

Yoga of the Three Energies

Introduction

I Want

- (1) Success is getting what I want.
- (2) Life is a conscious being and a field of laws.
- (3) I care, the field doesn't.
- (4) Both myself and the field are energy.
- (5) Matching my energy with the energy of the field required for success.

What do I Want?

- (6) The Value of Goals. Material and Spiritual goals.
- (7) Material goal is to obtain and keep objects for the Primary Identity using the Primary Instrument. Downside: dependence on fickle objects.
- (8) Spiritual goal is freedom from objects.
- (9) Happiness is the nature of the Secondary Subject, not in objects.
- (10) Secondary subject is not directly accessible owing to Rajas, Tamas and no Means of Knowledge.
- (11) Guna management required to prepare the Primary Instrument for Self Knowledge.
- (12) Both Field and Primary Instrument need guna management.
- (13) Three Guna knowledge required for guna management.

Origin of the Gunas – Isvara – Qualities – The Unmanifest – Macrocosm

1. Existence/Consciousness exists prior to the creation **Predominance.**
2. Pure Reflected Consciousness
3. Consciousness Reflected Dull Mirror. Non-Reflecting Consciousness - Predominant Tamas – The Black Hole

Everything Manifest is Gunas – No Doer

The Evolution of Matter - Panchikarana Prakriya

5. Macrocosm and Microcosm

The Individual (Jiva) - Ropes

What do the Gunas Do?

Objective Factors

1. The gunas structure society
2. They control life cycles and rites of passage. The gunas control the shape of your body and your health.
4. The gunas create the circumstances of your birth.
5. The gunas control your associations with people.

The Subjective Factor

6. The gunas control the changes in the primary instrument
7. The gunas create your life style and personality.
8. Vasanas, Gunas and Samskaras.
9. The gunas change predictably.
10. **The gunas bind.**

How do they bind? (A) They bind by attachment to results.

(B) They bind by attachment to relative knowledge.

(C) They bind by attachment to thoughts and emotions.

Four Types of Thinking (A) Impulsive involuntary thinking (B)

Mechanical automatic thinking **Projection and Denial** *You Think the*

Distortion is Reality (C) Deliberate thinking *Your Thoughts are not*

Etched in Granite (D) Spontaneous thinking

Two Guna-Based Personality Types (A) Classy High Minded People

(B) Self Centered People (C) Sociopaths and Psychopaths **(D) You are**

Not Your Personality

The Nature of the Gunas - Sattva, Rajas, Tamas

The Gunas and the Primary Instrument

(A) Rajas and Assimilation (B) Tamas and Assimilation (C) Sattva and Assimilation (D) The Gunas and Growth.

Duality

The Terrible Twins Comparison and Competition Two Orders of the

Apparent Reality The Birth of Fear and Desire Rajas and Tamas -

Fear is Desire and Desire is Fear Wired but Tired. Working Against

Yourself Values Conflict - More Zero-Sum Do You Care What People

Think?

The Solution Karma Yoga – Bhakti Yoga – Jnana Yoga - Meditation

1. Karma/Dharma Yoga

(A) I want Stuff (B) A Glaring Downside (C) An Attitude of Gratitude
(D) The Five Offerings (E) Tamasic Karmas (F) Rajasic Karmas (G)
Sattvic Karmas

2. Bhakti Yoga - What's Love Got to Do With It?

(A) Love With Desire (*sakama bhakti*) (B) Love Without Desire
(*nishkama bhakti*) (C) Love of Inner Work (D) Worship of Everything
(E) Emotional Impact of the 'Vision' of the Total (F) The Fruit of
Devotion

3. Jnana Yoga – Inquiry into Values

(A) Importance of Values Inventory

(B) Cultivate These Values (1) Resolution of Inner Conflict

(2) Self confidence (3) Steadiness in inquiry (5) Nonviolence

(6) Fearlessness. Turn it Around Death is a Symbol of Change. (7) Honesty.

