



Your Tattvas & Handling Conflict

There are five tattvas or basic aspects which are manifested in all things as well as in your own self. They are ether, air, fire, water, earth. As we face any conflict, our own tattvas influences our thoughts and actions.

“If the ether is powerful, when you will project ‘All will be divine and there's nothing to it.’

If air is powerful, you will fly over. ‘Oh this is a very little thing. It's a very minor situation. It's not worthwhile.’

If fire predominates, that means, ‘Do it. Don't do it. Nothing doing!’ It is very fiery.’

A person in the water tattva would say, ‘Got to do it, this is it.’

The projection of the earth tattva is, ‘No question - said and done - should not change.’

And that's how your inner energy is.”

~ Yogi Bhajan, Women-In-Training 1987



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