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MICHAEL SHERMER

AUTOR DE **POR QUE AS PESSOAS ACREDITAM EM COISAS ESTRANHAS**

DE FANTASMAS E DEUSES À POLÍTICA E ÀS
CONSPIRAÇÕES – COMO NOSSO CÉREBRO CONSTRÓI
NOSSAS CRENÇAS E AS TRANSFORMA EM VERDADES



cérebro & crença



In Tantra Yoga, the nadis handle is the top ten channels of energy. They are known as “have doors”, as it is believed that in death jivatman (soul) and life energy leave the physical body through one of these doors. The top ten nadis are: suhumna, ida, pingala, gandhari, hastajihva, yashasvini, pusha, alambusha, kuhu, and shankhini. The traditional and logical texts such as Siddha Siddhanta Paddhati, Darshana Upanishad, and Yoga Yajnavalkya refer to these energy channels, however, sometimes describe their paths in slightly different ways.1. Sushumna NadiSushumna nadi, the “kindest energy channel”, is the neutral energy channel that passes through the spine in the subtle body. It begins in the muladhara chakra and goes through the middle of the subtle column to brahmarandhra in the crown of the head. In yoga, we strive to make prana (energy of the life force) work in theirhumna nadi, which is also known as brahma nadi. When energy flows predominantly through its smoky weather for long periods of time, we become “dead to the world,” and we enter samadhi. Symbolically, the suhumna is associated with the Fire element (Tattva tiles) and is considered sattvic (harmony) in nature.2. Ida Nadidida nadi means “comfort power grid”. It is the passive, feminine, energetic yino channel in the subtle body. It is located on the left of the suhumna nadi, and its energy is complementary to that of pingala nadi. Ida nadi, also known as chandra nadi, starts at a subtle level in muladhara chakra, goes along the back on the left side of the column, and intersects with pingala nadi in ajna chakra (the coordinator of polarity in the being). The white color is used to represent the subtle vibrational quality of ida nadi. Symbolically, it is associated with the Moon and is considered tamatical (neuro) in nature. 3.NadiPingala nadi (also known as surya nadi) is the “major energy channel”. It’s the male, active, active,channel of energy in the subtle body. It is found in the right of suhumna nadi, and its energy is complementary to that of ida nadi. The vibratory quality of pingala nadi is represented by the red color. Symbolically, it is associated with the Sun and is considered rajaiic (dynamic) in nature. 4. Gandhari NadiGandhari Nadi flows from below the corner of the left eye to the kanda (the energy bulb in the abdominal area) and ends in the fat toe of the left foot. It is said to bring psychic energy from the bottom of the body (starting from the big finger) to ajna chakra. Gandhari is located behind ida nadi and has similar functions. Its complementary structure is untiljihva nadi.5. Hastajihva Nadi Hastajihva Nadi means the “ephant-run energy channel”. Flows from below the corner of the right eye to the kanda and ends in the big toe of the right foot. Hastajihva is said to transport psychic energy from the bottom of the body (from the fat finger) to ajna chakra. Its complementary structure is gandhari nadi.6. Yashasvini NadiYashasvini Nadi, the “splendid energy channel”, flows from the right fat finger to the kanda and ends in the left ear. Its complementary structure is pusha nadi.7. Pusha NadiPusha Nadi, the “debugger power channel”, flows from the left to the kanda fat finger and ends in the right ear. Its complementary structure is Yashasvini nadi.8. Alambusha NadiAlambusha Nadi, the “very bad power channel”, begins in the anus, passes through the kanda, and ends in the mouth.9. Kuhu NadiKuhu Nadi, the “new lunar energy channel”, begins in the throat (or the soma chakra, in the palate area) and ends in the genitals. In tantric practices to supplement sexual energy, bindu (the essence of the seminal liquid) rises from the genital area to the soma chakra. Thus, the practitioner becomes a urdhva booth (a Tantric that inihknaH5 inihknaH5 .01. Jlautirpise aAgrene al ne lauxes aAgrene al ramilbus Nadi, the éÁÁmother of pearl energy channel,éÁÁA originates in the throat and ends in the anus. Its energy flows between sarasvati nadi and gandhari nadi on the left side of sushumna nadi. Ashvini mudra (the conscious contraction of the anus) is a way of activating this nadi.Learn more about the energetic body in the Hridaya Yoga Retreat: Module 1 Intensive. Nadis network spread over the body. Source: sammartinoyoga We know that 72,000 Nadis in our body are responsible for conveying Prana (vital life force) to different parts of the body but due to impurities in some Nadis, not all the Nadis participate in it. Nadis need to be activated first in order to purify them and carry Prana in it to awaken kundalini. Ida and Pingala Nadi can be activated by the voluntary breathing method. When we inhale and exhale only through the right nostril, it activates Pingala Nadi. Similarly, when we breathe through the left nostril Ida Nadi gets activated. The awakening of Sushmna can be performed only when the equilibrium of these 2 Nadis are achieved. Once the perfect balance of these 2 Nadis is achieved, it facilitates the awakening of Kundalini. Unless the perfect balance is achieved, Sushumna stays closed and the power of Kundalini lies dormant. The equilibrium state of these 2 Nadis is possible only when small Nadis, often called as Nadikas, attached to each Ida and Pingala get purified by some means. Purification of Nadis Image Source: Canva Gheranda Samhitha explains that Nadi Shuddhi Pranayama has to be