Three Gunas

In Chapters 14, 17 and 18 of Bagawat Geeta, Bagawan Krishna discusses the three gunas – Satvic, Rajasic and Tomasic. Swamiji has presented many aspects of these gunas in a chart form in his book on Bagawat Geeta. I prepared a chart based on Swamiji's chart and added other aspects of the gunas based on Swamiji's teaching. I presented these charts to Swamiji for his blessing and presenting them, with his permission, for your use.

Please click on the link below to access the chart.

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