The Illusion of This Moment

“Atman [Self] appears to be finite because of ignorance. When ignorance is destroyed Atman [the Self] which does not admit of any multiplicity truly reveals itself by itself: like the Sun when the clouds pass away.”

- Shankaracharya, Atma Bodha 4

“Cyclic existence [samsara], which is full of attachments, aversions, etc., is like a dream. It appears to be real as long as one is ignorant, but becomes unreal when one is awake.”

- Shankaracharya, Atma Bodha 6

Sanskrit

1. Susupti
2. Svapna
3. Jagrata
4. Turiya

Greek

1. Ekasia
2. Pistis
3. Dianoia
4. Nous

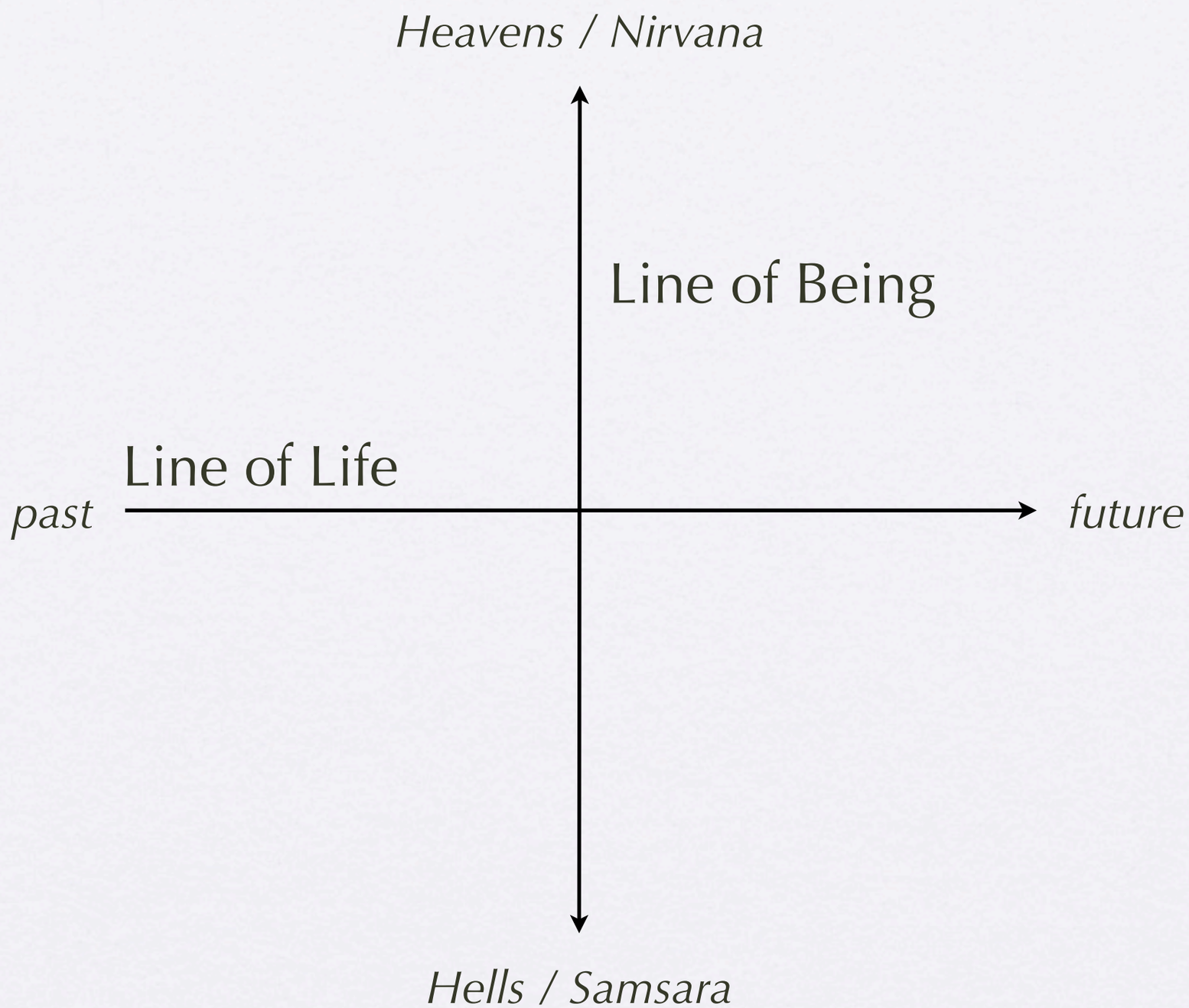
Maya

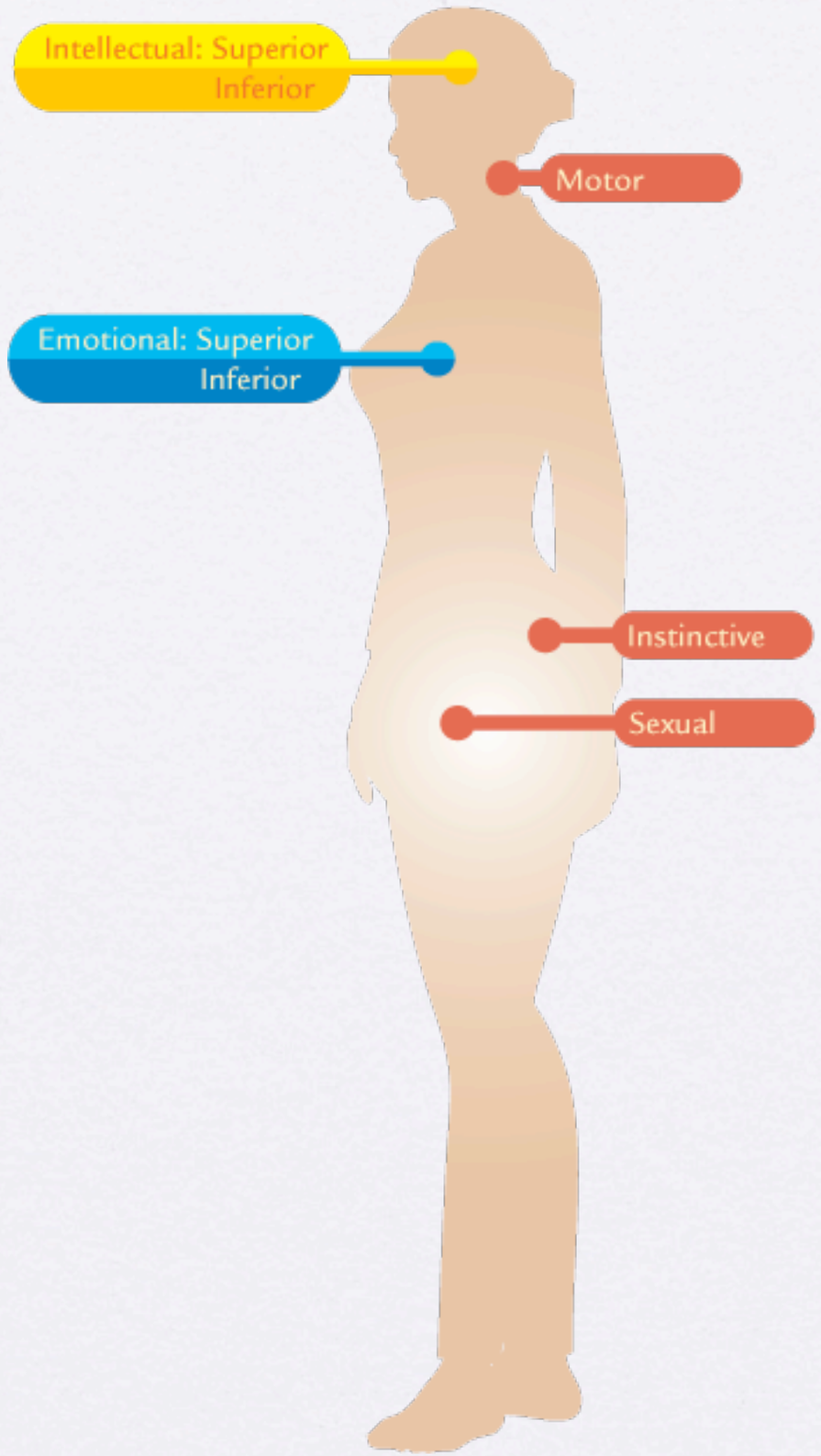
from Sanskrit **ma**: (1) not; (2) mother; (3) measure

