

## **33.33% Trigunas Saadhana**

In God, the three gunas (qualities) - sattva, rajo, and tamo - are mixed in equal proportions, 33.33% each, and become one. However, in the energy forms created by God, the mixture of gunas varies. This variation in the mixture is what has created numerous forms in nature. Therefore, understand that these three gunas - positive, negative, and neutral, or proton, electron, and neutron - are present in all objects in nature.

God is synonymous with bliss, supreme bliss. The three gunas being mixed in equal proportions is the reason why God is always in a state of bliss. There are many ways to attain this blissful state. I suggest that you can also reach God through the 'melt' sadhana or by focusing on your breath. After reaching God, we experience bliss, but as soon as we open our eyes, we fall back into maya (illusion).

This means we are unable to retain bliss in our body, mind, and heart. I asked myself, what is the reason for this? Then, I received a message that as soon as we come out of meditation, we choose one of the three gunas and instigate war against the other two. This is why we are unable to experience divine bliss in our body, mind, and heart. Therefore, it is also necessary to choose and unify the three gunas at these levels.

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### **Body**

We generally wish to be physically healthy all the time. But I realized that this is an adharmic (unrighteous) decision. Because in dharma, three opposites - health, illness, and neutrality - coexist in equal proportions, 33.33% each. So, I received a message to choose all three. This is because symptoms like cough, sneeze, fever, dizziness, and intoxication are necessary for our daily lives. If they work every day, all the unnecessary things in the body will be expelled.

Just as the body constantly adapts to changes in nature, it also evolves by tuning itself. Just as a mobile phone needs to update its hardware, not just the SIM card, to upgrade from 2G to 4G, similarly, to evolve, all aspects of yourself - body, mind, heart, etc. - must also evolve. Therefore, to establish a higher state within your being - illness, health, and neutrality - these three forces must work together in harmony, simultaneously. So, choose all three at the physical level and create friendship among them. Otherwise, it's impossible for dharma to be established in the body, meaning it's impossible for God to enter the body. For more information, read the topics 'Inner Journey' and 'Body'.

Here, neutrality means a state where the outcome of a game is unclear, like a draw, where there's a possibility of winning, losing, or a tie. In this context, a draw means both players win or both lose. This is what I mean by neutrality or sattva guna. So, neutrality or sattva guna means a state where illness and health are balanced and united. Similarly, tamoguna and rajoguna should also be balanced and united. Therefore, think of it as health being 33%, illness being 33%, and the combination of health and illness being 33%.

## **Mind**

Choose all three at the mental level as well. This means that only one thought comes to your mind at a time - either a good thought, a bad thought, or a neutral thought. If you immediately choose this thought, you will be doing adharma, because you haven't chosen all three.

This means that when the thought of 'scolding' comes to your mind, don't immediately choose it. Instead, think that you are choosing the pure energy of 33.33% scolding, 33.33% praise, and 33.33% neutrality combined. Similarly, when the thought of 'praising' comes, don't immediately choose it. Think that you are choosing the pure energy of 33.33% scolding, 33.33% praise, and 33.33% neutrality combined. Similarly, when the thought comes that I am the soul, then choose I am 33% body, 33% soul, and 33% neutral. When the thought comes that this is the world, then choose that this is 33% world, 33% divinity, and 33% neutral.

Whatever thought comes, choose the related three and wait for a while. Only after reaching a peaceful and balanced state should you proceed to do anything. This means that by doing so, you will establish a connection with God at the mental level itself. If you continue to practice at the mental level, you will definitely be able to establish dharma in your mind. You won't need to leave your mind to reach God, as God will enter your mind itself. This is because the combination of the three gunas will purify and calm your mind.

## **Heart**

In the heart, there are feelings of good, bad, and neutral. If you try to completely eliminate fear as soon as it arises, you will be doing adharma. So, tell the fear to stay within you, but only at 33.33%. Distribute the remaining energy to the other two, and let the three aspects be equal and united. Similarly, when courage is high, tell it to stay at 33.33% as well. If any aspect is less than 33.33%, tell it to increase, and if it's more than 33.33%, tell it to decrease. This way, you will establish dharma in your heart by balancing the three gunas.