practiced prior to the practice of Yoga, especially Pranayama, so as to cleanse the Nadis. As long as the Nadis are blocked due to impurities, the Prana Shakti wonéÁÁAt be able to move with ease through the Nadis by Pranayama. Hence the purification of Nadis is very important before Pranayama. Purification of nadis is done by 2 means; Samanu éÁÁÁ ItéÁÁAs done by a mental process with the pronunciation of the Bija mantra.Nirmanu maL artnaM ajiB ivhtirP ne nalpmetnoc euq ahcered lasan asof al ed s©Ávart a recah ebed es n°Áicaripser al ed roiretsop n°Áicalahxe aL .acifirup sol ,otnat ol rop ,y idan sol sodot ed s©Ávart a eyulf euq ratc©An le euq ralpmetnoc o ranigami euq eneit onu ,otnat sartneIM ,secev 46 etnarud ajiB artnam le odnetiper /Arineteer es roiretsop n°Áicaripser al ,secev 61 rop jâ n°Á Á n°Á Á maht(ajiB artnam le odnetiper adreiuqzi lasan asof al ed s©Ávart a n°Áicalahni .já n°Á Á n°Á Á maht(ajiB artnam le abatac sartneim anul al ed osonimul ojeffer le ralpmetnoc y ziran al ed atnup al ne adarim al rajif ebed onu ,ogeuL ,secev 23 etnarud ajiB artnam led n°Áiciteper al noc adreicuzi lasan asof al ed s©Ávart a recah ebed es n°Áicaripser al ed n°Áicalahxe aL .artnaM ajiB omsim led senoiciteper 46 arap azilaer es n°Áicaripser al ed n°Áicneteer aL .ahcered lasan asof al ed s©Ávart a esrazilaeer ebed n°Áicalahni al ,secev 61 etnarud já n°Á Á *Á n°Á Á MAR(ajiB ingA artnaM le riteper IA .atxim zul al ralpmetnoc euq eneit y ivhtirP ed jertserret otneimele(avttaT la esrnu euq eneit onu ,ragul ese ed ogeuf le odnatnaveL .logeuf ed otneimele(avttaT ingA ed otneisa le se ogilbmo led zÁar aL .akahceR amall es otsE .secev 23 etnarud ajiB artnam le odnetiper etnematel ahcered lasan asof al ed s©Ávart a esrecah ebed n°Áicaripser al ed n°Áicalahxe aL .akahbmuk amall es otsE .artnam led senoiciteper 46 ed odóÁrep nu rop esrignitser ebed n°Áicaripser al ,edrat s)ÁM .akarooP amall es otsE .secev 61 rop ajiB uyaV artnam le etiper euq lasan asof al ed s©Ávart a odnalahni ,omuh ed roluc y aÁgrene ed onell)já n°Á Á n°Á Á maY(artnaM ajiB uyaV ne ralpmetnoc ebed onu ,ortseam la odnadroceR .erutsoP anasamdaP ne odatnes azilaer es unamaS unamaS ed n°Áicacifirup al ed n°Áicazilaer .acifirup ol euq ol ,sidan sol ed sazerupmi sal ranimile arap odaznava odot©Am le se unamaS unamaS .ayirK ituahD omoc samraktahS ed acisÁf azejpiml al etnaidem azilaer es unamrIN IE repeating for 32 times. For these 3 pranayamas, it is explained that the nadis are purified. Hathayoga Pradeepika, a treaty on envelope explains the sign of Nadi Shuddhi as follows; The body becomes slender and bright, the person will be able to hold the breath for longer, the gastric fire becomes more active, the inner sound can be heard from within and the individual can enjoy the perfect health. If the process is not practiced in an appropriate method, then it will end in several disturbances in the Prana that lead to many types of diseases. Sushumna Nadi Awakening Image source: canva The word Sushumna means the last bliss and the undisturbed mental state. The awareness of self-breathing is of paramount importance for the awakening of Sushumna. This blissful state of mind can be achieved only when the breath flows through the nostrils without disturbing, balanced and easily. Swami Rama Meditation School For the awakening of Sushumna: A person must be free from external attachments, the senses must be withdrawn within themselves by departing from their objects of perception. Then Ida Pingala and Sushumna Nadis should not be bothered so one feels comfortably keeping the neck, head and straight trunk. The steps involve focusing on the bridge between the eyebrows (Bhrikuti) and performing Pranayama together with Jalandhara Bandha and meditating on the Chakras one by one from Mooladhara to Sahasra Chakra along with the chanting of Bija Mantras. According to Swara Yoga, the first step of the awakening of Sushumna involves learning to change the flow of breath with our mental ability according to our desire without the fingers placed on the nose. This can only be achieved through regular concentration practice and Sadhana for a certain time. Once the concentration of such a level is reached, there will be a free flow of breath in the nostrils evenly and reaches a state of such called Sukha mana, mind free of worries. In this state, the practitioner can feel theof fire as if a hot air current is blow through the The Chakras vibrate with Pranic energy, and the prime force gets awakened. Later on, by regular practice, this state will help in going further to the level of attaining the higher stages of self-awareness, knowledge of absolute truth and finally reaching salvation which is the ultimate purpose of Yoga. Swami Satyananda Saraswathi explains even practicing of some specific Asanas stimulates the Chakras. For example; Other Asanas regulate and purify the Nadis, facilitates the proper conduction of Prana throughout the body. Stimulated Chakras generates impulses that thereby awaken the Sushumna Nadi. Caution All these practices should be followed under the guidance of a renowned Guru. Yoga explains strict food restriction when youeÁÁAre in practice. Moderation of diet is advised. Skipping the meals is not advised. Sattvika Ahara and food items like ghee, milk, rice, barley, green gram, black gram, plantain, jackfruit, cucumber, green leafy vegetables, should be consumed only. Rajasika and Tamasika ahara, food items which are spicy, salty, pungent, roasted fried items, curd, whey, and palm are to be restricted in the Nadi purification practice. practice.

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