

TRINITY OF THE GUNAS: SATTVA, RAJAS, & TAMAS

<u>Aspects of Gunas</u>	<u>Sattva</u>	<u>Rajas</u>	<u>Tamas</u>
As motive power of Evolution	Harmony: uniform tension	Mobility or activity	Static resistance or inertia
As phenomenal radiation of visible light	Luminosity or radiance; white or bright yellow in color	Haziness or dimness; red in color	Darkness; black in color
As expressions of Consciousness	Divine or angelic, elevating to higher heavenly planes	Human, remaining on the earthly plane	Demonic, descending to the hells or lower planes
As reflections of Awareness	Illumination; discriminative knowledge	Healthy skepticism, mundane knowledge	Illusion or ignorance or miscomprehension
As mental Conditions	Peace; serenity; stability	Restlessness; agitation; discontentment	Dullness; fickleness
As exerting Motivation; Influencing Perception	Dispassion; devotional outlook; spiritual pursuits	Higher passions; pleasure seeking; worldly pursuits	Lower passions; mirage chasing; Idle pursuits
As forces of Bondage	Fondness for comfort and learning	Liking for various materially and sensually motivated undertakings	Given to indolence, sleep, thoughtlessness

<u>Aspects of Gunas</u>	<u>Sattva</u>	<u>Rajas</u>	<u>Tamas</u>
As ensuing symptoms And psychological Modifiers	Steadiness; intellectual growth; heightened under- standing; simplicity; spiritual fervor; health; happiness; goodness; humility; love; compassion, charity; truthfulness; forgiveness; fortitude; tenacity; contentment; enthusiasm; cheerfulness; fearlessness; gentleness; self-restraint; moderation; etc.	Activity; stimulated senses, passion; greed; craving; hoarding; attachment; conceit; arrogance; ostentation; unjustness; contempt; slander; proneness to joy & sorrow; ambition; boastfulness; competition; tendency to like or dislikes; excessive- ness	Sluggishness infatuation; confusion; stupidity delusion; aversion; malice; anger; fear; harshness; recklessness, bewilderment; irrationality; carelessness; obstinacy, deceit, procrastin- ation; despondency, vulgarity; grief; anxiety; pain; hatred; violence deficiency; etc.