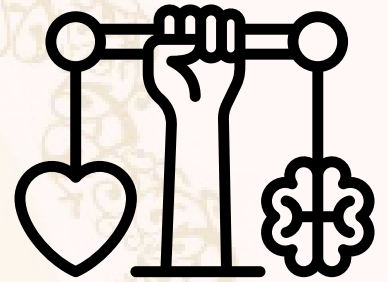
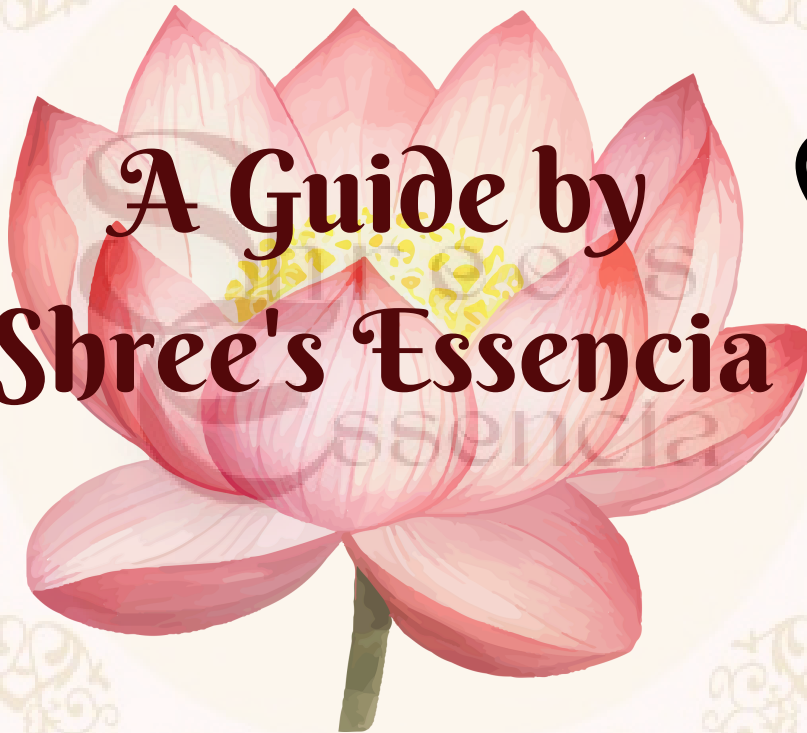


Day 19: Balancing Energy: Moderating Rajas (Overactivity and Restlessness)



A Guide by
Shree's Essencia



Visit us @ www.shreesessencia.com 

AWAKEN YOUR SPIRITUAL ESSENCE



Shop Our Products to Support Your Journey:

<https://streshreesessencia.com.creator-spring.com/>

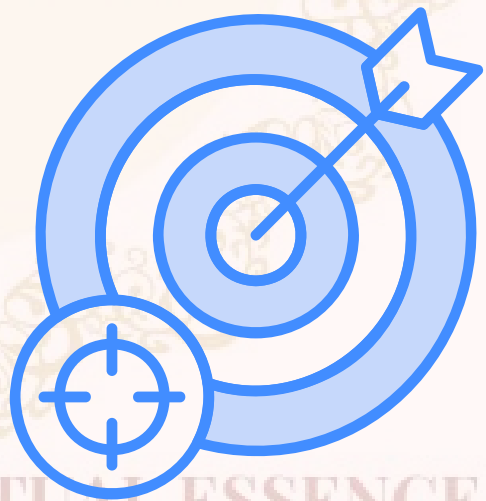
[https://www.redbubble.com/people/Shrees-Essencia/
shop?asc=u](https://www.redbubble.com/people/Shrees-Essencia/shop?asc=u)

Don't Forget to Like, Share, and Subscribe

https://www.youtube.com/@Shrees_Essencia/community

Day 19: Balancing Energy: Moderating Rajas (Overactivity and Restlessness)

Purpose: To understand and balance Rajas (overactivity and restlessness), which can cause anxiety, impulsivity, and a lack of inner peace, by cultivating calmness, focus, and moderation in action.



1. Understand the Concept of Rajas (Overactivity and Restlessness)

- **Action:** Reflect on the qualities of Rajas—mental restlessness, excessive activity, anxiety, and the constant desire for more. It is the state of constant movement, agitation, and the desire to achieve, but without true satisfaction.
- **Simple Explanation:** Rajas is the quality of energy that drives activity, but when out of balance, it leads to stress, overexertion, and a sense of never being content with what we have.
- **Example:** "When I feel restless and constantly rushing to get things done, without taking time to pause and reflect, that's Rajas in my life."

AWAKEN YOUR SPIRITUAL ESSENCE

2. Identify Moments of Rajas in Your Life

- **Action:** Reflect on moments in the past week when you felt overwhelmed, rushed, or anxious.
- **Ask Yourself:**
 - When did I feel agitated or restless?
 - Was I trying to accomplish too much at once, or feeling dissatisfied with what I had achieved?
- **Write down 3 specific situations from the past week when you noticed Rajas affecting your energy or mindset.**
- **Examples:**
 - "I felt rushed all day, trying to finish multiple tasks at once, and ended up feeling anxious and unproductive."

