

# The Gunas

The concept of Gunas comes from classical Indian philosophy, much of which forms the foundation for Yoga and Ayurveda. The Gunas are described in classical texts such as the Bhagavad Gita and the Yoga Sutras of Patanjali. Both texts refer to how they influence human behaviour, energy, emotions and our spiritual journeys

In yogic philosophy everything in the universe; including our mind, body and emotions are influenced by three Gunas: Sattva, Rajas and Tamas. These qualities are always shifting, like the changing seasons or the fluctuations of the mind

1. **Sattva** (clarity, balance, wisdom) - associated with lightness, harmony and spiritual awareness.
2. **Rajas** (activity, passion, movement) - linked to energy, ambition and restlessness
3. **Tamas** (inertia, darkness, heaviness) - connected to stability, lethargy and slowness

There are no real negatives to sattva whereas too much or too little tamas or rajas in the wrong context can be unhelpful - for example rajas is great when you need to give a presentation but not helpful when you need to sleep.

Sattva generally feels light and clear, Rajas is busy and active, Tamas feels slow and heavy. We need all three but balance is key. We will all have our own individual 'happy' state of these - our energetic sweet spot - our Prakriti.

We can balance our Gunas and shift our energetic state through breathwork, movement and awareness.

Notice your energy right now. Do you need more rest or more movement? Set an intention to find balance

