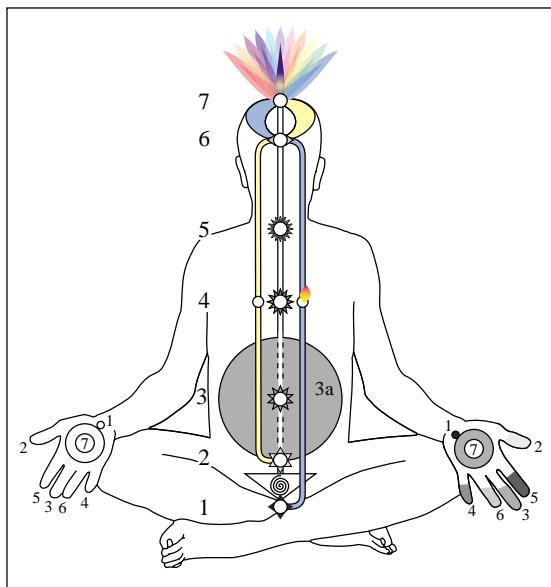


THE SUBTLE BODY



Pingala Nadi

(Right)

Supraconscious

Future

Action

Sushumna Nadi

(Center)

Superconscious

Present

Evolution

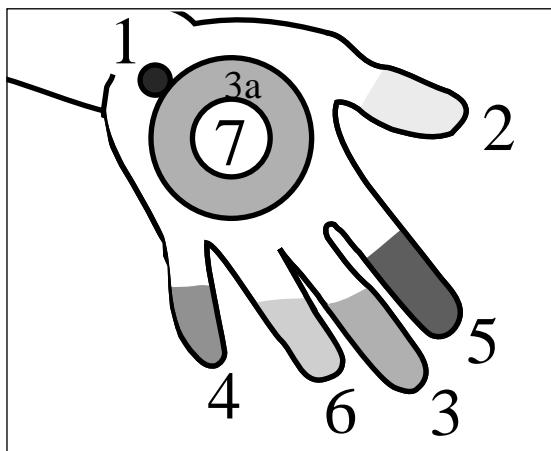
Ida Nadi

(Left)

Subconscious

Past

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 Sahasarara	Integration, Enlightenment, Silence, Peace, Collectivity		Limbic area Fontanelle
6 Agnya	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	Joy of Spirit, Compassion	Neglect of spirit	Heart organ
Right Heart	Caring, Kindness	Overactivity	
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