

The Māyā Koshas (Sanskrit: Maya = appearing as; Kosha = Sheath of identification)

During self-inquiry/meditation we are interested in first-hand knowing.

We are not trying to change, fix, or alter anything, even as preferences for things to be other than they are arise.

We note, observe, welcome, and interact with the various facets of our waking, sleeping, dreaming, and dreamless sleep states of existence, starting with the most gross, the physical (annamaya), then moving on through more subtle layers, including flows of breath and energy (prāṇāmaya), feelings, emotions (manomaya), cognitions (vijñānamaya), bliss-joy (ānādamaya), and I-me-mine-ness (asmitāmaya).

As we inquiry we discover and connect to an aspect of ourselves that is beyond space, time, and lack, that is familiar, not something “we” are “doing,” that is always awake, calm, at peace, and beyond suffering.

In engaging the Koshas, we inquire:

- What is this body of sensation and flows of energy. Where is and does it have center or periphery?
- What are and how do I respond to the everchanging feelings, emotions, and cognitions?
- Is bliss-joy who I truly am?
- Am I separate from everything around me?
- What lies beyond all sense of I-Me-Self-Other?
- What is awakening? What is enlightenment? And for whom?