1. Literally, “not that” or “Mother-That.”
Enchantment, illusion, appearance.

2. A name of Lakshmi (Mahamaya), the Divine Mother; also the name of the mother of Buddha Shakyamuni

3. A name of a demon goddess (Maya-asura)


Heavens / Nirvana
Line of Being
Line of Life
past
future
Hells / Samsara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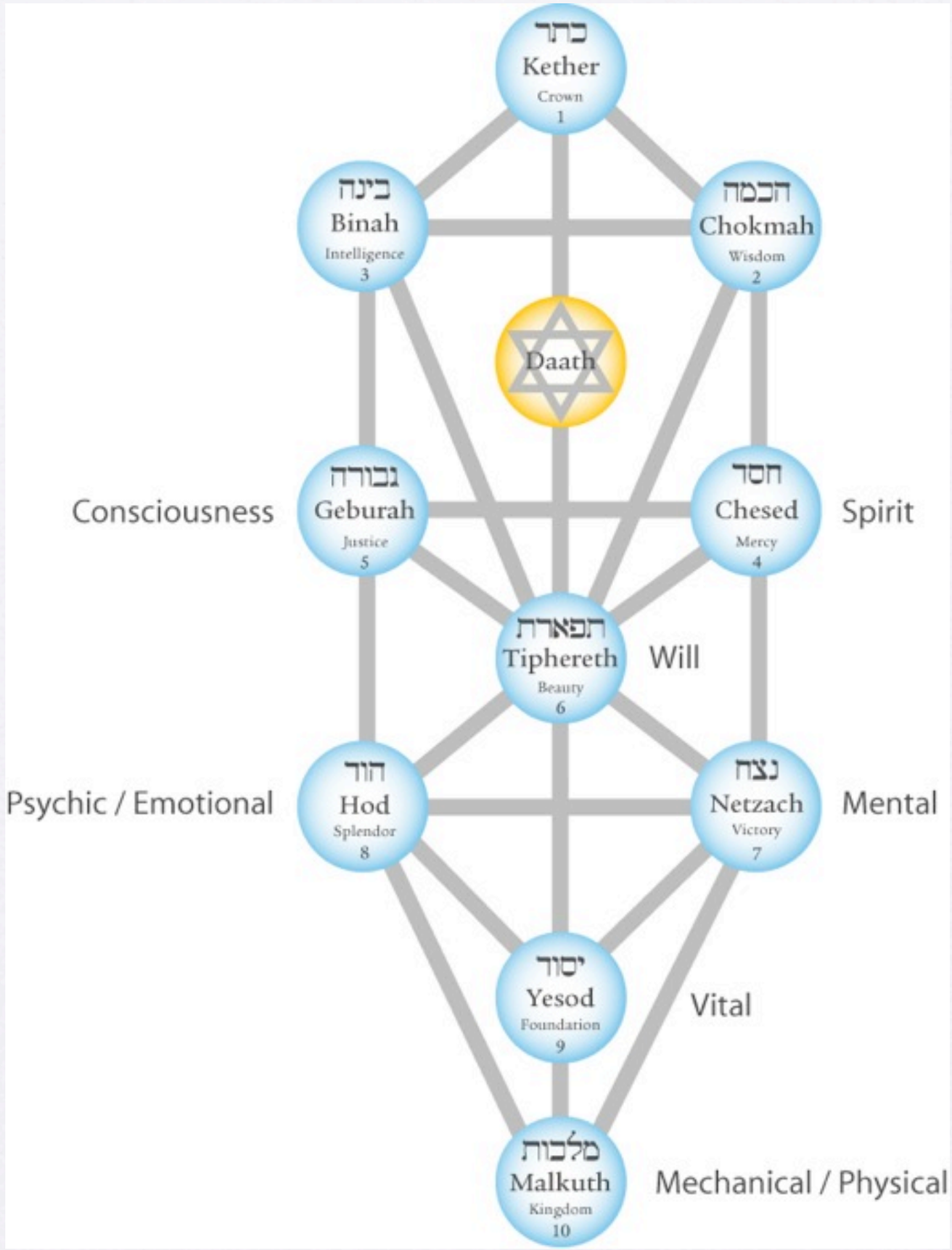
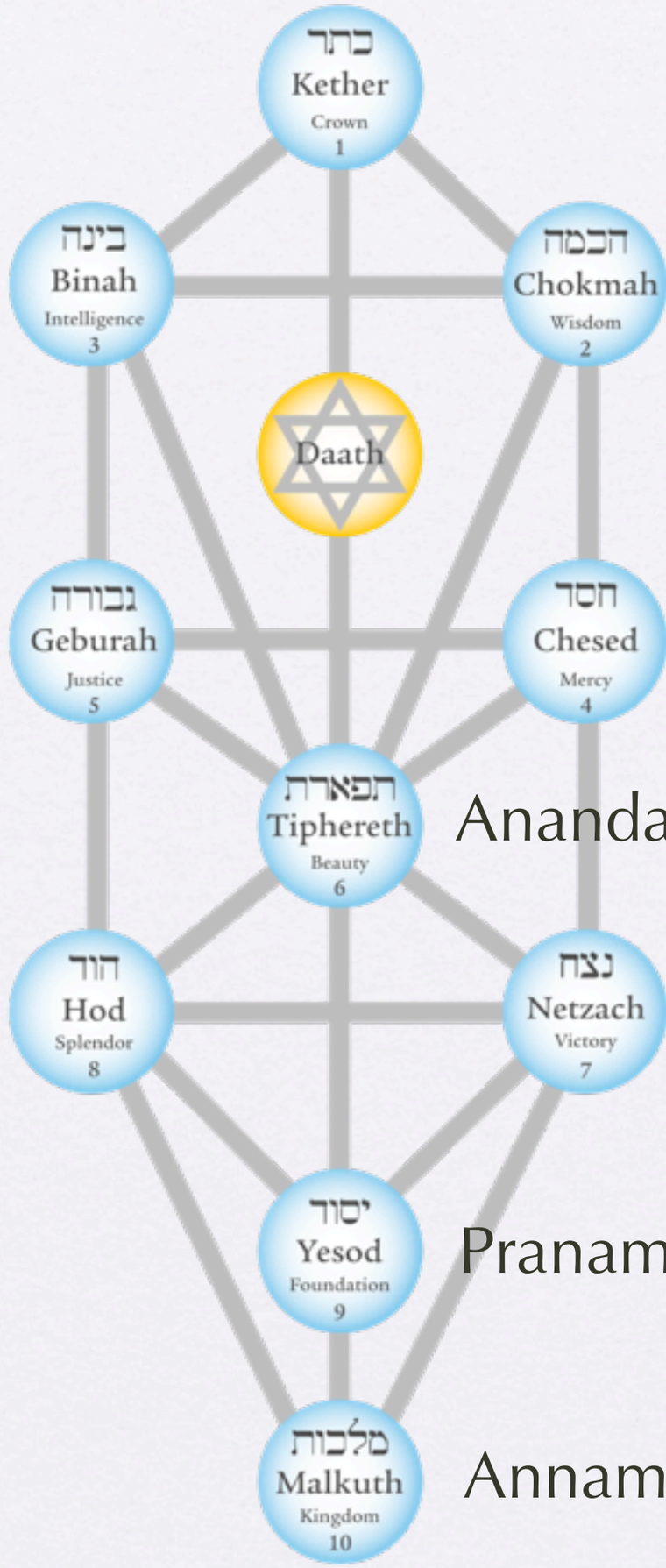
Inferior
Motor
Emotional: Superior
Inferior
Instinctive
Sexual


כתר
Kether
Crown
1
בינה
Binah
Intelligence
3
חכמה
Chokmah
Wisdom
2
Daath
Consciousness
גבורה
Geburah
Justice
5
חסד
Chesed
Mercy
4
Spirit
תפארת
Tiphereth
Beauty
6
Will
Psychic / Emotional
הוד
Hod
Splendor
8
נצח
Netzach
Victory
7
Mental
יסוד
Yesod
Foundation
9
Vital
מלכות
Malkuth
Kingdom
10
Mechanical / Physical

"Avidya, indescribable and beginningless, is the cause, which is an upadhi superimposed on Atman. Know for certain that the Atman is other than these three conditioning bodies. In its identification with the five-sheaths the Immaculate Atman appears to have borrowed their qualities upon Itself; as in the case of a crystal which appears to gather unto itself color of its vicinity."

- Shankaracharya, Atma Bodha 14-15



Anandamaya kosha

Manomaya kosha

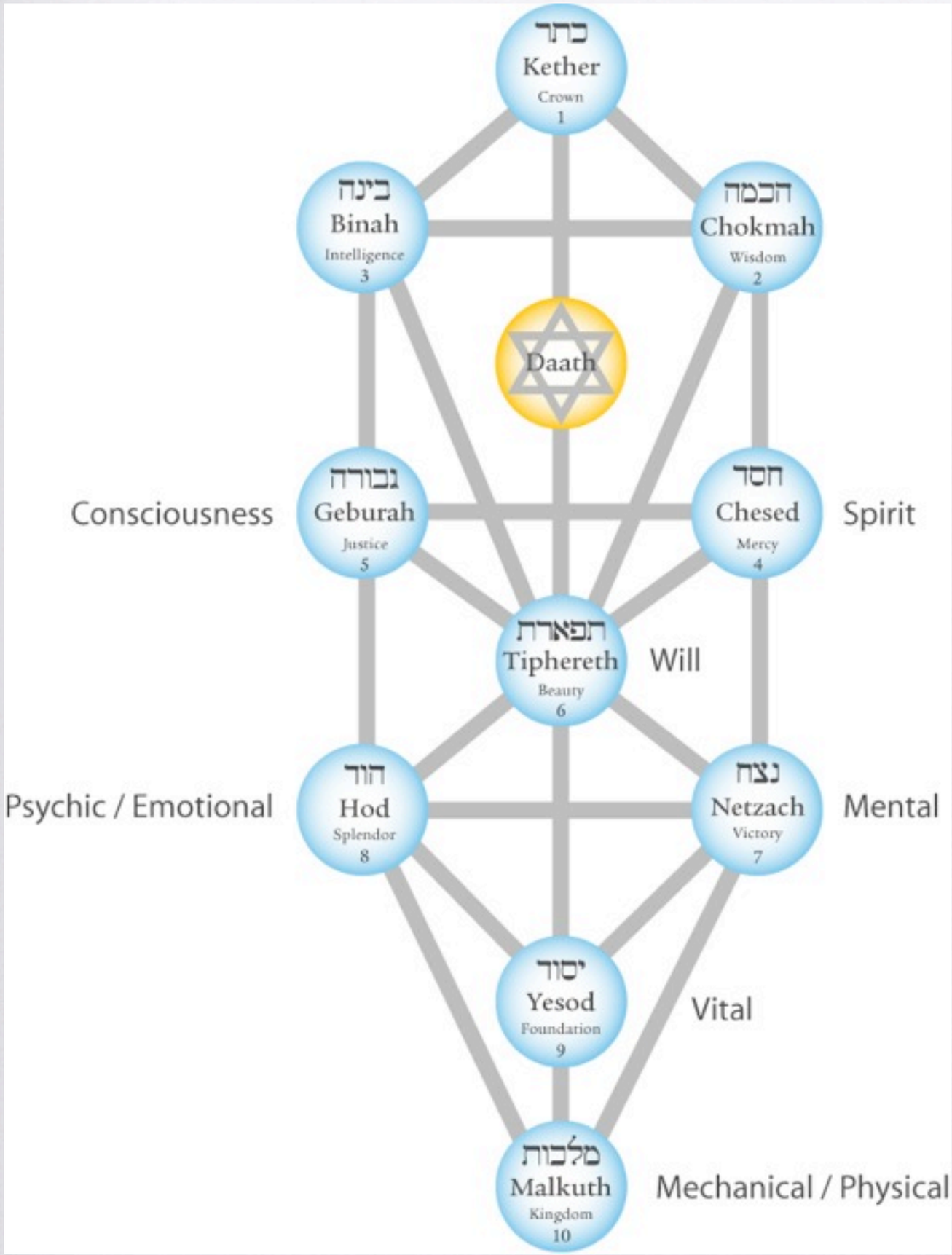
Vijnanamaya kosha

Pranamaya kosha

Annamaya kosha

"Through discriminative self-analysis and logical thinking one should separate the Pure Atman within from the sheaths as one separates the rice from the husk, bran, etc., that are covering it. The Atman does not shine in everything although He is All-pervading. He is manifest only in the inner equipment, Buddhi: just as the reflection in a clean mirror."

