

# Practical Application of Pancha Kosha Viveka

GOKULMUTHU NARAYANASWAMY

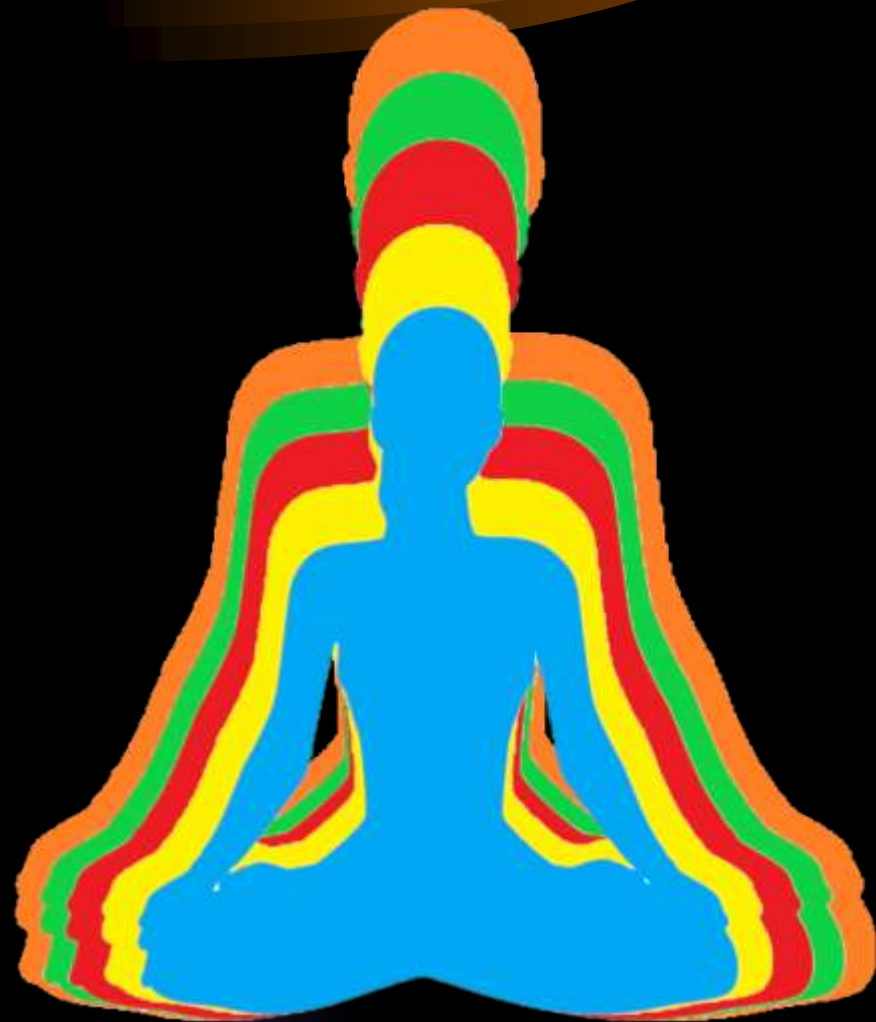
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# Pancha Kosha

- ▶ Five layers (Koshaas)
  - ▶ Annamaya – Physical
    - ▶ Body, height, weight, colour
  - ▶ Praanamaya – Physiological
    - ▶ Life, health, pulse rate, blood pressure
  - ▶ Manomaya – Emotional
    - ▶ Likes, dislikes, temper, desire, emotion
  - ▶ Vigyaananmaya – Intellectual
    - ▶ Values, beliefs, biases, self-image, logic, will
  - ▶ Aanandamaya – Blissful
    - ▶ Luck, karma phala, worldview, subconscious tendencies
- ▶ Atman is pure Consciousness beyond the five layers

