

## **ATTACHMENT and AVERSION**

***Opposite sides of the 'I' coin – I do want this: I don't want that***

It can be hard to see your attachments and aversions clearly when you allow too much information in daily to process.

This overload creates a build-up of unprocessed information emotionally, physically and energetically, resulting in an inability to see clearly what the cause of suffering is, or not even 'feeling' until suffering ensues.

Simplicity, meditation and your embodied practices promote awareness, assimilation and non-resistance. Less engagement with your own obsessions leads to freedom, peace, joy and flashes of impartial divine insight.

### **GETTING 'I' OUT OF THE WAY**

Ultimately suffering comes from a sense of fear of loss.

But WHO has lost and WHAT have you lost?

In order to release attachment or aversion and a sense of loss, you need to be able to stop defining experiences as the entirety of who you are.

You need to be able to transfer your allegiance from the 'I' and experiences of the 'I', into the Self.

### **WHO AM I?**

At one of my brilliance without burnout events recently someone asked:

*"I know that meditation is so good for me and when I practice it my life and everything in it improves. Yet whenever this happens, I then let go of my practice. Why do I do this?"*

My answer was something like this – *"you are still in allegiance with the 'I', the mind and body that is experiencing this 'better life'. You are attached therefore to the outcome of the meditation and as soon as life improves you have 'gained' what you were looking for. However, what you have 'gained' is not the true cause of your happiness, only a result of the practice. Therefore, you must affirm your allegiance back to the Self. Abiding in the Self is the true cause of peace and joy. Enjoying the fruits of that is secondary."*

Your mind will always find a reason NOT to do something you don't want or to do something you do WANT! The challenge is to see the truth behind intentions. Is there an emotional charge, a grasping or contraction in the mind or is it an expansive divine impulse?

What patterns of attachment do you have? (to objects, achievement, people, emotions, opinions)

What does the 'I' gain from this?

How does this lead to future suffering?

What patterns of aversion do you have? (to objects, experiences, people, emotions, opinions)

What does the 'I' gain from this?

How does this lead to future suffering?

## WANTS V NEEDS

Looking at wants/needs is a great stepping stone to releasing attachment.

What do you really need? Perception v reality.

When basic needs feel met, wants lessen.

After deeper observation these things will likely change once you are no longer a slave to cravings and fanciful thoughts.

- **Security** – material things and abundance: beliefs? Job, relationship, possessions, shelter. What do you need to stop the struggle? Seeking security can end up creating less security and more loss.

CONTEMPLATE Only in the Self is there consistent security.

- **Emotional support** –where do you seek support from? Pleasures to enjoy rather than pursue, focus on present rather than future and fulfilling needs, what do you do to be emotionally fulfilled?

CONTEMPLATE – Divine faith and support is always available.

- **Purpose** – How do you feel of value to the world? Do your actions arise from or beyond the ego? When living in alignment with your dharma you act appropriately using your unique skills as an expression of who you are for the highest of all.

CONTEMPLATE – Dharma is revealed from within.

- **Spiritual growth and development** – Do you feel deserving of happiness?

CONTEMPLATE – TOTAL FORGIVENESS You are forgiven for everything that you have ever said or done. You are not your thoughts or your past or your errors.

***“It is only by acceptance that we can befriend the mind and it is only by befriending it than we can control it” Swami Yogaratna***

**ACCEPTANCE PRACTICE** Imagine all that you have and all that you are is as it is in this moment and it will never change.

What arises?

**RESPONSE PRACTICE NOT RE-ACT** – choice to elevate a situation rather than escalate it. Notice when you feel triggered or feel drawn to take part in someone else’s drama.

Pause. Observe why? What is the attachment/aversion? Re-engage and begin again. Compassion is key for yourself and others.

**SELF LOVE PRACTICE** Who do you know that you know loves you for all that you are? See yourself through their eyes and imagine they are with you throughout the day.

**RELEASE PRACTICE** *“Whatever is mine is something I have that at any time could be given”* Place these words around the house. What could you let go of? (Avoid grand gestures).

**WARNING** *chaos may initially ensue when you start changing your behaviours from what is ‘expected’ and not taking part in other people’s dramas – they are attached to your past behaviours!*