

Rajas

Rajas is one of the three Gunas (qualities of nature) in classical Indian philosophy and yoga. It represents activity, passion, movement and restlessness. It can help us feel more awake, alert and driven but too much at an inappropriate time or too much can lead to restlessness or a feeling of being wired. Remember none of the gunas are good or bad but it's about how we balance them

Rajas can be characterised by energy, ambition, desire, drive, excitement, stimulation, motivation, restlessness, and agitation

Effect on Mind & Body

1. **Mind:** Creates attachments, craving and emotional fluctuations
2. **Body:** Increases heat, movement and metabolism
3. **Spirit:** Can be a stepping stone to higher awareness but can lead to distractions and imbalance when excessive

In daily life this can look like busyness, competition or striving for success, and is present in strong emotions like anger, excitement or anxiety. If not balanced it can lead to burnout

If you want to balance your Rajas try using the mantra 'Om Shanti Shanti Shanti'. Om represents universal consciousness and helps bring the mind to stillness and Shanti means peace. Chant the mantra slowly or repeat it silently in your mind as you focus on the breath

Rajasic Foods

According to Ayurveda Rajasic foods have a stimulating effect on the mind and body so contribute to your overall levels. High Rajasic foods include spicy or salty food, tea and coffee, onions, garlic and fried and processed food. People who can't stay still or who are always on the move (high Rajas) tend to be drawn to these foods

Ways to balance Rajas and introduce Sattva

- Calming activities such as meditation and mindfulness
- Reducing stimulants such as caffeine and spicy foods
- Slowing down with grounding practices such as restorative yoga and deep breathing
- Time in and observing nature such as a walk

