Holy Geeta by Swami Chinmayananda

These *gunas* are born of Matter. Produced by Nature, the "Field," they generate a feeling of attachment, and successfully delude the indwelling Self and chain It AS IT WERE, to the cycle of birth-and-death, in a stream of constant change and pain. The *gunas* have no separate existence as attributes inherent in a substance. All that we can say is that they are as many different mental climates in which the minds behave so differently from each other, according to their given moods, governed by the predominating *gunas* at any particular moment of observation.

These gunas, like chords, AS IT WERE, bind the Spirit to Matter and create, in the Infinite Spirit, the painful sense of limitations and sorrows. The Infinite and All-pervading Spirit can never be contaminated by the dreamy projections of a delusory world-of-Matter. The ghost that emerges from a post cannot leave its marks on the post. Even after murdering a dozen people in my dream, my hands, that were dripping with blood, cannot, when I wake up, carry any blood stains. While dreaming, no doubt, the "dream world" of my own imaginations was real to the dreamer in me. But, on waking, the waker in me cannot have any marks left over on him from the dream. Similarly, the Eternal Life, functioning in Matter, gets, AS IT WERE, bound to the limitations and finitude of Matter, and this delusory experience is continued as long as the *gunas* bind It to and entangle It in Matter.