

## **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, yet they are 2 key sources of suffering.

An overload of incoming information creates a build-up of unprocessed emotional, physical and energetic load, resulting in an inability to see clearly what the cause of any suffering is, or not even 'feeling' until suffering makes itself known!

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

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

Ultimately suffering comes from a perceived sense of loss.

But WHO has lost and WHAT have you lost?

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

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

**QU: WHO AM I if I am not my body, my emotions, my senses, my thoughts, my experiences, my creations, my roles or my acquisitions?**

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.”*

Releasing attachment and aversion is not about negating desires, rather avoiding the suffering created when things change.

The freedom to truly enjoy life and manifesting Soul desires then becomes possible, far more so than before, when fear of loss disappears.

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

What do you really need? Perception v reality.

When basic needs feel met, our wants lessen. Our greatest basic human need is the need to feel connection, loved and belong. Without this we fixate on external things to fulfil that need for connection, which leads to attachments and aversions.

- **Security** – material things and abundance: beliefs? Job, relationship, possessions, shelter. What do you need to stop the struggle? Seeking more security can end up creating a greater risk of perceived 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' (divine purpose) 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**

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

What arises?

**B)** Imagine the loss of all that you have and the roles you play.

What arises?

**SELF LOVE PRACTICE** Imagine yourself as you would your own best friend. See yourself through those eyes. What would you say to love and support yourSelf?

**WARNING** *Releasing your attachments and aversions will change your behaviours. Those in your world (particularly family) may get triggered by this change as you are no longer fulfilling their expectations and playing the same role they are used to. It is part of the human condition to be attached to what we know and be averse to change, especially when it's out of our control!*