

# Five Plane Model

*Anandamaya kOSa*  
Plane of ENCHANTMENT

*vignAnamaya kOSa*  
Plane of WISDOM

*manOmaya kOSa*  
Plane of MIND

*prANamaya kOSa*  
Plane of EMOTIONS

*annamaya kOSa*  
Plane of MATTER

*dhyAna*

VISUALIZATION and  
CONTEMPLATION

*mantra*

Awareness of VIBRATION

*prANAyAma*

Awareness of BREATH

*Asana*

Awareness of spine (SACRUM)