

Self

BRAHMAN

The Source and Essence of Creation,
Unity and Oneness

the Five Koshas

Bliss Body
Anandamayakosha

Natural Mind, Peace, Knowing, Truth and Rapture

Vijnyanamayakosha

Wisdom Body:
a faculty of higher mind,
witness, discernment, and
liberating intuition

Air Vishuddha

Imbalance: Trapped in a material universe subject to the roller coaster of life with its painful ups and downs. Unable to see the big picture of life.

Balance: Dharana and dhyana, developing the witness, learning to focus and stabilize the mind and access a discriminating intuition which informs us we are whole and complete.

Wisdom Body
Vijnyanamayakosha

Witness, Intuition, and Unveiling Beliefs

Anandamayakosha

Bliss Body:
connection to our natural self,
which is complete, whole,
and blissful

Space Ajna

Imbalance: Attachment to spiritual experience and the inability to integrate the natural self into everyday living.

Balance: Study of Yoga and Vedanta and the nature of the true Self, which includes all aspects of life.

Emotional Body
Manomayakosha

Emotions, Thought Patterns and Gunas

Energy Body
Pranamayakosha

Subtle Breath, Pranavayus, Nadhis and Chakras

Physical Body
Annamayakosha

Physical Systems and the Ayurvedic Doshas

Annamayakosha

Physical Body:
physical systems and
ayurvedic constitutions

Earth Muladhara

Imbalance: Separation from the physical body and lack of awareness of ayurvedic constitution.

Balance: Body awareness through asana, especially standing poses, appropriate diet and lifestyle.

Pranamayakosha

Energy Body:
flow of prana, chakras,
nadhis and pranavayus

Water Svadhisthana

Imbalance: Energy blockages, especially in the chakras, lack of breath awareness.

Balance: Breath awareness, pranayama, pranavidya, chakra meditation, connection to nature and other sources of prana.

Manomayakosha

Emotional Body:
habitual unconscious patterns of
thought and emotion

Fire Manipura Anahata

Imbalance: Lack of awareness of thought patterns and emotional reactions and their sources.

Balance: Yoga Nidra, pratyahara, turning our awareness inward for exploration, healthy emotional expression.