

The Gunas: Keywords

| Sattva Goodness/Purity | Rajas Energy/Action | Tamas Sloth/Darkness |
|---|---|---|
| Truthfulness, virtue, light | Intense activity | Mental ignorance, dullness |
| Poise, calmness, compassion | Mental restlessness | Excessive sleep, laziness, procrastination, inertia |
| Self-control, dispassion, discrimination | Lust, longing, intense desire | Greed, expectation, infatuation, evil desires |
| Contentment, Forbearance | Pride, love of fame; display of power | Stupidity |
| Generosity, Charity | Attachment | Fear, Anger |
| Performance of one's duties | Aggressive enterprise | Reckless actions |
| Faith, Reverence | Faith in work | Faith in dishonesty |
| Feeling shame for ill conduct | Haughtiness; self-aggrandizement | False piety, fault-finding, quarrelling |
| Service and worship done without selfish motive | Service, worship, prayer done with selfish motive | Worship done with intent to harm others |
| Delight in the contemplation of God | Delight in sensuous objects and activities | Delight in cruelty, lying, begging |
| Illumination, Knowledge of God | Picking of quarrels to feed vanity; Strife | Excess grief, dejection, misery |
| Cheerfulness, optimism | Love of controversy, dispute, conflict | Whining, pessimism |

Sources:

Srimad Bhagavatam: The Wisdom of God

The Bhagavad Gita

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