

BEYOND THE PHYSICAL BODY



CAUSAL BODY

**ANANDAMAYA KOSHA
BLISS SHEATH**

ASTRAL BODY

**VIJNANAMAYA KOSHA
INTELLECT SHEATH**

PHYSICAL BODY

**MANOMAYA KOSHA
MENTAL SHEATH**

**PRANAMAYA KOSHA
ENERGY SHEATH**

**ANNAMAYA KOSHA
FOOD SHEATH**