

## Nadis

What do these different types of Prana have to do with the meridians and channels of flow in the body?

In Kundalini Yoga these channels are called nadis. A nadi is not a nerve or a muscle, but just a channel of flow, which may go along a bone or a vein, or may go straight through what we think of as space without a physical organ. There are seventy-two major surs, or zones, through which the *nadis* flow. Of the seventy-two, there are three major ones: the *ida*, on the left, the *pingala*, on the right, and the *sushumna*, in the center. Of these three, it is the central channel, the *sushumna*, which Kundalini Yoga concentrates on mostly, because if you can vibrate the *sushumna*, then you can vibrate all three surs. When you vibrate all three, you vibrate the seventy-two, and you can adjust the entire system. It is for this reason that when we chant and we use the power of the *shabd*, we consciously locate that *shabd* in the central channel so that we can vibrate all seventy-two meridians. Now, those seventy-two span out 72,000 channels throughout the body in different systems. It is the interaction with the Crown Chakra that gives 1,000 thoughts per smallest time unit, 1,000 vibrations or seeds of the mind. Those 1,000 strokes of the mind strike the seventy-two major channels, giving 72,000 vibrations. Just think of a string being plucked by a pick. It vibrates and creates a shape in both time and space. The plucking of the seventy-two major channels by the interaction with the mind, gives all your Ten Bodies a shape in time and space. It shapes your physical body, your emotional bodies, and your mental bodies. Kundalini Yoga decodes how to pluck those major strings by using the central.