

25 Tattva (elements/qualities) as taught in Saṃkhya & Yoga (Patañjali)

1. *puruṣa* — individual consciousness/self, knowing subject, witness, seer, pure awareness: also *ātman*, *jīva*, *kṣetrājñā*

2. *prakṛti* — power, nature, the substance of the universe, matter/energy, manifests as all lower *tattva*:

*the 3 inner instruments (antaḥkaraṇa)*

3. intelligence (*buddhi*) — reason, imagination, awakens, knowing, intelligence; like a mirror

4. sense of self (*ahaṅkāra*) — the I AM sense, identity, the felt sense of self

5. mind (*manas*) — thought, attention, sense-process, perception, preferences, memory (past) & fantasy/fear (future)

<i>instruments of knowing (jñānendriya)</i>	<i>instruments of action (karmendriya)</i>	<i>senses (tanmātra)</i>	<i>great elements (mahā-bhūta)</i>
6. ears ( <i>śrotra</i> ): hearing	11. mouth ( <i>vāk</i> ): speech	16. sound ( <i>śabda</i> )	21. space ( <i>ākāśa</i> ) <i>bīja</i> : HAM
7. skin ( <i>tvak</i> ): contact	12. hands ( <i>pāni</i> ): manipulation	17. touch ( <i>sparsa</i> )	22. air ( <i>vāyu</i> ) <i>bīja</i> : YAM
8. eyes ( <i>cakṣus</i> ): sight	13. feet ( <i>pāda</i> ): locomotion	18. form ( <i>rūpa</i> )	23. fire ( <i>tejas / agni</i> ) <i>bīja</i> : RAM
9. tongue ( <i>rasanā</i> ): taste	14. genitals ( <i>upastha</i> ): procreation	19. taste ( <i>rasa</i> )	24. water ( <i>āpaḥ</i> ) <i>bīja</i> : VAM
10. nose ( <i>ghrāṇa</i> ): smell	15. bowels ( <i>pāyu</i> ): elimination	20. smell ( <i>gandha</i> )	25. earth ( <i>prthvi</i> ) <i>bīja</i> : LAM

Meditation: bring awareness to contact each *tattva* individually, in reverse order (gross to subtle).

Sensing each quality or activity, notice its qualities, and notice the awareness of it.

Inquiry: Is this quality or activity stable? ...permanent? ...pleasant or unpleasant? ...me, or my self (or a “part” of me, or “external” to me)?

Am I attached to this quality or activity being a certain way? ...continuing/ceasing? ...existing?