

## The Gurvadi-GUNAS

The most important Ayurvedic principle to remember is that **like increases like and opposites bring balance\***.

Paying attention to the following 10 pair of GUNAS (qualities) is a good way to increase awareness and adjust to this simple principle.

Heavy	Light
Hard	Soft
Hot	Cold
Oily	Dry
Smooth	Rough
Dense	Liquid
Slow (dull)	Sharp (penetrating)
Stable	Mobile
Gross	Subtle
Cloudy (sticky)	Clear

If this feels like too much to remember you can always start by being aware of the these three opposing qualities:

**HOT - COLD**  
**HARD - SOFT (liquid)**  
**FAST - SLOW**

*These 20 GUNAS/opposite qualities can help us to identify the qualitative nature of an imbalance. It is important to be aware that all of the Gunas have value, and that it is possible to have an unhealthy excess of any one (or more) of them. When this occurs, Ayurveda suggests that we reduce our exposure to substances and experiences that increase that quality, and favor substances and experiences with an opposing energy in order to restore the proper sense of balance and equilibrium.*

*For instance, if we're feeling spaced out and flighty (which reflects an excess of the light and mobile qualities), we can bring in more of the the heavy, grounding and and stable qualities to our daily life and practices.*

