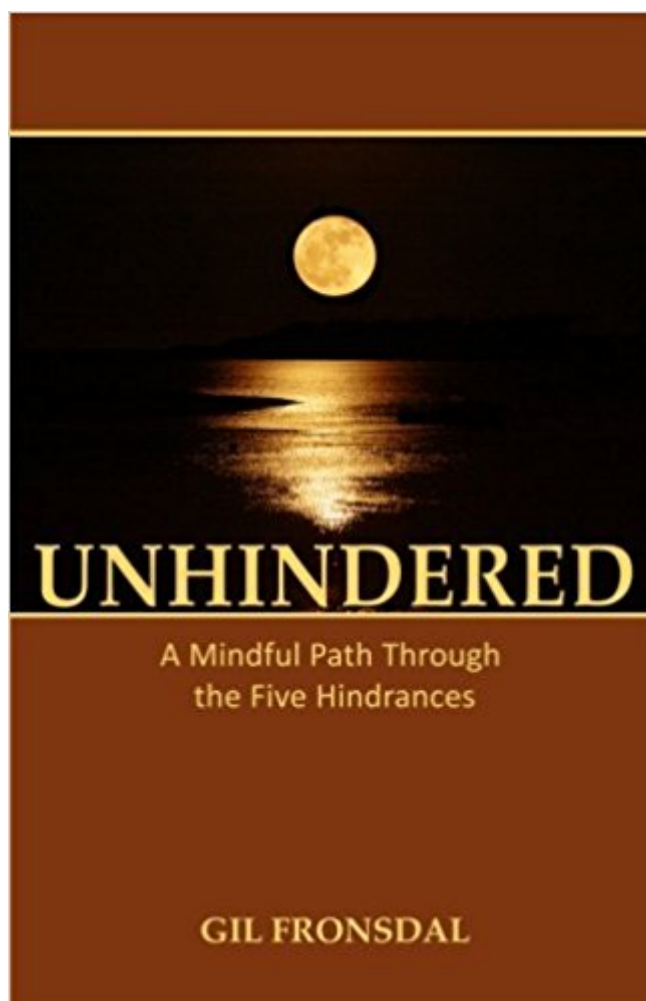


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# Unhindered: A Mindful Path Through The Five Hindrances



## Synopsis

This book is an engaging collection of essays, reflections and practices on the Five Hindrances, the primary obstacles to mindfulness and serenity in the teachings of the Buddha. With his characteristic clarity, born from decades of meditation practice and teaching, Gil Fronsdal demonstrates how to turn stumbling blocks into stepping stones on the path of freedom.

## Book Information

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## Customer Reviews

As a meditator and Buddhist teacher Gil Fronsdal has been studying the forces of mind his entire adult life. Starting Zen practice in 1975 as a young man Gil quickly learned that he did not need to define himself by the hindrances. In particular he learned there are better ways of living than being ordered around by sensual desire, ill will and doubt. In 1984 Gil started Vipassana practice which taught him to look more carefully into his mind and heart. He then discovered peaceful alternatives to sloth and restlessness. Wishing to help anyone and everyone who suffers, Gil became a Zen priest in 1982, started training to be a Vipassana teacher with Jack Kornfield in 1989, and entered a doctoral program in Buddhist Studies at Stanford University in 1990. His doctoral thesis was on the Indian origin of the bodhisattva ideal. Inspired by those devoted to the practices of meditation, integrity, compassion, and inner freedom Gil founded the Insight Meditation Center in Redwood City, CA and, in 2012, the Insight Retreat Center in Santa Cruz, CA. Through his writings and his recorded talks available at [Audiodharma.org](http://Audiodharma.org), many people have appreciated the clarity of his teachings. Gil has authored a number of books. His teachings on mindfulness are published in "The Issue at Hand," the teaching tales he composed to provoke deeper reflection are found in "A

"Monastery Within" and his careful and elegant translation of the "Dhammapada," the much loved collection of early Buddhist verses, is published by Shambhala Publications. Gil is a husband and father of two boys. Through family life he has refined his understanding of the hindrances as well as the ease and love found when they no longer hinder.

This is perhaps the best book I have come across on the topics of the Five Hindrances. They are phenomena that every meditator will encounter countless times. Fronsdal gives clear and concise descriptions and examples of them, and rather than framing them as "problems", Fronsdal provides practical methods for working with them. As such it becomes apparent that how well we work with them is the core of practice itself, providing training in the skills one acquires on the path to awakening. Another teacher Gloria Taraniya Ambrosia cleverly has called the hindrances as "the coping strategies of the unawakened mind", which puts them in a different perspective. Fronsdal, in turn, gives alternative and more skillful coping strategies. I would recommend this for anyone who meditates. Although really, these phenomena are so fundamental and happen throughout so much of our lives, the benefits of this book will extend far beyond one's formal meditation practice.

This book gives a detailed description of the Buddhist meditative "Five Hindrances" teachings from the precious perspective of Gil, who is a scholar of these ancient teachings, and most importantly, someone who has walked the path in his own heart and skillfully supported many others in their spiritual lives for many years. The pictures in the book are a powerful meditation for me. A meditator sits at the edge of a pond, gazing at its surface. A moon shines above. Each of the hindrances agitates the surface of this water in some way, and the reflection isn't clear. Like the drawings, Gil's writing encourages us to sit and study what's happening, trying to understand. After the hindrances, the water is still and clear, the moon reflected, and the meditator gone! When the goal of meditation is attained, the surface is clear, and we can watch the moon go through its cycles no matter where we go.... This book is a wise encouragement to sit, study the mind, and find a way of overcoming the hindrances to the deepest peace.

Gil's writing is clear and succinct. He addresses the subject of the five hindrances without unnecessary elaboration. This book gets right to the point, and it is very useful for people who meditate regularly as all the points made are easily applicable to practice.

Gil's insights are so wonderful that I bought this for my friend as well once I was in the middle of my

copy. I also turned on many friends to his Audio Dharma podcast talks. This book also functions as a workbook with all the self-investigating questions he asks us to ask ourselves.

A thorough and insightful book about the five hindrances. Great for anyone interested or curious about what gets in the way of mindfulness meditation.

I am a regular listener to Audio Dharma and am particularly fond of Gil Fronsdal.

Well written and meaningful. I am a fan of Gil Fronsdal and so am biased.

As advertised

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