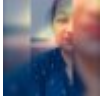


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PANCHMUKHI GANESH: SIGNIFICANCE

Panchamukhi or 5-faced Ganesha is a representation of all forces. He is also known as Heramba Ganpati, mostly in Nepal. It means protector of the weak. The 5 heads signify 5 layers of Atman- the inner self.

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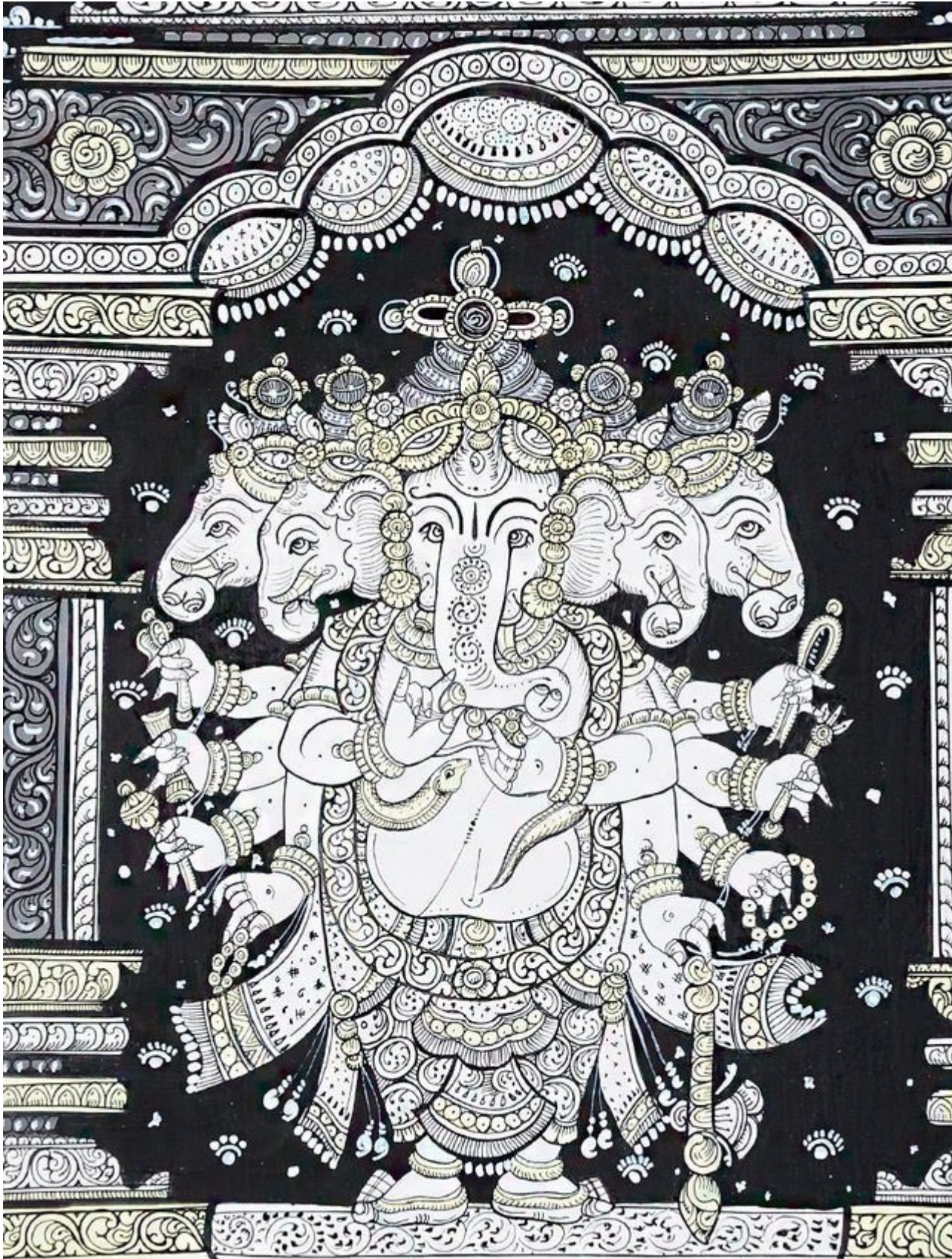


In the system of yoga,

there are five koshas or sheaths that are barriers to accessing the true Self: the physical body, the energy body, the mental body, the wisdom body, and the bliss body.

Each head of Ganapati represents one kosha.

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ANNAMAYA KOSHA- The first head of Ganpati.

This represents the physical/flesh body made of matter like skin, muscles, bones, etc.

@Dauhshanti



PRANAMAYA KOSHA-2nd head of Ganpati.

This is breath or energy body. It includes the movement of blood, lymph and breath through the body.

@JumbuTweeple



MANOMAYA KOSHA-3rd head of Ganpati.

This represents the mental body, central nervous system; where physical sensations turn to emotional sensations.



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VIGHNNAMAYA KOSHA- 4th head of Ganpati.

This represents the body of the upper consciousness, awareness and insight. This is the faculty of higher mind.



ANANDMAYA KOSHA- 5th head of Ganpati.

This represents the body of cosmic bliss. It is complete, whole, and blissful. It is the most spiritual of the 5 levels of embodied self.

