

# 2009-05-01 The Five Hindrances Doubt 4 of 4

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## SUMMARY KEYWORDS

doubt, mindfulness, motivation, beliefs, behavior, lists, hindrances, underlying cause, feelings, emotions, flashlight, find, fear, physical, practice, uncomfortable, connected, mindfulness practice, avoid, aware

## SPEAKERS

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So and doubt, uncertainty that as a hindrance is a, it's a very rich topic. And how it's addressed in practice varies depending on the nature of it. Sometimes you really want to understand the underlying cause or condition that gives birth to it, that gives rise to it and somehow address that. So it could be, for example, some kind of belief that you have. And so you need to kind of really look at that belief and question it. Or maybe it has to do with some something that you need actually need to know. Maybe maybe a doubt I'm certainly has a lot to do with how to do the mindfulness practice how to do meditation practice, and maybe, maybe, rather than dealing with the doubt, it's more important to actually get some really good instruction. And so you go find someone get some help maybe. So sometimes you deal with the beliefs the underlying cause the condition, you know, some more practical concern. And sometimes it's, you know, connected to a cause unknown cause has to do more with our clinging, our neurosis, some fear. And there also, it might be more helpful not to look at the doubt, let's look at the deeper underlying condition, psychological condition that might be operating there. And maybe that needs more attention, sometimes, meaning it could be that there's a lot of fear, and the fear of commitment, the fear of applying oneself, manifests as doubt. And the doubt sometimes can be very clever, and argue about all the reasons you should have doubt. Just so you don't have to show up in practice. And so it might have to look at the fear that's underneath there. So my particular things that are required in pure mindfulness practice, we don't go digging or looking under the surface that way, just really taking what's on the surface, what's directly here, and bringing mindfulness to it. So when there's doubt, it's the practice of bringing mindfulness to doubt. And when you bring mindfulness to doubt, have in mindfulness see doubt clearly enough. So you're familiar with it, like I said, this morning, but also nice to be familiar with it. But in the mindfulness itself, there is a freedom from the doubt. It's kind of like if you had a flashlight, and you went into a dark room, and there was lots of see in the room. And every time you shut shone the flashlight on one object in the room, you see what's there. But each time, the fly you look at something with a flashlight, the flashlight gets brighter. So the next thing you look at, you see it but then the show gets brighter, and eventually, the light is so bright and strong. That it's fun. The dominant thing in the room, whereas initially just a little pen light and just just you know, use, you know, the darkness is the big thing. And so when the dark darkness is big, that's when experience of life when the light is big, that's a whole different experience of light of life. So as we bring mindfulness, not only do we see what's there, but the mindfulness gets stronger, or the mindfulness finds a way to be free from what is known, independent from what is known. So if you were sitting here, and doubt arises, maybe it's a small doubt. And then there's a very simple, you see it, and you maybe the mindful in the mindless practice, you noted, doubt, doubt. And just like that, you can note it and see it, name it for what it is, you no longer in the doubt, you're stepped away from the doubt a little bit. And by stepping away from it, you're a little bit free from it. You know, I guess I don't have to believe that doubt. As long as I was in it, I believed it now I don't have to believe that I can see it. It's just these

thoughts and ideas going through my mind or some feelings connected to them going through my body. So the mindfulness makes it really simple. You don't have, you don't have to fix what's there. You don't think it's an underlying cause and settle something, you find your freedom by not believing in it, but by simply being present for it to make sense. So then in bringing mindfulness, the flashlight of mindfulness on your experience of doubt, there's a lot of different things you can pay attention to. So what I like to do is to have you break into four into groups of eight. So I think about four groups probably. And if it helps you, the groups are going to compete with each other. And if you don't, if that doesn't help you, then there's no competition here at IMC. It's up to you. And the idea is I'm going to give you some categories and I want you to discuss what you might become aware of if you brought mindful On this to these categories in relationship to doubt.