- Shankaracharya, Atma Bodha 16-17


כתר
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תפארת
Tiphereth
Beauty
6
Will
Psychic / Emotional
הוד
Hod
Splendor
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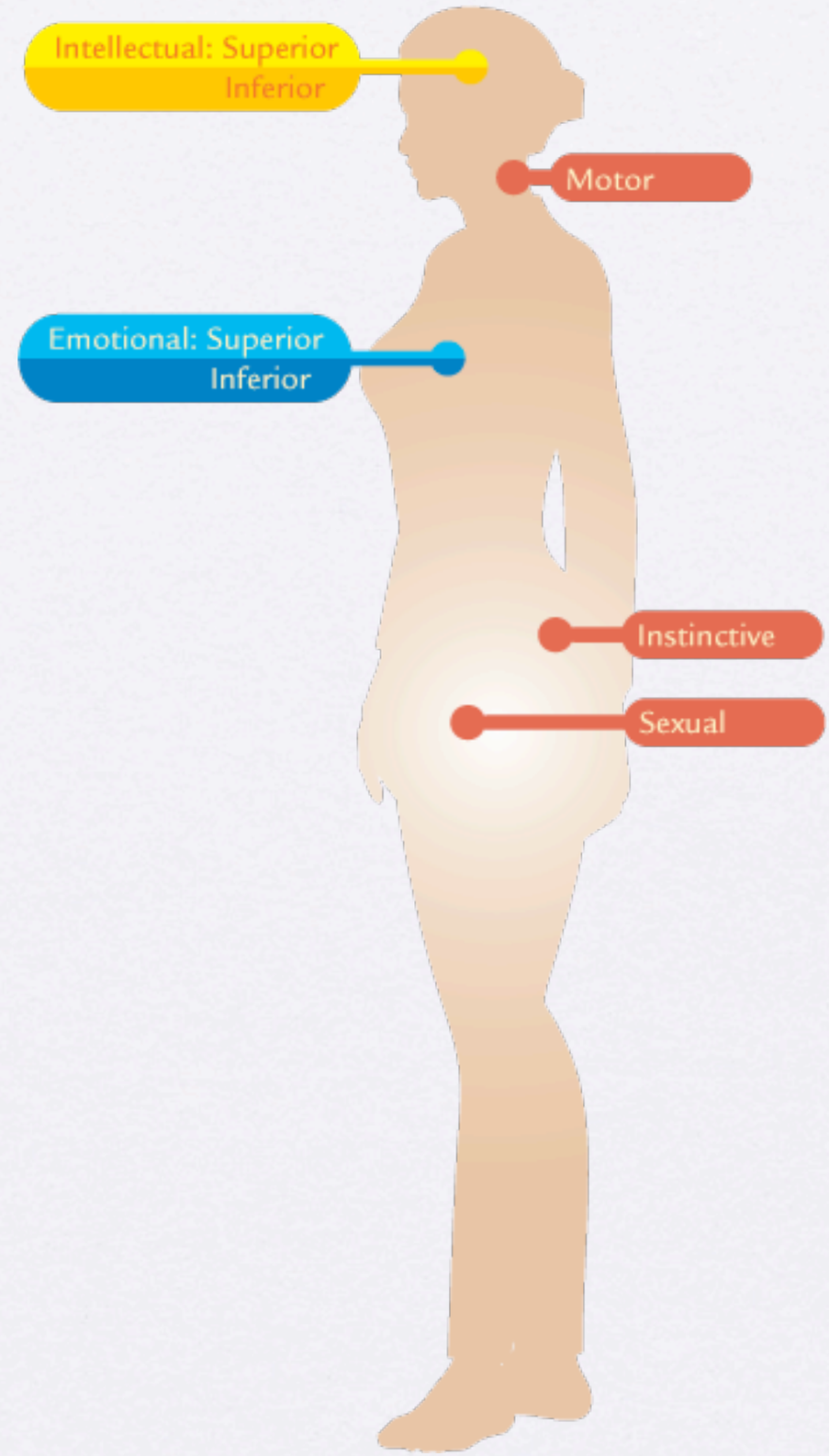
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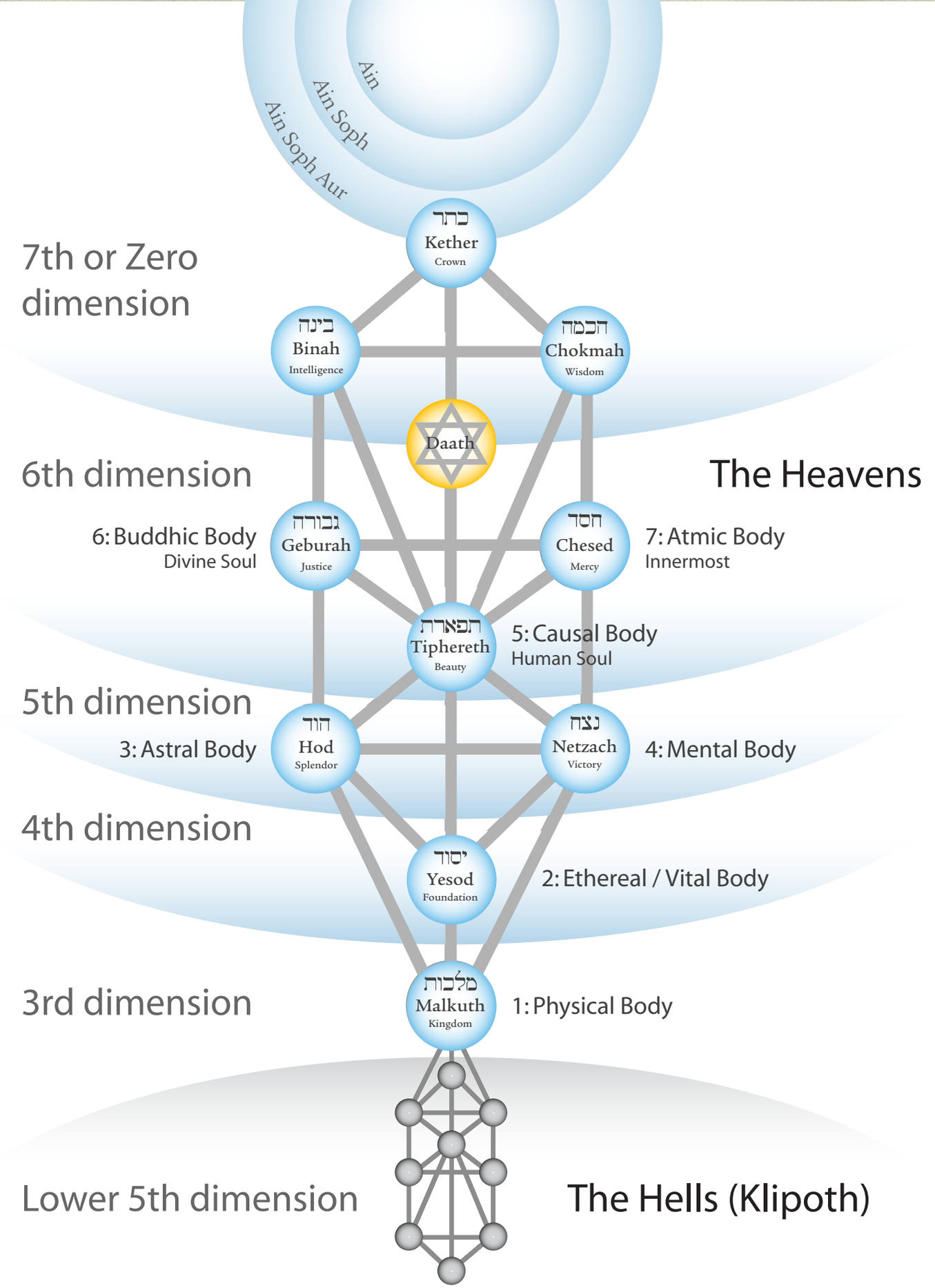
Ain
Ain Soph
Ain Soph Aur
7th or Zero dimension
כתר
Kether
Crown
בינה
Binah
Intelligence
חכמה
Chokmah
Wisdom
Daath
6th dimension
The Heavens
6: Buddhic Body
Divine Soul
גבורה
Geburah
Justice
חסד
Chesed
Mercy
7: Atmic Body
Innermost
תפארת
Tiphereth
Beauty
5: Causal Body
Human Soul
5th dimension
3: Astral Body
הוד
Hod
Splendor
נצח
Netzach
Victory
4: Mental Body
4th dimension
יסוד
Yesod
Foundation
2: Ethereal / Vital Body
3rd dimension
מלכות
Malkuth
Kingdom
1: Physical Body
Lower 5th dimension
The Hells (Klipoth)

"One should understand that the Atman is always like the King, distinct from the body, senses, mind and intellect, all of which constitute the matter (Prakriti); and is the witness of their functions."

- Shankaracharya, Atma Bodha 18

“Though Atman is Pure Consciousness and ever present everywhere, yet It is perceived by the eye-of-wisdom alone: but one whose vision is obscured by ignorance he does not see It; as the blind do not see the resplendent Sun.”

- Shankaracharya, Atma Bodha 65