

# Gunas

The Bhagavad Gita describes the three gunas — meaning the states or qualities of being. They are sattva (purity, harmony, intelligence), rajas (activity and passion) and tamas (dullness, inertia, and ignorance). In his book, “From the Finite to the Infinite”, Swami Muktananda describes how we are constantly working to transcend from these three states. Muktananda says that through our daily spiritual practices we are able to overcome the “nuisance” of the ego. As we become mindful of our states — whether the mind is drawn to activity or inertia, we are able to go beyond these states that have governed our lives. We often take pride in our actions and the personal attributes that we have developed. But Muktananda teaches that our attachment to the gunas only serves to alienate us and take us further from the wisdom of our inner selves.

## Asanas



Adho Mukha Svanasana  
Down Dog



Virabhadrasana 2  
Warrior 2



Parsvakonasana  
Side Angle Stretch



Trikonasana  
Triangle



Prasarita Padotansana  
Wide Stretch



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Plankasana  
Plank



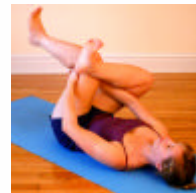
Salabhasana  
Locust



Sirsasana  
Headstand-twist variation



Matsyendrasana  
Seated Twist



Sucirandrasana  
Eye of the Needle

**Application:** Your hatha yoga practice will contribute in many ways to understanding the power of the gunas in your life. You may have a certain pride that your rajistic qualities enable you to come to the sticky mat and perform your practice, or that there are certain times of the month when you feel inertia, or the pull to restorative poses. Honor each of those states and explore how you can transcend from those states into the perfect flow of the yoga. Use other lessons for your daily practice -- [www.fulcrumblu.com](http://www.fulcrumblu.com).