



# Dr. K's Guide to Mental Health

## Practice | Raga & Dvesha (Attraction & Repulsion) | Notes

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In life, we have Raga and Dvesha. Raga is attraction or our natural impulse towards something. Dvesha is repulsion or our natural impulse away from something. A lot of our problems in life are caused by our inability to control Raga and Dvesha. If my mind has Raga towards a video game, a TV show, a sporting event, so I don't spend my time or money wisely. Alternatively, if my mind has Dvesha towards broccoli, I don't eat it. Train your Raga and Dvesha to be the master over them, and then you are free to do anything that you put your mind to.

### Practice Instructions:

- When you go to a restaurant try to pick your second choice instead of your first best choice off the menu
  - Notice that your mind is attracted to one thing on the menu – maybe not the tastiest, but maybe you're trying to be healthy
  - Choose a healthy option that you like a little less
- As you choose it, see what happens in your mind
  - Notice how your Raga and Dvesha rebel a little bit and tell you not to do it
  - Be careful because they are sneaky little creatures
  - They will say "don't bother", "you won't learn anything anyway", "you can do it next time", "you already understand what the goal of the practice is, so you don't need to do it."
- Put thoughts these into a table
- See what happens to Raga and Dvesha.
- Continue the practice and pick slightly more unpleasant things
- See how Raga and Dvesha pop up in your mind:
  - "Oh he is trying to trick us, don't bother. We learned it already", "We get the point, now you can stop and pick your favorite thing.", "What does he expect us to do, never eat your favorite thing again?"
- Gain mastery over Raga and Dvesha with awareness
- See how when you actually eat it, it may be perfectly fine!