

# FIVE DIMENSIONS OF THE HUMAN SYSTEM (THE PANCHAMAYA MODEL)



## THE PHYSICAL BODY (ANNAMAYA)

All aspects of the physical body must be nourished, taking into account individual needs and limitations, as well as the stage of life. According to the ancients, the physical health manifests in:

- NO ACHES AND PAINS
- FEELING OF LIGHTNESS
- ABILITY TO WITHSTAND CHANGE
- STABILITY AND EASE

 **MAIN TOOL: ASANA**



## THE VITAL BODY (PRANAMAYA)

Our physiological functioning is affected by the flow of prana along its five major currents: prana, apana, vyana, samana and udana. The balanced flow of prana is reflected in:

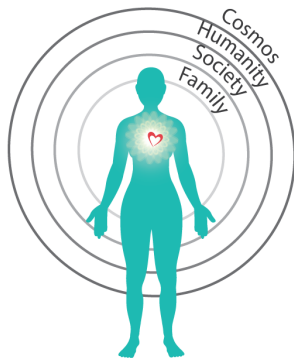
- ORGAN FUNCTION
- SLEEP PATTERNS
- STRESS MANAGEMENT
- ENERGY AND VITALITY

 **MAIN TOOLS: PRANAYAMA, BREATH-CENTERED ASANA**



## THE HEART CENTER (ANANDAMAYA)

The dimension of the heart is the deepest and most profound. Through the heart we are able to relate to others and find joy and fulfillment. Ultimately, it can become a source of unconditional happiness by connecting to something greater than ourselves.



 **MAIN TOOLS: RITUAL, PRAYER**



## THE INTELLECTUAL MIND (MANOMAYA)

The mind has a tremendous power to influence the entire system; it needs to be educated and developed to be able to:

- DIRECT AND MAINTAIN ATTENTION
- MAKE EDUCATED CHOICES
- ACQUIRE KNOWLEDGE (LEARNING)
- RETAIN INFORMATION (MEMORY)

 **MAIN TOOLS: CHANT, TEXT STUDY**

## THE PERSONALITY (VIJNANAMAYA)

The personality is formed based on the inherent tendencies and is affected by our experiences and conditioning. It has great potential for transformation; the chakra model can be used as a road map to help us become more



 **MAIN TOOLS: MEDITATION, SELF-REFLECTION**

-  SPIRITUAL
-  INTUITIVE, WISE
-  EXPRESSIVE, TRUTHFUL
-  LOVING, CONNECTED
-  POWERFUL, DECISIVE
-  VITAL, CREATIVE
-  STABLE, SECURE