

Dharma Practice Days

Reflections #3

The Hindrance of Ill-will

Please spend some time contemplating these questions. It might be useful to spend several days on one of these sets of questions before moving on to the next. Also, spend some time discussing your reflections with others.

1. What role does ill-will and aversion have in your life? How much of your time and thinking is involved in ill-will and aversion? What are the daily activities that most frequently lead to being aversive? What do you regularly avoid doing or encountering because of your aversion? How often are you avoiding things because of aversion?
2. Physically, emotionally, and mentally, how is the experience of ill-will different than your experiences of unpleasantness? How is the experience of ill-will or aversion different than experiences of displeasure or disapproval?
3. What are some of the unfortunate consequences of having acted on your ill-will and aversion? What cost do you pay for your aversion? How does it harm your mental, emotional, physical and social life?
4. What beliefs do you have that support your aversion? What do you believe about yourself, about others, or about what you can expect or want that tends to result in aversion? How can you question the authority of these beliefs?