

Learn

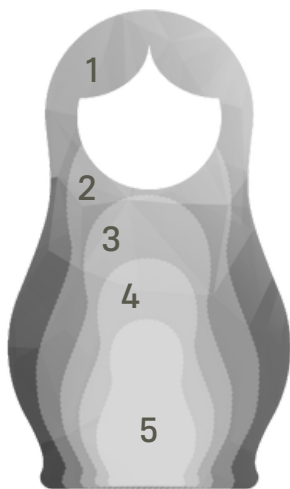
KOSHAS: THE LAYERS OF BEING

What are the koshas and why do they matter?

We have all developed an identity around our thoughts, trauma, beliefs, and experiences. Some call this the ego. This is who we THINK we are.

This identity is enabling us to feel safe in the world but it is preventing us from experiencing the infinite beauty of who we REALLY are: pure consciousness, bliss, and love.

I teach how to move through these layers of being to feel bliss.



1. Physical Body

2. Energy Body

Energy, Emotions, Breath, Prana

3. Mental Body

Mind, Thoughts, Archetypes, Beliefs

4. Wisdom Body

Higher Self, Intuition

5. Bliss Body

Connection to the Divine, Oneness, Non-Dualism, Embodied as Love

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