present check-in, "What's the desire that operating here?"

DISCUSSION QUESTIONS

When do we become aware of wanting or not wanting?

What are the challenges of knowing these without reacting to them.?

