**1-3 PRACTICE**

**Attraction Aversion Practice**

Welcome to a basic practice. Which is to pay attention to attraction and aversion. This is a very fundamental practice. And it will be laying a wonderful foundation to you to be quite masterful with your reactions to life, with your feelings, and it gives you an ability to learn how to pull yourself out of situations. Where are you really suffer very, very strongly. And then later when you are suffering in very subtle ways that initially you won't even notice. But, you will be able to refine more and more your state that your in, so you can hold clearer level of light. Which means more joy, more happiness, more peace, much more profound. So you have the ability to work yourself deeper and deeper into a place of where you are way happier and have more and more energy.

When you are attracted to something you are losing energy and when you have an aversion to something you are losing energy. So the practice is very simple, I know it's not something you can do all day long, but here and they're just noticed when you are feeling just a little uncomfortable. Maybe you notice your little tight in the body. Or suddenly your mind is just obsessing on something. Or you're just kind of wanting you're wishing you're somewhere else. You're hoping your day at work is over.

Or you're thinking — oh my god I still have to do the laundry. Or something like that. Notice how there is an aversion. I want you to notice. And that's all you do. You just noticed. You just notice — ah… I'm having this inversion. Just noticed how you are rejecting it, that’s all you do. You notice. And sometimes the mind has a tendency to actually go towards something, so you're looking for it. And that's the same thing because you're not really present and this present moment. So notice when you are kind of moving into the future.

Coming out of this presents movement you're leaving yourself literally. And is claiming into your mind, into an idea, where your happiness is being promise to you through a certain action, or something that your thinking of, that your dreaming up that your dreaming up that will make you happy. This is very common. You think this is very normal hey because everybody does it. But if you want to become truly happy, truly healthy and really eventually wake up, you have to recognize being in the mind in the past or in the future is going to take you away from reality. So just notice. All you do is notice here and there. And especially when you are able to recognize that you are actually not at your 100% happiness. Maybe you are used to living in a below zero state. Most of the time it's very difficult for you. Let's say that's going on. Then you are noticing that you were having an aversion to it. Notice how you are having an aversion to it. Or you were living in a perpetual hoping for the next moment. All I want you to do is notice how do I you are rejecting, moving away, pushing or your pulling yourself towards something that's going to happen. Now do that a few times a day. Just a few times.