The Chakras, Nadis and Subtle Bodies

Chakras
Consciousness is primary and matter secondary. Consciousness is transforming into matter at every point in the universe. However, this transformation is more lively or powerful at certain places. On the earth we call this a vortex, on the body it is a chakra. The word chakra means ‘wheel’, whirlpool or vortex, so these centers literally spin the world into existence.

When they are blocked, stuck or clouded over, this transformation cannot take place leading to the blocks and disharmonies in our life. As the chakras are awakened, the mind and body become balanced and we gain the ability to access the higher realms of existence. Depending on our perspective, scientific, psychic or yogic, we will see the Chakras differently. In Vedic terms they are expressed as lotus flowers.

The Chakras each have a color associated with it. However, these can sometimes differ due to our perception and when we become Enlightened, all the chakras appear white or gold. The main seven chakras are located along outside of the spine but can be extended out in front of the body for ease when doing various exercises.

Muladhara Chakra
The root chakra is symbolized by a four petaled, red lotus flower. It is located at the base of the spine. It is responsible for our survival instincts, security, shelter, food and the fight or flight response.

The earth element
The sense of smell
Planet Mars
The physical plane (loka) Bhu
When closed - anger, insecurity, fear, anxiety, over sleeping, greed, delusion, wanting more physical experiences, self-centered, inability to provide or stand up for oneself, feeling lost, poor family and social interactions.
When open - healthy, lightness, inspiration, vigor, stamina, inner purity, softness of voice.
Types of illnesses: lower back pain, sciatica, varicose veins, rectal cancer, depression, immunity disorders.

Swadhistana Chakra
Symbolized by an orange lotus with six petals
Located at the sacrum, behind the pubic bone.
Responsible for procreation, family, relationships, fantasies, inspiration to create.

The water element
Sense of taste
Planet Mercury
Astral plane (loka) Bhuvar
When closed - desire for physical sensations, fantasies, restlessness, confusion, envy, jealousy, violence, addictions, blame, guilt, poor ethics in relationships.
When open - pure relationships, freedom from anger lust and greed, a pure nature, refined, remembering forgotten or repressed information.

Types of illnesses: Lower back pain, sciatica, ob/gyn problems, sexual potency, urinary problems.

**Manipura Chakra**
Symbolized by a yellow lotus with ten petals
Located in the navel area
Responsible for digestion on all levels, personal power, opinions, fear and anxiety about self worth.
Element of fire
Sense of sight
Planet sun
Celestial plane (loka) Swaha
When closed - striving for personal power, introversion, judgmental, lack of trust, poor self esteem, sensitive to criticism.
When open - healthy digestion, loss of ego, power to create/destroy, power to command and organize, fantasies become practical.
Types of illnesses: arthritis, gastric and duodenal ulcers, colon and intestinal problems, diabetes, indigestion, anorexia/bulimia, liver disorders, hepatitis, adrenal dysfunction.

**Anahata Chakra**
Symbolized by a green lotus with twelve petals.
Located in the center of the chest
Responsible for immune system, compassion, tenderness, unconditional love, equilibrium, rejection, wellbeing.
We sleep in the heart chakra
Element of air
Sense of touch
Planet Venus
Plane of balance (loka) Maha
Balances lower and upper chakras
When closed - emotional turbulence, despair, dependency, resentment, bitterness, grief, anger, self centered, loneliness, lack of commitment, lack of hope and trust.
When open - wisdom, compassion, inner strength, balance of m/f energies, pure relationships, source of inspiration to others, Divine vision, ability to travel through space and become invisible, mastery of language/poetry.
Types of illnesses: congestive heart failure, heart attack, asthma, allergies, lung cancer, breast cancer, bronchial pneumonia, upper back and shoulder problems.