Straightforwardness (9) Non-stealing (10) Cleanliness (11) Purity

(12) Order. Simplicity. (13) Accommodation. Commodiousness (14) Charity

(Gifting, Not Grifting) (15) Gratitude (16) Ability to Resolve Anger. (17)

Renunciation. Austerity. Restraint. Self Control (18) Satisfaction (19)

Service to the Teacher (20) Compassion (21) Chastity (22) Humility (23)

Modesty (24) Tolerance. Forbearance

(C) **Non-Conforming Values to be Removed**

(1) Gratuitous Desires and Fears (2) Unjustified Anger (3) Delusion
(4) Stinginess. Miserliness (5) Arrogance (6) Comparison (7) Need to
Control (8) Guilt and Regret (9) Jealousy and Envy (10) Pride, Vanity,
Conceit, Self-Glorification The Solution – Inquiry into Isvara (11) Pretension,
Affectation, Lying

(D) **Implementation of Values** (1) Resolve. Discipline. Autosuggestion

(2) Precaution. Prudence (3,4) Restraint. Introspection
(5) Prayer (6) Monitor States of Mind & Think the Guna Through
(7) Apply the Opposite Energy (8) Associate with great souls
(physical, mental)

4. Meditation (A) Dual and Non-Dual (B) Mindfulness – Burning
Desire Sublimation Trust Dissatisfaction – Stuck in Sattva No Magic
Formula The Right Formula Observe and Adjust You Are Not What
You Eat

3. Inquiry

No Purifier Like Self Knowledge Emotional Management - Don't
Express. Don't Suppress. Sublimate No Guna Google Non-Duality
The World is There Because I See It Resolve the Experiencing
Instrument into You Satya and Mithya

Three Primary Thoughts and Emotions

A. Sattva - Gateway to Non-Duality

(1) An Early Warning System (2) Happiness (3) Love. Pleasure (4) Freedom (5) Knowledge (6) Dispassion. Discrimination. Humor (7) Security (8) Epiphanies (9) Conservation (10) Completion. Resolution. Reliability. Perseverance (11) Creativity. Inventiveness (12) Confidence (13) Dharma Morality – The Value of Values (14) Non-injury (15) Honesty (16) Virtue (17) Forgiveness and Compassion (18) Justice. Deliberation (19) Manners (20) Order. Simplicity (21) Beauty (22) Unconstrained by time.

Downside of Sattva - Enlightenment Sickness

B. Rajas/Avidya/Pure Duality

Microcosmic Rajas - An Upside – Motivation - Charisma
Pride - Self Confidence - Excitement - Experience and Knowledge
Rajas creates Time & Duality - Ego's Planning Function

(C) Tamas

Rigidity, Inflexibility, Contraction - Fear of Loss - “The Lord giveth and the Lord taketh away.” - Normalizing the Abnormal - Fear is not Smart - Perseverance. Determination - Smart Fear - Tamas Causes Attachment - Tamas Produces Delusion - Tamas Gives Rise to Fantasies – Confusion - Distrust – Gullibility – Conformity - Rigidity - Resistance - Conservatism – Absolutism – Literalism -

(C Tamas, continued)

Low Self Esteem - Neglect – Selfishness - Lust -
Addictions and Compulsions - Avoidance. Denial. Procrastination -
Perversion. Schadenfreude. Cruelty - Melancholy

(D) How To Cultivate the Gunas

- (1) Connect actions and results, seen and unseen
- (2) Accept the Zero-Sum Nature of Reality
- (3) Apply the Opposite Thought
- (4) Transform Negativity
- (5) Develop A Simple Devotional Lifestyle
- (6) Monitor Your Diet
- (7) Media Fasting
- (8) Stop talking about yourself
- (9) Analyze Your Speech

(E) Beyond the Gunas

Conversion of the Sattvic Personality

- (1) Complete Self Satisfaction
- (2) Fearlessness. Immortality. Security
- (3) Constantly Experiencing Non-Dual Love
- (4) All States of Mind the Same
- (5) Mind Abides in the Self
- (6) Unconditional Peace
- (7) Every Experience is a Pleasure
- (8) No Sense of Ownership
- (9) No Sense of Doership 147

- (E) Beyond the Gunas, continued
- (10) Sees No Differences
- (11) Compassion
- (12) Control of Senses
- (13) Free of Longing 148
- (14) Total Dispassion
- (15) Well Looked After 149
- (16) Alone But Never Lonely
- (17) Follows Dharma
- (18) Not Required to Follow Dharma 149
- (19) Lifelong Gratitude
- (20) Purify Holy Places and Justify the Scriptures 150