

Kundalini Energy and the Nadis

According to yogic and Sikh traditions, there is an energy system through which life force flows. This life force is called Prana. The system, according to Kundalini Yoga, is called the Pranic Body (Energy Body).

Nadis

Nadi is Sanskrit word that can be translated as “tube,” “channel” or “flow”. They are channels for Prana.

Within this Pranic body (energy body) are thousands of nadis. Nadis are not the physical nerves, but energy channels through which prana moves. They are both within the physical body and extend out into the other energy bodies.

*Note: Read the article on the 10 bodies for information on the different bodies. *

The flow of energy through these nadis supports physical vitality, mental clarity, emotional regulation, and spiritual awareness. Yogic texts often describe 72,000 nadis in the Pranic body.

Three of these channels are considered the most important.

The three primary nadis are Sushumna, Ida and Pingala

The Sushumna

The Sushumna nadi is the main energy channel and it is the biggest. It starts in the perineum (space in front of the anus) at the base chakra, runs upwards in front of the spine, and ends at the crown of the head. Along it lie the major chakras.

The Sushumna nadi is considered the pathway of spiritual awakening. In most people, energy flows primarily through the side channels, but when the Sushumna becomes active and open, energy can rise upward through the chakras.

In Kundalini Yoga, practices such as breathwork, movement, meditation, and mantra help clear and balance the Pranic Body so that energy can flow through the Sushumna and chakras, leading to expanded awareness and higher states of consciousness.



Ida & Pingala

The **Ida nadi** runs along the left side of the spine and is associated with the left side of the body.

It is connected with lunar energy and represents cooling, calming, and inward-moving qualities.

Ida is linked with intuition, receptivity, reflection, and emotional sensitivity.

It supports the body's restorative and nurturing functions and is often associated with the parasympathetic aspect of the nervous system.

When Ida is balanced, it encourages relaxation, creativity, introspection, and a deeper connection to inner awareness.

The **Pingala nadi** runs along the right side of the spine and relates to the right side of the body.

It is associated with solar energy and represents warming, activating, and outward-moving qualities.

Pingala governs vitality, physical strength, motivation, and mental focus.

It is connected with logic, action, and the ability to engage with the external world.

This channel is often related to the stimulating functions of the nervous system and supports productivity, alertness, and dynamic energy.

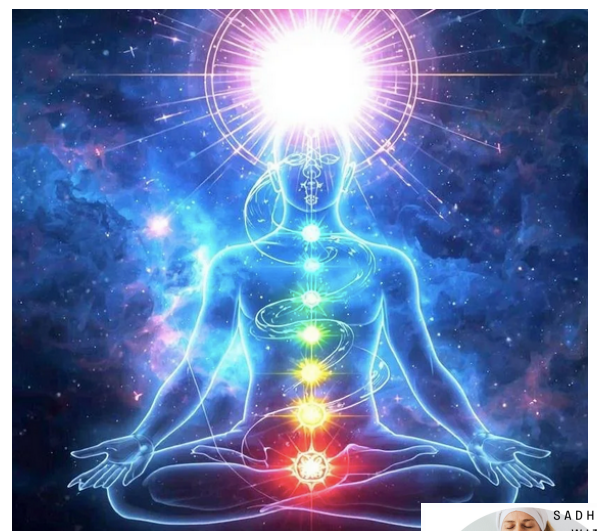
In Kundalini Yoga, balance between Ida and Pingala is essential. When these two energies are harmonized: cool and warm, receptive and active, intuitive and logical- the body and mind move into a state of equilibrium. From this balanced state, energy can naturally enter the Sushumna channel, supporting deeper meditation and spiritual awakening.



Kundalini Energy

Kundalini is described as a dormant, latent, potential energy with stays coiled in the base chakra. It is the most powerful energy we have in our body.

In Kundalini Yoga, the awakening of this energy is not forced, but gradually encouraged through consistent practices such as breathwork (pranayama), physical postures (asanas), meditation, mantra, and focused awareness. These practices work to balance the nadis and awaken this energy gradually.



When the Kundalini energy rises through the Sushumna, it passes through chakras. Each chakra represents different aspects of human development. As it comes in contact with each chakra; lessons, clearings, shadow-work and healing happen which help expand awareness and deepen one's connection to higher consciousness.

*Note: Read more about The Chakras is a the article called: The Chakras. *

Eventually the Kundalini Energy reaches the Third Eye & Crown Chakras. It is here that deeper awakening occurs and, sometimes, people start to have mystical experiences and sense things beyond their 5 senses.

The rising of Kundalini is often described as a process of transformation rather than a single dramatic event. Through regular practice, the practitioner strengthens the nervous system, balances the mind, and increases the body's capacity to hold higher levels of energy. This gradual awakening allows the individual to experience greater clarity, vitality, and connection to a deeper sense of purpose.

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