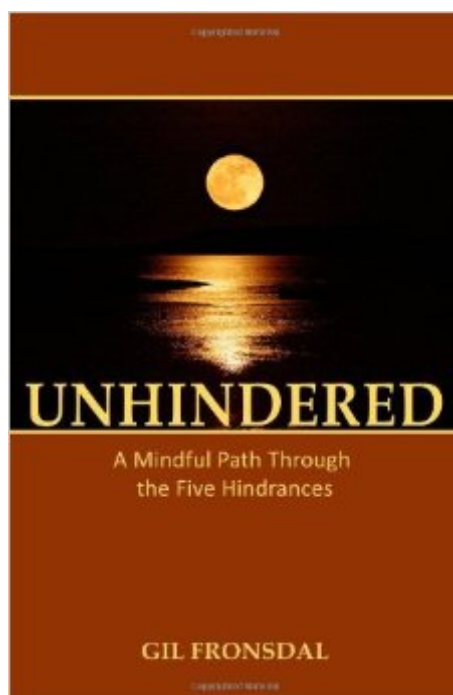


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# Unhindered: A Mindful Path Through The Five Hindrances



## Synopsis

This book is an engaging collection of essays, reflections and practices on the Five Hindrances, the primary obstacles to mindfulness and serenity in the teachings of the Buddha. With his characteristic clarity, born from decades of meditation practice and teaching, Gil Fronsdal demonstrates how to turn stumbling blocks into stepping stones on the path of freedom.

## Book Information

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## Customer Reviews

This book gives a detailed description of the Buddhist meditative "Five Hinderances" teachings from the precious perspective of Gil, who is a scholar of these ancient teachings, and most importantly, someone who has walked the path in his own heart and skillfully supported many others in their spiritual lives for many years. The pictures in the book are a powerful meditation for me. A meditator sits at the edge of a pond, gazing at its surface. A moon shines above. Each of the hinderances agitates the surface of this water in some way, and the reflection isn't clear. Like the drawings, Gil's writing encourages us to sit and study what's happening, trying to understand. After the hinderances, the water is still and clear, the moon reflected, and the meditator gone! When the goal of meditation is attained, the surface is clear, and we can watch the moon go through its cycles no matter where we go.... This book is a wise encouragement to sit, study the mind, and find a way of overcoming the hinderances to the deepest peace.

This is perhaps the best book I have come across on the topics of the Five Hindrances. They are phenomena that every meditator will encounter countless times. Fronsdal gives clear and concise

descriptions and examples of them, and rather than framing them as "problems", Fronsdaal provides practical methods for working with them. As such it becomes apparent that how well we work with them is the core of practice itself, providing training in the skills one acquires on the path to awakening. Another teacher Gloria Taraniya Ambrosia cleverly has called the hindrances as "the coping strategies of the unawakened mind", which puts them in a different perspective. Fronsdaal, in turn, gives alternative and more skillful coping strategies. I would recommend this for anyone who meditates. Although really, these phenomena are so fundamental and happen throughout so much of our lives, the benefits of this book will extend far beyond one's formal meditation practice.

Very clear and practical, this book is an important guide for anyone who wants to be free of suffering and live with greater ease and happiness.

Gil's insights are so wonderful that I bought this for my friend as well once I was in the middle of my copy. I also turned on many friends to his Audio Dharma podcast talks. This book also functions as a workbook with all the self-investigating questions he asks us to ask ourselves.

A thorough and insightful book about the five hindrances. Great for anyone interested or curious about what gets in the way of mindfulness meditation.

I love Gil's explanation of The Five Hindrances, and his questions to ponder at the end of each chapter. We will hopefully use this as a tutorial in our study group. I have found Gil's writings much easier to comprehend. Check Audiodharma for additional discussions concerning this very relevant topic. I feel this book and the site really mesh well together, either for personal or group study. This book is definitely worth the modest asking price. Highly recommended, regardless of where you are on the path.

Well written and meaningful. I am a fan of Gil Fronsdaal and so am biased.

clear explanations and helpful information

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