

Rajoguni

Right side person, who eats proteins/meats (830131), who is the thinner type of person, and for whom it is prescribed, in India, to eat more carbohydrates (840906); Those who want to do something, or show something, or become something, who want to compete with others. All this disappears when we become Gunatit (980321); Rajoguna... the right side (800517.2)

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)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

- 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

Source:

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