



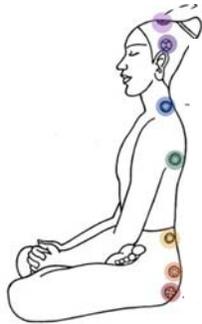
Svaroopaa® Vidya Ashram

September 2017 Contemplation:
Exploring Yoga's Multidimensionality #9

Chakras & Nadis

By Swami Nirmalananda & Vidyadevi Stillman

Yoga's map of chakras is very well known, a beautiful description of the multidimensional reality within your own body. Yogis perceived and mapped these energies thousands of years ago. You may have seen modern drawings of different colored lotuses along a spine, depicting the human energetics system. Your spine is the main energy channel (nadi) of the 72,000,000 nadis that make up your body. Three nadis are primary: the central channel through your spine plus one on each side. Your left and right nadis crisscross several times, creating energy whirlpools that are your primary chakras. Located along your spine, they are in the center of your torso, both front-to-back and side-to-side. Each is an energy vortex that can blossom like a lotus, though currently partially closed and probably imbalanced.



Sahasrar: the thousand-petal lotus at the crown (top) of your head

#6 Aj~na (aj-nya) Chakra: at the space between your eyebrows.

#5 Vishuddha Chakra: at your Adam's Apple.

#4 Anaahata Chakra: at your heart, but in the center of your chest.

#3 Manipura Chakra: about 1" below your navel, at the top of your sacrum.

#2 Svadhishtaana Chakra: at the bottom of your sacrum, level with your pubic bone.

#1 Muuladhaara Chakra: just below the tip of your tailbone, above your anal opening.

So many books and internet sites offer information though few report yoga's teachings accurately. Swami Nirmalananda says, "Artistic misrepresentations don't help you explore the mystical dimensions within; like a GPS gone awry, they lead you in the wrong direction." So, what do you need to know?

Every chakra has multiple colors in it, not the single color usually depicted. The different colors in the lotus center, on the petals, and in the Sanskrit letters on each petal have deep significance, along with other intricacies to be blissfully explored within.

You have no blue or green chakras. It is not a rainbow in there! As you explore, you will find a lot of red in various centers, which is the color of energy, blood and embodiment.

Chakras are grouped along your spine, not evenly spaced. Check the accuracy of a drawing by seeing if the lower three chakras are all below your waist. Many modern writers and artists don't accurately separate your first 2 chakras, at the bottom and top of your tailbone, only 1½ - 2" apart.

You have only 6 main chakras, not 7. The energy center at the top of your head is not a chakra, because it is not a whirlpool where nadis cross. And it's already open. This is the good news.

The value of this map of Consciousness is that it clearly displays the inner process of spiritual development, uplifting your focus from your lower three chakras, through your upper three and beyond. Chakras 1, 2 & 3 are about external circumstances and your power of choice; 4, 5 & 6 are about progressive openings into transcendental consciousness. Beyond chakras, your sahasrar blossoms you into what you have always been, though you didn't know.

You don't lose your lower 3 chakras when your crown blossoms. Once your chakras are opened, it's like you're playing all the piano keys. Your heart is open while you are paying your bills, which is a first chakra issue (survival & security). You see and understand your own inner dimensions while you are arguing with a teenager, a second chakra issue (esteem & affection) mixed with a third chakra (power & control). Even without being enlightened, you already run on the energies of your chakras, but when

they are opened and balanced, every interaction is inspired. Every thought is scintillating with Consciousness. Every choice is made for the betterment of others.

Many people in chakra workshops are seeking improvements in their life and relationships. But yogic literature says the chakras are about your inner work, a map of the mystical process of spiritual growth that reliably unfolds once Kundalini is awakened. In other words, nadis are more important than chakras. Spiritual progress comes from Kundalini moving through your central nadi. This is why Swamiji doesn't teach about chakras very much.

Before Kundalini can arise, She descends — Shakti (cosmic energy) contracting to become the individual and the universe. This contraction is from top-to-tail, a downward flow through increasing levels of densification and individuality. Shakti locks Herself down in a coil just below the tip of your tailbone, at which point She is kundala (coiled), therefore called "Kundalini."

Svaroopā® yoga pose sequences always start at your tailbone, creating an inner opening from tail-to-top. This invites your next step: the unlocking of the energy at the tip of your tailbone for the inner arising of Consciousness-Itself (Kundalini). For this you need shaktipat, the awakening of Kundalini.

The Vij~nana Bhairava explains:

Kundalini rises upward, passing successively through the chakras. Verse 29

Signs that Kundalini is awakened include heat climbing your spine, inner sensations or even spontaneous physical movements. *Svaroopā*® yoga comes from Swami Nirmalananda's experience of these physical movements, clearing away imbalances and blockages from her nadis. This is where all yoga poses and breathing practices originated from.

You may experience certain chakras being opened in meditation, perhaps seeing a lotus, the God or Goddess residing in it, or the colors within it. You may feel subtle sensations of the inner unraveling, even tickles or thrills of bliss. You get what you need.

When you cooperate with this process, it goes easier and faster. When you feel or see where Kundalini is working, you can do poses that provide that same type of opening. Vidyadevi says, "In meditation, Kundalini sometimes moves my body into different angles. From that, I know what poses to include in my daily practice. I cooperate with Her so that, in my next meditation, She spends less time on my body and carries me deeper within."

This is one of the things that makes *Svaroopā*® yoga unique. Each pose targets specific areas of your spine, to reliably unravel the blockages in the same way that Kundalini does. This inner opening also opens up profound mystical experiences for you.

Other styles of yoga teach practices to invoke Kundalini, while scholars study about Her in the Sanskrit texts. Yet, without Kundalini being awakened, it's like they're studying swimming without getting wet. Theory doesn't take you to experience.

The most important feature of *Svaroopā*® yoga is that our teacher, Swami Nirmalananda, is a Shaktipat Guru. She knows Kundalini. Thousands of Svaroopis have gotten Kundalini awakening. While you get amazing physical benefits from our core opening practice, this inner awakening is the most valuable result. It opens up the mystical dimension of your own Self. Do more *Svaroopā*® yoga.

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