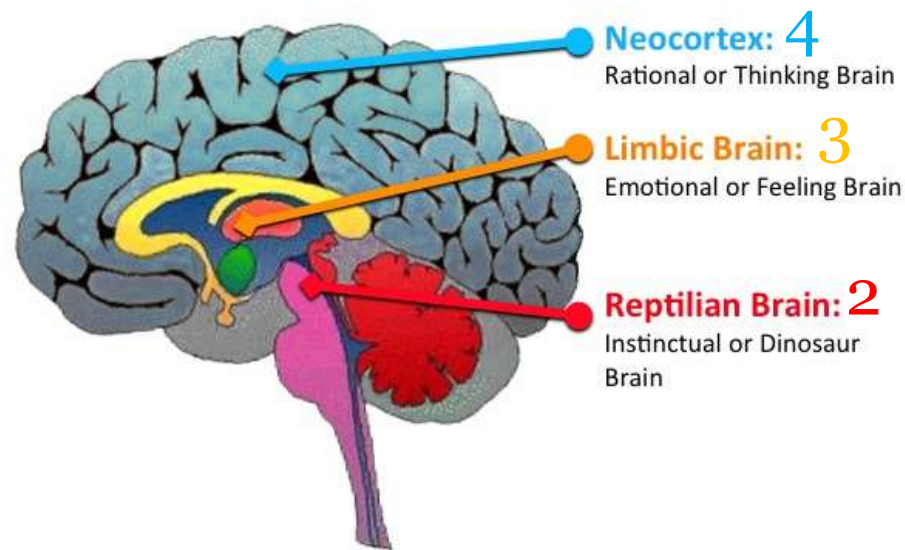




# Structural View

2,3,4 - Subtle body

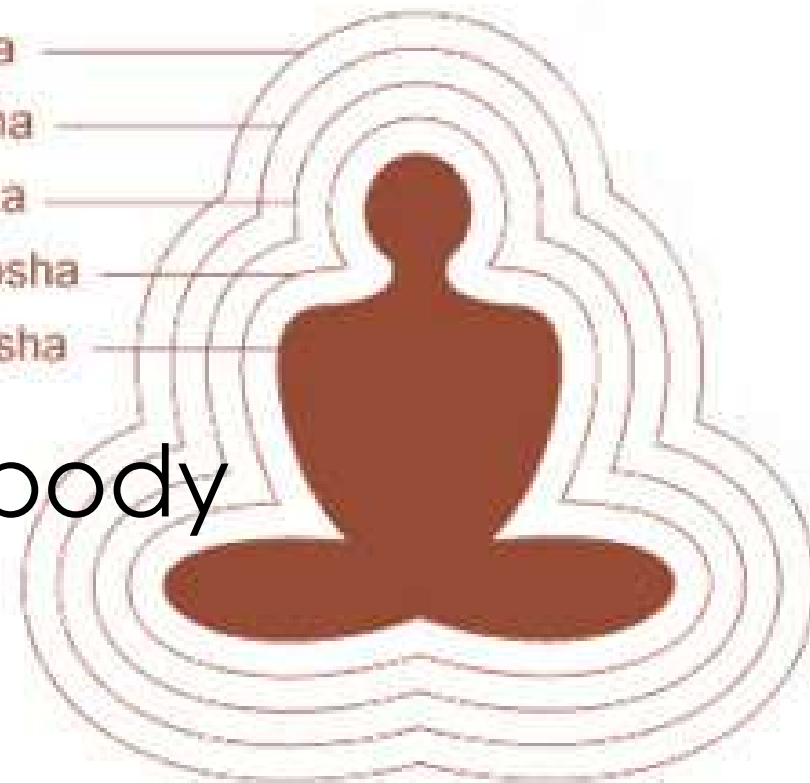
1 - Gross body



