

Prana, Nadis, and Chakras

Prana is life force with divine intelligence. It is what keeps us alive in our physical bodies. Without prana our physical body would die. It is such a mystery to me why something so important as divine life force would be so overlooked in the medical profession and not taught about in our western schools as something that we should gather, store and let it lift us to happier living. In this teaching I wish to communicate to you techniques to 1. Open and purify the pathways in your body that carry this life force. 2. Communicate how to bring more prana into your body. And 3. Communicate to you what Chakras are and their purpose; and to give you techniques to draw in and lift this life energy up through the chakras to support our happiness, our growth into wisdom, and our spiritual evolution.

There is life energies running through our bodies in pathways called *nadis*. There are 72,000 *nadis* that give support to the flow of prana. Where there is stress or injury, prana does not flow properly or at all in that area. The practice of **Hatha Yoga** through postures opens and clears the *nadis* so energy can flow freely with no impediment. **Sipping water** also helps cleanse the *nadis* and open the flow of prana. I say sipping because it is better for the system to drink less but very often than to drink a lot all at once. **Deep breathing** also helps to clean and purify the *nadis*. A nice deep breathing technique would be to inhale for a count of 6, hold for a count of 3, and then exhale for a count of 6. When you are holding the breath, prana is allowed to permeate the *nadis*. Of these 72,000 *nadis*, 3 are of extreme importance.

The 3 most important *nadis* include the *nadi* that runs through the center of your spine and is called *Sushmna Nadi*. And then there are two *nadis* flowing on either side of the *Sushmna*. The one on the left side is called *Ida Nadi* and the one on the right is called the *Pingala Nadi*. In simple terms the *Ida* is the lunar, feminine or intuitive side. The *Pingala* is the solar, masculine and analytical side. At any given moment one side is more dominant. What that means is that when there is more energy running through the solar side or *pingala*, the person's focus or awareness is of the earthly life and of the awake life. And when there is more energy flowing in the lunar side *nadi* or *ida nadi* then a person's focus is more focused on the astral plane. This may look like meditation, sleep, or some action where your senses have turned in upon themselves and you are deeply focused such as art, playing an instrument, or anything that puts you in the zone. Ultimately what we are trying to do is bring balance into our lives and eventually move into the center *Sushmna* channel. *Hatha Yoga* is trying to create the same balance. *Ha* means solar and *Tha* means lunar. And *Yoga* means union. So *Hatha Yoga* is designed also to bring our solar and lunar sides to balance. What does balance look like: Self-awareness, alertness, patience, relaxation, *santosha* and an awareness of our astral bodies.

Another technique that purifies the *nadis* is called *Nadi-shodhana* or alternating nostril breathing. Just a minute ago we learned that at any given moment either the lunar side or the solar side is more dominant. Alternate breathing brings prana into both channels to purify the *nadis*. But also the technique moves your consciousness (awareness) from the lunar side, moves through the center channel (*sushmna*) and then to the solar side. Then from solar, passing through the *sushmna* and back to lunar side. Mystically you are moving from dream state to awake state and back or from unconsciousness to consciousness and back. And when this happens it allows the opportunity for obstacles in your life goals to be removed. We will cover more on this with the teaching on Chakras. Goswami Kriyananda has said that alternating breathing is the surest way to move into middle channel, *Sushumna Nadi* and move us into *samadhi*. It may not be the fastest way but it is the most surest. The middle channel is super consciousness, Christ consciousness, Krishna Consciousness. When we are here, we are free of all karma and all emotion. We are free to be content and joyful!!

So recapping, here is a list of ways to purify the nadis. Most of these will be practiced in our SR meetings:

- **Sip more water**
- **Hatha Yoga postures**
- **Fasting**
- **Deep breathing (6:3:6)**
- **Alternating breathing (Nadi Shodhana)**
- **Visualization (As you inhale draw in color of Prana, exhaling release color of negative energies)**

