



## YOGA 4 LOVE ADVANCED TRAININGS

### The 5 Elements~ The Tattvas and Ayurveda

#### Part 3

##### **An Introduction to the 5 Elements**

In yoga this is called the Tattvas, which is Sanskrit. Tattvas are a way of directly experiencing the five elements. The student is now taught a method of directly learning the "theoretical" structure of the elemental worlds.

##### **A Brief History of the Tattvas**

The word Tattva is comprised of two words, "Tat" (meaning "that") and "Tvam" (meaning "thou"). Tattva basically means "thatness"; the real being of anything. It is generally translated as meaning "quality".

"Tat" represents the Godhead and "Tvam" the individual, giving a meaning of "That (which is the Universe) art thou." This is similar to the Shamanic Native declaration of "As above, so below, Aho!". It is directly related to the concepts of the Macrocosm ("Tat", Godhead) and Microcosm ("Tvam", individual).

The Hatha Yoga School of Tattvic Philosophy links the energy found in breathing (Prana) with the cycle of the five Tattvas. It is written within this work that "The Universe came out of the Tattvas".

The Tattvas are the five modifications of the Great Breath, Prana, which is described as the life principle of the Universe (macrocosm) and man (microcosm). Prana consists of an *ocean* of the five Tattvas.

The seven energy centers in the body are called chakras, and are in direct connection with the five Tattvas or the elements. The chakra system is part of the five-fold division of esoteric symbolism for categorizing the Universe.

##### **The Tattvic Philosophy in Western Tradition**

The Tattvas are the astral form of the Elements, upon which the physical elements are based.

The process of how the Tattvic elements become manifest is a complex



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process.

1. From the Sun, a 'solar wind' constantly streams forth.
2. It is a partially electromagnetic nitrous gas, which is very subtle and non-physical in nature.
3. This is the Prana (Life Matter) of the Eastern Mysteries.
4. The Earth's magnetic field captures this incorporeal nitre as the wind streams past our planet.
5. This unmanifest substance circulates around the planet in a series of fivefold waves, each of which comprises five sub-waves.
6. These waves are constantly rising and falling. It becomes more and more physical as it passes through our atmosphere.
7. A salt is formed as this nitre passes through water vapor.
8. This is "a most subtle virgin earth," the Prima Materia of the alchemists.

#### **The science of the rhythm of energy flow on our Mother Earth:**

- Starts at sunrise and flow from Spirit, to Air, to Fire, to Water, to Earth.
- Each sub-Tattva takes four minutes and 48 seconds to transit a given spot.
- It takes a total of 24 minutes for each main Tattva.
- It takes a total of two hours for a primary flow of all five Tattvas to transit.
- The Earth's electromagnetic field and ley lines are vitalized by these currents.

All five Tattvas are considered to be "ethers." The atoms of the ether bring the atoms of the atmosphere into the necessary state of vibration for us to perceive it. Each of the Tattvic ethers is related to one of the five senses.

#### **The 5 Tattvas:**

- **Akasha**~ is associated with the Spirit of Western Tradition
  - It is the "soniferous" ether (sound).



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- **Vayu~** is the "tangiferous" ether (touch).
  - It is associated with the element of Air in Western Tradition.
- **Tejas~** is the "luminiferous" ether (sight/light/colour).
  - It is associated with the element of Fire in Western Tradition.
  - The Fire of Tejas is considered to be Agni, which is the Vedic sacrificial fire and the interior fire of Kundalini Yoga.
- **Apas~** is the "gustiferous" ether (taste).
  - It is associated with the element of Water in Western Tradition.
- **Prithivi~** is the "odoriferous" ether (smell).
  - It is associated with the element of Earth in Western Tradition.

*Light is the manifestation of the Tejas Tattva (the luminiferous ether) within the atmosphere, that is, matter is brought into the correct visual vibration for us to perceive it. ~ Rama Prasad*

We are all made up of these 5 elements. We are all stars!!! Everything in our bodies and being is a balance or an imbalance of these elements.

In Ayurveda we study the elements to create the perfect balanced state of mind, body and Spirit. This balanced state is Sattva. We are always striving for the Sattvic balance, with our actions, our choices and most importantly the foods we put into our bodies.

The basic constitutions of the bodies are made up into three categories. We all consist of each of these three in various, changing proportions. They are known as Vata, Pitta and Kapha.

These three constitutions represent the elements in the body.

Vata:

Air and Ether

Pitta

Fire and Water

Kapha:

Earth and Water

A great chart can be found at

<https://www.ayurveda.com/resources/articles/doshas-their-elements-and-a>



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[ttributes](#) by Dr. Lad.

In short, substances that are predominantly composed of Ether and Air have very dynamic properties and effects and these are called "vata substances."

Substances perform digesting, metabolizing, and transforming functions and are called "pitta substances." Kapha substances are made of water and earth elements and have the functions to support, lubricate, secrete, etc.

When you are aware of what elements a substance is made of you begin to understand the kinds of effects it produces. These effects may be described in terms of the attributes. The elements and their attributes can help you to understand why a certain effect is produced in your own body. You can use this same logic to counterbalance an effect using substances or activities that contain its opposite attributes, which brings balance and health and lack of dis-ease.

There are many benefits to learning and using the elements and their attributes in this way. Through Ayurveda, which has been studied as a science for thousands of years, we now have clearer understanding of the realm of cause and effect, anatomy and physiology, structure and function.

For more reading on Ayurveda please get the book by Dr Vasant Lad, Ayurveda The Science of Self Healing.

To learn about the elements in the organs and which foods and herbs balance your body for ultimate healing please read one of my favorite books on healing, Your Body Speaks Your Body Heals by Humbart "Smokey" Santillo, N.D.

Sources:

The Yoga Sutras by Patanjali

Lisa Ware

John Cross <https://magicalpath.net/an-introduction-to-tattvas>  
Ayurveda.com