

## Conscious Death: Transcending Attachments and Aversions

Aversions and attachments are places in our life where we feel separate. Addressing these areas before the time of death is important on our awakening journey. As you read this list check into your body and feel where you are 'pulled'; or a bit of tension shows up. Noticing these areas is key.

Below is a list of common attachments and aversions.

### Attachments

- People
- Places
- Nature
- Spirituality/Awakening
- States of Consciousness
- Joy, bliss, love
- higher states
- Goals in life (even to leave through the crown chakra)
- Siddhis (because I'll be more awakened)
- Attachment to being Sattvic and Sattvic qualities (peace, harmony, abundance)  
– Not being attached to any way the Self shows up (as any or combination of the gunas: Tamas, Rajasic and especially not being attached to Sattva, which is easy to get attached to)
- To the doer of actions (spiritual)
- The evolving of time and space and becoming
- The body

### Aversions

- People
- Places
- Negative emotions
- Types of life environment
- The body