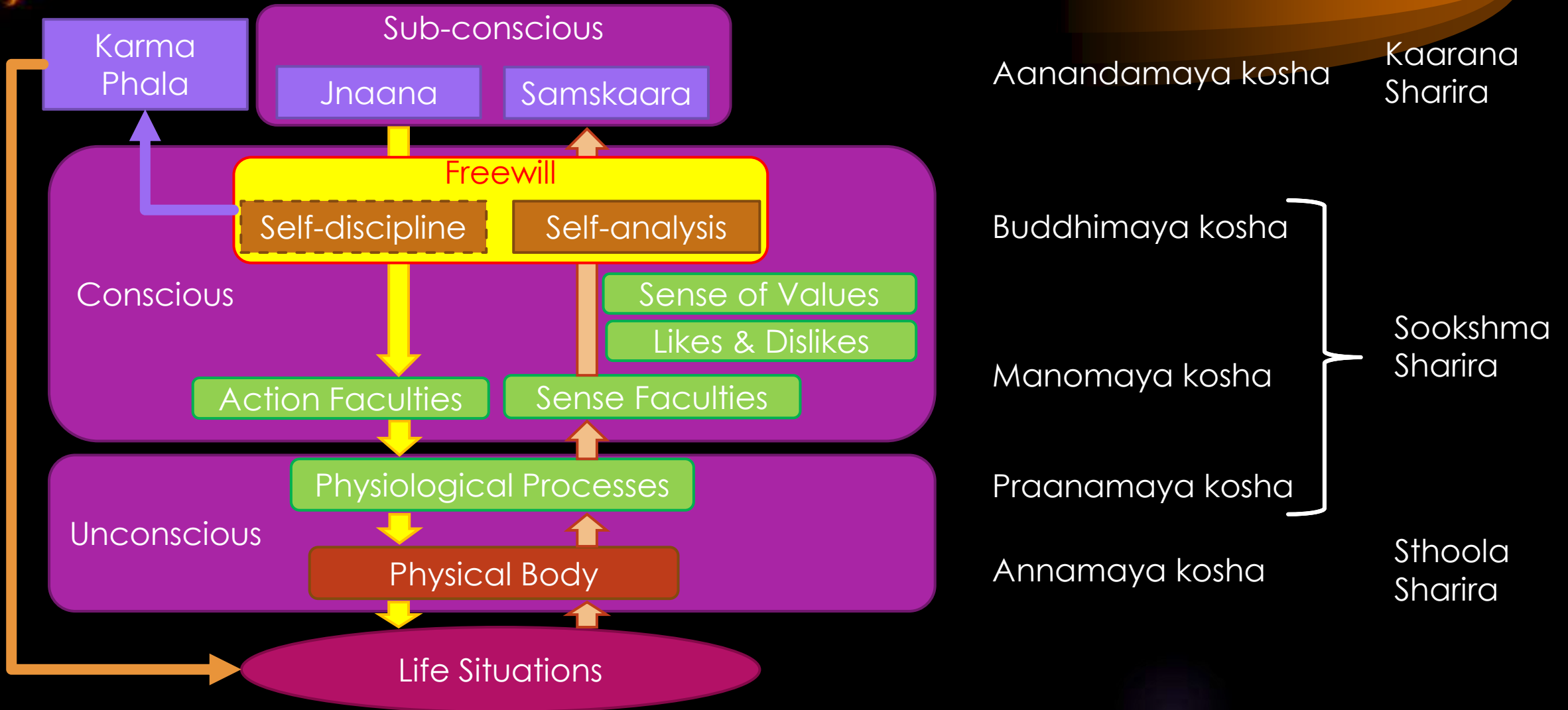
- 1 Annamaya Kosha
- 2 Pranamaya Kosha
- 3 Manomaya Kosha
- 4 Vignanamaya Kosha
- 5 Anandamaya Kosha

