

Fetters bind to birth-and-death, first three maintains wrong understanding

- (1) self-view,
- (2) doubt,
- (3) grasping at precepts and practices

Hindrances stop Right Effort and Wise Reflection

- (1) sensual craving,
- (2) ill-will,
- (3) sloth,
- (4) restlessness,
- (5) doubt

Existence in a sense realm

Ten Fetters

Five Hindrances

superficial, unwise reflection
a-yoniso manasikāra

Thinking:
Who am I? I am somebody who needs to do something. Is this the right thing for me? This must be the correct way to do it.

reactions of greed, hatred and confusion direct life-goals and actions

Lack of control over mental life, craving fuels fear and anxiety

Not seeing the Four Noble Truths

mental taints (*āsavas*) increase

reinforces self-view, attachment to birth-and-death

greed: I like this
hatred: I hate this
confusion: this is me, this is mine

Leading to suffering, grief and despair