



**Seven Rishes**  
**Saptarishi – 7 Sages**

**Five Tanmatras**

1. Space
2. Air
3. Fire
4. Water
5. Earth

**Four Manus**  
**Antakarna**

1. Man – Mind
2. Buddhi – Intellect
3. Chit – Memory
4. Ahankar - Ego

**Mahat – Total Intellect**

**Ahankar – Ego (ignorant)**

**Inner Instrument – Subtle Body**