

“Bhikkhus, whatever a bhikkhu frequently thinks and ponders upon, that will become the inclination of his mind.”

- Majjhima Nikaya

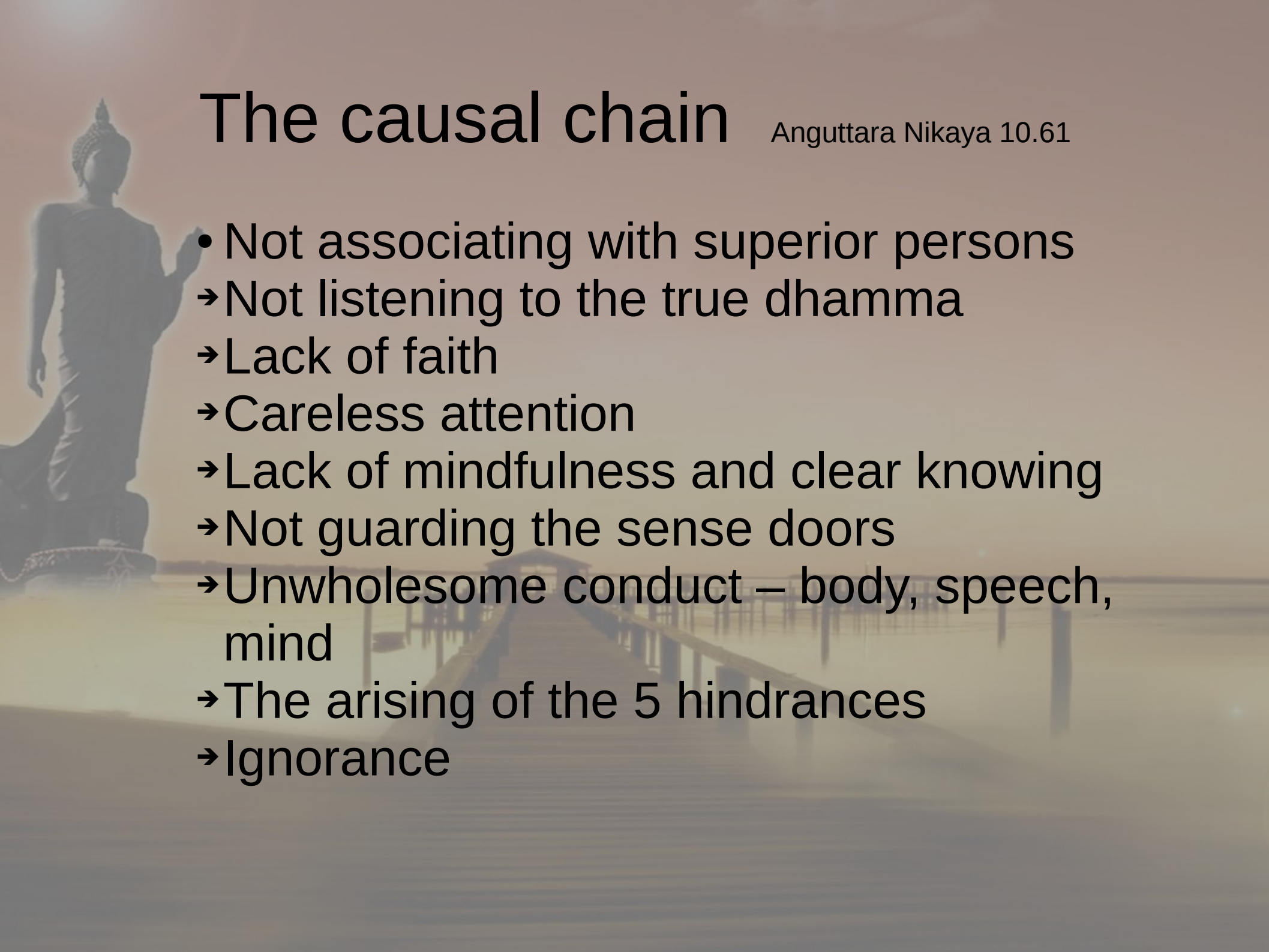
Mindfulness

- ✓ Know when a hindrance is present in the mind
- ✓ Know when it is absent from the mind
- ✓ Know what causes it
- ✓ Know how to remove it
- ✓ Know how to prevent it