5 - Causal body

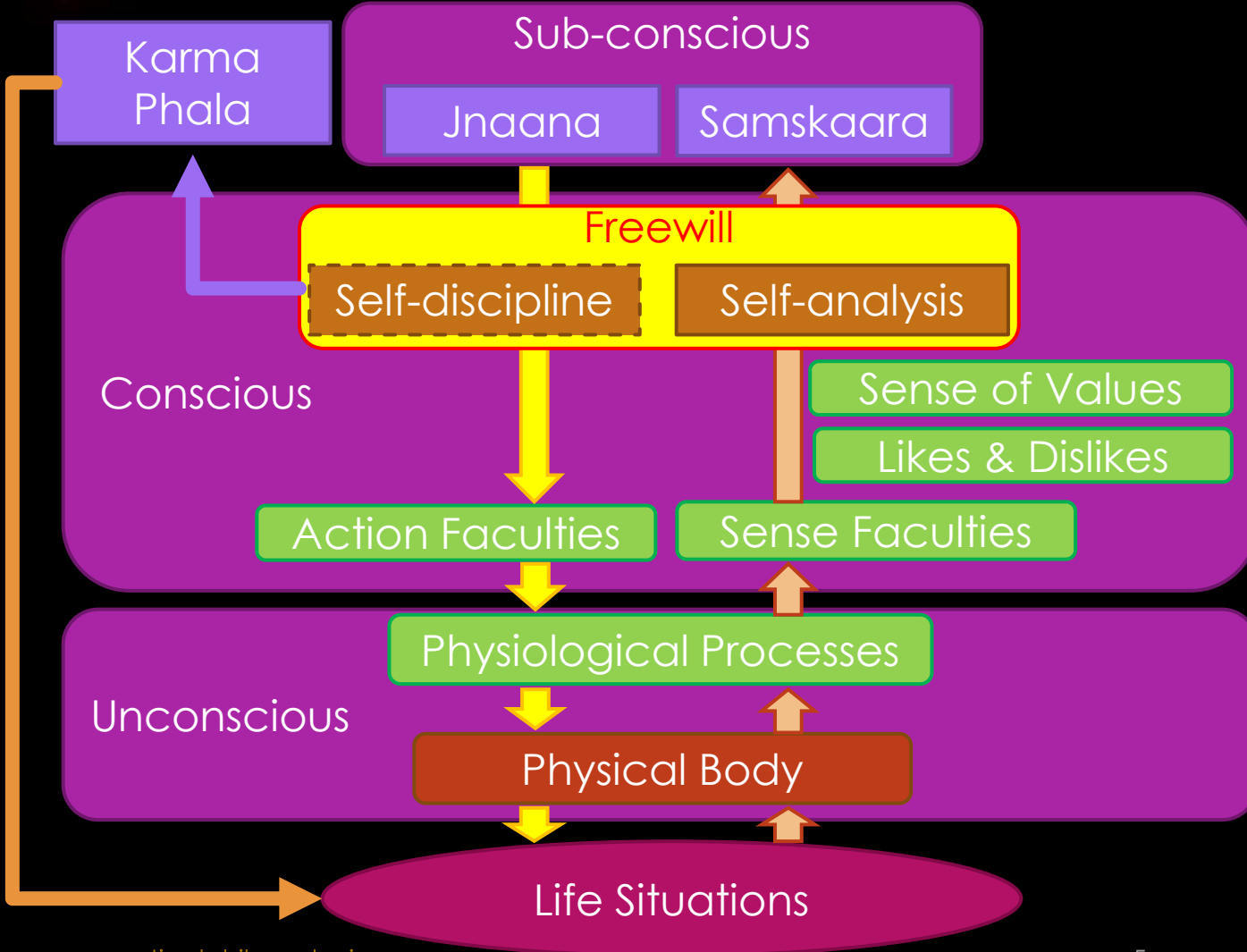
Karma,  
Tendencies,  
Worldview



# Transactional View



# Practical Advice



- ▶ Focus on what is permanent.
- ▶ We have very little control over our actions (downward path).
- ▶ Focus more on the upward path – self-analysis, good habits, good company
- ▶ Focus on the health of every layer to a reasonable extent and move on, without getting obsessed with any.
- ▶ A healthy body is that which can be forgotten.



# Example of Chariot

- ▶ आत्मानं रथितं विद्धि शरीरं रथमेव तु ।  
बुद्धिं तु सारथिं विद्धि मनः प्रग्रहमेव च ॥ ३ ॥
- ▶ ātmānam rathitaṁ viddhi śarīraṁ rathameva tu ।  
buddhiṁ tu sārathiṁ viddhi manaḥ pragrahaveva ca ॥ 3 ॥
- ▶ Know the *âtman* as the lord of the chariot, the body as only the chariot, know also intelligence as the driver; know the minds as the reins.
- ▶ इन्द्रियाणि हयानाहुर्विषयां स्तेषु गोचरान् ।  
आत्मेन्द्रियमनोयुक्तं भोक्तेत्याहुर्मनीषिणः ॥ ४ ॥
- ▶ indriyāṇi hayānāhurviṣayāṁ steṣu gocarān ।  
ātmendriyamano yuktaṁ bhoktetyāhurmanīṣiṇaḥ ॥ 4 ॥
- ▶ The senses, they say, are the horses; the objects which they perceive, the way; the *âtman*, the senses and the mind combined, the intelligent call the enjoyer.
- ▶ Kathopanishad 1.3.3, 1.3.4







