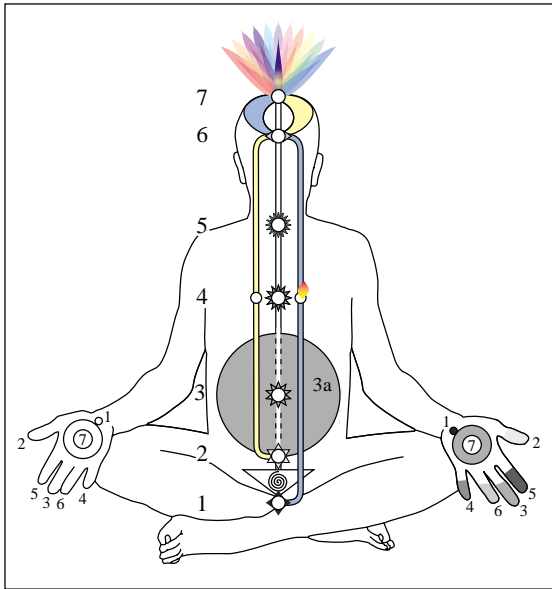
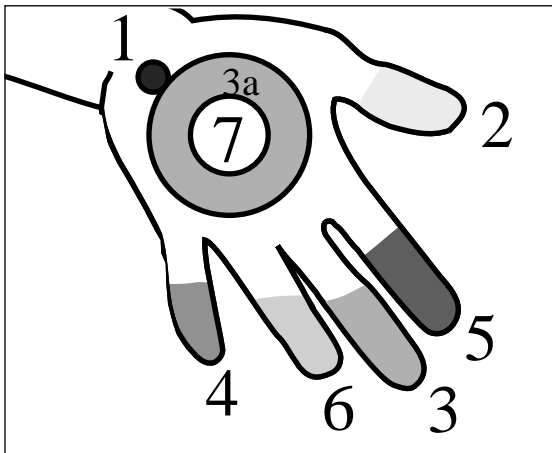


THE SUBTLE BODY



Pingala Nadi (Right)	Sushumna Nadi (Center)	Ida Nadi (Left)
Supraconscious	Superconscious	Subconscious
Future	Present	Past
Action	Evolution	Desire



When the Kundalini is awakened and rises up the central channel (Sushumna), vibratory awareness is established. Each finger signifies the condition of its corresponding chakra. Pain, tingling, heat or numbness in any finger suggests a blockage or a catch.

Techniques exist to clear all catches.

Cool vibrations evenly on both hands signifies balance.

	Chakra	Quality	Cause of Catch	Gross expression
7	Sahasrara	Integration, Enlightenment, Silence, Peace, Collectivity		Limbic area Fontanelle
6	Aghya	Resurrection Forgiveness Humility	Conditionings/Superego Ambition/Ego Reacting, Lack of forgiveness	Crossing of optic chiasma Thalamus Pineal & Pituitary
5	Vishuddhi	Witness state, Diplomacy, Collective Consciousness, Communication, Relationships	Guilt, swearing, smoking, chanting, anger, arrogance, criticism	Thyroid Cervical plexus
4	Left Heart Right Heart	Joy of Spirit, Compassion Caring, Kindness	Neglect of spirit Overactivity	Heart organ
4	Center Heart	Security, Confidence	Rigidity, insecurity	Cardiac plexus
3a	Void	Self-mastery Righteous behavior Guru principle	Fanaticism, false gurus	Circles abdomen
3	Nabhi	Satisfaction, Dharma, Well-being, Contentment	Worries about family or money Alcohol or drug abuse	Solar plexus
2	Swadhishtana	Creativity, Aesthetics, Pure knowledge Pure attention	Drug abuse, thinking excessively Communication with dead spirits	Aortic plexus Liver, spleen, kidney, pancreas
	Kundalini	Purity Nourishment, cleansing	Unauthorized attempts to awaken, such as Tantrism	Sacrum bone
1	Mooladhara	Innocence Wisdom	Sex 'liberation,' repression	Prostate gland Pelvic plexus