

WORKING WITH THE FIVE HINDRANCES

# DOUBT



“Remembering our own natural goodness and wholesome intentions is an antidote to the very convincing stories that self-doubt tells us.”

—Sean Oakes



“We need to develop confidence in our innate qualities and believe that these can be brought to fruition. We all have buddhanature. We have all the qualities needed for the path.”

—Jetsunma Tenzin Palmo

“When these five hindrances are abandoned, [a practitioner] considers [themselves] as free from debt, rid of illness, emancipated from the prison’s bondage, as a free person, and as one arrived at a place of safety.”

—Samannaphala Sutta

