

THE FIVE HINDRANCES

RESTLESSNESS AND WORRY



“We should cultivate a friendlier relationship toward our worrying mind, rather than making an enemy of it. The nonjudgmental quality of mindfulness practice allows us to open to painful mind states such as anxiety without rejecting these energies or rushing in to try to fix them.”

—*Michael Liebenson Grady*

“Develop contentment with whatever you have—the present moment, the silence, the breath. So if you ever see restlessness in your mind, remember the word contentment.”

—*Ajahn Brahmavamso*

“Calming and stilling are the willingness to commit to just being wholeheartedly present in one moment at a time, to commit to one breath, to commit to the sense of our feet touching the ground.”

—*Christina Feldman*

