

*20. The embodied-one having crossed beyond these three GUNAS out of which the body is evolved, is freed from birth, death, decay and pain, and attains to Immortality.*

So long as you stand near the open oven in the kitchen, you must necessarily feel the heat of the fire and the smoke in the atmosphere. To walk out of the kitchen is to escape both these inconveniences because heat and smoke are the properties of fire in the oven and not the qualities of the atmosphere. In burning summer, out in your courtyard, there is both heat and glare, to escape which, you have only to walk into the shelter of your room. So too, identifying ourselves with the *gunas* and thus playing in the mental and intellectual zones, we suffer the imperfections and sorrows of an ordinary life. But when these are transcended we shall no more be under the tyranny of these sorrows. Finitude and agitations, mortality and pangs, change and sorrow are not in the Perfect, Immortal, Changeless Self.

HAVING CROSSED THE THREE 'GUNAS' OUT OF WHICH THE BODY IS EVOLVED --- The three *gunas* are the expressions of 'ignorance' or NESCIENCE, which constitutes the very causal-body. We are experiencing the pure causal-body in our deep-sleep, and this is nothing other than the *gunas*. They emerge from the causal-body to express themselves first as the subtle-body, expressing as qualities of our thoughts and feeling, and again as the gross-body to express themselves into good, bad, or indifferent actions.