

Evil Rajas

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Tom: Dear James, thank you for your emails. I am enjoying the bliss of a still and bright mind again. For now I only want to tell you that this whole unpleasant story was the greatest gift. It was pure grace. I decided to remain in prayer until clarity came. With sincerity and the knowledge of who I am, I won the battle with my ego. It was a big battle, but when *sattva* came back the infantile ego finally surrendered when I suddenly saw *rajas* and *tamas* using the childhood *vasanas* as weapons to keep me disturbed. It was a great healing and maturing process. The way *Bhagavan* showed me what needed to be actualized is amazing.

I only want to thank you and send you love. We don't choose to be students and teachers. The self teaches itself, and we have no choice but to play our parts. You will always be my teacher and I will always be your student.

James: Dear Tom, thank you for this email. It makes me happy. Never mind the misunderstandings. They only come when the mind is *rajasic/tamasic*. The love is what matters and I can feel your love again. Keep the mind *sattvic* and everything will go smoothly. If the mind is *sattvic* you will pick up on the warning thoughts that come before the *rajas* energy is about to erupt in the mind, and you can work out the *rajas* in the form of the ignorance that is outpicturing by looking at the content of the thought and dismissing it consciously with reference to the knowledge of who you are. In this way the *rajas* does not have a chance to mature into a deluding emotion that will inevitably lead to a *karmic* problem, usually a conflict with the people in your life.

Excess *rajas* is a terribly disturbing and destructive energy. You need to learn to observe your energy carefully and develop techniques that convert it to *sattva*. *Rajas* is the most difficult *guna* because it gives the ego the illusion of power and accomplishment. You do accomplish a lot when the *rajas* energy is active, but if there is an excess in the causal body the ego will bite off more than it can chew and do too much. This will cause *tamas* to arise, or as the *Gita* says, "predominate." You will start to feel tired and when this happens you will not be alert enough to keep your thoughts in front of you and you will lose control of the mind (*sama*) and your memory and discrimination will desert you. The popular expression "wired but tired" nicely encapsulates the essence of this situation.

One of the symptoms of this condition is that you find yourself becoming irritable with small things. If you are in a social situation this is dangerous because even trivial events can spark a destructive emotional outburst and ruin relationships. This is a real problem because you can almost never heal a relationship that has fallen victim to *rajas*, because shame and pride are part of this *guna*. The ego does not like to admit that it is wrong and ask forgiveness. And if the other person has a predominance of *rajas* his or her ego will usually take offense, another psychological component of *rajoguna*, and he or she will not respond in a *sattvic* way.

Another aspect of the moment when *tamas* starts to intrude in the *rajoguna* is that the mind becomes very sensitive. The slightest thing – a sound or a smell or a trivial observation of a violation of some small rule – can make it irritable and cause your

dispassion to desert you. Dispassion is the filter between the conscious mind, the subtle body, and the unconscious, the causal body. When it breaks down the subtlebody is exposed to whatever problematic energies are at play in the environment. If someone enters the room carrying bad energy, your mind will pick it up unconsciously and it will start to operate in you. You won't even know that it has happened. And you will be surprised when a conflict erupts.

In any case what is important is that you have seen that this whole episode was *Isvara* helping you purify your mind. You have taken it as *prasad*. Good for you. All the players in this drama were just instruments of *Bhagavan's* will.

~ Love, James