However, this will only maintain the current state. To upgrade from 2G to 4G, all aspects must grow. This means that the positive, negative, and neutral aspects must all grow. So, if one

aspect is high, increase the other two to match it. If fear is high, tell it to stay the same and increase courage and neutrality to match it. Similarly, if courage is high, tell it to stay the same and increase fear and neutrality to match it. This way, you will establish dharma in your heart.

Thus, separately, Experience that everything inside and outside of me, including myself, has been created by the union of the three gunas in equal proportions. Similarly, experience the entirety of the world, which has been created by the union of the three gunas in equal proportions, as a unified whole, all at once.

### Conquer Trigunas

When we possess ordinary bad qualities like lust, anger, greed, attachment, pride, and jealousy, we feel that we haven't spiritually progressed, we're not doing our spiritual practice correctly, and we're making mistakes. This thought makes us feel like we're suffering. But if we follow the spiritual practice I mentioned, with the idea that everything should be in balance, the feeling of guilt within us will disappear.

This is because the pure energy, which is one, is being divided into three by the illusion. So, the three gunas must exist, but in balance. Therefore, the desire to be the representative of the three gunas, to be the Leader of the three gunas, and to conquer the three gunas will grow within you. As a result, the idea that it's okay to have 33.33% bad qualities will become firmly established in you.

Just as five fingers, though separate, can work together and be used simultaneously, or can be combined to form a fist and used, similarly, the three opposing forces within us can be united and used together. Or, they can be combined and used as one. Only then will they gain strength. I call the power that arises from this union and friendship 'New Energy'.

The mixture of the three gunas exists in each person in a unique way. So, focus on how to mix the three gunas within you, without expecting a specific outcome. As you continue to mix the three opposing forces within you, you will experience three types of results externally. As you experience these results divinely, and merge the externally manifesting powers within your mixture, a change will occur in your mixture. If you continue this practice, the three gunas will eventually balance and become one.

Another point is that only those who have experienced the three gunas separately in the past are eligible to practice this knowledge that I am sharing. So, the duty of those who are only experiencing tamas is to prioritize tamas and ignore the other two. The duty of those who are only experiencing rajas is to prioritize rajas and ignore the other two. Similarly, the duty of those

who are only experiencing sattva is to prioritize sattva and ignore the other two. Therefore, understand that one's dharma varies according to their state.

## **Results**

In this way by practicing 'melting' when eyes are closed and choosing trigunas when eyes are opened, many people are getting miraculous results. In Vizag, a couple practiced this for a month and their land, which was unsold for ten years, got sold. Someone in Vizag found their lost gold. A woman had unbearable menstrual pain every month, but when she told herself that the pain was only 33%, the pain reduced significantly. A man was obsessed with gold, but after practicing this, his obsession reduced.

Wife was pressurizing husband to travel up-and-down daily for 20 K.M. Husband had hatred towards pressurizing. After knowing this knowledge husband said to pressure energy to stay, but only 33.33%. By this, change came outside in wife. She said to husband that "daily if you do journey then you will become weak, so come only on holidays." Many people are saying that they feel peaceful and happy inside. So, you also establish dharma within yourself and find solutions to all kinds of problems.

## **FTBA**

To achieve the balanced state where the three gunas (Sattva, Rajas, Tamas) work in harmony, you need to develop certain FTBA (Feelings, Thoughts, Beliefs, and Actions) and release those that create imbalance.

### **1. FTBA to Develop (Support the 33.33% Balance Principle)**

These FTBA help in aligning your Feelings, Thoughts, Beliefs, and Actions with the goal of integrating the three gunas.

#### **Feelings to Develop (Heart Level)**

- ✓ Acceptance – Embrace both positive and negative emotions equally.
- ✓ Patience – Wait before reacting; allow the three gunas to settle.
- ✓ Equanimity – Stay calm in success, failure, praise, or criticism.
- ✓ Detachment – Observe emotions without getting attached to them.
- ✓ Compassion – Understand others' guna imbalances without judgment.

