Nadi

Sankini

The Sanskrit term Nadi comes from the root Nad wich means "motion". It is a tubular organ of the astral body trough wich the Prana (vital force) flows. It consists of three layer, one inside the other. The innermost is called Sira, the middle layer Damani, the outer Nadi, like the entire organ. All the Nadis spring from the Kanda, this is just above the Muladhara Chakra. It is in the juntion where Sushumna Nadi is connected with the Muladhara Chakra . Kanda-Mula, in shape like a bird's egg, is a center of astral body, the root from where all the Nadis spring and carry the Prana. The body is filled with innumerables Nadis, that cannot to be counted. Nadis are said to be from 72,000 to 3,50,000. Of these the principal ones are 14: Sushumna Ida Pingala Gandhari Hastajihva Kuhu Saraswati Pusha

Payaswini

Varuni

Alambusha

Vishovodhra

Yasasvini

Among these the Ida, Pingala and Sushumna are the principal.

Sushumna is the highest.

Sushumna Nadi passes trough the hollow cylindrical cavity of the vertebral column, Ida is on the left side and Pingala on the right side. They represent Surya (Sun), Chandra (Moon) and Agni(Fire).

"The subtle lines, Yoga Nadis, have influece in the physical body.

All the subtle (Sukshuma) Prana-Nadis and Chakra have gross

manifestation and operation in the physical body. The gross nerves

and plexus have close relationship with the subtle ones. You should

understand this point very well. Since the physical centres have

close relationshi with the astral centres, the vibrations that are

produced in the phisical centres by prescribed methods, have desired

effects in the astral centres."

(Sri Swami Sivananda)

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