

The Three Gunas

The three modes, or active features, of Nature.

Guna	Color	Energy	Characteristic	Descriptions*
Rajas	Red	Fast-moving, agitated.	Desire Stimulus junkie Enthusiastic	Passionate, inflamed, excited, intense, violent, lustful. Hot.
Tamas	Black	Slow-moving or fixed.	Apathy Couch potato Impassive	Dark, dispassionate, slow, lethargic, still, relaxed. Cool.
Sattvas	White	Smooth-flowing, easy.	Serenity Easy-going Contented	Tranquil, clear, pure, pleasant, subtle, peaceful, contented. Warm.

* Descriptions - You can easily expand on these and find negatives and positives for each *guna*.