

## Sushumna Nadi

Sushumna Nadi extends from the Muladhara Chakra to Brahmastrandhra.

In the space outside the Merudanda (spinal column; Mount Meru is the axis of the earth, and the abode of Lord Shiva) placed on the left and the right are the two Nadi Ida and Pingala, the Nadi Sushumna is in the middle. The spinal cord is suspended in the hollow of the spinal column, in the same way, Sushumna is suspended in the spinal canal and has subtle sections.

Within Sushumna there is Vajra Nadi, which is lustrous as Surya (Sun) with Rajastic qualities.

Within Vajra there is Chitra (or Citrani) Nadi, it is of Sattvic nature and of pale colour as Chandra (Moon).

Within Chitra there is a very minute canal ("Canalis Centralis"): Brahmastradi, through which Kundalini, when awakened passes from Muladhara to Sahasrara Chakra.

The lower extremity of Chitra Nadi is called Brahmastradi (door of Brahma), through which Kundalini has to pass to reach Brahmastrandhra (hole of Brahma), in the crown of the head.

In general Sushumna is called Brahma Nadi because Brahma Nadi is within Sushumna. In the same way the canal within Chitra is called Sushumna because the canal is within Sushumna.

Sushumna is of red colour, like Agni. She is the form of Surya (Sun), Chandra (Moon) and Agni (Fire) (Chitra, Vajra, Sushumna

Nadis).

The many names of Sushumna:

Brahmarandhra

Mahapatha

Madhyamarga

Smasana

Sambhavi

Padavi

Shaktimarga

Surya

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