Holy Geeta by Swami Chinmayananda

and it is capable of taking longest flights into the realms of wisdom. On all such occasions of vast knowing and deep understanding, the inner equipment is under the influence of *Sattwa*, wherein the agitations, created by *Rajas*, and the murkiness, created by *Tamas*, do not express themselves.

Sattwa also binds the Infinite to Matter through the attachment to 'knowledge' and 'happiness'. When once one has experienced the thrilling joys of creative thinking and the inspiring life of goodness and wisdom one gets so attached to them that one will thereafter sacrifice anything around in order to live constantly that subtle joy. A true scientist, working self-dedicatedly in his laboratory; a painter working at his canvas in his shabby studio, pale with hunger and weak with disease; a poet hunted out from society, living in public parks, seeking his own joys in his own visions and words; martyrs facing cruel persecutions; politicians suffering long years of exile; mountaineers embracing death --- are all examples of how, having known the subtler thrills of a higher joy, when the bosom is inspired with Sattwa, the individual becomes as much bound with attachment to them as others are to their own material joys and possessions.

NOW THE DIAGNOSIS OF 'RAJAS,' WHEN IT COMES TO PLAY ITS HAVOC IN THE HUMAN BOSOM: