

The Faces of Reality 2

The Koshas or Layers of Becoming

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Awareness Becomes Self-Aware



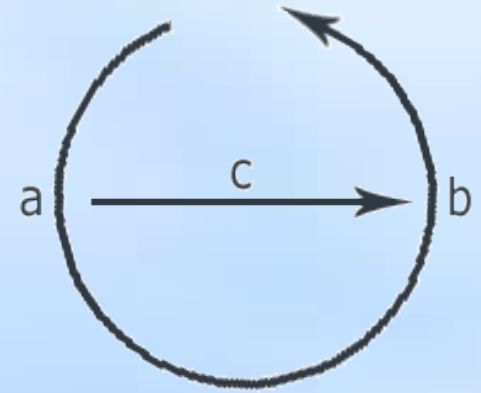
flowing



curves



curves back on itself



recognizes itself

3 Aspects of Consciousness:

a: Observer or experiencer

b: Object of experience

c: process of experience

The 7 Koshas or Sheaths

Layers of Becoming, object side

- 1 – **Atma**: Self, Consciousness, Sat | crown
- 2 – **Chitta**: Flow, direction | third eye
- 3 – **Ananda**: Bliss, celestial, causal | throat, Space, vibration
- 4 – **Vijnana**: Intellect, intuition, feelings | heart, Air, geometry
- 5 – **Manon**: Mind, senses | gut, Fire, field
- 6 – **Prana**: Energy, breath, emotions | sex, Water, energy
- 7 – **Anna**: food body, physical | root, Earth, mass

The 7 Stages of Enlightenment

**Beyond Personal Development
The Stages of Enlightenment**

Our Natural Potential



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Questions?