



Nadi (Chakra 1)

transcript of a teaching given February 20, 1998

Geshe la: We are going to talk about the chakras or the energy channels. The chakras are one of the 3 principle components of our body. The three components of our human body are the nadis, prana, bindus, which means the energy channels, energy wind, and the energy drops.

So, I'm going to talk mainly about the nadis, the chakras. When we talk about the chakras, primarily we are talking about the three psychic channels which extend, or run from the crown to the coccyx through which the energy flows in our body. So this is one of the reasons why it is important to keep our spine very straight when we are meditating or sitting in meditation because the natural way of the flow of energy through psychic channels has the potential to affect our state of mind especially for maintaining freshness and subjective clarity. It is important to understand these three psychic channels. According to Vajrayana literature the three psychic channels are called central, left and right channels. The color of the central psychic channel is blue. The color of the right one is red, and the left one is white. The right psychic channel is more feminine and the left is masculine. Or one could say the right one is the wisdom aspect and the left one is method or skillful means. The energy that flows mainly through the left and right psychic channels in our ordinary bodies, through meditation techniques, can be brought to enter into the central psychic channel, which has a great potential to accelerate one's inner spiritual realizations.

Now, let's talk about chakras. Chakras mean the energy channels that mainly

maintain or hold the energy in each of these chakras in essentially different parts of our bodies. Therefore, there are 7 chakras such as, crown chakra, third eye chakra, throat chakra, heart chakra, navel chakra, then central secret chakra and the chakra on the tip of the sexual organ. The three psychic channels on each of these essential parts are connected to each other and known as chakras. According to the Kalachakra teaching, one could say, each of these 7 chakras maintain the potential, or seeds to manifest different aspects of the enlightened being's, inner and outer, perfect qualities. Therefore, we say the five kayas, or families of Buddha are the result of the perfection of the fully opened chakras.

Also, the chakras of our body are very much related to our planets and time to time they attract each other. There's a clear sign during the full moon that there is unusual attraction and as a result, some people might have more unusual agitated mental state. In the West there is a saying that the full moon drives people crazy. From the Buddhist point of view, the reason the full moon drives people crazy is because of the attraction between the planets and the chakras of our body. Otherwise, there is no answer why the full moon drives people crazy. Also, if someone has a good experience of meditation, one is able to see that even our breathing pattern changes on some special occasions. This is again due to the chakras' attraction to the planets.

Crown chakra is white, throat chakra is blue, heart chakra is green, navel chakra is yellow, then orange and red respectively. Third eye is indigo.

Student: Do you teach about the seven rays too?

Geshe la: We are all born under different rays and these rays affect our lives and personalities.

Student: I have heard that concentration on the Ajna-chakra is one way to destroy karma from previous lives....is this true?

Geshe la: According to Yoga, this is true.

Student: Geshe la, thank you very much for this talk. Concerning the colors of the chakras: In my experience with practice, white Aum at the forehead, red Ah at the throat and blue Hung at the heart. Can you explain the reason for the difference between this and the colors you have described corresponding to the chakras?

Geshe la: White Aum, red Ah, blue Hung, these three mantric syllables represent body, speech and mind. That means these are related to the three main energy channels according to the Vajrayana teaching.

Student: From the Buddhist perspective, do the different chakras govern the same aspects that we learn from other teachings? i.e., are they pretty universal? Also, to dovetail on your answer to Pad's question....does this mean that right channel is mind, central is speech, and left is body?

Geshe la: Other teaching that may have similarities would be Hindu teaching Kabbalistic and esoteric Christian teaching. In the Kalachakra teaching it is not mentioned that the channels are specific to the mind, speech and body but there could be a relation.

Student: Is there a relation between the chakras and illness and, if there is, what is a simple example of this?

Geshe la: Yes, there is a relationship between illness and the chakras. When the sacred chakra is affected, the reproductive organs are affected. Same with the throat chakra, everything affecting arms, throat, etc. The heart chakra is lungs, heart, etc. According to Tantric teaching, physical illness disturbs the chakras and they lose their normal vibration function.

Student: Do you meditate on the chakra or on the qualities it unveils?

Geshe la: In Buddhist Vajrayana and Sutrayana teaching we have to make a distinction. In Vajrayana teaching, yes. We meditate on the chakras and the energies located in the chakra. In Sutrayana system, there is not that much emphasis on the chakras.

Student: Could you talk a bit more about the planet/chakra relationship? Pick a planet...

any planet.

Geshe la: There is a book published by Snow Lion Publications, written by Namgyal Monks in Ithaca, NY at the Namgyal Monastery. This book will be helpful.

Student: Geshe la, in your own definition, what is a “chakra” and what is the meaning behind the colors each one emits?

Geshe la: A chakra means an energy channel. There are two interpretations. One is the five elements, the other is the five families of the Buddha. Thank you very much.