▶▶ Example Practice: When feeling extreme anger or sadness, instead of resisting, say:

"I welcome this feeling at 33%. I balance it with its opposite and neutrality."

### Thoughts to Develop (Mind Level)

✓ Balanced Thinking – Before making a decision, consider all three perspectives (positive, negative, and neutral).

✓ Holistic Thinking – See life as a play of gunas rather than labeling things as 'good' or 'bad.'

✓ Flexible Thinking – Adapt to situations rather than being stuck in one guna.

▶▶ Example Practice:

When thinking, "I should only be happy," change it to:

"I choose mixture of 33% happiness, 33% sadness, and 33% neutrality, creating divine balance."

### Beliefs to Develop (Subconscious Level)

✓ All Three Gunas are Divine – Instead of rejecting any guna, believe they all serve a purpose.

✓ Dharma is Balance – True righteousness means embracing all three qualities equally.

✓ Spiritual Evolution Happens Through Integration – Growth is not about eliminating gunas but balancing them.

▶▶ Example Practice:

Instead of believing, "I must be positive all the time," believe:

"Positivity, negativity, and neutrality together create divine harmony in me."

### 4. Actions to Develop (Body & Lifestyle Level)

✓ Act with Awareness – Before taking action, ensure all three gunas are balanced.

✓ Balanced Routine – Include periods of activity (Rajas), rest (Tamas), and reflection (Sattva).

✓ Harmonized Speech & Behavior – Speak and act with a mix of assertiveness, stillness, and neutrality.

✓ Mindful Responses – Pause before reacting; integrate all guna perspectives.

▶ Practice:

Before making any decision, pause and ask:

"Is my action balanced? Am I honoring all three gunas?"

## **2. FTBA to Release (That Cause Guna Imbalance)**

These FTBA create resistance, making it harder to integrate the gunas.

### **Feelings to Release**

- ✗ Fear of Negative Emotions – Allow all emotions instead of suppressing them.
- ✗ Guilt for Having 'Bad' Qualities – Accept all aspects of yourself as part of divine balance.
- ✗ Overattachment to Any Emotion – Avoid identifying too much with any single feeling.

▶ Example Practice:

Instead of resisting sadness, say:

"Sadness is 33% of my experience, just like happiness and peace. I accept it fully."

### **Thoughts to Release**

- ✗ "I Must Be Only Positive/Happy" – This creates imbalance by rejecting negative and neutral aspects.
- ✗ "I Must Control Everything" – True harmony comes from allowing gunas to balance naturally.
- ✗ "Some Qualities Are Bad, Some Are Good" – Understand that all qualities are divine in balance.

▶ Example Practice:

Instead of thinking, "I must avoid anger," think:

"Anger, peace, and neutrality together complete me."

### **Beliefs to Release**

- ✗ "Spirituality Means Only Sattva" – Rajas and Tamas are equally needed for growth.
- ✗ "I Should Remove My Negative Qualities" – Instead of removing, balance them.

✘ "God Will Only Accept Me If I Am Perfect" – God manifests when you integrate all three gunas.

▶ Example Practice:

Instead of believing, "I must eliminate fear," believe:

"Fear, courage, and neutrality together create my divine strength."

#### 4. Actions to Release

✘ Extreme Activity (Overwork, Overdoing Rajas) – Leads to exhaustion and imbalance.

✘ Extreme Passivity (Laziness, Overdoing Tamas) – Leads to stagnation and dullness.

✘ Avoiding the World (Overdoing Sattva) – Leads to detachment without grounding.

✘ Reacting Without Balance – Acting impulsively without integrating the three gunas.

▶ Practice:

If you are too passive (Tamas), instead of forcing extreme action, add a little activity (Rajas) and clarity (Sattva).

#### **Final Summary: Your Path to Guna Balance**

✓ Develop: Balanced Feelings, Thoughts, Beliefs, and Actions.

✓ Release: Any extreme attachment to a single guna.

✓ Practice: The 33.33% rule in emotions, thoughts, and actions.

✓ Observe: Regularly check which guna is dominant and rebalance it.