# Upanishads and Gita

- ▶ Kathopanishad - Ratha kalpana
- ▶ Taittiriya Brahmaananda Valli - Pancha Kosha meditation
- ▶ Taittiriya Bhrigu Valli - Penance of Bhrigu
- ▶ Chaandogya Upanishad 8.7-12 - Story of Indra and Virochana
- ▶ Gita
  - ▶ 3.42 – Almost same as Kathopanishad mantra
  - ▶ 9.34 – Surrender all to God
  - ▶ 15.13-16 – Each kosha is a part of the Universal
  - ▶ 18.13-22 – Pancha koshas and Sharira traya





# Pancha Kosha Viveka

1. **Annamaya kosha** – height, weight, place of birth, name of parents, complexion, color of eyes, color of hair
2. **Praanamaya kosha** – body temperature, pulse rate, blood pressure, sugar level, allergies, illnesses
3. **Manomaya kosha** – skills and knowledge, anger, jealousy, arrogance, desire, greed, fear, likes and dislikes in the domains of food, places, weather, movies, books, activities, hobbies
4. **Buddhimaya kosha** – value system, what is right, what is wrong, significance of honesty, kindness and discipline, patriotism, political affiliations, religious beliefs, willpower
5. **Anandamaya kosha** – the situations that you have faced in life, the opportunities that you have been blessed with in life, subconscious tendencies and worldview







# You are Responsible

- ▶ Gita 3.42
- ▶ इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।  
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥ 42॥
- ▶ indriyāṇi parāṇyāhur indriyebhyaḥ param manah  
manasas tu parā buddhir yo buddheḥ paratastu saḥ
- ▶ Senses are greater than sense objects; mind is greater than senses; intellect is greater than mind; the person is greater than intellect.
- ▶ Body, health, emotions and intellect are your instruments
- ▶ You have the freewill and responsibility for your decisions
- ▶ Hold all the instruments under your control. That is real freedom
- ▶ Decide your goals and pursue them consciously





