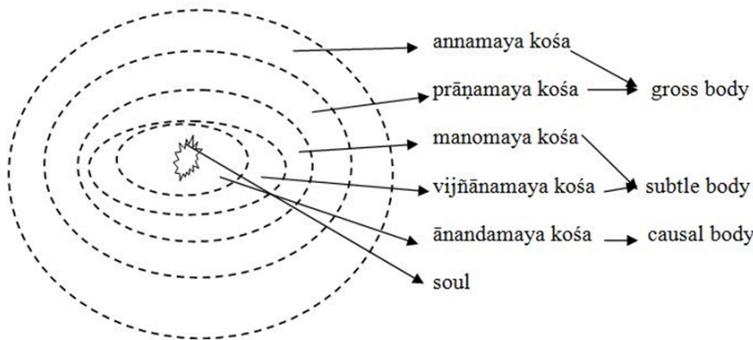


The Panchakoshas(Five layers)

The Term Kosha mean sheath or layer.

Every living thing in this universe is made of Koshas, from Gross to Empty. In scientific way if we see this, it's varieties of frequency of energy expressed in one field of consciousness; Human life is the highest expression of one consciousness on the earth. There are 5 sheaths in human being existence. Namely 1) **Annamaya kosha** 2) **Pranamaya Kosha** 3) **Manomaya Kosha** 4) **Vignanamaya Kosha** and 5) **Anandamaya Kosha**. These are the koshas mentioned in Vedic Texts; however there is one more kosha which lies between and around the



first three Koshas is **Karmamaya Kosha**.

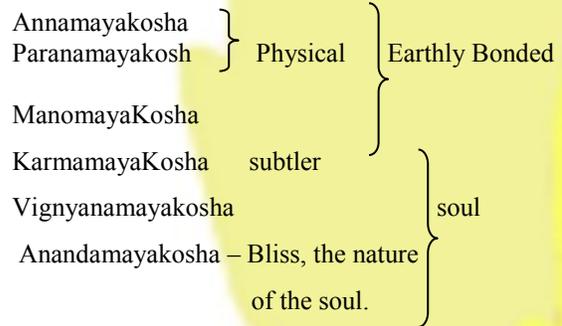
Annamaya Kosha – It is a Gross Body Or Physical body made up with consuming Food (Annam), entire Body anatomy, blood vessels, bones, endocrine system and other systems in the body is Annamaya kosha, this is made up with matter. In order to experience it we meditate (pay attention) on our bodily activities with great passion.

Pranamaya Kosha – It is interdependent with Annamaya kosha, It is nothing but energy Body drive that is the Pancha Paranas(Five parts of breathing).The entire energy channel system is exist in this sheath. This can be experienced with a yogic activity called pranayama.

Manomaya Kosha- The Mind sheath of Mental activity or mental tendencies is the Kosha where the mental blocks, traumas and other mental stuff exist and arise. This is the sheath from where the Karma accumulation starts in the form of thought; in fact thought itself is karma. That is the karmamaya kosha , the karmamayakosha is not mentioned in Vedic Indian Texts. But it is understandable. Manomaya Kosha + Paranamaya kosha +Annamaya Kosha >> Karma-maya Kosha, called earth bonded Koshas , this will exist as long as one is living in Worldly activities , That's why Earth is called Karma Bhoomi. World of actions. To get aware or experience this we need to practice observing your thoughts.

Vignanamaya Kosha – The sheath of knowledge Or intellect sheath, the realization of self knowledge, or Atma Gyan .This is the sheath of gaining knowledge by realization, which leads to the Bliss; the Ananda . The entire pack of knowledge is here in Vignyanamaya kosha.

Anandamaya kosha – The Bliss Body or the sheath of Bliss or Ananda kosha. Further deeper through this is Empty, the Soonya.



The true nature of the atman is empty and bliss, ever present, eternal, endless end and beginningless beginning. That is Advaita , The One.

“EKAM ADVAITYAM”-That is one without a second



Name: Mr. Kushal Suvarna

Designation: Assistant Professor

Area of Interest: Electronics circuits and Transducers