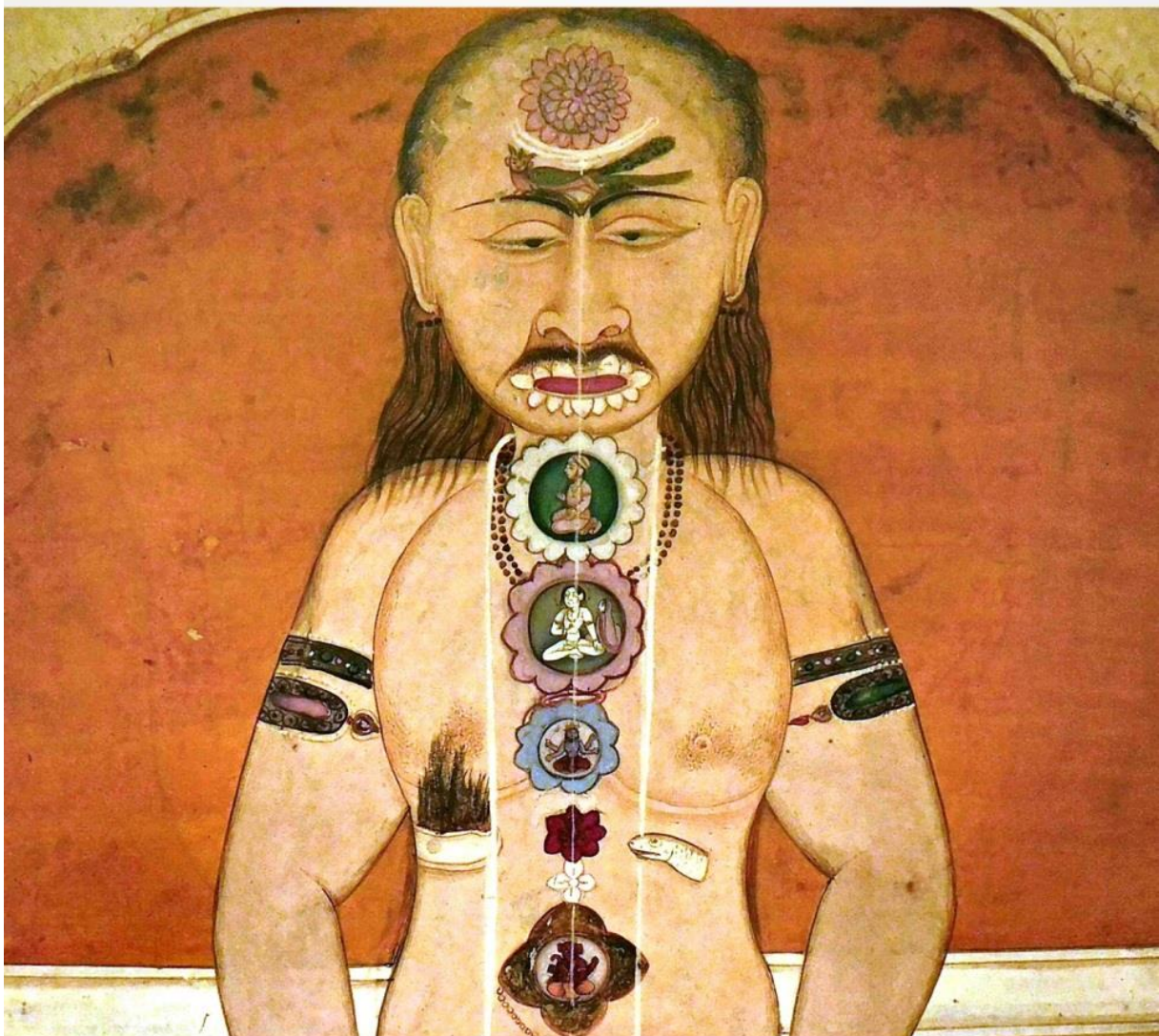


YOGA NADIS ENERGY CHANNELS

CONCEPTS, PATHWAYS,
AND APPLICATIONS



BY TRADITIONALBODYWORK.COM

Table of Contents

Preface	5
Yoga Nadis	7
What are the Nadis?.....	8
Nadi Pathways Sources and Interpretations	11
Nadi Etymology	15
Sanskrit Texts in View of the Nadis	17
Origin and History of the Nadis.....	21
Nadi Theory and Concepts.....	25
How Many Nadis are There?.....	28
Gross and Subtle Nadis	32
What are the Nadis Made of?	34
Nadi Network and Infrastructure	37
Nadi Branches and Extensions	39
Kanda Nadis and the Navel Area	42
Nadis Starting from the Heart or Navel?	45
Fourteen Major Nadis.....	49
Nadis and the Ten Gates of the Body.....	54
Three Principal Nadis Sushumna, Ida, Pingala.....	56
Inside Sushumna Vajra, Chitrini, Brahma Nadi.....	60
Miscellaneous and Additional Nadis	63
Nadi Pairs Complementary and Opposite Channels	66
Nadis and the Nervous System	70
Nadis and Closely Related Concepts	74
Prana Live Force Energy.....	75
Prana Vayus The Five Winds	77
Chakras Distribution and Transformation Centers	79
Marma Points.....	85
Kundalini Energy	87
Pancha Bhoota Five Elements	90
Pancha Kosha Five Sheaths	92
Three Bodies Concept Gross, Subtle, and Causal	95
The Yogic Body and its Constituents.....	98
Samadhi and Moksha Spiritual Enlightenment ...	101

14 Major Nadis — Pathways, Locations, Charts, and Functions 103

Sushumna Nadi.....	104
Ida Nadi.....	109
Pingala Nadi.....	115
Gandhari Nadi	121
Hastijihva Nadi	125
