

३ लोक 3 WORLDS	१४ लोक 14 PLANES (LOKA)	CHAKRAS	५ कला 5 SPHERES (KALĀ)	Paraśiva ( <i>atattva</i> , “beyond existence”) ३६ तत्त्व 36 EVOLUTES (TATTVA)	३ शरीर 3 BODIES (ŚARĪRA)	५ कोश 5 SHEATHS (KOŚA)	
THIRD WORLD Śivaloka, “plane of God” and the Gods, also called Kāraṇaloka, the “causal plane”	7. SATYALOKA, “plane of reality,” also called Brahma-loka, region of <i>sahasrāra chakra</i>	SAHASRĀRA	5. ŚĀNTYATĪTAKALĀ Śivānanda, superconsciousness expanded into endless inner space	ŚUDDHA MĀYĀ: PURE SPIRITUAL ENERGY 1) <i>Śiva tattva</i> : Parāśakti- <i>nāda</i> , Satchidānanda, pure consciousness 2) <i>Śakti tattva</i> : Parameśvara- <i>bindu</i> , Personal God	<i>viśvagrāsa</i> : final merger of the golden <i>ānandamaya kośa</i> ( <i>svarṇaśarīra</i> ) in Parameśvara		
	6. TAPOLOKA, “plane of austerity,” <i>ājñā chakra</i>	ĀJNA	4. ŚĀNTIKALĀ <i>kāraṇa chitta</i> , superconscious forms made of inner sounds and colors  • LIBERATED SOULS •	3) <i>Sadāśiva tattva</i> : power of revealment 4) <i>Īśvara tattva</i> : power of concealment 5) <i>Śuddhavidyā tattva</i> : <i>dharma</i> , pure knowing, the powers of dissolution, preservation and creation—Rudra, Viṣṇu and Brahmā	SOUL BODY	KĀRAṆA ŚARĪRA, “causal body” or ĀNANDAMAYA KOŚA, “sheath of bliss”—the body of the soul, also called the actinic causal body	
	5. JANALOKA, “creative plane,” <i>viśuddha chakra</i>	VIŚUDDHA					
SECOND WORLD Antarloka, the subtle, or astral, plane	4. MAHARLOKA “plane of greatness,” also called Devaloka, “angelic world,” <i>anāhata chakra</i>	ANĀHATA	3. VIDYĀKALĀ <i>anukāraṇa chitta</i> • subsuperconscious awareness of forms in their totality in progressive states of manifestation • subsuperconscious cognition of the interrelated forces of the spiritual and magnetic energies  • BOUND SOULS •	ŚUDDHĀŚUDDHA MĀYĀ SPIRITUAL/MAGNETIC ENERGY 6) <i>māyā tattva</i> : mirific energy 7) <i>kāla tattva</i> : time 8) <i>niyati tattva</i> : <i>karma</i> 9) <i>kalā tattva</i> : creativity, aptitude 10) <i>vidyā tattva</i> : knowledge 11) <i>rāga tattva</i> : attachment, desire 12) <i>puruṣa tattva</i> : shrouded soul			SŪKSHMA ŚARĪRA the “subtle body,”  also called the astral body
	3. SVARLOKA, “celestial plane,” <i>maṇipūra chakra</i>	MAṆIPŪRA	2. PRATIŚTHĀKALĀ <i>buddhi chitta</i> and <i>manas chitta</i> , realm of intellect and instinct	ĀŚUDDHA MĀYĀ: MAGNETIC/GROSS ENERGY 13) <i>prakṛiti tattva</i> : primal nature 14–16) <i>antaḥkaraṇa</i> : mental faculties 17–21) <i>jñānendriyas</i> : organs of perception 22–26) <i>karmendriyas</i> : organs of action 27–31) <i>tanmātras</i> : elements of perception 32–35) <i>ākāśa tattva</i> (ether), <i>vāyu tattva</i> (air), <i>tejas tattva</i> (fire), <i>āpas tattva</i> (water)	GROSS ASTRAL BODY	MANOMAYA KOŚA the intellectual (odic-causal) and instinctive (odic-astral) sheath	
	2. BHUVARLOKA, “plane of atmosphere,” <i>svādhisṭhāna chakra</i> — PITRILOKA, “world of ancestors”	PITRILOKA	1. NIVṚTṬIKALĀ: <i>jāgrat chitta</i> , <i>saṃskāra chitta</i> and <i>vāsanā chitta</i> —the conscious, subconscious and subsubconscious mind, the interrelated magnetic forces between people, people and their possessions	36) <i>prithivī tattva</i> : earth	PRĀṆAMAYA KOŚA the “sheath of vitality” which enlivens the physical body		
	PRETALOKA, “world of the departed,” of earth-bound souls. The astral duplicate of Bhūloka.	PRETALOKA					
FIRST WORLD Bhūloka	1. BHŪLOKA, “earth plane,” <i>mūlādhāra chakra</i>	MŪLĀDHĀRA			STHŪLA ŚARĪRA, “gross body,” or ANNAMAYA KOŚA, “food-made sheath”—the physical body or odic body		
Antarloka’s netherworld: NARAKA	NARAKALOKA (7 hellish planes of lower consciousness): -1) Put ( <i>atala chakra</i> ), -2) Avīchi ( <i>vitāla chakra</i> ), -3) Saṃhāta ( <i>sutala chakra</i> ), -4) Tāmisra ( <i>talātala chakra</i> ), -5) Rījisha ( <i>rasātala chakra</i> ), -6) Kuḍmala ( <i>mahātala chakra</i> ), -7) Kākola ( <i>pātāla chakra</i> )	NARAKALOKA					

