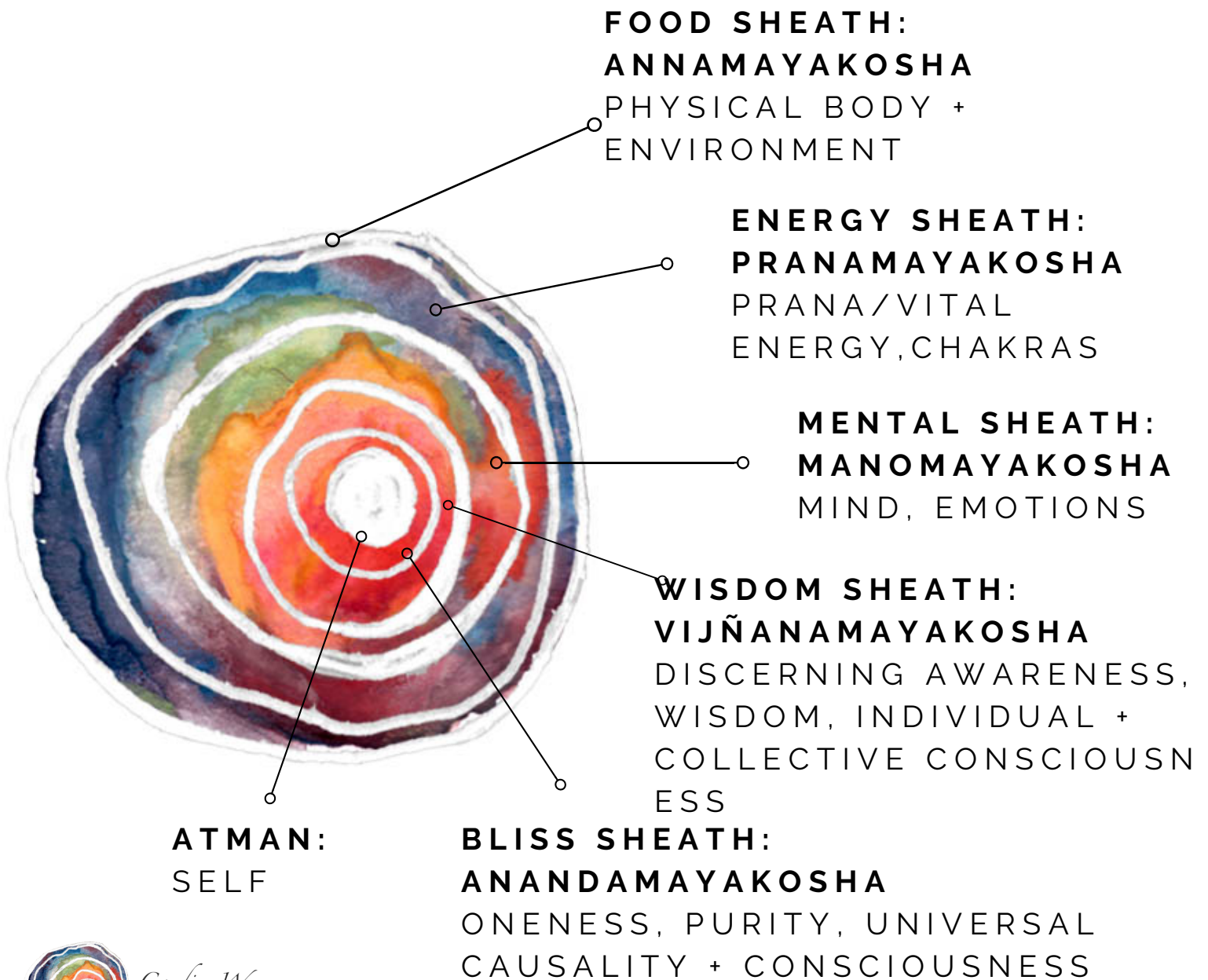


THE KOSHAS

The five sheaths OF THE ENTIRE PHYSIOLOGY for the purposes of self-realization and wellness. The path towards Self-realization is to progressively move inward towards the core, where it is most powerful to effect change. The internal sheaths create the external, like a blueprint to the outer levels.



