

*To whose temple the Arch is starlit,  
In whose temple the Sun is the image of gold,  
To whose temple the Moon goes every month  
And brings the message out every full-moon,  
And whose message the Moon sings as a word of sixteen letters,  
His religion I belong to, His temple I visit,  
His name I utter, His glory I live in.  
To Him I offer the lotus of my day,  
To Him I offer the lotus of my night.*

*These seed thoughts from the Spiritual Psychology meditations of Dr. Ekkirala Krishnamacharya give the note for the Lunar Messenger of the Circle of Good Will. The moon is the reflective principle and symbol of the mind. When pure and calm, it reflects impressions from higher circles. Especially the time of the full moon is conducive for higher alignment, if we are poised enough. The alignment of the sun, moon and earth in the sky helps experiencing the magic of the light of the soul and its manifestation down to the physical.*

*The Lunar Messenger is published every month in time for the full moon. It contains thoughts from the teachings of eternal wisdom. Its purpose is to inspire us to put them into practical life.*

## SIGNS OF TRANSFORMATION 15: THE THREE GUNAS 1 - TAMAS

### *The Triangle of Qualities*

Creation begins with an impulse emerging from the Absolute One. Nature manifests in time and space with three qualities. The universal consciousness enters into the threefold structure; it separates from the unity and forms the first modification of consciousness. The three aspects of individualised consciousness - Will, Knowledge and Activity - take on the qualities of the three *Gunas*, *Sattva*, *Rajas* and *Tamas*, or poise, dynamism and inertia. The individual consciousness always has a mixture of the three qualities; the universal consciousness is beyond. The name of the individualised consciousness is I AM; the limited light of this separated consciousness is called *Buddhi*.

The Divine is mirrored in us through the three qualities. This is represented as a circle in which there is a triangle. This symbol of the first reflection of the Divine in man is also given for meditation. Thus, we realise that we can align ourselves to the original and get to the other side through the central point of the triangle, provided it is an equilateral triangle. For the opening in the centre only gives way if the three angles of the triangle are equal, i.e. dynamism and inertia have found balance and we can enter into the inner.

The second reflection into objectivity happens through the five senses. The eightfold nature - the three qualities and the five senses - mirror the Divine in us and also distort it. Our perceptions are dimmed and our life has biases. When we set off on the journey from objectivity to subjectivity, we have to bring the three qualities into balance and withdraw from the five senses to the inside.

Beyond the three qualities the soul is free, without any limitation. However, within the qualities it is conditioned by them and suffers from them. No matter how much we try to regulate the qualities, as long as we are in them we are ruled by one quality or another. All beings are controlled by them, also the *Devas* and the diabolic forces of matter. There are only few *Devas* who know the Divine.

Even the three Logoi, *Brahma*, *Vishnu* and *Shiva*, are expressions of the three qualities. The Vedic seers created these symbols of *Brahma* the Creator, *Shiva* the Destroyer or more correctly the merger, and *Vishnu* the Lord, who preserves the manifestation of creation to illustrate these principles. The wisdom of the Lord keeps everything in poise; through his dynamism we are created, and when it is time for dissolution he again eats up everything into his own presence. Then *Tamas* appears as the sleep-like state of his dark, inert nature. For a while he rests within himself, and this is called *Pralaya*. Then from the darkness shines forth the light of a new creation.

The activity of creation is an interplay of the patterns of the three qualities. They mix up to infinite combinations to bring about the different temperaments of the beings. They give us our characteristic qualities and make us act in different ways. They keep us in their spell until we are beyond them and have attained illumination or *Samadhi*. If we understand creation as a play of these forces and observe our mixture in an impersonal way, we slowly get out of their sphere to higher planes.

Even then the qualities continue to work and conduct the body functions until we drop off our vehicle. As long as the mind and the senses are shaped by them our life isn't balanced. If inertia controls us we experience the world as

a compulsion which pushes us forward. If we have a hyper-active temperament we get into bondage through unrest and curiosity. Poise is the state of purity, of a constant vibration and radiation. But it also binds us, as long as we crave for knowledge and comfort. But even while we are in activity or inertia we can remain in poise. By their very nature all three are divine and we shouldn't reject them. This doesn't mean that we should cultivate impurity, but he who is pure need not reject or hate something impure. To reject something corresponds to the quality of *Tamas*. Let us have a closer look at this quality.

