

Bhagawadgita  
Chapter 14 चतुर्दशोऽध्यायः  
based on English Translation by Swami Sivananda

The Yoga of the Three *Gunas*  
गुणत्रयविभागयोगः

supreme knowledge  
ज्ञानमुत्तमम् [14.1]

knowing which  
leads to

supreme perfection परं सिद्धिम् [14.1]  
attaining unity with the Lord साधर्म्यम् [14.2]  
liberation from cycle of birth and death  
सर्गेऽपि नोपजायन्ते प्रलये न व्यथन्ति च [14.2]

**Srimad Bhagawad Gita  
Chapter 14 Concept Map**

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The Three Gunas and their characteristics	<i>Sattva</i> सत्त्व [14.5]	<i>Rajas</i> रजस [14.5]	<i>Tamas</i> तमस [14.5]
has nature	stainlessness निर्मल luminous प्रकाशकम् healthy अनामयम् [14.6]	passion राग thirst, attachment तृष्णासङ्गसमुद्भवम् [14.7]	born of ignorance अज्ञानजम् [14.8]
binds embodied ones by निबन्धाति	attachment to happiness and knowledge सुखसङ्गेन ज्ञानसङ्गेन च [14.6]	attachment to action कर्मसङ्गेन [14.7]	heedlessness, indolence and sleep प्रमादालस्यनिद्राभिस्तन् [14.8]
attaches the individual सञ्जयति	to happiness सुखे [14.9]	to action कर्मणि [14.9]	to heedlessness प्रमादे [14.9]
This <i>Guna</i> rises by dominating अभिभूय भवति	<i>Rajas</i> and <i>Tamas</i> रजस्तमश्च [14.10]	<i>Sattva</i> and <i>Tamas</i> सत्त्वं तमश्च [14.10]	<i>Sattva</i> and <i>Rajas</i> सत्त्वं रजः [14.10]
has characteristic signs	light of Wisdom shines through the body देहोऽस्मिन्प्रकाश उपजायते [14.11]	greed लोभः restlessness अशमः activity प्रवृत्तिः undertaking आरम्भः longing स्पृहा [14.12]	darkness अप्रकाशः inertness अप्रवृत्तिः delusion मोहः [14.13]
meeting death when this <i>Guna</i> is predominant, the embodied one is born in	spotless world of knowers of the Highest उत्तमविदाम् लोकानमलान्प्रतिपद्यते [14.14]	those attached to action कर्मसङ्गिणु [14.15]	the wombs of senseless मूढयोनिषु [14.15]
has fruit फलम्	<i>Sattvic</i> and Pure सात्त्विकम् निर्मलम् [14.16]	pain दुःखम् [14.16]	ignorance अज्ञानम् [14.16]
gives rise to सञ्जायते	knowledge ज्ञानम् [14.17]	greed लोभः [14.17]	heedlessness delusion ignorance प्रमाद मोह अज्ञानम् [14.17]
the ones who are seated in this <i>Guna</i>	go upwards ऊर्ध्वम् गच्छन्ति [14.18]	dwell in the middle मध्ये तिष्ठन्ति [14.18]	go downwards अधः गच्छन्ति [14.16]

