

Monthly Intensive

The Secrets of Sato, Rajo & Tamo Stages

Not only in Baba's system, but in Indian philosophy itself, the qualities of soul and matter have been categorised as **Sato**, **Rajo** and **Tamo**.

Sato is the highest state and refers to the balance, order, or purity of a system. It is associated with lightness, harmony, and spiritual strength.

Rajo refers to a state of motion, dynamism, or excess activity. It is associated with turbulence.

Tamo is when some system becomes very inactive, negative, apathetic or slow. It is associated with darkness, illusion or ignorance.

In this meeting we will explore these three aspects of with the purpose of making our lives more and more satopradhan (extremely sato).

Visit Or click Link for Zoom:
www.tinyurl.com/GCHintensive
Passcode: 866113

10:30 - 12:00 UK Time
(Connection will be available from 10:00)

Saturday 1st October, 2022



Ken O'Donnell practices and teaches meditation since 1975. He is the author of 19 books on self and organizational development. He works as an international consultant in strategic management and leadership development. He is also the Coordinator of Brahma Kumaris in Latin America.

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