**Vishuddhi Chakra**
Pale blue color lotus with sixteen petals
Located in the throat area
Responsible for communication, the voice of the heart, growth through expression, discrimination, acceptance, forgiveness.
We dream in the throat chakra
Element of space
Sense of hearing
Planet Jupiter
Human plane (loka) Jana
When closed - negative intellect, using knowledge unwisely, poor communicator, addictions, judgmental sarcastic, poor decision maker.
When open - serenity, calmness, command of speech and mantras, good spiritual teacher, freedom from distractions, cosmic consciousness.
Types of illnesses: Sore throat, raspy throat, mouth ulcers, gum problems, TMJ, scoliosis, swollen glands, thyroid problems.

Ajna Chakra
Violet, purple or indigo colored lotus with two petals (sometimes considered white)
Located between eyebrows
Responsible for mental awareness, higher intuition, end of duality
Connected to the Pineal Gland, the seat of consciousness.
Planet Saturn
Plane of austerity (loka) Tapas
When closed - ego based actions, disharmony, closed to ideas of others, poor intellect.
When open - eradication of all ignorance and impurities, aware of refined sounds, one-pointed, beyond normal desires, no spiritual reversal, no duel consciousness, able to enter other bodies, reflects the divinity in others, aura around head, visions of past present and future, spontaneous fulfillment of desire, spiritual devotion, balancing of opposites.
Types of illnesses: brain tumor, stroke, neurological disturbances, blindness, deafness, seizures, learning difficulties.

Sahasrara Chakra
1000 petaled lotus, gold or multi colored.
Located on the top (crown) of the head (or slightly above)
Responsible for the release of karma, inner wisdom, death of physical attachments, the guru within
Plane of Truth (loka) Satyam
Planet Ketu
When open - beyond knowledge, nothing to be known, liberation, pure bliss, all emotions and desires dissolve, individual self dissolves, Wholeness, Oneness.
Types of illness: Lack of energy for no physiological reason, highly sensitive to light sound environmental factors, spiritual depression.
Chakra Tuning
Each chakra has a specific vibration or primordial sound that we can repeat to release any energy that may be congested in that region. We can open up blocked energy by focusing our attention and intention on the location of a chakra, and repeating its associated sound or mantra aloud or silently.

- First: LAM
- Second: VAM
- Third: RAM
- Fourth: YAM
- Fifth: HAM
- Sixth: SHAM or KSHAM or OM
- Seventh: OM, AUM or silence

Yoga Asanas to help open the chakras

First: focus on pelvic floor, legs, feet
Second: hip openers
Third: abdominal strengtheners, twists
Fourth: gentle backbends
Fifth: neck stretches
Sixth: meditation
Seventh: meditation
Nadis

Nadi means “to flow” or channel.
Ayurveda sees the body as a collection of channels through which things flow
Nadis are subtle channels of energy for the flow of consciousness
Ayurveda says there are 72,000 nadis in the body

Nadis are channels through which prana shakti (vital force) and manas shakti (mental force) travel through all areas of the physiology.
The chakras act as junction points for the nadis
Nadis radiate out from the chakras to all areas of the body
The chakra is like the generator and the nadis the wires carrying the current
When the nadis are blocked there is a loss of balance in some area - the messages can’t get through.
Main three nadis are the:
Pingala, which conveys prana shakti or pranic force and controls all vital processes.
It represents the sun and heat.
Masculine, purifies like a fire, brings dynamism and efficiency to body, motivation vitality, male power, vigor, stamina, makes a pure male, rajistic
Ida, which carries manas shakti or the mental force and controls all mental processes.
It represents the moon and is cooling.
Feminine, nourishing, purifying, devotional, imagination, tamasic
Sushumna, which carries Athma Shakti or spiritual force.
Runs through the center of the spine

SUBTLE BODIES

There are seven subtle bodies, or layers, around the physical body, which create the auric body system (aura).
Etheric (Pranic) – energetic covering.
Emotional – reflects emotions and desires
Mental – intellect, analyses everything holds our thoughts and mental processes
Causal – seeds of karma, deepest memories, inner motivation
Spiritual – our spiritual agreements
Radiance - the spiritual emotional plane, feelings of bliss, and spiritual ecstasy.
Luminous - we "know" we are one with God. Contains the Kundalini