



PROGRAM E-19

THE AWAKENING

**ESOTERIC STRUCTURES:
Purusha and the Koshas--Part 1**

At this point in the Awakening Program it is necessary to turn to some basic understanding of the esoteric structure of the mind-body complex, *and the nature of the cosmos in which it dwells.*

First of all, Kriya is a set of mystical techniques that in its **first** stage cleanses the body, brain, and astral vehicles.

In the **second** stage, the Kriya cleanses the nadis (the energy channels) of their impurities. These impurities are composed of phlegm, toxins, and mental 'pollutions'.

In the **third** stage, the Kriya opens the blocked energy channels in the astral body.

In the **fourth** stage, the Kriya releases 'Kriya energy' into the energy channels to strengthen the physical body, the mind and the astral body.

In the **fifth** stage, the Kriya releases Kriya-kundalini into the strengthened nadis, awakening the 'sleeping' astral body, which allows the release of yoga siddhis such as Intuition, deep concentration, and profound meditation. These yoga siddhis relate to the Atma and the Purusha.

Purusha is the Sanskrit name for 'Reality'. In Kriya yoga mysticism, Purusha is the primordial Cosmic Being of your environment.

From the eyes of the Cosmic Being manifested the Moon. From the eyes of the Cosmic Being manifested the Sun. From Its breath manifested cosmic Maha-prana.

Among the most mysterious concepts of mystical thought is the interplay between Purusha (consciousness) and Prakriti (pre-matter matter), which is the twofold aspects of the Eternal Cosmos.

In this sense, Purusha is Spirit, and Prakriti is primordial nature. Prakriti interacts with itself and manifests as creation, from mega-galaxies to the smallest atom.

Yes, Purusha is Reality or 'Spirit', but what is your real nature?

You are '**kala-purusha**' – **spirit moving through time**; or on another level, Spirit caught in the web of time.

One could say that Purusha is only a witness to the flow of creation. Prakriti is the active principle of creation.

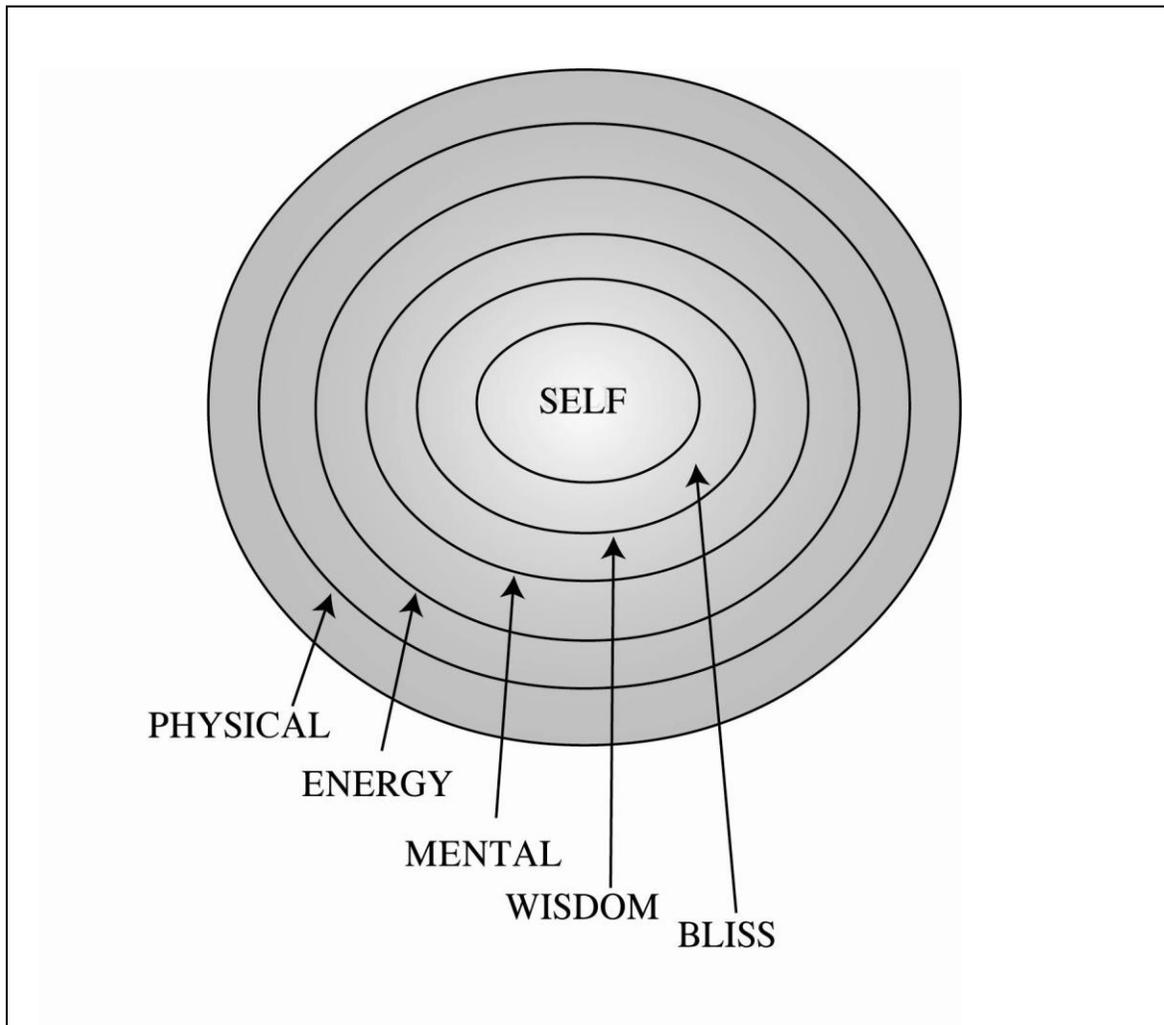
These two aspects are also perceived symbolically as the cosmic Sun and the cosmic Moon principles -- timeless and indestructible.

At the human level, the Purusha jiva-atma's memory track is the soul, which is enclosed or encased within a physical body made of Prakriti. This encased soul is called '**jiva-atma**'.

Each and every Atma, encased as jiva-atma, or free of encasement, has the same qualities as Purusha or Spirit. In Samkhya-yoga philosophy, each Atma is self-created and eternal like Purusha.

The Bhagavad-Gita states that a seeker who fully realizes the transience of the physical body and the eternal nature of the Atma, comes to the awakening of self-revelation, and is released, attaining moksha (liberation).

THE FIVE KOSHAS



Definition: The koshas describe metaphysical layers of being and awareness within the physical body. In Sanskrit, 'kosha' means 'sheath', which is often translated as 'body'. Discovering each layer brings you closer to the Reality of your being.

The five koshas are:

1. The physical sheath: **Anna-maya kosha**. This is the densest and the outermost sheath often called the food body, and deals with the needs of the physical body.
2. The energy sheath: **Prana-maya kosha**. This next sheath is even less dense and deals with Prana, the breath and flow of the Life Energy through the astral body, activating the physical body.
3. The mind sheath: **Mano-maya kosha**. It is less dense, and is often called the mental body. It deals with thoughts and emotions and the five senses.
4. The knowledge sheath: **Vijnana-maya kosha** is almost the least dense. It is sometimes called the wisdom sheath. It deals with Knowledge, Intuition, and perception.
5. The bliss sheath: **Ananda-maya kosha** is the most subtle of all the sheaths, and is the innermost sheath, often referred to as the bliss body. It deals with everlasting bliss, joy, contentment, and happiness.

OM

Shanti & Prem,

Goswami

Copyright © 2013 Goswami Kriyananda