

Doubt: One of the Five Hindrances

The Buddha described doubt as being lost in the desert. There are few landmarks in the desert. So we turn this way and that way like the wavering quality of doubt.

Working with doubt

Doubt weakens our capacity to act.

Doubt undermines our capacity to commit.

Doubt weakens our sense of self.

Ultimately, it weakens our capacity to be still.

If you notice recurrent thought patterns, check to see if one of the hindrances is active. If so, and you find it is doubt, you don't need to address each specific thought of doubt. Simply acknowledge it and turn away from it. Thought is the food for doubt. Take that away and you take away its nourishment.

(paraphrased from Akincano Marc Weber, Hindrances & Their Psychology)

Doubt may be covering up another emotion. What does this doubt feel like? You may find grief. In being with the grief, doubt disappears.

The main antidote to doubt is sustaining the attention on the experience. With doubt, we are lost in thought. When we connect with direct experience, we come out of doubting thoughts and into our actual experience of it.

By cultivating the beautiful qualities of mind: faith, patience, interest, humility, joy, concentration, lovingkindness, we fill our consciousness with wholesomeness, and leave no room for doubt.

(paraphrased from Andrea Fella, Faith, Wisdom & Doubt)

"What's between me and being at home? How does the energy that's present want me to be with it?" (Tara Brach, Trusting Our Secret Beauty)