



ANAM CARA YOGA



Late Summer Greetings

&

The Three Gunas

I hope this newsletter finds you well and in good health!

With our northern summer coming to a close, it's natural to cast a glance forward into fall. With a focus on yoga, I plan to open classes in October. I am still musing over what the format will be, and I will keep you posted as things crystalize.

In the meantime, I invite you to consider a month's subscription to my yoga class recordings on the [website](#) if you haven't already.

More Info

The Three Gunas

The other morning, while on my mat, I had the distinct feeling to do only poses on my back and sitting. It was a tired feeling, a bit lethargic.

Do you ever have those practices?

I didn't feel like doing the more vigorous standing poses. And that got me thinking about the gunas, recognizing that my energy was tamasic.

In yogic philosophy, all matter has three energy states or qualities called gunas. The three gunas are tamas (lethargy, darkness), rajas (activity, passion), and sattva (harmony, beingness).

The gunas are in constant flux. By bringing awareness to the gunas, we are able to recognize our energetic state in the moment and either allow the manifestation and move on when the time is right, or immediately choose to balance them.



So how do we identify each guna?*

TAMAS is a state of **darkness, inertia, inactivity, and materiality.**
Tamas manifests from ignorance and deludes all beings from their spiritual truths.

Other *tamasic* qualities are laziness, disgust, attachment, depression, helplessness, doubt, guilt, shame, boredom, addiction, hurt, sadness, apathy, confusion, grief, dependency, ignorance.

RAJAS is a state of **energy, action, change, and movement.**
The nature of rajas is of attraction, longing and attachment and rajas strongly bind us to the fruits of our work.

Other *rajasic* qualities are anger, euphoria, anxiety, fear, irritation, worry, restlessness, stress, courage, rumination, determination, chaos.

SATTVA is a state of **harmony, balance, joy, and intelligence.**
Sattva is the guna that yogis achieve towards as it reduces rajas and tamas and thus makes liberation possible.

Other *sattvic* qualities are delight, happiness, peace, wellness, freedom, love, compassion, equanimity, empathy, friendliness, focus, self-control, satisfaction, trust, fulfillment, calmness, bliss, cheerfulness, gratitude, fearlessness, selflessness.

*description by YogaBasics

(the mural above was photographed in Daajing Giids, formerly Queen Charlotte City)

[Read more](#)

...the three gunas interplay, and with a yogic focus we can observe our feelings, thoughts, actions, and recognize which **guna is dominating** in the moment. And if we want, we can **change it** (acknowledging that all emotions, feelings and thoughts play a role in our human lives).
Manipulating our **dominant guna** can **reduce stress, energize us, or bring inner calm.**

Yoga practice, though asana, pranayama, and meditation, all work to balance the gunas.

Back to that practice of mine on the mat:
I was definitely feeling **tamasic** to start, but by the end of my practice I felt **calm and contented.**
And glad I went to my mat, despite my initial feeling of low energy.

where I'm visiting my daughter, Seanna.

Wishing you inner peace and joy in these lingering days of summer.

**Namaste,
Cate**



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