

# Make Use Of Nature's Support

Discourse: Sadhguru

Navaratri is dedicated to the feminine nature of the Divine. Durga, Lakshmi, and Saraswati symbolise three dimensions of the feminine and the three basic qualities of existence – tamas, rajas, and sattva. Tamas means inertia. Rajas means activity, passion. Sattva, in a way, is the breaking of boundaries, dissolution, melting and merging. Of the three celestial objects with which the making of our bodies is deeply connected – the Earth, Sun, and Moon – Mother Earth is considered tamas; Sun is rajas and Moon is sattva. Those who aspire for power, immortality and strength, will invoke those forms of the feminine which are referred to as tamas, like Kali or Mother Earth. Those who aspire for wealth, passion, for life and other gifts that the material world has to offer, naturally invoke Lakshmi or the Sun. Those who aspire for knowledge, knowing, and transcending limitations of the mortal body, will seek out that aspect of the feminine referred to as sattva – Saraswati or the Moon.

To approach these nine days, and every other aspect of life as celebration is most important. Once you approach everything in a celebratory way, you learn to be non-serious about life but absolutely involved. The problem with most

right now is if they think something is important, they will become dead serious about it. If they think it is not so important, they will become lax about it – they don't show the necessary involvement. The secret of life is in seeing everything with a non-serious eye but absolutely involved, like a game.

Now you are sitting on the earth; you must just learn to simply be one with her. You are

anyway a part of her. Only when she wishes, she throws you out; when she wishes, she sucks you back in. So what was absolute inertia has become dynamic rajas and may transcend, or may again go back to the same thing. Durga, Lakshmi; Durga, Lakshmi – Saraswati never happened. That means you are in the cycle, in the trap of life and death – transcendence is yet to come. These two aspects – tamas or inertia and rajas or activity – will anyway happen. But the important thing is, you have the capability to break the cycle and transcend.

Tamas is the nature of Earth, and she is the one who gives birth. The gestation period

that we spend in the womb is tamas; it is a state which is almost like hibernation, but we are growing. So tamas is the nature of Earth and of your birth. The moment you come out, you start activity – rajas begins. And if you are aware enough or fortunate enough, sattva will touch you.

Investing in these three will make your life in a certain way. If you invest in tamas, you will be powerful in one way; if you invest in rajas,

you will be powerful in another way; if you invest in sattva, you will be powerful in a completely different way. Draw upon these three dimensions of existence and sustenance for yourself because you need all these three. But if you go beyond all this, it is no longer about power, it is about liberation.

After Navaratri, the tenth and final day of Dussehra is Vijayadasami – that means you have overcome all these three qualities. You did not give in to any of them, you saw through every one of them. You participated in every one of them, and you won over them. That is the day of victory.

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