

The Three Gunas – Sattva, Rajas, and Tamas

Vedic science describes three subtle energies that preside over all living systems are universal principles or laws of nature, can manifest as qualities in human behavior and personality types. Under these three main gunas or impulses (there are more than three, but for this course we are focusing on these three) Gunas or laws of nature are both physical and psychological states that are also connected to the doshas. Understanding the 3 gunas assist in understanding the nature of tendencies. Along with assessing the doshas. The goal of ayurvedic psychology is to cultivate balance, or a sattva nature. The term sattva vijaya is interpreted as that the victory of the light of pure awareness over ignorance and suffering (tamas) It is this intention that is that heart of vedic psychology.

Sattva: Balanced, the goal of Sattvajayanthi. If you are feeling balanced, neither supercharged or depleted you in a sattvic balanced state. If you are Sattva, there is often feelings of peacefulness and harmoniousness. Qualities of truthfulness, clarity, and generosity abound.

Tamas: If you are out of balance, feeling lethargic and hopeless then you are in a tamasic inertia state. Often times when we are in a tamasic state there is no desire to change, that's part of the inertia. If the individual is surrounded by more sattvic people that will influence and help the individual. If the person is surrounded by other people in that same inertia state, then it will be very unlikely for the person to be motivated to engage in sattvic behavior. Our environment and the people we spend time with is very important for this reason. If you have tamasic quality, you may tend to "hold on to grievances", unable to let go and forgive, making it difficult to move forward. Avoid daytime sleep, reduce alcohol use, exercise daily, practice forgiveness. Increase sattvic diet and reduce heavy, cold, and stale foods.

Rajas: If you are feeling too much energy, are agitated, and anxious you in a rajasic aggression state. Rajas can be experienced as being overly competing, aggressive, burned out, over indulging in the senses, rushing, easily angered and lashing out, controlling, and strong negative emotions. To balance, slow down, eat a more sattvic diet, do not delay meals, reduce coffee intake, take time off. Study of Ayurveda, meditation, to move to closer to your truth and purpose of life, learn to create better boundaries with time and people so you are not overworked and overwhelmed. Clinical example.

All the practices of Ayurveda are meant to bring your physical and emotional body into balance or sattva. It's important to understand your experiences, so you can, with help of Vedic Knowledge design a practice that will most balancing for your individual situation. Understanding the 3 gunas enables one to cultivate energy that is supportive rather than destructive to individual life.

All three gunas are required to live in balance, story of Vaidya, father recommended a soldier to eat lots of garlic onion, could not fight a war in a sattvic state.

Archana Rasayana: to Increase Sattva, Ojas, and Longevity

Truthful but non harmful speech: Practical Application is to learn Non Violent Communication Skills. Also, important correction a saying speak the truth that is sweet has been found to very destructive, especially in young children, it encourages them to stuff their feelings and if they have had an uncomfortable experience or trauma they tend not to be open which is harmful and cause a lot of mental health problems. All the human emotions from anger to fear are part of our human experience

nor matter how long we have been on spiritual path. So it's important to not judge or shame yourself or others for having strong feelings whatever they may be. These are relative changing experiences that are natural to life. We should not shame ourselves for feeling any way. I don't believe that enlightenment means that you will be without these human experiences. Example of Lord Ram when he Sita went missing.

Other Behavior Rasayanas include:

Healthy loving sexual relationships instead of over indulging to the point where one is harming self and others.

Meditation of choice on daily basis

Cleanliness in body and environment

Observing Charity

Respectful to teachers, elders, respect for self and others

Kindness to animals and the environment

Balanced sleep at night and activity in the day

Avoid day time sleep unless ill

Keeping company with positive, wise people.

Good communication skills

Loving and kindness to self and to others, strangers and family.

Controlling the senses – regarding food intake, sexual behavior or over use of the other senses, internet, cell phone, overworking.

Not over working to the point of exhaustion except in emergencies

Devoted to Vedic or Spiritual Understanding about the nature of reality

Fresh air, exercise in balance

Eating Sattvic Foods such as ghee, rice, almonds, oranges,, alakine pure water, pure organic milk, fresh organic vegetables, whole grains, legumes, fresh fruit.

Avoid

or Reduce Rajas: Stimulant like coffee, garlic, onions, meats, over working to the point of burn out or exhaustion, little sleep, over ambition.

Tamas, Avoid day time sleep, stale food, old food, alcohol. Irregular schedule, lack of exercise.

Balanced Doshas

An abundance of ojas creates: Bliss, Enthusiasm, Clarity, Creativity, Support, Ease, Safety, Calm, Acceptance, Abundance, Forgiveness, Honesty, Connection, Presence, Joy, Full Happy Heart, Transcendence, Self-confidence, Stability, Peace, and Harmony.

Excess Vata (air and space) : anxiety, fear, restlessness, insomnia, unfocused, poor memory, over stimulated, unstable, addiction, inconsistent behavior.

Excess Pitta (water and fire): anger, aggression, irritability, lack of contentment, insomnia, critical, violence, controlling, obsessive, addictive, jealousy, manic.

Excess Kapha (earth and water) possessive, shame, depression, inability to let go of old emotions, heavy, dull, non motivated, indecisive. lethargic, undirected.