

Yoga of Gunas:

The knowledge of the Gunas is the foundation on which the knowledge of the Self can be built upon.

“Great Men have reached the Highest by Practicing this Knowledge of the Gunas”

When the Mind is not clear on:

- What am I supposed to do with my life?
- How do I purify my Mind?
- How am I supposed to conduct myself at Work and at Home?

One can get Lost & Confused.

One must, then, clarify in his Mind:

- What is it what I am supposed to do?
- How am I supposed to live my life?
- What are the Thoughts I should entertain?
- What Qualities should I enhance or boost?

Applying the knowledge of the Gunas, one can gradually gain the Higher Knowledge.

Verse 3 & 4 describe the Creation.

Verse 5: What are the three Gunas

To gain the Higher Knowledge, one must be focused and turn the Mind inward.

Bring the Mind under the control of the Intellect, so that the Mind & Intellect can work together.

The immutable (unchangeable) Consciousness can never be bound.

(Consciousness AKA: the Self, Om, God within, the Universe.)

(Bound = Feeling of being tied up; Lost. Wise and Saintly people walk free of worries and boundaries).

There are no Bondage. It is your wrong understanding that causes Bondage.

[19:23] There is no definitive word in the English language that defines Guna.

Some words that come close are

- Forces
- Qualities
- Influences
- Climate
- Mood

Gunas determine how one functions in the world.

The Gunas' influence varies for everyone, depending on the time of day, and stage in life.

The predominate influence under which one is functioning at the moment your 'guna' or your 'prakriti'.

[10:14] Whatever is born out of matter (either stationary or mobile), have life or being:

Matter (Prakriti) has life or being.

- Plants are beings (has life) and is stationary.
- Animals (human, mammal, aquatic amphibian, and aviary) are also beings and are mobile.

How were Animals and plants created or born?

When the 'Field' and the 'Knower of the Field' meet, the beings are created.

Plants, animals, humans birds, fish are born out of Matter (Prakriti):

Field kṣetram	Knower of the Field ksetra-jñam	Creation
Matter Substance Prakriti	Spirit Purusha	When the Field and the Knower of the Field meet, manifestation (creation) occurs.

Matter (Prakriti) functions thru the **3-Gunas**:

The 3 - Gunas		
Guna	Characteristics (Determines Thoughts & Action)	Color
Satwic	Knowledge, Purity, Brightness	White
Rajas	Passion, Activity	Red
Tamas	Lazy, Sleep, Ignorance, Dispassionate, Inertia	Black

The characteristics of the 3-gunas above are the Qualities, Influence or Forces that determine one's Thoughts and Actions.

As I Think, so I Speak; As I Speak, so I Act.

The 3-Gunas are also described as the Climates or Moods under which one functions:

The 3-Gunas Climates or Moods	
Satwa	Wakes up in the morning & meditates, when the Mind is clear and calm.
Rajas	In the Workplace he is competing in worldly matters. Passionate tendencies reside in a Ragas person: Anger, Jealousy, Competitiveness
Tamas	Goes home & relaxes and goes to sleep

The majority of people fall in the **Rajas** (Passion, Activity) category.

Some fall in the **Tamas** (laziness, sleep) category. Tamas person do not contribute to society. They want other to take care of them. Tamas persons may be rich or poor. Very Rich or Poor the Tamas person does not give back to society.

Very few persons are mostly **Satwic**. One may see in them knowledge, purity and brightness all the time. Satwic have some Tamas (sleep) and Rajas (passion) but a Satwic’s rajas is filled with Satwic or passionate activity aimed at others.

The Satwic person, therefore, works:

- Unselfishly for the benefit of others wit no thought of “I” or “My” attachments.
- He expects nothing in return
- He does not want praise; he knows he is not the Doer.

[20:48]

Desire and Will	
Tamasic	No Desire or Will. Wants Society to take care of him. Wants the minimal things in life. His Willpower and Desire are EQUAL, but they are LOW.
Rajasic	Lots of Passion, Desire. Cheats & Defeats others. He has the Will Power to succeed, but his will power does not match his Desires. He has uncontrolled Desire but his willpower cannot keep up. He overstretches himself and takes more work than he can handle. He is a workaholic working 14-16 hours a day. His efforts are not for the benefit of others, but for the benefit of himself . His Desire is too much and has NO Willpower.
Satwic	Also works, but for the benefit of others . He increases his Willpower and reduces his Desire (for things) so they become EQUAL. What he desires, he can accomplish. His Desires are for the benefit of others. He is ever content. His thoughts are on his God. He controls his diet, activities. He lives a Balanced Life. Lives a Life of Moderation. He controls his speech. He keeps his Mind peaceful and under his control through meditation and contemplation.

Guna can also mean bind (tie up) like a rope. (Guna can also mean rope).

We think ourselves to be bounded. This is due to our attachment & wrong identification. We think we are this Body and we get attached to Family-Friends-possession, wealth, and careers.

[33:13] One should have love. We have so attached ourselves and are dependent upon our possessions that without it one feels useless.

We are so attached to outer influences that we let them take over our lives completely. When all is required is:

- spend ½ hour contemplate about spiritual matters
- sit with nature
- feel the inner joy, the inner peace or inner bliss
- use your spare time to better yourself

Evolve Spiritually. Serve or Help others!

[35:20] A Satwic person has energy on reserve when needed. He has so much energy on reserve that he can channel it when needed.

When one is out working in the world, one needs **Rajas** to function in it. Add some **Satwic** energy into the workplace. **Dedicate your actions** to the Lord.

Rajas is for Personal fulfillment; **Satwic** is for the benefit of others

Why does the Rajas person function in the world? Because the Lord pervades in everything he sees & does.

[39:00] Know the enemy within. Be vigilant of where your Mind is. Is it in too much Rajas (Very Passionate, Desire. Cheats & Defeats others)? Tamasic (lazy-sleep mood)? Slowly work up from Tamas-Rajas to Satwic where your actions are dedicated to the benefit of others. The problem is not external, but within.

Be a witness. Observe the Mind in meditation.



[44:39] Q & A:

Vasanas are latent (un-manifested) tendencies (**seed**); Vasanas cause you to Act / React.

Gunās are the manifestation of Vasanas (**plant**).

Creativity comes out of silence or in the quiet Satwic mood