

Layers of the Mind

Summary of the Five Layers





First layer

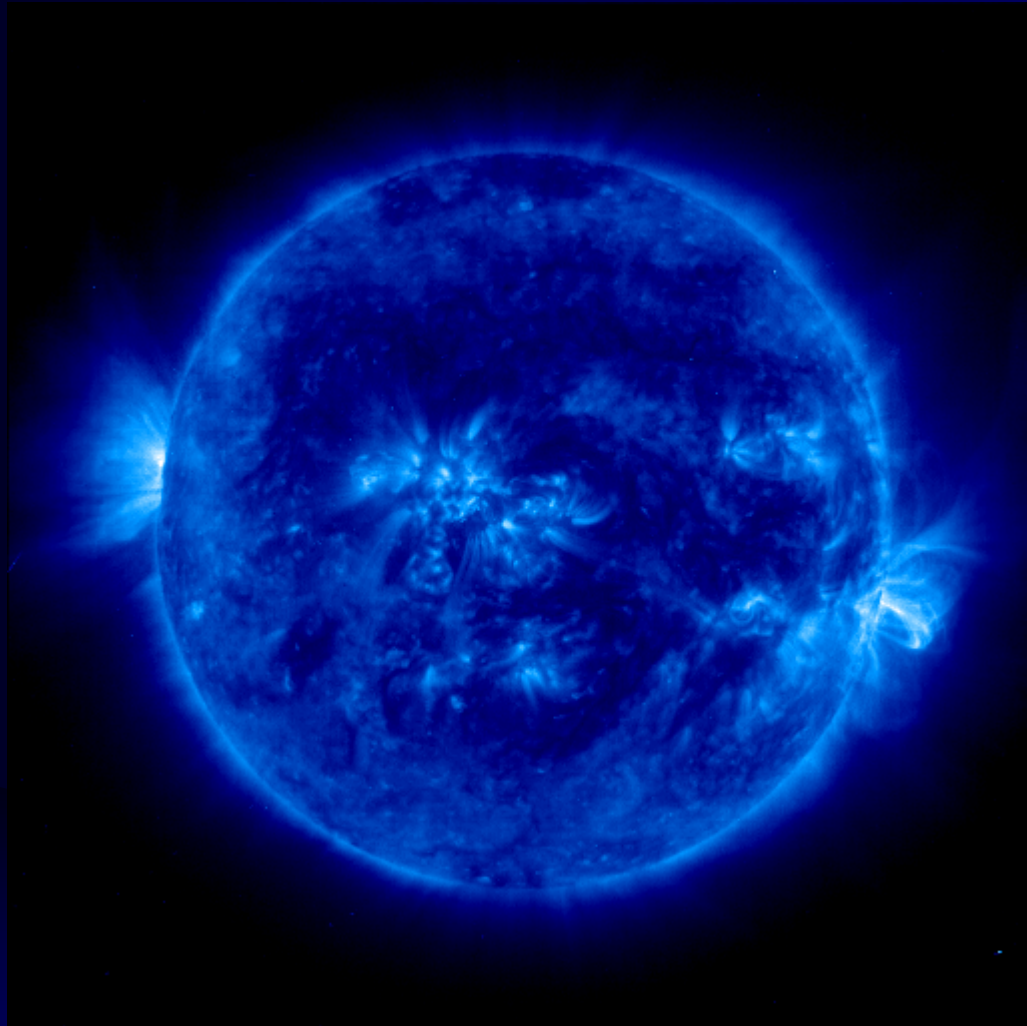
Ka'mamaya kos'a

Conscious mind

Sensing , desiring , acting

Morality

Proper use of the sensory
and motor organs to
achieve the goal



Second layer

Manomaya kos'a

Subconscious mind

Holds experiences

Breath
Control

To develop the holding
capacity of the mind



Third layer

Atima'nasa kos'a

Supramental causal mind

Storehouse of experiences

**Sense
withdrawal**

Disassociation from external
pressure and influences

Mind is brought beyond the body
Mind is given a seat



Fourth layer

Vijina'namaya kos'a

Subliminal causal mind

Conscience -
discrimination, non-attachment

Concentration

Focuses power
Passionate love to God
Sacrifice



Fifth layer

Hiran'maya kos'a

Subtle causal mind

“I exist” feeling

Meditation

Association of the “I feeling”
with the Supreme, with the
help of MANTRA







Ananda Marga

Self Realisation and Service to All



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