# Beyond the Pancha Koshas

► Mundaka Upanishad 3.1,3.2,3.3

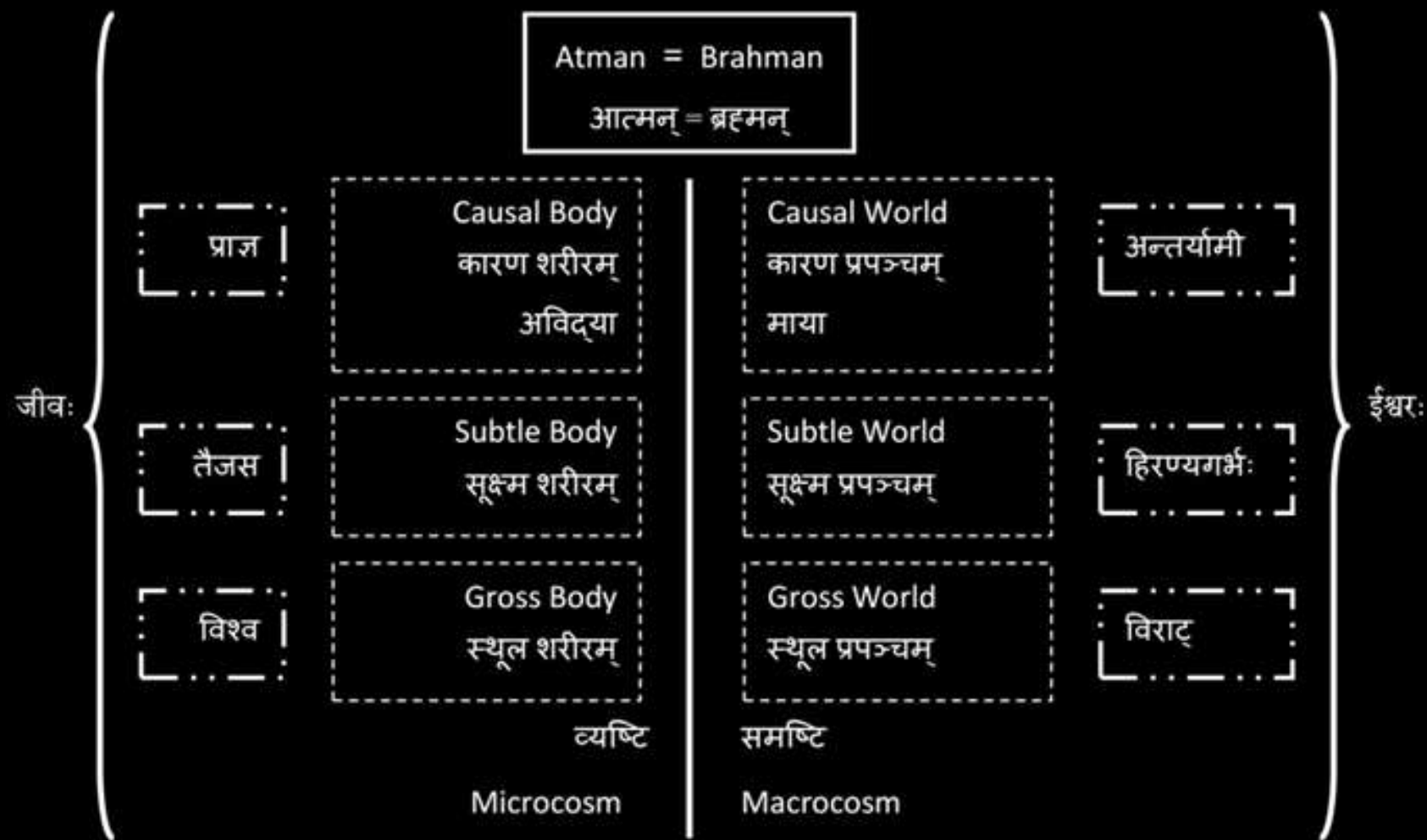
द्वा सुपर्णा सयुजा सखाया समानं वृक्षं परिषस्वजाते ।  
तयोरन्यः पिप्पलं स्वाद्वत्त्यनश्नन्नन्यो अभिचाकशीति ॥ १॥  
समाने वृक्षे पुरुषो निमग्नोऽनिशया शोचति मह्यमानः ।  
जुष्टं यदा पश्यत्यन्यमीशमस्य महिमानमिति वीतशोकः ॥ २॥  
यदा पश्यः पश्यते रुक्मवर्णं कर्तारमीशं पुरुषं ब्रह्मयोनिम् ।  
तदा विद्वान् पुण्यपापे विधूय निरञ्जनः परमं साम्यमुपैति ॥ ३॥

“The whole of the Vedanta Philosophy is in this story: Two birds of golden plumage sat on the same tree. The one above, serene, majestic, immersed in his own glory; the one below restless and eating the fruits of the tree, now sweet, now bitter. Once he ate an exceptionally bitter fruit, then he paused and looked up at the majestic bird above; but he soon forgot about the other bird and went on eating the fruits of the tree as before. Again he ate a bitter fruit, and this time he hopped up a few boughs nearer to the bird at the top. This happened many times until at last the lower bird came to the place of the upper bird and lost himself. He found all at once that there had never been two birds, but that he was all the time that upper bird, serene, majestic, and immersed in his own glory.” (CW VII-80)





# Individual vs Universal





# Saadhana Krama

Sharira	Sthoola	Sookshma	Kaarana	Atheetha
<b>Body</b>	Gross	Subtle	Causal	Beyond bodies
<b>Known to</b>	Everyone	Own mind	None	None
<b>Pramaana</b>	Pratyaksha	Anumaana	Anumaana, Direct Shabda	Indirect Shabda
<b>Contents</b>	Physical	Physiology, Faculties, Emotions, Values, Will	Sub-conscious tendencies, worldview, karma phala	Consciousness
<b>Self Identity</b>	Body	Emotions, Intellect	Jivaatma, Soul	Consciousness
<b>Purushaarth</b>	Artha	Kaama	Dharma	Moksha
<b>Drive</b>	Security, Procreation	Pleasure, Possession	Happiness, Social service, Fame, Punya	Freedom
<b>Granthi</b>	Brahma	Vishnu	Rudra	None
<b>Saadhana</b>	Karma Yoga	Upaasana Yoga	Jnaana Yoga	Saakshi
<b>Devotion level</b>	Aartha	Arthaarti	Jignaasu	Jnaani



Thank You



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