



GRASPING - IGNORING - AVERSION

Grasping

When the mind holds tightly onto things in life that are pleasant or things we want.

Ignoring

When the mind tunes out or disregards things in life that are neutral.

Aversion

When the mind avoids or rejects things that are unpleasant or things we don't want.

One of humanity's deepest habitual patterns is to grasp onto pleasantness, pleasure, and a sense of security and to avoid unpleasantness, pain, discomfort, and the feeling of insecurity. The problem is, always reaching for pleasure and having aversion to pain, discomfort or anxiety is exhausting and can keep us stuck feeling discontent.

You can begin to see this habitual pattern play out right in your meditation practice. This week, when you encounter unpleasant sensations in the body scan, you can notice if there's a feeling of resistance, or a wanting to get rid of the experience. If you feel pleasant sensations, notice if there's a sense of grasping or of wanting the experience to stay. Neutral sensations we typically ignore, so see if you can bring awareness to them with an attitude of curiosity.

