

TANTRA YOGA

Kośas	Glands	Vrttis	Cakras	Position	Natural Development	Rāja Yoga	Rājādhirāja Yoga	Stages of Samādhi
Ātman (Soul)	Pineal	1000	Sahasrāra Cakra (Occult Plexus) Guru Cakra	Crown of head		Samādhi (eighth limb)	Samādhi	Nirvikalpa Samādhi (Kaeyalya or Turiya) Kuṇḍalinī reaches Sahasrāra Cakra
	Pituitary	1. Aparā (mundane knowledge) 2. Parā (spiritual knowledge)	Ajñā Cakra (Lunar Plexus, Shashī or Candra Maṇḍala)	Between eyebrows		Samādhi (eighth limb)	Samādhi	Savikalpa Samādhi Sārśthī (same experience) Kuṇḍalinī crosses Ajñā Cakra
Hiraṇyamaya Kośa (Subtle Causal Mind) Causal Mind					Brhadeśāṇā (attraction for the Great)	Dhyāna (seventh limb)	Abhidhyāna (Anudhyāna and Iishvara Prañidhāna)	Sārūpya (same form) Kuṇḍalinī crosses Viśuddha Cakra
Vijñānamaya Kośa (Subliminal Mind) Causal Mind	Thyroid Parathyroids	1. Sāḍja (sound of peacock) 2. Rśābha (sound of bull or ox) 3. Gāndhāra (sound of goat) 4. Madhyama (sound of deer) 5. Paincama (sound of cuckoo) 6. Dhaevata (sound of donkey) 7. Nisāda (sound of elephant) 8. Ōṃ (acoustic root of creation, preservation, dissolution) 9. Hummm (sound of arousing kulakuṇḍalinī) 10. Phaṭ (practication, i.e. translating theory into practice) 11. Vaoṣaṭ (expression of mundane knowledge) 12. Voṣaṭ (welfare in the subtler sphere) 13. Svāhā (performing noble actions) 14. Namah (surrender to the Supreme) 15. Viśa (repulsive expression) 16. Amṛta (sweet expression)	Viśuddha Cakra (Sidereal Plexus, Nakṣattra Maṇḍala)	Throat	Bhāva Saungharśa (psychic clash)	Dhāraṇā (sixth limb)	Tattva Dhāraṇā Cakra Shodhana	Sāyujya (close contact) Kuṇḍalinī crosses Anāhata Cakra
Atimānasa Kośa (Supramental Mind) Causal Mind	Thymus	1. Āśhā (hope) 2. Cintā (worry) 3. Caśā (effort) 4. Mamatā (love/mine-ness) 5. Dambha (vanity) 6. Viveka (conscience/discrimination) 7. Vikalatā (mental numbness due to fear) 8. Ahamīkāra (ego) 9. Lolatā (avarice) 10. Kapatatā (hypocrisy) 11. Vitarka (argumentativeness) 12. Anutāpa (repentance)	Anāhata Cakra (Solar Plexus, Saora Maṇḍala)	Centre of chest	Bhāva Saungharśa (psychic clash)	Pratyāhāra (fifth limb)	Varṇārghyadāna Shuddhis	Sāmiipya (proximity) Kuṇḍalinī crosses Maṇipura Cakra
Manomaya Kośa (Subconscious Mind) Subtle Mind	Adrenals Pancreas Prostate	1. Lajjā (shyness) 2. Pishunatā (sadistic tendency) 3. Irśā (envy) 4. Sūṣupti (staticity/sleepiness) 5. Viśāda (melancholia) 6. Kaśāya (peevishness) 7. Trīṣṇā (yearning for acquisition) 8. Moha (infatuation) 9. Ghrīā (hatred/revulsion) 10. Bhaya (fear)	Maṇipura Cakra (Igneous Plexus, Agni Maṇḍala)	Navel	Jāda Saungharśa (physical clash)	Prāñāyāma (fourth limb)	Prāñāyāma (with Yudhiśthira Vidyā)	Sālokya (same sphere) Kuṇḍalinī crosses Svādhiśthāna Cakra
Kāmamaya Kośa (Conscious Mind) Crude Mind	Testes Ovaries	1. Avajinā (belittlement of others) 2. Mūrcchā (stupor, lack of common sense) 3. Prashraya (indulgence) 4. Avishvāsa (lack of confidence) 5. Sarvanāśha (thought of sure annihilation) 6. Kruṇatā (cruelty)	Svādhiśthāna Cakra (Fluidal Plexus, Tarala Maṇḍala)	Base of genital organ	Jāda Saungharśa (physical clash)	Yama and Niyama (first and second limbs)	Yama and Niyama	
Annamaya Kośa Physical Body		1. Dharma (psycho-spiritual longing) 2. Artha (psychic longing) 3. Kāma (physical longing) 4. Mokṣa (spiritual longing)	Mūlādhāra Cakra (Terrainian Plexus, Bhaoma Maṇḍala)	Base of spine	Diet Physical exercise	Āsana (third limb)	Āsanas Kaoṣṭhikī Tāṇḍava Lalita Mārmika	

