

# ALBA Hybrid Day Retreat

Dont let the defilements get the better of you

Saturday 10 May 2025

*Led by Martin Evans*

## The Ten Defilements (Kilesas)

1. Lobha — Greed
2. Dosa — Hatred
3. Moha — Delusion
4. Māna — Conceit
5. Diṭṭhi — Wrong view
6. Vicikicchā — Doubt
7. Thīna — Sloth
8. Middha — Torpor
9. Uddhacca — Restlessness
10. Kukkucca — Worry, remorse

Sometimes thīna and middha (sloth and torpor) are paired together as thīna-middha, likewise uddhacca-kukkucca (restlessness and worry/remorse), as in the Five Hindrances (pañca nīvaraṇā).

Here is a list of sixteen Kilesas for further reflection:

1. abhijjha-visama-lobha, covetousness and unrighteous greed
2. byapada, ill will
3. kodha, anger
4. upanaha, hostility or malice
5. makkha, denigration or detraction; contempt
6. palasa, domineering or presumption
7. issa, envy
8. macchariya, jealousy, or avarice; selfishness
9. maya, hypocrisy or deceit
10. satheyya, fraud

11. thambha, obstinacy, obduracy
12. sarambha, presumption or rivalry; impetuosity
13. mana, conceit
14. atimana, arrogance, haughtiness
15. mada, vanity or pride
16. pamada, negligence or heedlessness; in social behaviour, this leads to lack of consideration.

From Vatthupama Sutta: The Simile of the Cloth

<https://www.accesstosight.org/tipitaka/mn/mn.007.nypo.html>

In Buddhist practice we overcome the Kilesas by following the Noble Eightfold Path through the cultivation of ethical conduct, mental clarity and wisdom.

We should focus on understanding rather than think in terms of destroying the Kilesas – they will be our teachers along the path – as we understand them they begin to lose their power. Yet there are times when we have to be very firm with them and say ‘No’, so they don’t overpower us.

Sometimes we can deliberately bring them up to investigate them, but we should always be on the lookout for them as they come up naturally in our meditation and our daily life.

It is a gradual process of weakening them until we realise the path and begin to eradicate them until they are completely destroyed on attaining Nibbana.

Martin

10 May 2025

Ajahn Sucitto’s book mentioned by Martin:

<https://forestsangha.org/teachings/books/kamma-and-the-end-of-kamma?language=English>  
[h](#)