By consistently following this, you will achieve effortless alignment with divine energy and manifest desired results naturally. 🌿 ✨

#### **Triguna Balance Meditation (33.33% Alignment)** 🌿

Duration: 20-30 minutes

Purpose: Align your Feelings, Thoughts, Beliefs, and Actions (FTBA) with the balance of Sattva, Rajas, and Tamas, while also choosing and integrating your desires in a balanced way.


### **Step 1: Preparation (2 Minutes)**

Find a quiet and comfortable place to sit or lie down.

Close your eyes and take a deep breath in... hold for a moment... and exhale slowly.

Repeat two more times. With each breath, feel your body relaxing.

Set the intention:

 "I welcome the balance of all three gunas within me—Sattva, Rajas, and Tamas. I align with divine harmony and my true desires."

### **Step 2: Centering with Breath (3 Minutes)**

As you breathe in, visualize a soft golden light entering your body.

As you breathe out, release any tension or imbalance.

With each inhale, imagine energy flowing equally to three centers in your body:

Head (Sattva - Clarity, Peace, Wisdom)

Heart (Rajas - Passion, Action, Movement)

Stomach (Tamas - Stability, Rest, Grounding)

Continue breathing and feeling all three energies coexisting within you.

### **Step 3: Triguna Visualization (5 Minutes)**

Now, let's balance the three gunas inside you.

#### **1. Tamas (Stability, Rest, Darkness)**

Imagine a deep, dark, grounding energy at the base of your body.

Say in your mind:

 "Tamas, you are my foundation. I welcome you in balance."

Feel its calming, restful, and stabilizing energy flowing through you.

#### **2. Rajas (Passion, Action, Fire)**

Visualize a bright, red-orange flame in your heart space.

Say in your mind:

 "Rajas, you are my movement. I welcome you in balance."

Feel the power of motivation and passion energizing you.

#### **3. Sattva (Clarity, Purity, Light)**

Imagine a radiant, white-golden light in your head and crown.



Say in your mind:

🗨️: "Sattva, you are my wisdom. I welcome you in balance."

Feel clarity, peace, and divine awareness filling your being.

Now, see all three energies merging into one sphere of light in your heart—equal in all aspects.

🌀 Tamas, Rajas, and Sattva are now one.

#### 🌱 **Step 4: FTBA Alignment (5 Minutes)**

Now, let's align your Feelings, Thoughts, Beliefs, and Actions with the balance of the three gunas.

##### ❤️ **Feelings (Heart)**

Ask yourself: "What emotions am I resisting?"

Imagine them equally balanced with their opposites.

Feel love and neutrality accepting both positive and negative emotions.

##### 🧠 **Thoughts (Mind)**

Observe a thought that arises—good, bad, or neutral.

Instead of judging it, say:

🗨️: "This thought is 33% of my mind. I balance it with its counterparts."

Feel your thoughts settling into peaceful balance.

##### 🙏 **Beliefs (Subconscious)**

Affirm:

🗨️: "Everything within me exists in divine proportion. I am whole."

Feel deep trust that balance is already within you.

##### ⚡ **Actions (Body)**

Imagine yourself acting in a balanced, harmonious way in your daily life.

See yourself moving, speaking, and responding with Triguna Balance.

Affirm:

🗨️: "My actions reflect divine balance. I embody peace, passion, and stability together."

#### 🌟 **Step 5: Choosing Your Desire (5 Minutes)**

Bring a desire into your awareness.

It can be related to health, wealth, relationships, or spiritual growth.

Example: "I desire financial abundance."

### **Balance Your Desire Across the Three Gunas:**

Tamas (Letting Go & Acceptance):

🧘: "I accept my current reality as it is. I am stable and secure."

Rajas (Taking Action & Energy):

🧘: "I am taking inspired action toward my goal with enthusiasm."

Sattva (Higher Wisdom & Surrender):

🧘: "I trust that the universe is guiding me with divine intelligence."

### **Feel the Three Gunas Supporting Your Desire:**

Imagine Tamas grounding your desire, so it's not rushed.

Feel Rajas fueling your desire, so you take action.