Yashaswini Nadi.....	130
Pusha Nadi.....	133
Alambusha Nadi.....	136
Kuhu Nadi	139
Shankhini Nadi	142
Payaswini Nadi.....	145
Saraswati Nadi	148
Varuna Nadi	151
Vishvodhara Nadi.....	154

Nadi Practices and Applications 157

The Art of Yoga	158
Nadi Therapy Opening and Activating the Nadis	160
Asanas Performing Yoga Postures.....	162
Chakra Activation	167
Chakra Massage	168
Hatha Yoga	170
Kundalini Yoga	172
Mantras, Tantras, Yantras, and Mandalas.....	173
Marma Chikitsa Marma Points Massage	176
Mudras and Bandhas	177
Nada Sound and Vibration	179
Nadi Shuddhi Clearing Nadis	180
Pranayama Breathwork.....	181
Shatkarmas Cleansing and Purification	183
Yogic Stretches	185
Trividha Nadis and Spiritual Awakening	187
Visualizations, Chants, and Incantations	190

Supplement 193

Classical Nadi Texts and References.....	194
Qi Meridians Chinese Energy Channels	203
Sip Sen Thai Energy Lines	207
<i>Sen Sumana</i>	209

<i>Sen Ittha</i>	210
<i>Sen Pingkhala</i>	211
<i>Sen Kalathari</i>	212
<i>Sen Lawusang</i>	213
<i>Sen Ulangka</i>	214
<i>Sen Sahatsarangsi</i>	215
<i>Sen Thawari</i>	216
<i>Sen Nanthakrawat</i>	217
<i>Sen Khitchanna</i>	218
rTsa Tibetan Energy Channels	219
Shiva and Shakti Divine Spiritual Union.....	220
Subtle, Astral, and Etheric Body	223
Bindu Meaning in Tantra, Yoga, and Ayurveda ..	225
Nadi Termination Points and Marma Points	229
Ayurveda Science of Life.....	236
Tantra and Neo-Tantra.....	238
Vitalism Life Force Concepts	245

Appendix

247