

Nadis (The Channels)

The Nadis are the channels, the lines of subtle energy through which life and spirit flow. They are the channels of consciousness that connect the Chakras and are said to correspond with the meridians of Traditional Chinese medicine.

There are many nadis; some cite 14, others cite as many as 72,000! However, there are 3 in particular that have the most effect:

- ☯ **Ida** is the left channel. Ida is white, feminine, cold, represents the moon and is associated with the river Ganga (Ganges). Originating in Muladhara Chakra, Ida ends up in the left nostril.
- ☯ **Pingala** is the right channel. Pingala is red, masculine, hot, represents the sun and is associated with the river Yamuna. Originating in Muladhara Chakra, Pingala ends up in the right nostril.
- ☯ **Sushumna** is the central channel and is associated with the river Saraswati. Running up the body from just below Muladhara Chakra to Sahaswara Chakra at the crown of the head. The Sushumna remains closed at the root until the heat from prana | apana at the navel travels to the root and opens it, raising kundalini. Kundalini is the serpent coiled at the base or root. When Kundalini energy is raised, the individual's chakras become balanced and the person becomes totally conscious.

