

mind under the influence of *Rajas*, entertains desires, and in order to pacify the stormy conditions, one is forced to act in the world outside striving to acquire, to possess, to keep, to spend, to enjoy, to save, and to preserve what has been saved. Slowly, the individual is dragged into an entombing morass of suffocating death, in a stinking pit of pain and agony. "VERILY THE FRUIT OF RAJAS IS PAIN."

IGNORANCE IS THE FRUIT OF 'TAMAS' --- That dullness in action, heedlessness and illusion are the symptoms of *Tamas* in our subtle-body, has already been indicated. Here it is said that *Tamas* veils our discriminating capacity and foils our attempts at understanding and rightly judging the world of things and beings and the world of happenings around us.

*Rajas* breeds agitations in the mind. And *Sattwa* is that condition within us when the mind has least thought agitations and the intellect is clear and bright in its rational and discriminative powers. In short, *Sattwa* is the "condition of dynamic quietude" which is the creative moment in man's inward nature.

AND WHAT ARISES FROM THE 'GUNAS'?

17. Knowledge arises from SATTWA, greed from RAJAS, heedlessness, delusion and also ignorance arise from TAMAS.