

The Guna Construction of Anxiety

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Robert: I need help with a bit of clarity here please. This morning I was discriminating on the *guna* quality of anxiety, as I have not fully unpacked this.

It seems to be of equal intensity of both *rajas* and *tamas*, both tuned up to quite a pitch, fighting with each other, yet neither giving quarter. Depression and anger seem to co-exist in equal portion. There is an intense need to do, yet the doing carries a dull and heavy feeling.

Your comments on this would be most helpful.

Sundari: Yes, this is how the *gunas* function without fail. I call them the terrible twins. When *rajas* is projecting, *tamas* will be right there to deny it. Even if the *rajas* is *sattvic rajas*, if the mind is still under the spell of ignorance *tamas* will attempt to dull it. When the mind is resting in the self because it knows it IS the self, there is no need to meditate on the quality of the *gunas*. Why meditate on them? Just discriminate the knower of the *guna* from the *guna* and adjust whatever appears in the mind accordingly.

~ Sundari