objects with which the very making of our bodies is very deeply connected — the Earth, the Sun and the Moon — Mother Earth is considered tamas. The Sun is rajas and the Moon is sattva.

Those who aspire for power, immortality and strength worship those forms of the feminine that are referred to as tamas, like Kali or Mother Earth.

Those who aspire for wealth, passion, life and various other gifts that the material world has to offer, naturally seek that form of the feminine which is referred to as Lakshmi or the Sun. Those who aspire for knowledge and transcending the limitations of the mortal body wish for that aspect of the feminine which is referred to as sattva — Saraswati or the Moon.

The problem with most of us is that if we think something is important, we become dead serious about it. And if we think that something is not so important, we become laidback. We don’t show the necessary involvement. To approach these nine days and every other aspect of life in a celebratory way, it is important to be non-serious while remaining involved.

The secret of life is in seeing everything with a non-serious eye but being absolutely involved; it’s like watching a game.

Tamas is the nature of the Earth, and she is the one who gives birth. The gestation period that we spend in the womb is tamas; it is a state that is almost like hibernation, but we are growing. So tamas is the nature of the Earth and of your birth.

The moment you are born, you start activity — and rajas begin. During your lifetime, if you are aware, sattva will touch you.

Investing in these three gunas will build your life in a certain way. You must draw upon these three dimensions of existence and sustenance for yourself because you need all three. But if you go beyond this, it will be about liberation.

After Navratri, the tenth and final day of Dussehra is Vijayadashmi — that means you have conquered all these three qualities.

You did not give into any of them, you saw through each one of them. You participated in every one of them, but you did not invest in any one of them. In fact, you won over them. That is Vijayadashmi, the day of victory.

Sadhguru Jaggi Vasudev, an internationally renowned spiritual leader, is a visionary, humanitarian, author, poet and speaker. He can be contacted at www.ishafoundation.org