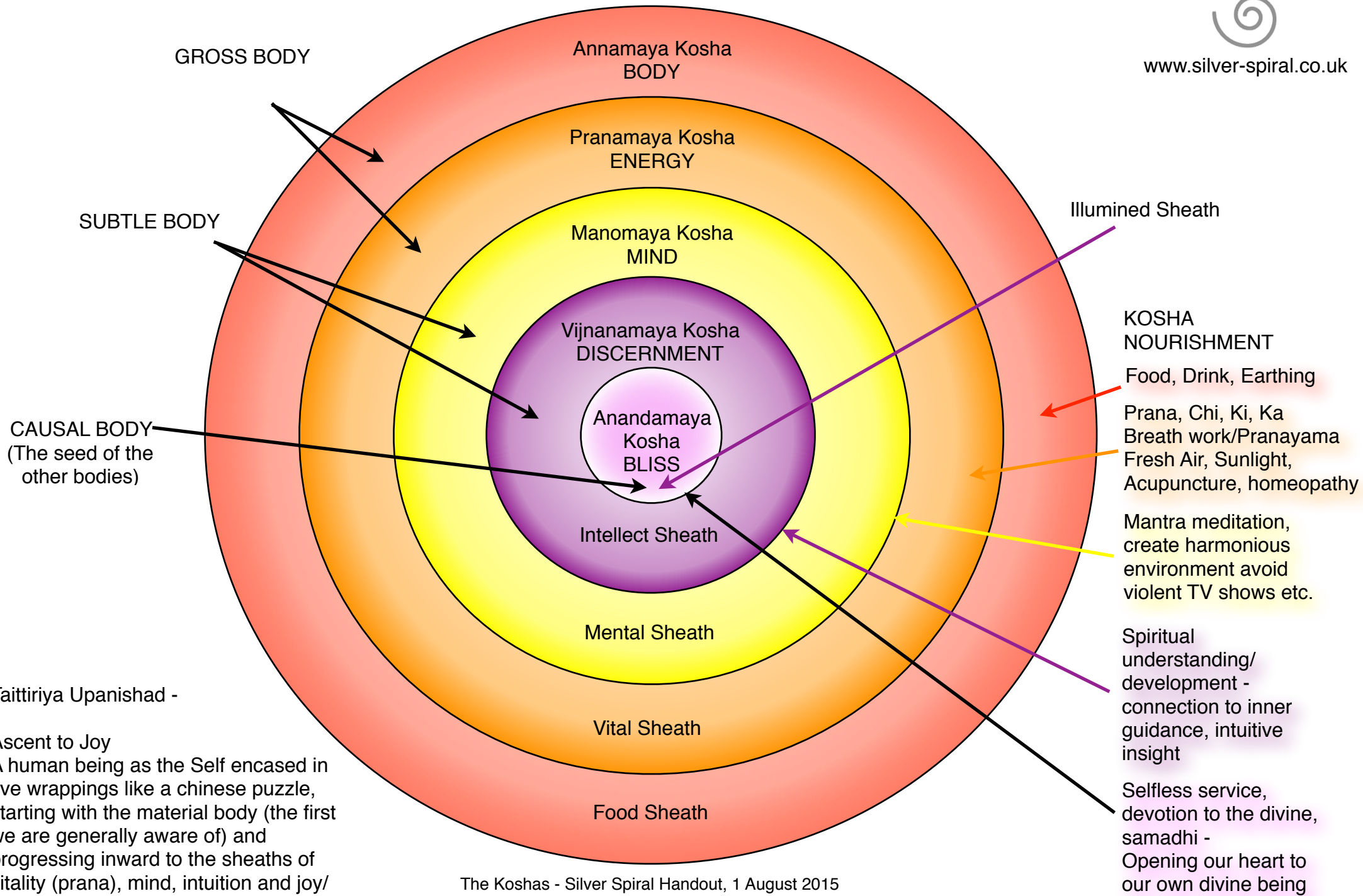


The Koshas: 5 Layers of Being
 Each layer made of increasingly finer grades of energy



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Taittiriya Upanishad -

Ascent to Joy
 A human being as the Self encased in five wrappings like a chinese puzzle, starting with the material body (the first we are generally aware of) and progressing inward to the sheaths of vitality (prana), mind, intuition and joy/