

Taitreya Upanishads

Upasanas in Shikshavalli

Samhitha Upasana

Third Anuvaga - Classes 5, and 7

Locus of Invocation		Adhiloka Upasana Jagat	Adhijyuatisa Upasana Luminaries	Adhividya Upasana Education	Adhipraya Upasana Family	Adhiyatma Upasana Body
Poorva Roopam	Prior Letter	Earth	Fire	Teacher	Mother	Lower Jaw
Uthara Roopam	Posterior Letter	Heaven	Sun	Student	Father	Upper Jaw
Sandhi	Junction	Interspace	Water	Knowledge	Progeny	Speech
Santhanam	Link	Air	Lightening	Teaching	Procreation	Tongue

Vyahirithi Upasana

Fifth Anuvaga - Classes 10 and 11

		Hiranya Garba Upasana		
Vyahirithi	Loka Upasana	Deva Upasana	Veda Upasana	Prana Upasana
Bhuhu	Earth	Fire	Rig Veda	Prana
Bhuvaha	Interspace	Air	Sama Veda	Apana
Suvaha	Heaven	Sun	Yajur Veda	Vyana
Mahaha	Sun	Moon	Omkara	Food

Panktha Brahma Upasana

Seventh Anuvaga - Class 12

Objective (Macro)			Subjective (Micro)		
Loka Panktham	Deva Panktham	Bhutha Panktham	Vayu Panktham	Indirya Panktham	Dhathu Panktham
Earth	Fire	Water	Prana	Eyes	Skin
Interspace	Air	Herbs	Vyana	Ears	Flesh
Heaven	Sun	Tree	Apana	Mind	Muscle
Main Quarters (Four Directions)	Moon	Space	Udhana	Speech	Bone
Intermediary Quarters (Four Intermediary Directions)	Star	Virat	Samana	Organ of touch	Marrow