SOUTH OKANAGAN YOGA ACADEMY

SOUL IN INDIVIDUAL (Embodied) — JIVA ATMAN

THREE BODIES and Constituents	SHTULA – *Physical*	SUKSHMA – *Astral*	KARANA - *Causal*
	5 Elements 1. Earth 2. Water 3. Fire 4. Air 5. Ether	19 Elements 5 Karma Indriyas – *Senses of action* 1. Hands 2. Feet 3. Mouth 4. Anus 5. Genitals	Seed form Vehicle for soul
	Undergoes: Birth Growth Change Decay Death	5 Jnana Indriyas – *Senses of knowledge* 6. Taste 7. Touch 8. Sight 9. Smell 10. Hearing	
	Made up of: Chyle Blood Flesh Fat Bone Marrow etc. (called Deha)	5 Pranas 11. Prana 12. Apana 13. Vyana 14. Udana 15. Samana Anthakarana – *Mind – Inner Instrument* 16. Manas – Mind/Thinks 17. Buddhi – Intellect/Reasons 18. Ahamkar – Ego/States 'I know' 19. Chitta – Subconscious/Storehouse	
FIVE KOSHAS or Sheaths	ANNAMAYA *Food sheath*	PRANAMAYA *Energy-Pranic-Vital sheath*	ANANDAMAYA *Blissful sheath*
	5 Elements 1. Earth 2. Water 3. Fire 4. Air 5. Ether	5 Karma Indriyas – *Senses of action* 1. Hands 2. Feet 3. Mouth 4. Anus 5. Genitals	
		5 Pranas 11. Prana 12. Apana 13. Vyana 14. Udana 15. Samana	
		MANOMAYA – *Mental sheath*	
		5 Jnana Indriyas – *Senses of knowledge* 6. Taste 7. Touch 8. Sight 9. Smell 10. Hearing	
		Anthakarana – *Mind – Inner Instrument* 16. Manas – Mind/Thinks 19. Chitta – Subconscious/Storehouse	
		VIJNANAMAYA – *Intellectual sheath*	
		Anthakarana – *Mind – Inner Instrument* 17. Buddhi – Intellect/Reasons 18. Ahamkar – Ego/States 'I know'	

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