









Unit 3: The Five Hindrances - What Stops You From Clarity

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|  Components | <div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Written Assignment</div> |
|  Duration | 35 min |
|  Notes | Shi Heng Yi framework: sensual desire, ill will, sloth/torpor, restlessness, doubt. Hindrance Inventory + Builder Type mapping (250+ words per hindrance) |
|  SOU Evidence |  |
|  Section | Module 3 |
|  Status | Not Started |
|  Subsection | Pattern Recognition |