

THE FIVE HINDRANCES

SENSUAL DESIRES



“There’s no such thing as a pure thought without desire. After all, the Buddha said, ‘All things—all dhammas—are rooted in desire.’... We have this mass of desires and thoughts and intentions that we’ve got to train, so we use the whole *citta*—the whole mind, the whole heart—to train the heart and the mind.”

—*Thanissaro Bhikkhu*

“Because they want to sell their products, advertisers water the seed of craving in you; they want you to consume so that you will have sensual pleasure. But sensual pleasures can destroy you. What we need is understanding: mutual understanding, trust, love, and emotional and spiritual intimacy.”

—*Thich Nhat Hanh*

“If you have very strong sexual desire, or a craving, then look at the whole picture ... reflect, take it all in, and ask, ‘Okay, do I really want to follow this? What am I actually looking for?’

Usually what we’re looking for is a sense of happiness, a sense of fullness, and a sense of peace.”

—*Ayya Anandabodhi*

