

PHILOSOPHY

INTRODUCTORY COURSE - WISDOM

Session Six

The Threefold Energy

Summary

1. The Threefold Energy
 - a) The Model
 - b) The Balance of the Energies
 - c) The Imbalance of the Energies
2. Being and Becoming

Practice

1. Observe the three types of energy in different situations.
2. If you feel out of balance, e.g. agitated, dreamy or stressed, then pause, and see if you can observe where the imbalance might be.
3. If you feel it is *tamas*, look to bring more *rajas* / action into the balance.
4. If you feel there is too much *rajas*, take time to reflect, use the pause, and then pay fine attention to what is in front of you.
5. If you feel caught in a circle of 'my' peace and happiness, look out to people beyond that circle.
6. Note what happens. What is the effect of rebalancing on yourself and others around you?

Quotations

Śrī Śāntānanda Sarasvatī
Good company P 77

Again it can be looked at in this way: a human being has three compartments. The first is sattvic where peace and light prevail. The sattvic person is centered here though he uses all three rooms. He moves into the second room for his daily work, but he is still conscious of the light. He uses the lowest room of tamas for sleep. Here there is no light, but whenever he gets up he moves into the other rooms.

The man of rajas is centered in the second room. He has no knowledge of the first room but he has some ideas about it.

The man of tamas lives entirely in the third room, and for him the other two do not exist. They are neither cleaned nor looked after, and eventually fall into decay. It is important for us to use all three.

Plato
Timaeus 27d

What is that which always is and has no becoming? And what is that which is always becoming but never is?

Rudyard Kipling
If

If you can keep your head when all about you
Are losing theirs and blaming it on you ...
Or being hated, don't give way to hating ...

If you can meet with Triumph and Disaster
And treat those two imposters just the same.

Diagrams

Diagram 6 (b)

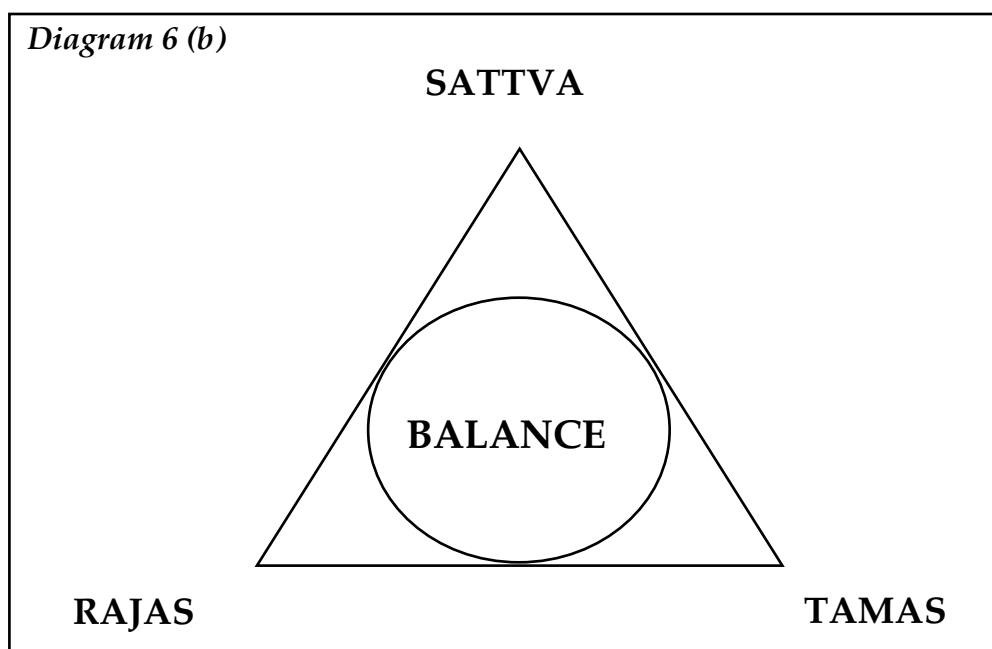


Diagram 6 (c)

SATTVA	RAJAS	TAMAS
Gives light	Gives movement	Gives rest
Gives knowledge	Gives creativity	Gives regulation
Gives wellbeing	Gives enthusiasm	Brings dissolution

Diagram 6 (d)