## Characteristics of Inertia

During the process of involution and evolution the whole creation follows a course. *Tamas* or inertia works as the matter-forming principle. It produces the different forms of behaviour of the elements and their compounds, the preservation of the properties of colour, taste, smell, etc. It ensures that everything adheres to its own nature. Our habit-forming nature is also an expression of this basic consistency of nature. It influences the vital and mental planes as well as the lower part of *Buddhi* which is in contact with the mind. Thus, our thoughts are conditioned by food, habits and the environment. A large part of our life runs as a routine activity that requires almost no power of thought to satisfy the baser needs.

Because of *Tamas* we are able to sleep; otherwise, the being would lose itself. Thus, nature has arranged the quality of inertia as a blessing; since otherwise we don't withdraw ourselves from the hyper-activity of the day, sleep overwhelms us with unconsciousness as a protection. Insomnia is a disease of the over-active people; excessive sleep is a disease of persons who are insufficiently active. A *Yogi* rests in a state of higher awareness which is different from sleeplessness. While the body is resting the soul is active with some work, for it doesn't know sleep.

The nature of the body is inertia; we sit on a chair while the activity of the mind goes on. With death the vital energy quits the organism leaving only inert chemicals behind. If, however, we live too much in inertia we oversleep or postpone many things and lose many opportunities in life. Many people fall asleep while meditating or when wisdom classes are given, because their body tissues are still very dense and contain much *Tamas*. This causes sleep and a kind of sleepiness when light is being transmitted either through meditation or through wisdom classes.

When we invoke Master CVV, he doesn't permit us to take a longer period of rest; this way we are lifted up by the energy from the denseness of matter.

Inertia and too little activity lead to ever increasing ignorance, because the light of understanding and the vital energy slowly disappear. Such people develop their own theories why they live in an unrhymic and unhealthy way

or enjoy an arbitrary sexual behaviour, alcohol and drug consumption. They develop their own logic to justify their behaviour: "There is nothing wrong with it...." Lazy people have no desire to take a bath when the body smells; they don't think of changing clothes. They like strong smelling, stored and reheated food without any vitality. Dead food is *tamasic* by nature, irrespective of its source. To drink cold water, especially with ice, increases the inertia in the body.

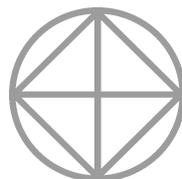
Lethargic people don't like changes, because they feel uncomfortable with them. They want to continue living as they were used to whether it is good or bad. They react to changes with anger and irritation. Getting up early is difficult for them; they are too lethargic for meditation. Master EK admonished his associates who were late to get up and perform the morning rites. It was impossible for lazy people to be around him. He was always clean of body and mind and was always wearing fresh clothes.

Lethargic people find it difficult to understand and to retain the wisdom teachings. Some pretend to have listened, but they don't. Good thoughts are postponed and forgotten. In their illusion they apply the teachings incorrectly and twist them. Also, teachings are spread which distort the truth. Large parts of society live in convictions born out of illusions of inertia. If we continue not to use the body properly, nature will transfer us into lower kingdoms of nature, even though in general the door to them is closed. Or we are still born as humans, but in races where there is only little understanding of things. If you have lived in the lower centres you will also leave the body through these centres during death; the soul thus arrives at a rebirth in lowest states of consciousness. We can support souls in orienting upwards to choose a higher exit in the head.

## Transformation

Guiding a person dominated by inertia away from this state is healing. Most effective is healing with sound. Regular utterance of holy sounds generates an inner fire which transforms the matter of the cells and throws out inertia. Sound stimulates the Uranian energy which makes the tissues light and airy. Even if someone is of utmost inertia he will be woken up when he invokes the sound C.V.V. This is the promise of the Master, that he will bring the person to balance, so that after twelve years he will arrive at a normal temperament and remain in harmony, no matter what happens around him.

Sources: K.P. Kumar: *Sri Suktam / notes from seminars*. E. Krishnamacharya: *Spiritual Psychology. The World Teacher Trust* - Dhanishta, Visakhapatnam, India ([www.worldteachertrust.org](http://www.worldteachertrust.org))



**Good Will is contagious !**

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*Circle of Good Will*