

# Satwoguni

The central of the three types of people, the Trigunas, and who are characterised by their problem of too much 'gas' (i.e. wind) (840906); Centred person who eats honey, ghee, Channa, lean meat (830131); Those who get out of the extreme kinds of behaviour, and start seeking... this also is finished when we become Gunatit (980321)

Satwogunis are the people who believe in righteousness... but when they are righteous, they have a contempt for others who are not righteous... so they become aloof... they can go to the Himalayas, sit there and not to meet anybody... and just to establish themselves as a big guru somewhere (980712)

The Satwoguna... is the central channel (800517.2), which gives us the temperature that we have and is lukewarm, as opposed to the hot right side and the cool left side (800517.2); We should take to Satwo Guna... the Sacred path... where... we must evolve (781002)

In India, medicine is based on the Trigunas, the three types of people, with the three types of problems: the Tamo, Rajo and Satwo Gunis, being of the left, right and centre respectively. Each is treated accordingly, in order to bring them back to a balanced state (840906)

When the attention goes to the Spirit, it just happens that you become Gunatit, and are no more concerned with your own conveniences, or comforts. You just go beyond all these three gunas which have been dominating you, like the Tamoguna, Rajoguna and Satwoguna. Now you don't want to see whether you are right sided, or left sided or centred - you are a Sahaja Yogi, and a Sahaja Yogi is beyond all these things, you are Gunatit (980321)... beyond the three gunas (800526)

## Sahajvidya - Satwoguni

### Tape References

#### Date/Ref - Title - Qual - mins

781002 Knots in the 3 channels, Caxton Hall poor 90

800517.2 Old Arlesford, Winchester, pt 2 (What is a S Yogi) good 90

800526 Attention, Dollis Hill

830131 Nabhi Chakra, Delhi good 80

840906 Talk at Gregoire's House - Vienna [German translation] good 65

980321 75th Birthday Puja, Delhi good 55

980712 To be obedient to the Guru, Cabella

- Jai Shri Mataji -