

### The Hindrance of Ill-will Quotes

All the Buddhas of the past attained supreme awakening by abandoning **the five hindrances** of the mind that weaken understanding, firmly establishing **the four foundations of mindfulness**, and realizing the **seven factors of awakening**.

Long Discourses 16.1.17

When one sees the five hindrances are abandoned in oneself, gladness is born and from gladness in his mind, one's body becomes tranquil.

Long Discourses 1.75

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*Byāpāda* – ill-will, malevolence (Pali Text Society's Pali-English Dictionary)

Weeds are the ruin of fields; Ill-will is the ruin of people.  
(Dhammapada 357)

1. “One has a mind of ill-will and intentions of hate thus: ‘May these beings be slain and slaughtered, may they be cut off, perish, or be annihilated.’ ...

“One's mind is without ill-will and one has intentions free of hate thus: ‘May these beings be free from enmity, affliction, and anxiety! May they live happily!’”

Middle Length Discourses 41.10 & 14

2. “I know of nothing other than distasteful things that give rise to unarisen ill-will and that strengthens arisen ill-will. This is because when someone attends improperly to a distasteful thing, unarisen ill-will arises and arisen ill-will is strengthened. ...

“I know of nothing other than the liberation of heart by loving-kindness that prevents the arising of unarisen ill-will and that abandons arisen ill-will. This is because when someone attends properly to a distasteful thing, unarisen ill-will does not arise and arisen ill-will is abandoned.”

The Numerical Discourses I, ii.1-10

3. “When **ill-will** is present within, one knows, ‘Ill-will is present within me.’  
When no ill-will is present within, one knows, ‘No ill-will is present within me.’  
One knows **how** ill-will that has not yet arisen, **comes to arise**.  
One knows **how** ill-will, once it has arisen, can be **abandoned**.  
One knows **how** an abandoned ill-will **does not arise in the future**.”

The Four Foundations of Mindfulness (MN 10.36)