

The Three Energy Principles

<u>SATTVA</u>	<u>RAJAH</u>	<u>TAMAH</u>
Mental Colour:		
White	Red	Black
Qualities:		
Happiness, peace, bliss, tranquility, harmony, love for spiritual practice.	Restlessness, nervousness, hyperactive, indecisive, overworking.	Static, slow, lazy, dull, inactive, darkness, death, ignorance.
Mind:		
Looking at a beautiful scenery, watching a sunset.	Playing sport, working on the job.	Drowsiness after a heavy meal, trying to get out of bed in the morning.
People:		
Engagement in music, dance, art, fine arts, poetry, reading, nature, meditation, good company, serving others, high ideas.	Engages in sports, thrilling activities, boxing, racing, sky-diving, skiing, mountain climbing, gambling.	Engaged in sleeping, eating, TV, video, drinking, smoking, drugs, hunting, less work.
Animals:		
Deer, cow, elephant, cat.	Monkey, cheetah.	Tortoise, pig, donkey, buffalo.
Chirping of birds.	Flight of seagulls.	Hooting of night owl, swooping of bats.
Nature's examples:		
Sprouting of seed.	Flower growing.	Plant dying and withering.
Youth	Adulthood	Old-age
Times of Day:		
Sunrise, Sunset	Mid-Day	Midnight
Food:		
Most fruits, green vegetables.	Coffee, chocolates.	Nearly all meat and fish.