

# Classic Five Hindrances

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐

Thoughts?

☐

Heart?

☐

Body?

☐

None

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



## Guided Meditation Script - The Classic Five Hindrances

Sit comfortably, yet tall, in a safe and quiet place  
Close your eyes, or lower your gaze towards the earth  
Turn your attention inwards

Breathe patiently in and out through your nose  
And focus your attention on breath

Set the intention, to watch the breath  
Breath as your anchor for practice  
Breath, as what you return to  
Each time you notice you've been distracted

(pause 3 breaths)

With breath awareness as intention, consider the following...  
Are you being pulled towards a pleasant or attractive thought?

Each time you notice the mind wandering towards an object of desire  
Gently apply the antidote  
Focus more tightly on the breath

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If the draw of this pleasant thought or sensation is far too strong  
Bring repulsion to mind  
If it's a person that you're craving,  
Bring to mind all their very human, yet repulsive, bodily functions  
If it's a place that you're craving,  
Bring to mind its negative qualities  
If it's an object that you're craving,  
Bring to mind its lack of intrinsic value

Find balance when it comes to pleasant thoughts  
Stay with the breath

(pause 3 breaths)

And then notice if you're spending too much time  
Fighting against negative thoughts  
Or negatively thinking, applying self-criticism

Come back to the breath, the simplicity of staying present with the breath  
And if the draw of negativity is just too strong,  
Spend some time noticing the positive

Notice the positive in where you are right now  
You made it to your cushion today  
You're right here, applying effort  
Notice the positive qualities of the breath  
The positive sensations in your body  
Cultivate awareness of positive sensations in the mind

And then return to the breath  
The beautiful, awe-inspiring, magical breath

(pause 3 breaths)

And as you sit here, watching breath  
Notice if you're feeling anxious, restless, impatient  
And if you are, recognize the ways in which you're already calm

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Here you are, seated, meditating  
Invite in a feeling of spaciousness and ease  
Focus a little more, on a patient, longer exhale breath

But come back to the breath  
Stay present with this glorious breath

(pause 3 breaths)

And then notice if you're feeling dull, heavy, or sleepy  
If you are, sit up taller  
Spend more time breathing in  
And you might even open your eyes

Try at first keeping your gaze low,  
And then lift your gaze if you need to

Stay neutral in your spine  
And aware of the breath

As always, keep coming back to the breath  
Stay curious, and interested in breath.

(pause 3 breaths)

As you stay here, present with breath  
Recognize if there are any feelings of doubt

Do you doubt the necessity of staying?  
Do you doubt the necessity of paying attention?

In what ways do you think you might be better off, doing something else?

Come back to the breath,  
And recognize all the benefits you've already received

As you watch your breath  
Notice its qualities

Gentle, patient, full and steady

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Recognize these positive qualities of breath

As the same positive qualities you experience in your mind

Gentleness, patience, a sensation of wholeness and steadiness

These are the benefits of meditation

The longer you stay, the more you will notice

The more you will notice that this is exactly where you need to be

