

THE FIVE HINDRANCES

ILL WILL



“An aspect of investigating ill will is to discover the beliefs that support it. Why do we believe it is important or pertinent to remain with these thoughts and motivations? How might we believe that aversion will benefit us? Why might we believe that ill will is justified?”

—*Gil Fronsdal*



“Keep in mind that the layers of conditioning on a person have made them difficult to handle, just like the layers of dirt on a cloth. Perhaps they have faced hardship unknown to us. . . . What matters is that we see that someone is suffering. We can offer them our loving-friendliness.”

—*Bhante Gunaratana*

“We must find a way to abandon the hindrance of ill will directly, without waiting until circumstances change and we get the justice, retribution, or redemption we’ve been craving. We have to work on ourselves.”

—*Domyo Burk*

