

Fourth Foundation of Mindfulness Practice Guides

by Rebecca Dixon
Alameda Sangha, Dec. 15, 2019

1) Pick a day to watch during your meditation for *any* Hindrance to arise. That would be any form of: desire, aversion, restlessness, dullness or doubt. Note which Hindrance it is. Try to do the same during the rest of that day.

2) On another day, pick a Hindrance and stay alert for it to arise. When you notice a form of that Hindrance that's not too intense, observe a) to c) below.

a) As soon as you recognize it, be aware of your internal experience:

- How do you feel in that moment?
- Can you identify what thoughts or emotions *caused* this mindstate? If not, then:
 - What was going on inside you before it arose (the "*conditions*")?

b) Without identifying with the mindstate (thinking it's yours or "you"), or trying to push it away, observe as it loses strength, possibly fading away.

c) After it's passed, contemplate what made it fade or end, and what might prevent it from arising in the future.

3) Pick different Hindrances on other days and practice with them the same way.

4) Make a list of what elements you think constitute "you." Devote a meditation session to finding and examining each element on that list.

Alternatively, devote a meditation session to repeatedly asking, "What am I?" or, "What makes me 'Me'?" and see if you can locate that and explore it.