Experience Sattva enlightening your desire, so it aligns with your highest good.

Merge All Three Energies into One Golden Light.

See your desire manifesting with perfect balance.

Affirm:

🧘: "My desire is already in perfect balance. I allow it to flow effortlessly into my reality."

### **☀️ Step 6: Resting in Pure Energy (5 Minutes)**

Let go of all effort.

Rest in the pure, unified energy of existence.

Feel yourself as pure presence beyond the gunas.

Experience peace, love, and unity with all that is.

Let the energy carry you into deep stillness and harmony.

### **☀️ Step 7: Completion & Gratitude (3 Minutes)**

Visualize yourself surrounded by golden light.

Slowly bring awareness back to your body.

Take three deep breaths and say:

🧘: "I am in perfect balance. I carry this energy throughout my day."

Open your eyes gently, feeling refreshed and aligned.

## ✨ Results & Benefits of this Meditation

- ✓ You will feel emotionally stable—welcoming all emotions without resistance.
- ✓ Your mind will become clear and focused—no single guna will dominate.
- ✓ Your beliefs will shift to support balance—helping you flow with life easily.
- ✓ Your actions will reflect harmony—effortlessly bringing desired results.
- ✓ Your desires will manifest more easily—because they come from a balanced state.

📖 Practice this daily to reinforce Triguna Balance within you. Over time, you'll experience inner peace, effortless manifestation, and spiritual connection with God.

## Affirmations

Here are powerful affirmations to reinforce Triguna Balance (33.33%) in your daily life. 🌿 ✨

### ☀️ Triguna Balance Affirmations (33.33%)

#### 🌸 1. General Triguna Alignment

- ◆ "I am the perfect balance of Sattva, Rajas, and Tamas."
- ◆ "All three gunas exist within me in harmony, empowering my body, mind, and soul."
- ◆ "I welcome health, illness, and neutrality in perfect proportion, knowing they serve my evolution."
- ◆ "I embrace action, stillness, and clarity as equal parts of my divine journey."

#### 🌀 2. Physical Level (Body)

- ◆ "My body is a sacred vessel where health, discomfort, and neutrality coexist in divine balance."
- ◆ "I honor my body's natural cycles and trust its wisdom."
- ◆ "I release the need to control my health and surrender to divine balance."

#### 🔥 3. Mental Level (Mind & Thoughts)

- ◆ "I choose thoughts that reflect the perfect balance of clarity, action, and rest."
- ◆ "I allow positive, negative, and neutral thoughts to exist without resistance."
- ◆ "I no longer judge my thoughts—I integrate them into harmony."

#### ♥ **4. Emotional Level (Heart & Feelings)**

- ◆ "I welcome all emotions—joy, sadness, and neutrality—as equal teachers."
- ◆ "I give 33.33% space to fear, courage, and stillness, allowing them to balance naturally."
- ◆ "I do not suppress emotions—I balance and embrace them."

#### ☀ **5. Desire & Manifestation**

- ◆ "I choose my desires with divine balance—grounded in stability, action, and wisdom."
- ◆ "I manifest effortlessly because my mind, heart, and body are in alignment."
- ◆ "My desires flow to me in perfect harmony with universal balance."

#### 🌀 **6. Spiritual Alignment & Dharma**

- ◆ "I am not bound by any one guna—I transcend through balance."
- ◆ "God exists within me as a perfect union of Sattva, Rajas, and Tamas."
- ◆ "I do not resist my current state—my dharma unfolds in divine timing."

#### 😊 **How to Use These Affirmations**

- ✓ Morning Practice: Repeat them while meditating.
- ✓ Throughout the Day: Use them whenever you feel out of balance.
- ✓ Before Sleeping: Say them to align your subconscious mind.
- ✓ Write & Reflect: Journal these affirmations with your experiences.
- 🔄 The more you affirm balance, the more effortlessly it will manifest in your life!

To master the practice of these 33.33% trigunas and become skilled in creating harmony amidst opposites, you must thoroughly read, understand, and apply the principles from the book 'divine human' in your daily life. To read divine human book topics click this link.. <https://darmam.com/englishtopics.html>