

## Attachment/Aversion chart for “Donna” *Revised from Student Chart*

The “Reasons” are based on the definition of ignorance and the *kleshas* (see “Attachment” column).

This is to show you possible pathways for working with a person’s unhappiness due to attachment and aversion. There are more wisdom teachings for each reason. *Italics=infer.*

| <i>ATTACHMENT</i>                                                                                                                                                                                                                                     | <i>REASON: BECAUSE YOU</i>                                                                                                                                                                                                                                                                                                                                                                                                                              | <i>AVERSION</i>                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Time home with children</li> <li>• More income</li> <li>• <i>Son was good student</i></li> <li>• <i>Relationship with husband before job loss</i></li> </ul> <p><i>Mistake impermanent for permanent</i></p> | <p><b>Wish things would stay the same</b></p> <ul style="list-style-type: none"> <li>• <b>Wisdom:</b> Everything changes, for better or worse. Resisting change wastes energy, creates unhappiness. (Observe, journal)</li> <li>• Do you want to influence change for better? Yoga wisdom can help.</li> </ul>                                                                                                                                          | <ul style="list-style-type: none"> <li>• <i>Learning new part-time job</i></li> <li>• Getting a full-time job</li> <li>• Limiting her spending</li> <li>• Son’s spending too much time with friends, <i>poor</i> grades</li> </ul> |
| <ul style="list-style-type: none"> <li>• More income</li> <li>• <i>Previous weight</i></li> <li>• <i>Husband is smart, works hard, etc</i></li> <li>• <i>Son’s good grades</i></li> </ul> <p><i>Mistake non-self for self</i></p>                     | <p><b>Define self-worth by identification with accomplishments, wealth, relationships, work, body, etc</b></p> <ul style="list-style-type: none"> <li>• <b>Wisdom:</b> You are inner peace, witness, or soul (depends on temperament). Affirm that. Everything else changes, dies.</li> <li>• Most others praise you for what they enjoy getting from you. (and vice versa) Worth paying the price?</li> <li>• Do your best, leave the rest.</li> </ul> | <ul style="list-style-type: none"> <li>• Financial problems</li> <li>• How she looks with weight gain</li> <li>• Feeling lack self-control with eating</li> </ul>                                                                  |
| <ul style="list-style-type: none"> <li>• Husband should focus on more sales per month</li> <li>• <i>Previous income levels</i></li> </ul> <p><i>Mistake impermanent for permanent</i></p>                                                             | <p><b>Focus on future outcomes/past regrets</b></p> <ul style="list-style-type: none"> <li>• <b>Wisdom:</b> Past and future are illusions. You can only be happy in the golden present (control=Now).</li> <li>• Present happiness promotes future happiness and helps us see options.</li> </ul>                                                                                                                                                       | <ul style="list-style-type: none"> <li>• Worry she’s outdated in her field</li> <li>• <i>Possible divorce</i></li> </ul>                                                                                                           |

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| <ul style="list-style-type: none"> <li>Wishing husband spent more time on sales</li> </ul> <p><i>Egoism</i></p>                                                                                     | <p><b>Can't see multiple perspectives; need things to be as you want them</b></p> <ul style="list-style-type: none"> <li><b>Wisdom:</b> locks and keys, tapasya, contentment=<i>acceptance</i>, say "yes" to life. Turn it all over to God. Helps us see options.</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>Fighting about husband's job time allotment</li> <li><i>Husband dislikes sales job, likes service part</i></li> </ul> |
| <ul style="list-style-type: none"> <li><i>Previous weight/health</i></li> </ul> <p><i>Mistake impure for pure, clinging to bodily life</i></p>                                                      | <p><b>Clinging to body, material objects</b></p> <ul style="list-style-type: none"> <li><b>Wisdom:</b> Body changes (and will die)</li> <li>Nothing external can ever make you permanently (PURELY) happy.</li> <li>Happiness is always inside us Now. Clinging prevents us from feeling it.</li> <li>Live to serve=meaningful life.</li> </ul> | <ul style="list-style-type: none"> <li>Symptoms of weight gain: bloating etc, loss of sleep</li> </ul>                                                       |
| <ul style="list-style-type: none"> <li><b>Agreement</b> to stay home with children</li> <li><i>Previous spending habits</i></li> <li>Snacks (too much)</li> </ul> <p><i>Attachment/Aversion</i></p> | <p><b>Being stuck in conditioned thinking, reactions and behaviors</b></p> <ul style="list-style-type: none"> <li><b>Wisdom:</b> Conditioning keeps us stuck in dysfunctional patterns, overrides valid perception, prevents us from seeing options.</li> <li>All of the above keep us from experiencing our true happy nature.</li> </ul>      | <ul style="list-style-type: none"> <li><b>Resents</b> having to work part time</li> <li><i>Limiting spending</i></li> </ul>                                  |

### Learn to use these wisdom teachings:

- Observe them in yourself. The more deeply you use this model, the easier it is to access the teachings when you need them. Use them to assess/question persistent intruding thoughts in meditation. *Is this attach/averse? Is it real, Now, permanent, going to make me purely happy?*
- Encourage client to self-observe, possibly journal, to see whether the attitudes (reasons) above make them happy or unhappy. Give them permission to disagree. You're planting seeds for future self-awareness and motivation to change. Self-awareness is a huge first step in any change process.
- Read or listen to great yogis speak on these topics to see how they explain them to students. Borrow from their approaches **that make sense to you** (not plagiarize). The better you understand practical application the easier it will be for you to guide clients. (Yogic research).
- Practice teaching in regular group classes.
- Adjust explanation and approach based on client's temperament and reactions. Practice makes proficient, more practice makes perfect.