Candice Wu
SELF LOVE + HEALING

PHYSICAL

FOOD SHEATH: ANNAMAYAKOSHA

Anna means food. The outermost level of our physiology is the physical body, the food body. We take care of, and nurture our bodies to allow deeper spiritual knowing and purpose. The body is our home, the vehicle for knowing ourselves



The Food Body Encompasses:

- Yogasana (poses)
- Ayurvedic Food recommendations
- Daily Rituals
- Balanced Lifestyle
- Environment + Home Space

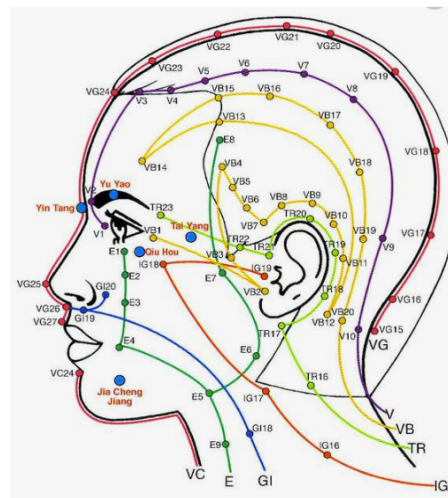


ENERGY

ENERGY SHEATH: PRANAMAYAKOSHA

Prana means vital energy/life force. The vital force of the body that generates subtle vibrations, movement of energy, and breath are operating force of and give the physical body.

Prana allows the invisible true self animate the external body and world, but can be mistaken for our true consciousness, which is deeper. By regulating prana in the body, we can bring balance and go deeper to the other levels.



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The Energy Body Encompasses:

- Pranayama- breath techniques
- Marma point therapy (acupressure)
- Meridian and chakra healing/meditations
- Qigong practices/movement of energy
- Energetic Sense that connects with sensation



MENTAL

MENTAL SHEATH: MANOMAYAKOSHA

The next level of the koshas is the mental body- Mana means mind. It includes the processing of emotions and thoughts, which originate in the first mind, the gut, which gives the brain activity.

The mental body is in direct control of the physical body and senses through prana. In a sense it is like a supervisor to the factory of your body, giving instruction to. However, it is not meant to manage your life, as it naturally has limitations, illusions, and doubts. When the body receives clear instructions from a deeper level, it functions freer and with more wisdom.



The Mental Body Encompasses:

- Meditation Practices
- Processing sensation, emotion, imagery/visualization, impulse, and meaning
- Practices of Somatic Experiencing
- Voice dialogue with somatic awareness
- Focusing
- Family Constellations (embodied ancestral healing)



WISDOM

KNOWING SHEATH: VIJÑAMAYAKOSHA

The next level of the koshas is the level of the "intellect" or Buddhi. Vijnana means knowing. It is the level of wisdom that lies under the thinking and processing aspect of the mind. It is the awareness behind all which sees, observes, decides, judges, and discerns.

It is also the level which gives ego-consciousness, the sense of being an individual person, I-am-ness. When this sense of individual consciousness gets clouded over by manas and memories that created samskara, it loses its most vibrant strength.

This is a powerful level of healing, which is similar to going to the roots of a tree to effect change in the whole tree. Healing at this level creates a reverberating effect on the other levels of the physiology quickly.



The Wisdom Body Encompasses:

- Sadhana (spiritual practice)
- Family Constellations (ancestral healing)
- Vedic Meditations
- Karma + Jñana Yoga (Study of action, intention, Self)
- Forgiveness and resolving statements



BLISS

BLISS SHEATH: ANANDAMAYAKOSHA

The deepest level of the koshas is the bliss sheath. Ananda means bliss. It is not a mere emotion that is experienced in the level of the mind. It is the peace, joy, and love consciousness that is the undercurrent beyond the mind, and is connected with the pure consciousness of all existence.

The bliss level is free of individual samskara (distortions of belief over time), but is still a layer over the pure and eternal light of consciousness itself, which is Atman, the Self. The Self vs. self, is the same Self in all beings and all that exists. Yoga is the union of self to Self, the experience of being that is whole.

When you access this level of consciousness, no untruths can exist. This also echos through the entire being, providing healing at all levels.



The Bliss Body Encompasses:

- Yoga nidra
- Connection with Spirit/Self
- Love and Witness, Pure Consciousness

