Balancing Trump Aversion

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T: Hi, Christian, Happy New Year!

How do I practice *dosha drishti* with my aversion to Donald Trump? How do I see the balancing side of my aversion?

If you are interested in knowing more about *dosha drishti* as a *shama* method, click on this link.

Christian: Hi, T.

Dosha drishti is a cool technique, but for me it's not one that I would use all or most of the time.

Trump is a perfect example of why I think that technique has its limitations. If you can't believe the "balancing perspective" you come up with, then it will create more struggle than relaxation.

For me the basic *karma yoga* approach works better in this case. I don't have to pretend that I like a situation – I don't like Trump and I don't like global warming – but I can put my likes and dislikes behind my gratitude, amazement and trust in *Isvara,* this very Life.

Plus, as you know, I prefer identifying the specific "pain thought" my habit mind is serving, choosing another (which is the same thing as saying opposite thought) and conditioning that into my habit-mind.

But that's just my *jiva* – sometimes I think it's a mistake to overemphasize a quiet mind or so much *sattva* in the pursuit of *moksa* as well, like "you've got to balance those uptight thoughts so you can calm your mind, so you can realize the self."

Of course that's ultimately true, but practically speaking I think it's much better to learn the *gunas* and make sure you are working for more *sattva* in general, but to emphasize that you are the never-changing, always-present, obvious awareness that is "knowing" all states.

Keep the techniques in perspective. They're helpful, but you're the self, this obvious awareness, always have been, always will be, never dependent on any state of mind.

~ Christian