

The 3-Gunas	
Satwa	Purity, Knowledge
Rajas	Passion, Action, Aggressive
Tamas	Sleepy, Laziness, Procrastination, Ignorance, Darkness, Don't like Change, Don't Care,

The knowledge explained in chapter will take you to the Highest. It's a foundation on which your 'Spiritual Building' can be built on, which is a solid foundation.

To modify or change your Gunas (temperament; moods), one must begin in a gradient:
Go from **Tamas** -> **Rajas** -> **Satwic**.

All 3-Gunas can Bind is through Attachment; care must be taken to avoid this pitfall.

The Tamasic Person

Tamasic Mood can Bind or Delude us thru:

1. Heedlessness (Don't care)
2. Indolence (Laziness)
3. Sleep

A **Tamasic** person does not have the Right Knowledge, thereby he doesn't think correctly, doesn't care, and doesn't think logically.

An ignorant (Tamasic) person lives in total **delusion**. When a problem arises this person does not face problems. He does the minimum to get by; wants society to take care of him. He has no incentive; No goal in life.

A **Tamasic** is like a stone . . . he doesn't care about himself or others. One who is insincere can never progress. A Tamasic lives in a stupor. He is constantly distracted by worldly matters.

Tamasic persons are Temporarily or Permanently **deluded**. And is not capable of

1. Right Thinking
2. Right Judgment
3. Right Action

If you don't have a purpose in life, you become Tamasic (Sleepy, Lazy, 'Don't Care' attitude).

We are all of Divine nature. We are a part of God. He/ She resides in us as life itself: Creator, Sustainer, and **Devolution** (Father Time). But because of our ignorance of the Truth and lack of Knowledge in the scriptures, our knowledge is veiled or our knowledge about ourselves is filtered out by ignorance.

Our main purpose in life is spiritual evolution (Live, Learn, and Take Action). It is only in the Satwa state that we can evolve.

[12:47] When one sees that he is just drifting along purpose-less like a twig in river of life, then it is our duty to make the changes that will get us back on track. It is only in the Satwic state where we can evolve spiritually.

Have a HIGHER Goal so that when obstacles arise one can continue working. You have not reached the goal and is high enough where distractions will not sway you from continue trying. Nothing is more discouraging than when you think you reached your goal and something happens and you 'lose it'

Make the Necessary Changes

[14:46]

Making the Changes	
Satwa	Evaluates the situation & makes the necessary changes accordingly. {Like a blade of grass that bends to a strong wind.} He will try to resist it, but if he finds it overwhelming he will gently bend or go along with the changes. Then, returns to his goal. His changes have direction with a clear purpose in mind. The direction of his life is very clear to him. He knows his Goal is to grow; when he grows, others around him grow also.
Rajas	Loves Change (Home, Career, New Surroundings). He is Restless and needs Excitement. His mind is Disturbed.
Tamas	Hates changes

To make gradual changes from Tamas to Satwic, one should go from Tamas to Rajas. So something simple. Go for a walk & chant your mantra.

[20:26] Un-do the Perfectionist's Guilt phase: 'What I do has to be perfect.' The perfectionist procrastinates waiting for the inspiration to come in. One way to encourage inspiration is to **Brainstorm**.

First and Last Thought Should be Satwic

The best time to Pray, Mediate or be in that 'Satwic' mood is to Think or Say the Lord's name. The first thought when you wake up should be of the Lord. The last thought before falling asleep is the Lord's name.

There is No Greatness following everyone in the crowd). People who stood out of the crowd lived by example for others to follow.