AN 9.64 — AN 9:64 Hindrances | Nīvaraṇa Sutta

English translation by Ṭhānissaro Bhikkhu.

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Text

Hindrances

Nīvaraṇa Sutta (AN 9:64)

“Monks, there are these five hindrances. Which five? Sensual desire as a hindrance, ill will as a hindrance, sloth & drowsiness as a hindrance, restlessness & anxiety as a hindrance, and uncertainty as a hindrance. These are the five hindrances.

“To abandon these five hindrances, one should develop the four establishings of mindfulness. Which four? There is the case where a monk remains focused on the body in & of itself… feelings in & of themselves… mind in & of itself… mental qualities in & of themselves—ardent, alert, & mindful—subduing greed & distress with reference to the world. To abandon the five hindrances, one should develop these four establishings of

mindfulness.”

Publisher references (not part of the sutta)

See also: DN 2; SN 46:51; AN 5:51