



Transforming the Five Hindrances to Meditation Practice

with Community Dharma Leader Lhasha Tizer

*“When one sees oneself free of these five Hindrances,
joy arises...” – Gil Fronsdal*

DESCRIPTION

When we practice meditation we know that there are forces which arise in the mind that make it difficult to remain mindful. These are often referred to as hindrances or distractions. Of the many distracting forces that appear, there are five that are traditionally noted as important for meditators to become aware of. These five obstacles or hindrances in the mind can block our ability to see clearly or concentrate. They are: 1. greed or sensual desire, 2. aversion or ill-will, 3. sloth and torpor or lethargy, 4. restlessness and worry, and 5. doubt.

“To be present without being hijacked by the hindrances is a joy. Unhindered attention is a treasure. It is what allows mindfulness to begin doing its most penetrating work of liberation”. - Gil Fronsdal

*The class will consist of dharma talks, meditation,
Q&A and mindful inquiry.*

INFORMATION

WHEN: 9 Wednesdays, May 2– June 27, 2018, from
6:30 – 8:30 PM

LOCATION: Tucson Community Meditation Center,
1231 E. Edison, Tucson, AZ

DIRECTIONS & PARKING INFO: 1231 E. Edison
Street.

TCMC is located one block south of Grant Road and two houses west of Mountain Avenue. *It is very important* to observe mindful parking by not parking on the same block as TCMC and by leaving an empty parking space in front of the homes on the TCMC block. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

FEE: \$55 for all 9 weeks plus Dana — a Pali word meaning generosity — for the teacher; **Suggested donation \$10/class.** Please continue to give freely, what you can, to support Lhasha in continuing to offer these 2,600-year-old priceless teachings of the Buddha.



**Volunteer opportunities for
payment are available. Please*

contact Blake Barton.

TO REGISTER: To Register: [CLICK HERE](#) or
send check (payable to TCMC), email and
phone # to TCMC c/o *Transforming The Five
Obstacles to Meditation* PO Box 43415 Tucson,
AZ 85733

CONTACT: Lhasha Tizer, Lhasha9@gmail.com, 520-
321-3670

About the Teacher: Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for over 40 years. She has taught at TCMC since 2,000. She is a certified Community Dharma Leader from the Spirit Rock program and teaches for Desert Insight Meditation.