

# Experience Your Inner Radiance Meditation Retreat:

## *Five Breaths Meditation*

Rev. Laurel Prema Trujillo, MD  
May 9, 2025



# Agenda Overview

- **Opening Meditation**
- **Pancha Kosha Model**
- **The 5 Breaths Meditation**
- **Additional Interventions using the Koshas**
- **Summary & Conclusion**



# Journaling to Begin

## What issues are affecting your life right now?

- Physical issues: pain, injury, any symptoms?
- Energy: How is your energy level? Tired, run down, lots of vitality, enthusiasm?
- Emotions: do you have any recurrent emotions? Anger, sadness, anxiety, joy, excitement?
- How is your discernment? Intuition?



# Pancha Kosha Model

In its identifications with the five sheaths, the immaculate Self appears to have borrowed their qualities upon Itself, as in the case of a crystal which appears blue or yellow depending upon the color of the cloth in its vicinity.

Through discriminative self-analysis one should separate the pure Self within, from the sheaths, as one separates the rice from the husk, that covers it.

—Shankara, *Atmabodha* v. 15-16.



# Koshas (Sheaths)

*Coverings of the Self*

Annamaya Kosha

Prāṇamaya Kosha

Manomaya Kosha

Vijñānamaya Kosha

Ānandamaya Kosha



# Pancha Kosha Model of Healing

- Gives us a new perspective for Self-Study
- Shifts Viewpoint from Site of Pain or Suffering
- Opens Energy Flow
- Expands Consciousness
- Facilitates Return to the Self





# Using the Kosha Model for Healing

Shifting our focus to a different sheath opens new possibilities for healing.

For example:

- **Physical:** *If pain or restriction, try energy sheath*
- **Mental:** *If anxiety or confusion, can ground with yoga asana*



# Five Breaths Meditation

**Annamaya: physical**

**Prāṇamaya: vital / energy**

**Manomaya: mental**

**Vijñānamaya: intellectual**

**Ānandamaya: bliss**





# Additional Interventions

<b>Physical Sheath:</b> Annamaya kosha	Yoga Postures (Asana) Lifestyle including Diet & Sleep Cleansing Techniques
<b>Life Force Sheath:</b> Pranamaya kosha	Breathing Exercises (Pranayama) Right use of vital force (Brahmacharya) Chakra Meditation or Therapy
<b>Sense Mind/Emotional Sheath:</b> Manomaya kosha	Mantra Mindfulness practice
<b>Wisdom Sheath:</b> Vijnanamaya kosha	Self-inquiry & spiritual study (Svadhyaya) Practice Yamas/Niyamas Meditation
<b>Bliss Sheath:</b> Anandamaya kosha	Selfless service (Seva) Devotional practices (Bhakti yoga) Samadhi/Meditation

# Questions for Reflection:

For each issue that is present for you now:

- What sheath is most involved with this issue?
- Is there another sheath that might be useful in dealing with this issue?
- What practices utilize that sheath that might be useful to me now?



*From joy are born all creatures,  
By joy they grow, and  
to joy they return.*

*—Taittiriya Upanishad*



## **IAYT Website References on the Koshas**

**Blossom, Scott L.Ac.: “Yoga and Psychoneuroimmunology”**

IJYT, 14 (2004), p23-27.

Includes table of interventions for each Kosha

**Le Page, Joseph M.A.,**

**“Creating Yoga Therapy Classes and Individual Sessions that Work”**

IJYT, 12(2002), p13-23.

Uses the kosha model for assessment and treatment

**Mohan, Ganesh, “Exploring Yoga as Therapy”**

IJYT, 16(2006), p13-19.

Questions Kosha model for Yoga Therapy diagnosis.

**Bibliography of Kosha references (compiled by Trisha Lamb)**

search for “Kosha” on the home page