So for example, one of the categories is beliefs. So if you're smart if doubt is made up of different composite elements, different elements that come together to make down, there's there's thoughts, there's feelings, emotions, there's the bodily sensations of it, there's behavior, there's motivation. There's different aspects that come into play. So how what would you notice? How would you bring mindfulness? Will you experience be if you brought your mindfulness to the emotions connected to doubt? What would you be aware of? Is that are there what come out of somebody's emotionality, emotions that come into play? When there's doubt? Worse, an emotion that might be the hooks for getting involved in them? What are some of the beliefs or and or some of the thoughts that are connected to doubt they are the hooks that keep us living in them engaged in them. So what's the current Cognitive side of it. What's the physical side of doubt? If you brought mindfulness to down to the physical side to what's going on in your body? What happens energetically in your body? What happens? With the muscles of your body? What happens in your bodies with how's your bodily experience, shift and change? What What might you be aware of? As you bring mindfulness to the body? experiencing doubt, also might be interesting to look at what you might notice in terms of behavior, what kind of behavior tends to come along with doubt. And then, finally, what kind of motivations are connected to doubt. So, physical, emotional, cognitive, motivational, and behavioral, so five different areas. So hopefully, someone makes good is written those down. I consider the same motions. Same thing here for this purpose. Yeah, yeah, for babe same thing to this purpose. So what I like to do is to each group to discuss this and come up with a list of things that you can become aware of in these five different areas in relationship to doubt. And then I would like when we come back together as a group, for us to kind of share those lists and with with the idea that we're going to become so much more aware, aware of the range of experiences, the range of phenomena that come into play, when delta is there, so that we bring our flashlight, we know where to point it. Look, it was down. Yes. I know. Okay, now I feel that this is what I can. This is how I look forward to my body. This is what I can look forward my thoughts or whatever makes sense.

Now we can hear from representative of each group and what have you learned that you could notice when you're noticing doubt it's doubt is just a vague umbrella term for all these different aspects five aspects of things going on with Mikey notice

well before on thinking and beliefs I can't do it. vacillation uncertainty I give up resignation This is too hard I don't want to don't know answer. I can't it's impossible doesn't work not the tight not me. How can I figure it out? I need some help. It's a cult. It doesn't work.

feelings,

insecure, helpless, anxious depression, fear, frenetic, nervous, unsettled, grief, intimidated, overwhelmed. Could fused body and power.

feelings.

It was a question mark so maybe there was

a physical

naysayer. Create comfort try to create comfort, unpleasant uncomfortable, fidgety, upset stomach sleepy tired sleepless, contraction pressure headache pain, heart palpitations, that backing urge to move restless not my head, frown, tightened chest or throat, VISTAs clenched, adrenalin paralysis, side effects, behaviors, shortness with people indecision, anger, quitting runaway shy, distracting behavior, avoid watch TV, eat, sleep. Email WD

which Roth in

internet inability to eat collector of facts reading lists making listen to talk or lecture, talk about it see a therapist. Motivation we had a little difficulty with this one but okay motivation and say, lack of quit become passive get away apathy resolve the doubt, study, embrace my victimhood. Avoid the work effort or what can't I do? Don't start find inspiration. Find an easy way out, find an excuse to do it or not to do it. Simplify, run, avoid, destroy

refuted do something pleasurable

and become paralyzed.

For us, in the area of bodily component of doubt, innovating and deflated. But the converse of that was also true anxious, tense, nervous, insecure, hunger for food unsettledness in chest and a general physical feeling of ungroundedness. We didn't have as many thoughts or beliefs behind all this, just what's the point and will it do any good, which actually I suspect some of the things cluster into those into those areas. Motivation all this could lead to a decrease of motivation. But conversely, you might find someone Someone might find themselves trying harder. And that may or may not be wise effort. It might be wise to rededicate oneself to try and to the practice, but it might also be wiser, simply to investigate the doubt. emotions, anxious, tense, uncertain, and particularly uncertain about what's valuable. depressed, fearful, wayward, shiftless, rudderless and despairing behaviors would simply lead to not practicing, possibly doing something when regrets avoidance, putting things on hold, shutting down eating, deciding to quickly become uncomfortable with uncertainty. And it also though, could lead to studying it

Thank you

and they gave me a hard time.