Once the nadis have been purified, the prana that comes into the body can flow everywhere and in a harmonious way. So how does prana come into the body? Prana comes into the body through the moon center. The moon center is at the back of the head across from the sun center, ajna chakra or aka 3rd eye chakra. **Hatha Yoga** opens the moon center. Stress closes the moon center. Kriyananda would say that you have many (millions) of lifetimes to reach your goals, so relax!! Stress, tension and always *on the go* depletes our life energies. If you do a vigorous exercise the body might not even know you are trying to do it good. It may sense more *on the go* stress. Hatha Yoga, mindful movement, is so good at toning our bodies and minds. In a practice you will engage and then relax, reminding ourselves that strength comes just as much from calming and quieting as it does from engaging and being goal oriented. So Hatha Yoga opens the moon center that lets prana into the body. **Prana comes in with the breath we breathe.** So, not only does deep breathing help purify the nadis, it also brings prana into the body. **The food we eat brings prana into the body.** Fresh fruits and vegetables have the most prana. **Positive thoughts, affirmations and visualizations** bring life energies into the body. A **gratitude practice** would bring prana into the body. **Meditation** releases stress, opens the moon center and draws prana into the body. In a SR meeting we will practice the **Object of Beauty Meditation**. This is a visualization of something that symbolizes the most beautiful thing in the world to you and as you visualize that object into your minds eye you create a feeling state of beauty in your body. This is life energy, this is prana! **Attunement to a form of the divine can bring in loads of prana.** In Yoga we call this form of the divine, the Ishta Devata. Jesus is an Ishta Devata, as is Ganesha, or Buddha or your chosen symbol for the most noble attributes you can think of. Form has energy. You might think you do not have to attune to any one divinity but form has a very powerful energy. You can meditate on compassion as your most noble attribute, but in having a form which symbolizes compassion you will bring in loads more power and energy!!

So to recap some things you can do to bring more life force (Prana) into your body:

- **Hatha Yoga**
- **Deep breathing**
- **Eat fresh and healthy foods**
- **Think positive thoughts**
- **Object of Beauty Meditation**
- **Attuning to your chosen form of divine or goodness.**

Chakras are mass energy converters. They convert matter to energy and then energy back into matter. Let me explain: They convert experiences of the material world such as emotional events, strong addictive desires, and heavy disappointments, and victimization into energy on the astral plane called karma. And then that karma eventually manifests back into the material world as desires, addictions, and strong emotions. So to put it another way, every experience you have had is stored in the chakras. **How do we keep these experiences from manifesting and repeating again and again? Meditate! Become self-aware! Do the Kriya Rotation! In other words; keep these seeds of karma from manifesting in the material world.**

Each chakra holds the beliefs, emotions, and memories related to specific areas of our life. The lower three chakras are related to Earthly matters such as survival, power, sex, greed and anger. The upper three chakras are related to higher consciousness, truth, intuition, and purpose and allow us to attune to the cosmos or the upper spiritual plane. In the middle, the heart chakra bridges the two worlds with empathy, unselfish love, and compassion.

Deepak Chopra states on his website “Chakras store the energy of thoughts, feelings, memories, experiences, and actions. They influence and direct our present and future mindset, behavior, emotional health, and actions. The life force in each chakra can be processed, transmuted and released so that we consciously manifest what we want to call in, rather than experience more of the same. **Chakra healing is the intentional practice of connecting with our stored energy, so we may understand how our past is influencing the present and the future.** Prana informs us, and influences our actions and behaviors, determining our health, career opportunities, relationships, and more. The subtle body depicts how our inner reality creates our outer reality.”¹

How do we work with our stored energy to heal and understand how our past experiences are influencing our present and future? Meditation is the surest way. Meditation or simply sitting with our chakras awakens and balances the chakras. I started my meditation practice by just sitting in a quiet and listening space with each of my chakras. During this time, I learned that I could feel the life force of the chakras and could even feel if one was out of sync of the others. And as I sat meditatively with the chakras, any past experience or samskara (grooves that our thinking patterns make in the mind) that come forth were recognized with compassion and gentleness so that I could see clearly what needed to be reflected upon and healed. And each time a past piece of energy came up and I could give it compassion, I softened yet another piece of karma from my past. The following methods are from Kriya Yoga in which we meditate and awaken the chakras. There are other ways to attune to the chakras and balance the chakras, including going to someone who balances chakras with a tuning fork or using sound healing to balance chakras. Those ways are done by someone else and are mostly exoteric. The following practices That are suggested as a SR practice are esoteric and use the mystical practices of Kriya Yoga to balance and lift our energies.

This technique called the Kriya Breath or the Kriya Rotation, is a technique that lifts our life force up through the chakras to the sun center. This technique is part of the weekly meditation of SR meetings and is included on the website under Kriya techniques. But in simple terms the breath and life energies are lifted up from the base of the spine, up through the center of the chakras, piercing each chakra, to the sun center on the inhalation. There is a short pause of breath and awareness at the sun center or intuitive center. Then those energies move out the forehead around the top of the head and down the back spine on the exhalation. You can use the 6:3:6 breathing technique discussed earlier. The charkas are like little drooping lotus flowers and as we lift our life forces up through the chakras, we awaken the chakras. As you move up the spine with the breath and life energies, your awareness moves through each chakra, along with some awareness staying at the sun center. Mystically, as you move up through the chakras with the in breath, little bits of karma are being released and if you are truly in a meditative and non reactive state, you can soften that piece of karma as it emerges before it manifests on the earth plane. The key is to truly have no desire or emotion towards whatever seeds of karma (*samskaras*) emerge. Maybe you will not even know what *samskaras* come to the surface as the practice deepens and leads you to deep concentration. And as these seeds are bypassed without watering them through a reaction, that piece of karma has softened.