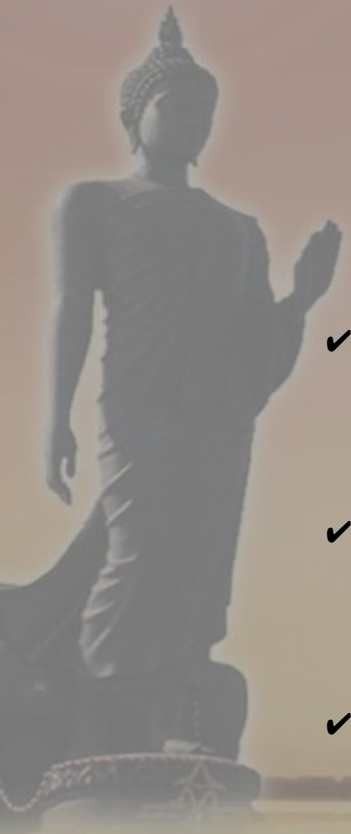
The causal chain

Anguttara Nikaya 10.61

- 
- Not associating with superior persons
 - Not listening to the true dhamma
 - Lack of faith
 - Careless attention
 - Lack of mindfulness and clear knowing
 - Not guarding the sense doors
 - Unwholesome conduct – body, speech, mind
 - The arising of the 5 hindrances
 - Ignorance

Knowing...

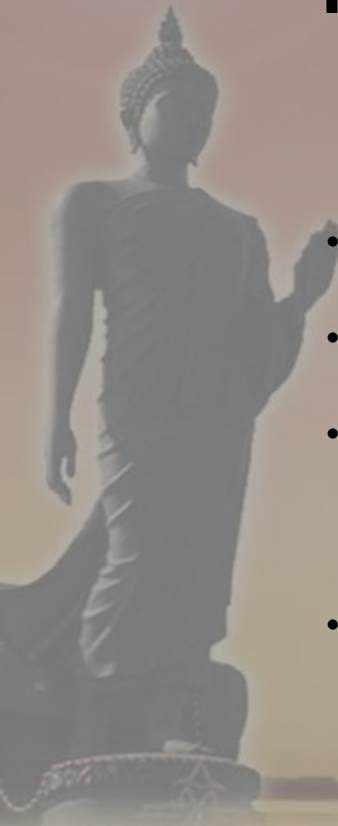
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Preventing and Removing – Right Effort

- See the impact of the hindrance
- Understand that they are a problem
- Be motivated to abandon them

- The Gradual Path is a step-by-step instruction guide for careful attention to prevent the hindrances
- Directing attention to more skillful objects to prevent and remove hindrances
- More than “bare attention”--skill and effort is required



Wise/Appropriate/Careful Attention



- Informed by Right View
- Motivated by Right Effort
- Maintained by Right Mindfulness

Wise/Appropriate/Careful Attention



- Important what we pay attention to, not just how
- Focus on growth in understanding and wisdom, rather than pursuit of pleasure and delight
- 4 Noble Truths – knowing clinging, stress and its end
- Gradual path and 8-fold path – practices to be developed

Wise/Appropriate/Careful Attention

- Attending to life events with skill
- Using questions that lead to the end of suffering
- Not “How am I feeling now?”, but “There is feeling, what is it?”
- Not “Is there a self?”, but “Is this feeling/thought/perception/body a self?”
- Leading to experience of the 3 characteristics—not permanent, not satisfying, and not self (anicca, dukkha, anatta)

