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This article describes the koshas which are five metaphorical layers or sheaths of the human. Written about in the Upanishads. The core is the embodied soul.

1. Annamaya kosha – physical body
2. Pranamaya kosha – breath or life force body
3. Manomaya kosha – the mental body (corresponds to nervous system)
4. Vijanamaya kosha – the wisdom body
5. Anandamaya kosha – the bliss body

Yoga asana practice bring knowledge and builds the physical body.

Yoga breathing exercises builds the breath kosha.

Holding poses builds manomaya kosha. You focus on the breath and still the mind).

When you begin to feel the spirit of the pose, rather than just survive it, you experience the wisdom kosha.

When the witness of the experience dissolves into the experience of the moment, the final layer begins to shine through and you experience bliss.