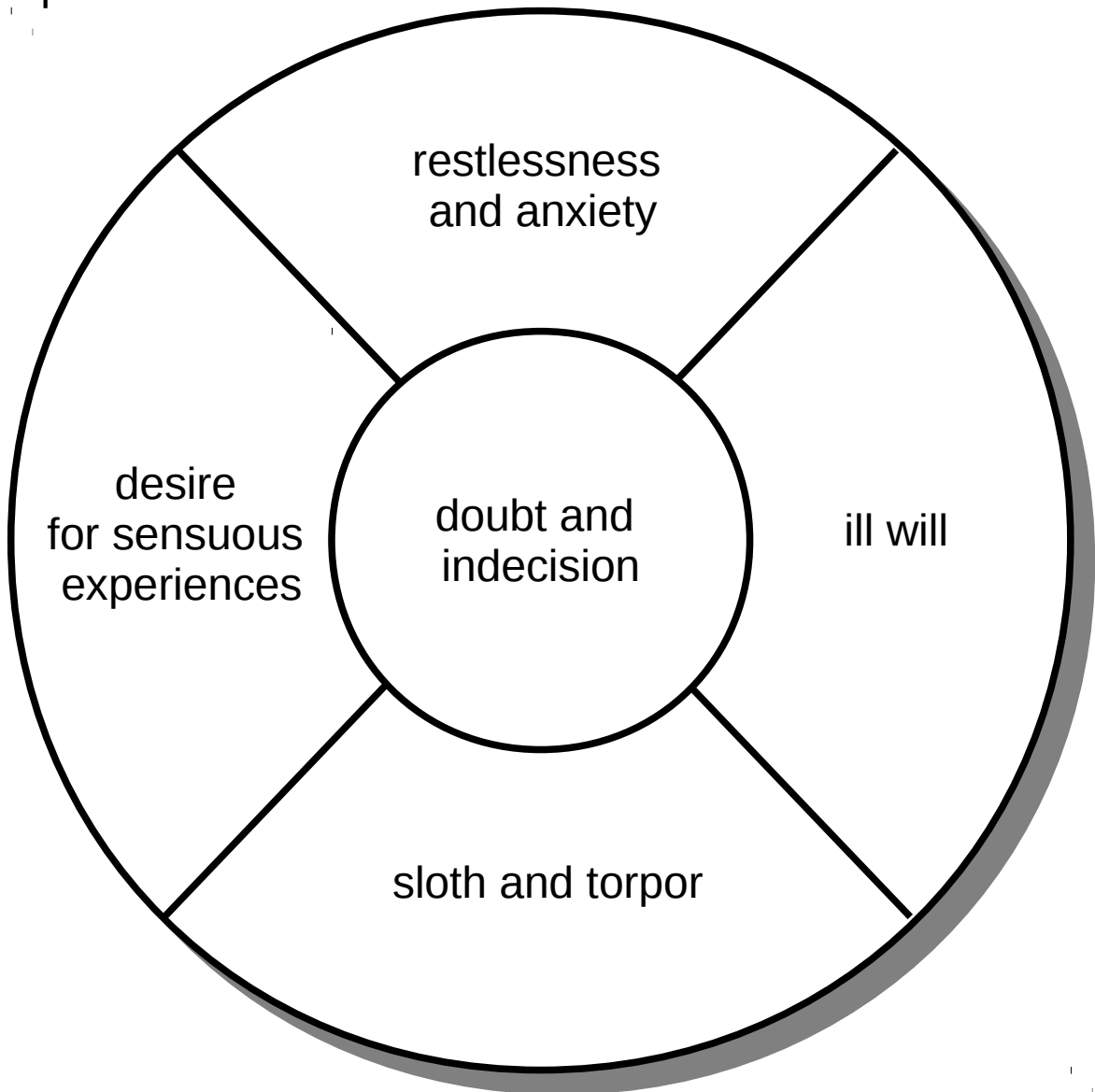


The five hindrances

These are five hindrances that can arise as obstacles in any any meditation practice. They are also hindrances to our being aware and fully present in our day to day experience.



If we can recognise which obstacles are present in our minds then we are half way to overcoming them.