

## JOURNAL QUESTIONS

Self-study, (**svadhyaya**) is the process of examining your behaviors, habits, and patterns so that you can cultivate self-awareness. Self-inquiry, (**vichara**) delves into the nature of the self and helps you become curious vs. reactive. Vichara leads to wisdom and discernment which allows you to remember and embody what you learn.

The **Pancha Maya Koshas**, are the five 'sheaths' that cover the real Self. It is the model most used in yoga therapy and a powerful tool of self-reflection.

Take a moment after you encounter each learning material/experience. Take a few slow and even breaths, tune inward with curiosity, and journal with the following prompts. There are no right or wrong answers. Noticing 'nothing' is actually something! If this is the first time you have done self-reflection in this way, please be patient. This practice is like building a muscle. It takes time and persistence. The more you practice this the more refined your awareness becomes. It might be helpful to know that you do not have to hand these in.

### **Annamaya Kosha**

Physical sheath. The physical body.

- **What sensations do you notice in the physical body? (Pain/comfort, tension/ease, flow/freeze, warm/cold, connection/disconnection, tingling, trembling, etc.)**

### **Pranamaya Kosha**

Energy sheath. Life Force.

Includes everything that animates the body (e.g., breath, chakras, nadis, meridians, etc.)

- **What do you notice about your breath? (Smooth, choppy, holding, rigid, flowing freely)**
- **Can you sense 'energy' in the body? Express it in any way words, colors, images...**

### **Manomaya Kosha**

Psychological or the mind sheath. Includes thoughts, emotions, desires.

- **Notice your thoughts. Write down any thoughts or emotions that are coming up for you right now in this moment. Try not to think about or analyze them, just write them down.**

### **Vijnanamaya Kosha**

Wisdom sheath. Includes intuition and discernment. Refined knowledge and experience.

- **Read your previous responses and step back. Take a moment and and breath steadily for a few moments. Write any new insight, awareness, or intuitive knowledge.**

### **Anandamaya Kosha**

Bliss sheath. The veil between universal consciousness, connection to source, Union.

- **Sit quietly for a moment and tune-in to the forces greater than you, operating behind the human experience. Allow a moment for connection, appreciation, and peace.**