So,

physical we came up with

a response of fatigued, agitated restless emptiness in the gut. tenseness in the in the gut, tense thinking contraction in the body, postural effect, shallow breathing, folding in on themselves closing in

on oneself. General uncomfortableness in the body unable to sit, General tenseness behavior, a sleepy response

lack of motivation

different ways of distracting or selves we had outdoors we had to nature we had to the light it's kind of a motivation kind of a thing turned in nature. An angry response engaging in imaginary conflict conversations in our mind. avoidance we stopped sitting we stopped listening to Dhamma talks, procrastination on the opposite side and motivation we we actually go and listen to a Dhamma talk when we have bouts.

emotions. This is where I got nailed.

Anger confusion, fear, hesitancy, nervousness, frustrated and I don't know. beliefs, beliefs and thoughts. I'm lazy. I should be able to figure this out by myself. I'm not worthy or good enough. This is too hard. I'll never be a nun.

I agree to take the notes if wonderful would get me coffee but I have to suffer. I have to give up everything. I'm I'm going to lose who I am. What's left? Who am I? Who am I? If I give up my personality, I'll be boring. Saved by the Bell.

Who am I if I give up who I am Thank you.

So physical we had heavy, confused foggy, sluggish. restlessness leaning forward the direction trying to solve the problem of emotions where aversion, anger, frustration deficiency Am I worthy of feeling helpless, disconnected or lonely and fear? beliefs were should I feel connected urge? I should feel connected I should be have certainty. There's a right way to be I should succeed. I'm not okay. I'm not enough. I'm not worthy of the Dharma. I'm not good enough. I'm not as much as I'm unworthy, flawed and capable, and I can't do it.

And motivational.

want that feeling to go away. We want to do the right thing. We want to figure it out. We want to quit and

I'm not sure what that is.

behavior

on mind, following behavior is incapacitating inability to move forward paralysis and escape, and mindful behavior would be to go through it.

Great, thank you. It was great. So my hope was that going through all those lists, it begins cracking the solid sense of solidity of doubt that doubts is solid thing. And so because then it's really hard to bring mindfulness to it. But if you see that doubt is made up of these different elements, all these different things, then it's by turning your attention to them or teasing them apart. I think we're less likely to be tricked by it, be fooled by it, to be caught in its magic, you know, belief system of at all. And, and also, as I said earlier, by by having these different things to actually look at and notice, you're more likely to begin A strength thing that flashlight. So flashlight becomes stronger and stronger light become

stronger. And you get a sense of this other realities other way of being, being attentive and aware as being something valuable and refuge and important place to be. That's independent of how things are, how they conditioned things. So the world are going. So even with doubt, we can step out of its orbit, see it clearly for what it is, and find once safety, independence, freedom from it, by using clear mindfulness, this is doubt and it has these different elements to it.

Also, each of these things that were listed, usually the ones that are uncomfortable, can themselves be a further trigger for further kind of unhealthy motivation or unhealthy behavior. So the anxiety that might be put together with doubt that's uncomfortable and when We're uncomfortable. That's when one of one of the triggers for any of the other hindrances to arise, we react away from discomfort we react to it, try to fix it or solve it or, or kind of get pushed around by it. And so doubt being uncomfortable, because uncomfortable that can be further doubt. And there's a feedback loop that goes on here. And the one of the functions of mindfulness is step out of the feedback loop. So it doesn't perpetuate itself through time and B gets stronger. So I hope that you can use that flashlight, your light of mindfulness, so that the mindfulness the light gets stronger and stronger and stronger, until the light has a greater reality for you. Then the little objects in the field of darkness.

So

yes,

I have a suggestion.

Since these lists were so rich, maybe someone would be willing  
to take.

We can put them that'd be great. anybody like to volunteer? To take it for lists? You'd like to type them up? So what's your name? Susan. So aren't they? And if you type them all up in Nashville, figure out what you find. Do something maybe we don't we don't have a, you know, we don't have a, we don't have a email group for everyone. But we do have the website we have the hindrance talks in the handouts. So maybe you can go, same place at the handouts goes, there can be a separate file of these lists of qualities of doubt. That'd be alright. So the handout for the reflections and practices are up here. For those of you who haven't taken it yet, there's now two sheets to take because it's nice. single sided, then double sided earlier in the day. And next class will be June 5, and we're going to do it's called hindrances in depth. Look at through more than dinette deeper dynamics of the hindrances and what the Buddhist teachings were, he instructed us to do too when we looking at the hindrances