

The Koshas

The 5 koshas, or 5 "sheaths", of the body are the layers of self, composed of increasingly subtler energies (presented from the periphery towards the center).

Annamaya Kosha

food/physical body

the tangible, material body of bones muscles, etc. nourished by the food we eat

Pranamaya Kosha

energetic body

composed of "prana", life force energy, we can not see it but can feel it pulsing and flowing

Manomaya Kosha

mental body

composed of the 5 senses and the sensory information sent between brain and spinal cord

Vijnanamaya Kosha

intellectual body

the layer of perception and deeper insights

Anandamaya Kosha

bliss body

the witness consciousness, the consciousness of bliss, our core nature