

THE FIVE HINDRANCES

# SLOTH AND TORPOR



“Each time sloth and torpor arises, which may be a state not dissimilar to how we feel at the time of our death, how are we relating to it? Do we take it as practice for dying?”

—*Joseph Goldstein*

“Cultivate the meditation on sympathetic joy! For by cultivating it, listlessness will disappear.”

—*The Buddha (Majjhima Nikaya 62)*

“In a dull-minded state it is almost impossible to detect fear enmeshed with the dullness. Within the cloud of what Buddhists call sloth and torpor, there is often the fear of taking action or the fear of not succeeding if one did take action.”

—*Zenju Earthlyn Manuel*

