

**A Quiz to help you gauge  
where you stand in the  
Guna game**

Maa Gyaan Suveera

# Guna Game

- Mind: Bundle of thoughts.
- Satvic, Rajasic, Tamasic.
- Maya, govern us, basic constituent of subtle world.
- Dhamakshetra: complex web of 3 gunas.

# Saatvic:

- purity, activity in inactivity, balance, ethics, kindness, love for truth, spiritual inclination.

# Rajasic:

- Sensuality, activity, extreme behaviour patterns, egoism, fluctuating ethics, oscillation between kindness and unkindness, worldly inclination.

# Tamasic:

Impurity, inactivity, imbalance, procrastination, unethical behaviour, unkind nature, laziness, addictions.

All gunas are present in us & in surrounding objects but varying in relative amounts.

# Purpose of our life:

- Move from lower to higher
- Finally to a state of oneness with consciousness

- Self improvement by
- Self analysis
- Rectify/Practice
- ??

# When you wake up in the morning you:

- Feel fresh & gripped by cosmic/God's love
- Feel fresh & creative thoughts sprout in relation to your work or business
- Feel heavy & sluggish.

# Sculpting the body: Paramahansa Nityananda

- Wake up early
- Set a +ve intention: will set the tone for the rest of the day.
- SILENT BELLY LAUGHTER.
- Continue lying down with eyes closed, think of a funny moment, visualize & remember

- Relax into a soft smile, allow the same laughter to rise up in your system, body, penetrate every cell.
- Allow laughter to implode within your system.

- **Regular laughter** : outer explosion
- **silent belly laughter** : Inner explosion of healing energy
- Enjoy this feeling of inner bliss & start your day with understanding, **you are this healing energy** of laughter/bliss.

- Affirm that you will go into your day simply radiating this +ve energy.
- Notice the difference :
- -how people relate to you throughout the day,

- -how they are **attracted** to your energy & positivity,
- **how many good things come to** **you** when you start your day with positive energy.

# What activity do you pursue thereafter ?

- Clean the body and absorb knowledge of Self/God
- Check the mobile/diary for day's appointments or check mails on net
- Unaligned and blank mind with random thoughts-gossip, arguments, enmity.

# What is your state of mind while going to work?

- Peaceful, calm, dutiful, still absorbed in the knowledge of Self/God
- Enthusiastic, bubbling with energy, calculating the day's targets, smiling and beaming

# **What is your state of mind while going to work?(contd)**

- Dragging yourself to work, cursing all those for whom you have to work and earn & pitying yourself for loads you have to shoulder.

# What is your attitude at work?

- Cheerful, smiling & ever helpful
- Cheerful, smiling & helpful, when you think it will be beneficial
- Frowning and creating tension most of the time.

# What does your work desk look like?

- Empty table with minimum work tools
- Table with flowers, fancy stationary, frequently arranged and rearranged.
- Untidy & clumsy with strewn waste papers, (empty packets of pan supari or cigarettes).

# On what do you lunch?

- Clean simple home cooked food, packed in Tiffin box used for many years
- Sumptuous home made/outside food, topped with sweet dish from fancy Tiffin box
- Anything you can get at a bargain, cooked & presented in any way, stale/unhygienic, eaten clumsily without enjoyment & with resentment.

# How is your language at work?

- Soft & gentle words, politely uttered without undue emphasis/ authority
- Modulated with changes according to the person to whom one speaks, authoritative & emotional
- Sarcastic tone, abusive speech, double entendres (meaning), unmodulated pitch.

# How do you appraise a stranger?

- Look at the face & understand his requirement
- Assess his socio economic status through clothes & accent first before proceeding to business
- Take a note of his figure, before registering his need.

# How do you greet people?

- With a simple unassuming namashkar/ namaste/ hello
- With a creative & impressive salutation each day
- Sarcastically.

# How do you sit?

- Maintain one body posture for long time, with feet firmly grounded
- Relaxed posture, cross legged; alert & smart when needed
- Restless; get up frequently, itch, yawn & disturb others.

# How do you dress?

- Simple neutral colors, closer to white & pastels, have few but well maintained clothes, not fashion conscious, may use talcum powder but not exotic perfumes.

# How do you dress? (contd)

- Flashy clothes, frequent changes, use of perfumes, cosmetics & expensive accessories
- Badly kept shabby clothes, unwashed unironed, clumsily worn without care, maintenance or accessories.

# How is your footwear?

- Simple clean footwear, one pair, removes footwear when needed without prompting
- Fashionable numerous footwear, matched to attire, need to be prompted to remove footwear at places like home

# How is your footwear? (contd)

- Unpolished, dirty & soiled footwear, stinking socks & oblivious to the need to remove them at places.

# What do you read?

- Serious philosophy & literature with contemplation, good books, scriptures, health magazines
- Light reading & glossy magazines
- Detective journals, sex scandals, horror stories & provocative magazines

# What movies do you prefer?

- Classic, historical, art movies, low budget sensible films
- Glossy super starrers with elaborate settings
- Films that glorify violence, sex and horror.

# Your favourite music?

- Classical, simple, instrumental, soulful based on pure ragas
- Elaborate orchestra, heavy metal music, remix & fusion music
- Chaotic, noisy & high pitched, with provocative lyrics and sounds.

# Your favourite colours

- White & pastel colours
- Blue, green, orange & red in pure tints & tones
- All dusky colours & black.

# Your conduct on returning home

- Wash hands & feet, have a bath, wear simple, clean home clothes
- Have a wash and change to fashionable lounge wear
- Wear the same work clothes until you sleep & even sleep in them.

# How do you interact with your family once home

- **Talk little** about your **work** & **listen** to everyone smilingly
- **Boast** about your achievements
- Describe all your **negative experiences**
  - Your fights, abuses & ill treatment you received.

# Which of these is closest to your belief?

- Grace, universal brotherhood, welfare, & good wishes for all, belief in God & destiny, belief in karmas, universal awareness & understanding of universal laws, life based on personally set value systems

# Which of these is closest to your belief? (contd)

- Belief in deities, religion, god, ritualism & social norms, follow familial & social value system
- No belief in god, no belief in self, no clarity, may get victimized in blind ritualistic ways, complete unawareness, prefer to live life without awareness.

- (a)- Satvic, (b)- Rajasic, (c)- Tamasic
- 3 a, 11 b, 5 c –rajaso- satvo- tamasic person.
- RAJASO SATVIC PERSON

- TV serials
- Net browsing/surfing
- Reaction to food
- Car driving-music/news,speed,signals
- When you get angry- reaction
- Earning money, charity
- Reaction to disasters in life.

- Self improvement by
  - Self analysis
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  - Re self analysis**