

Pranayama

Teachers Training

Level 1

2023

Three Shariras Bodies
& Five Koshas Sheaths



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

The Three Shariras Bodies

1. **Sthula sharira** Physical body
2. **Sukshma sharira** Subtle body
3. **Karana sharira** Causal body

**They are not separate but merely levels of molecular vibration like H₂O.
Depending upon the rate of vibration H₂O appears as:**

1. **Ice** Physical
2. **Water** Subtle
3. **Steam** Causal

Shariras The three bodies

1. **Sthula Sharira**
Physical body
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2. **Sukshma Sharira**
Subtle body

3. **Karana Sharira**
Causal body

Koshas The five sheaths

1. **Annamaya kosha**
Food sheath
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2. **Pranamaya kosha**
Vital energy sheath

3. **Manomaya kosha**
Mental sheath

4. **Vijnanamaya kosha**
Intellectual sheath
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5. **Ananandamaya Kosha**
Blissful sheath

The Three Shariras Bodies and Five Koshas Sheaths

1. **Sthula sharira** Physical body

Annamaya kosha Food sheath

2. **Sukshma sharira** Subtle body

Pranamaya kosha Vital sheath

Manomaya kosha Mental sheath

Vijnanamaya kosha Intellectual sheath

3. **Karana sharira** Causal body

Anandamaya kosha Blissful sheath

Sthula sharira Five elements of the physical body

Annamaya kosha Food sheath
Pancha Mahabhutas 5 Elements

Prithivi	Earth/Solidity	Nose	Smelling
Apas	Water/Fluidity	Tongue	Tasting
Agni	Fire/Heat	Eyes	Seeing
Vayu	Air/Movement	Skin	Touching
Akasha	Space/Container	Ears	Hearing

Sthula sharira Six stages of the physical body

1. **Being / existence**
2. **Birth**
3. **Growth**
4. **Change**
5. **Decay**
6. **Death**

Sukshma sharira Nineteen elements of the subtle body

Five (5) Pranas Vital energies

Five (5) Karma indriyas Organs of action

Five (5) Jnana indriyas Organs of knowledge

Four (4) Antahkarana Elements of the mind

Nineteen (19) elements in total

Pranas Five vital energies **The Pancha Vayus** (winds or airs)

1. **Prana**
Rules incoming energy or nourishment
2. **Apana**
Rules outgoing waste
3. **Samana**
Rules assimilation of energy or nourishment
4. **Vyana**
Rules circulation and distribution of digested material
5. **Udana**
Rules outward expression of energy

Karma indriyas Five Organs of action

Define 'indriya' and 'karma indriya'

1. **Hands**
Grasping
2. **Feet**
Locomotion
3. **Mouth**
Taking in food
4. **Anus**
Expelling waste
5. **Genitals**
Creating new physical bodies

Jnana indriyas Five Organs of knowledge

Define 'indriya' and 'jnana indriya'

1. **Eyes**
Sight - seeing
2. **Ears**
Sound - hearing
3. **Nose**
Smell - smelling
4. **Tongue**
Taste - tasting
5. **Skin**
Touch - feeling

Pranamaya Kosha Vital sheath

5 Pranas work together with **Karma indriyas**

Experiences hunger, thirst, heat & cold

5 Pranas Vital energies

Prana Takes in energy

Apana Expels waste

Samana Assimilates energy

Vyana Circulates energy

Udana Controls

+

5 Karma indriyas Organs of action

Hands Grasping

Feet Locomotion

Mouth Taking in food

Anus Expelling waste

Genitals New physical bodies

Antahkarana 4 Elements of the mind

1. **Manas**
Mind
2. **Buddhi**
Intellect
3. **Chitta**
Subconscious
4. **Ahamkara**
Ego

Manomaya Kosha Mental sheath

Manas & Chitta Mind & subconscious work together with **Jnana indriyas**

Thinking, doubting, anger, lust, exhilaration, depression & delusion

Antahkarana

Two aspects of the inner instrument

Manas Part of the mind which thinks and doubts

Chitta Part of the mind which is a storehouse of memories

5 Jnana indriyas

Organs of knowledge

Ears Hearing

Eyes Seeing

Nose Smelling

Tongue Tasting

Skin Touching

Vijnanamaya Kosha Intellectual sheath

Buddhi & Ahamkara Intellect & Ego work with **Jnana indriyas**

Discrimination and decision making.

Antahkarana

Two aspects of the inner instrument

Buddhi Intellect

Analyses and determines the true nature of an object

Ahamkara Ego

Self assertive principle

5 Jnana indriyas

Organs of knowledge

Ears Hearing

Eyes Seeing

Nose Smelling

Tongue Tasting

Skin Touching

Karana sharira Causal body

Anandamaya kosha Blissful sheath

Seed Body Code or blueprint for future bodies

Samskaras Subtle impressions

Sukshma (subtle) and **Karana** (causal) bodies leave physical body at the time of its death (disintegration)

Disease, health and purification of the three bodies

Imbalance in **sukshma sharira** (subtle body) owing to wrong living will eventually bubble up and manifest as imbalance or disease in the **sukshma** subtle and **sthula** physical **shariras** bodies.

Practices to bring balance to each body.

Sthula sharira Physical body

Diet and exercise, asana

Sukshma sharira Subtle body

Yamas, niyamas, pranayama, service, bhakti, mantra and puja, study, inquiry, meditation

Karana sharira Causal body

Philosophy, samadhi

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścid duḥkha bhāgbhavet
oṃ śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see goodness,
may none suffer from sorrow.

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of knowledge,
lead me from death to immortality. Harih om that is truth.