

THE THREE CHANNELS – NADIS

LEFT CHANNEL = IDA NADI = YIN

Also known as TAMO GUNA and the MOON CHANNEL, THE LEFT CHANNEL OF THE CENTRAL NERVOUS SYSTEM GOVERNS OUR DESIRES AND EMOTIONS AND CULMINATES WITH THE SUPEREGO AND CONDITIONINGS. This channel can become blocked either by indulging in being over-emotional, easily sad and lethargic, or by shutting off our emotions entirely and being harsh with ourselves. By clearing our left channel we can experience absolute emotions such as unconditional love, peace and joy.

THE LEFT CHANNEL ALSO CORRESPONDS TO OUR RELATIONSHIP WITH OUR PAST. Negative emotions are often the result of subconsciously holding onto bad experiences, which causes us to close our hearts and react negatively rather than treat the present situation with an open, clean heart. Therefore someone described as more ‘LEFT-SIDED’ typically dwells on the past, is overly sentimental and often feels easily down-hearted and unmotivated.

These left channel obstacles can be balanced in Sahaja Yoga using cleansing techniques such as the THREE CANDLE TREATMENT, rising early in the morning to meditate and greet the sun, taking action without being overly active, and regularly joining the collective meditation programs.

RIGHT CHANNEL = PINGALA NADI = YANG

Also known as RAJO GUNA, and the SUN CHANNEL, THE RIGHT CHANNEL OF THE CENTRAL NERVOUS SYSTEM GOVERNS OUR THOUGHTS AND ACTIONS. IT CULMINATES WITH OUR EGO. It provides energy for our creativity, our rational mind, futuristic thoughts, our physical energy, and dynamism. The liver, which processes sugars to produce energy for the brain, plays an important role in keeping our right side in balance.

THE RIGHT CHANNEL ALSO CORRESPONDS WITH OUR RELATIONSHIP TO THE FUTURE. Stress and over-thinking, planning and worrying often occur as we anticipate what is yet to pass. Therefore, someone who can be described as more 'RIGHT-SIDED' usually has a very active mind and body, sometimes finding it hard to relax as their attention is on the future. They can be prone to egotistical and dominating behaviour, arrogance, pride, anger, hatred, lust and stress.

A simple solution to an overheated right side is to put ice on the liver and take a cold footsoak. Sitting on the Mother Earth, taking a walk in the nature, taking long breaks from all electronic devices will all help bring this channel into balance.

Electronics, over-thinking, lack of sleep, lack of hydration, alcohol, drugs and heavy/fried/processed foods all stress the liver and the right channel which can easily reduce the depth of our meditation. SEE CLEANSING SECTION, PAGE 105.

CENTRAL CHANNEL = SUSHUMNA NADI

Also known as SATTVA GUNA, THIS IS THE NADI OF OUR EVOLUTION AND EQUILIBRIUM. It looks after our autonomous nervous system and corresponds to our spiritual ascent. When we wish for a more innate sense of contentment and purpose than the material or physical, our attention moves to the SUSHUMNA and our awareness evolves.

The central channel leads ultimately to the Sahasrara chakra. Thus when our Kundalini moves along our central channel, we are brought to a state of thoughtless awareness, which is experienced when the Sahasrara chakra opens. The key to achieving a true state of meditation, bliss and enlightened awareness is to become a more centred personality that swings neither to emotional, mental nor physical extremes. This can be achieved by clearing our central channel and raising the Kundalini repeatedly to strengthen and nourish it.

When our central channel is clear, we naturally reflect an innate morality and our actions automatically nourish our being, as they are balanced. This balance is the key to ascent. Without going to the extremes of left-sided or right-sided moods and activities, our energy and attention naturally gravitates towards that which is elevating and conducive to our spiritual evolution.

To strengthen the centre channel, practise the art of being a witness, bringing the attention inside and on the fontanelle.