There are several variations on lifting life force energies using the Kriya Rotation.

- One of the variations uses a *mantra*. **The mantra is the beeja sound or seed sound at each chakra.** The beeja sound again serves to awaken and balance the chakra. **You can hold your awareness at each chakra and meditate on the mantra at each chakra.** The beeja sounds of the chakras are as follows: In order of chakras beginning at the *Muladhara* chakra, Lam, Vam, Ram, Yam, Ham and Om is at the sixth chakra or the Ajna chakra. You always want to ascend up the spine to lift energies and awaken the chakras. You could begin at the base of spine at the *Muladhara* chakra; meditate there and mentally or out loud chant Lam, Lam, Lam for as long as you are called to do so. Then move up a few inches to the

1 <https://chopra.com/articles/what-is-a-chakra>

Svadhastana chakra and chant Vam, Vam, Vam. Ascend up to the naval center or *Manipura* chakra and chant Ram, Ram, Ram. Move up to the heart chakra, the *Anahata* chakra and chant Yam, Yam, Yam. Move to the throat chakra called the *Vishuddha* chakra and chant Ham, Ham, Ham. Ascend up to the third eye chakra or *Ajna* chakra and chant Ommmmmm!

- **Using the beeja sounds, move up through the chakras on the in breath**, allowing a slight pause and mental chant at each chakra, hold your awareness at the Ajna chakra for a bit before exhaling your breath down the back body.
- **Yantras are visual symbols that lead to an energy effect**, the same as the mantra is used as a tool to lift our energies and provide a certain energy effect. **You can sit and hold your awareness at each chakra for as long as you like with the associated yantra.** The chakras are like lotus flowers with petals. The *Yantra* at the Muladhara chakra is a yellow square above a lotus flower of 4 petals. Svadhastana; crescent moon above a lotus flower of 6 petals. Manipura; red triangle above lotus flower of 10 petals. Anahata; two silver interlocking triangles (Merkaba) above lotus flower of 12 petals. Vishuddha; full moon above lotus flower of 16 petals. Ajna; a bindu or a black dot in a circle, above a lotus flower of 2 petals. In a meditative state move up through your chakras pausing and seeing the *Yantra* at each chakra in your being. As you develop awareness in each chakra, other colors or symbols may enhance the Yantras or you may develop your own *Yantras*.
- **Using the Yantras, move up through the chakras on the inhalation**, allowing a slight pause and visual Yantra at each chakra. Pause the breath and your awareness at the Sun center (ajna chakra), then let the life energies flow down the back of the spine on the exhalation like a waterfall flowing back to the base of your spine.
- **When you have practiced both Mantras and Yantras through the chakras, you at some point may want to do both as you ascend up the spine.** The more you can awaken and balance the chakras, the more we can heal the inharmonious experiences of the past.

It is important to establish a healthy and strong foundation. That is one of the reason to lift and ascend up from the base of the spine or from the Muladhara upward. If we all of a sudden have big intuitive hits or maybe we are receiving symbols or messages from our higher source and we do not have a strong foundation, it can be jarring and overwhelming. The practice of the yamas and niyamas are a fantastic way to gain a fruitful and stable foundation. Hatha Yoga also allows for a healthy foundation as does mindfulness techniques and meditation.

So, what have I said? Chakras convert our life experiences of our earthy life into karma and samskaras of the astral body. And then those samskaras and that karma manifests back into our physical lives as thought patterns, attitudes, behaviors, addictions, and memories. SR teaches self-awareness through mindfulness and tarka so that we can see our karma; and meditation and Kriya rotation so that we can detach and have compassion, patience and gentleness when our karma and memories of the past manifest, thus not letting the seeds ripen. Meditation allows us to see our patterns and when we are strong enough, allows us to think a new thought and choose a path of goodness and contentment.

Most of All: Enjoy your journey. Exploring your chakras is exploring yourself from the inside. Be kind, be gentle and know that to see our karma is to soften our karma. And Karma just is. Everyone here on the Earth plane has it. But kuddos to those who can see it, bring light to it (self-awareness and self-acceptance) and heal it (self-love and self-mastery). There is no shame in being aware of our proclivities. There is only maturity!! That is why we are here, to mature, to evolve to become content and happy on our journey. And as Kriyananda would end a lesson, “Be blessed, be blessed, be triply blessed” I offer to you: Be Blessed by the teachings, Be Blessed, Be Triply Blessed. And then you will be a blessing to others.

Om Shanti, Shanti, Shantih