You are building a social media application that allows users to post messages and "like" other users' messages. Your task is to build the backend API for the application using Flask and PostgreSQL. The API should allow users to:

1. Post a new message
2. View a list of all messages, with the most recent messages first
3. Like a message by clicking a button
4. View the total number of likes for each message
5. You should create a PostgreSQL table to store messages, and a separate table to store likes. You should use Flask to build the API for creating and querying messages and likes. You should also use PostgreSQL triggers to automatically update the "likes" count for a message whenever a new like is added or removed.

To complete the assignment, you should provide:

1. SQL code to create the messages and likes tables, and the trigger
2. Flask routes and functions to handle creating and querying messages and likes
3. Instructions for how to set up and run the API
4. Upload your code to github and share the link
5. Let me know if you have any questions or need any further clarification.

Bonus:

1. Use hasura to build the tables and triggers
2. Use docker to setup db and other containers required

Note: If more people submit with bonus questions, they will be given preference.