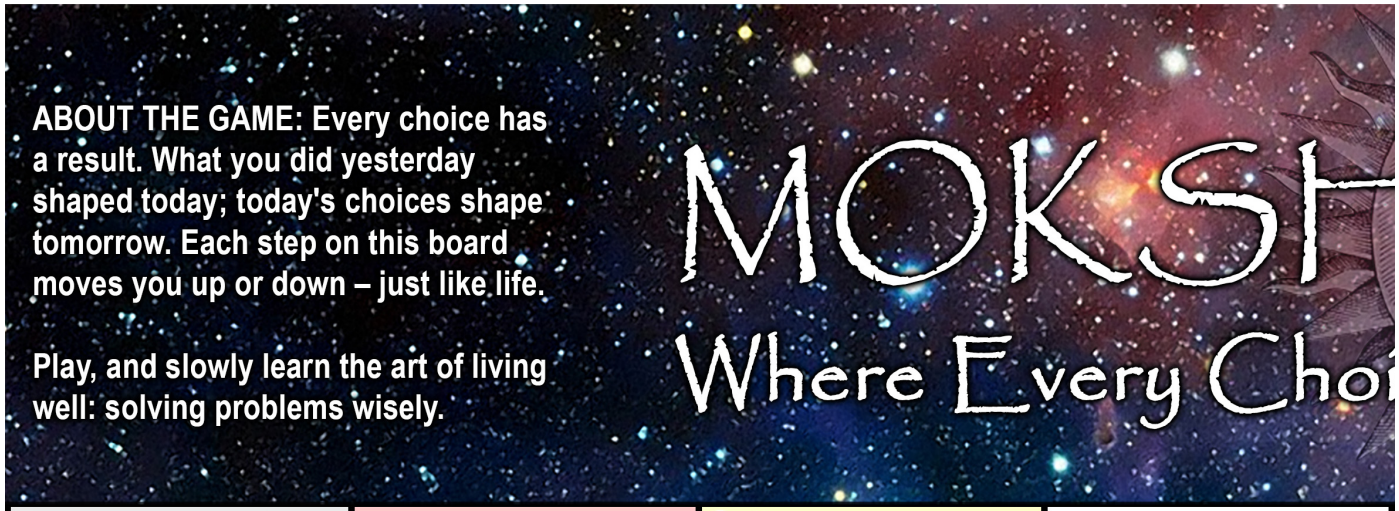



**Tama-guṇa - dullness**
Rest is a gift, but too much and for too long, it makes you dull and forgetful. You've slipped into brain fog.
Continue counting from 51...
72

**Raja-guṇa - activity**
Preoccupied with getting things done, you lost sight of what matters most. Energy is needed to act – but too much stirs up agitation and endless inner chatter. Return to your spiritual sādhanā now!
71

**Sattva-guṇa - harmony**
Your steady practice has softened the restlessness within. Sattva is that quiet brightness in the mind. Here, truth reveals itself easily by help of block 37.
70

**Brahmā - all knowing**
Like an artist pouring intelligence into their craft, one boundless Intelligence shapes all creation. Your sincere seeking has led you to a teacher of that truth. You've been blessed by Brahmā.
69

**Ahamkāra - ego**
It's natural to feel like "someone." But it turns unhealthy when that someone becomes the center of the universe – entitled, forgetting you created nothing you call "mine." It's all borrowed from the world.
55

**OM - contemplation**
Om is the name for everything in the past, present and future – including the Awareness behind your thoughts. By meditating on Om, you glimpsed that everything, including you, is One.
56

**Vāyu - forward movement**
You've learned to keep moving like the wind. Whatever puzzles you today, you don't get stuck on it too long; you move ahead, and in time it makes sense.
57

**Tejaḥ - radiance**
You've performed rigorous study and honest reflection for years. Now insight pours through every thought and action, lighting the way for others.
58