- "I couldn't focus on one thing for too long, jumping from task to task without finishing any of them."
- "I kept thinking about future plans and felt restless about not being where I wanted to be in life."

3. Recognize the Effects of Rajas on Your Mental and Emotional State

- **Action:** Observe how Rajas affects your physical, mental, and emotional well-being. Recognize how agitation and overactivity may drain your energy and create anxiety.
- **Ask Yourself:**
 - How do I feel physically and mentally when I am caught up in the restlessness of Rajas?
 - How does Rajas impact my emotional balance and my relationships with others?

- **Write down your observations about how Rajas influences your mental and emotional state.**

- **Examples:**

- "When I'm caught up in Rajas, I feel mentally scattered, stressed, and physically tense."
- "My emotions become erratic, and I have trouble finding peace, which affects my relationships and decision-making."
- "Rajas causes me to lose focus and makes everything feel urgent, even when it isn't."

AWAKEN YOUR SPIRITUAL ESSENCE

4. Cultivate Calmness and Focus to Balance Rajas

- Action: Today, set an intention to bring calmness, balance, and focus to your actions by moderating your activities and reducing overexertion.
- **Ask Yourself:**
 - What activities can I engage in today that help me slow down and find inner peace?
 - How can I be more mindful and focused in my actions rather than feeling driven by constant restlessness?
- **Write down actions you will take today to counterbalance Rajas and promote calmness.**
- **Examples:**
 - "I will practice taking short breaks between tasks to avoid burnout and calm my mind."

AWAKEN YOUR SPIRITUAL ESSENCE

- "I will focus on one task at a time, bringing my full attention to it instead of multitasking."
- "I will spend a few minutes in meditation or deep breathing to help ground my energy."

5. Observe Shifts in Energy and Calmness

- **Action:** For the next 12 hours, observe your energy levels, mental clarity, and emotional balance as you practice moderation and calmness.
- **Ask Yourself:**
 - How does my energy shift when I consciously slow down and focus on the present moment?
 - Do I feel more peaceful and less restless after reducing overactivity?

- **Write down your observations about how moderating Rajas has affected your state of being.**
- **Examples:**
 - "After focusing on one task, I felt more productive and less overwhelmed by everything on my to-do list."
 - "When I took breaks, I noticed that I felt more relaxed and clear-headed, as opposed to constantly running on stress."
 - "I felt more at peace when I stopped thinking about the future and just focused on what was happening now."

AWAKEN YOUR SPIRITUAL ESSENCE

6. Evening Reflection (Journaling)

- **Action:** Before ending your day, reflect on your experience of moderating Rajas and balancing your energy. Here are some guiding questions to help you structure your journaling:
- **How did I feel when I noticed Rajas affecting my actions and energy today?**
- **Example:** "I realized how anxious I was about my to-do list, and how it affected my mood and focus."
- **What steps did I take to reduce overactivity and restlessness, and how did they help?**
- **Example:** "I consciously took breaks and worked in smaller, focused chunks of time. This helped me calm down and feel more productive."

- **How did I feel after slowing down and balancing my energy?**
- **Example:** "I felt less stressed, and my mind was clearer when I focused on one thing at a time."
- **What have I learned about managing restlessness and balancing Rajas in my life?**
- **Example:** "I learned that slowing down and focusing on the present moment helps reduce my anxiety and overactivity."

AWAKEN YOUR SPIRITUAL ESSENCE

Guided by Bhagavad Gita Wisdom:

Rajas is the quality of restlessness, overactivity, and attachment (14.7). Krishna teaches that when we moderate rajas through discipline, mindfulness, and self-awareness, we attain inner balance and peace. By doing so, we can reduce distractions and focus on spiritual growth rather than being overwhelmed by external desires.

Relevance:

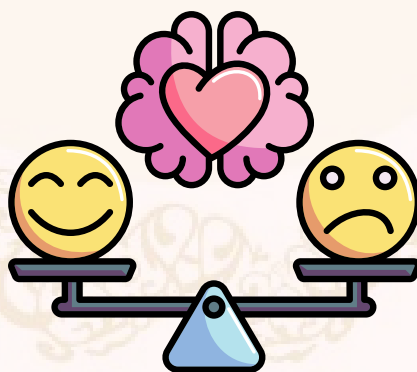
Moderating rajas helps us overcome distractions, bringing peace, clarity, and a steady focus to our spiritual practice.

AWAKEN YOUR SPIRITUAL ESSENCE

End of Day 19

Summary:

- Today, you identified how Rajas (overactivity and restlessness) can negatively affect your energy and mental state.
- You practiced balancing this energy by slowing down, focusing on one task at a time, and cultivating calmness.
- Moderating Rajas helps you find peace, clarity, and emotional balance, allowing you to function more effectively in all areas of life.



AWAKEN YOUR SPIRITUAL ESSENCE

Thank you!

Visit us @ www.shreesessencia.com 

Don't Forget to Like, Share, and Subscribe

https://www.youtube.com/@Shrees_Essencia/community