

SD Facilitator Breathwork Training

# **Module 5**



Module 5 Section A

# The Energetic Body



## INTRODUCTION

In the intricate tapestry of human existence, our energy body serves as the foundation upon which our physical, mental, and spiritual well-being is built. Central to this energetic framework are the chakras, the spinning wheels of energy and light that correspond to various aspects of our lives, and the nadis, the pathways through which our vital life force, or prana, flows. When these energy centers are balanced and activated, we unlock the potential for profound health, well-being, and spiritual awakening.

# The Ancient Origins of Yogic Awakening Practices

In the yogic tradition, the practices designed to awaken the chakras and kundalini energy are attributed to ancient rishis (sages) and spiritual seers who received divine wisdom through deep meditation and spiritual insight. These enlightened beings are said to have intuitively understood the subtle body and the flow of prana (life force), creating practices that aligned with natural laws of energy and consciousness.

One of the most significant sources of this wisdom is found in the Tantras, a collection of ancient texts that explore the spiritual anatomy of the human body, including the chakras, nadis, and kundalini energy. The Tantric tradition, along with other schools of yoga like Hatha Yoga and Raja Yoga, outlines practices such as pranayama, asana, mantra, meditation, and visualization to awaken kundalini and elevate consciousness.

In addition to the Rishis, divine figures such as Shiva and Shakti are often considered the originators of these practices in mythological contexts. In yogic cosmology, Shiva represents the pure, transcendent consciousness, while Shakti is the dynamic, creative energy that manifests through the rise of kundalini. These deities symbolize the ultimate union of energy and consciousness—the goal of spiritual enlightenment.



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# Pranamaya Kosha: The Energy Sheath

In the framework of the five koshas (sheaths, or bodies) that encompass the human experience in yogic philosophy, Pranamaya Kosha represents the energy sheath. It lies just beyond the physical body (Annamaya Kosha) and serves as a bridge between the physical and subtle aspects of our being, spiritual awakening, and profound healing.



# Understanding The Five Koshas (Sheaths)

## 1. Annamaya Kosha (Physical Sheath):

This is the outermost layer, consisting of the physical body made up of the food we eat and the tissues that form our structure. It is the tangible aspect of our existence

## 2. Pranamaya Kosha (Energy Sheath):

This sheath is composed of prana, or life force energy, which flows through the body via the nadis (energy channels) and is concentrated in the chakras (energy centers). Pranamaya Kosha governs our breath, vitality, and the dyna-

mic energy that sustains our physical body. Kundalini prana is the powerful, transformative energy of spiritual awakening.

## 3. Manomaya Kosha (Mental Sheath):

This layer encompasses our mind, emotions, and thoughts. It is where we process experiences and feelings, influencing our perception of reality.

## 4. Vijnanamaya Kosha (Wisdom Sheath):

This sheath represents our higher intellect and discernment, connecting us to deeper understanding and wisdom. It is associated with intuition and insight, guiding our decisions and life choices.

## 5. Anandamaya Kosha (Bliss Sheath):

The innermost layer, Anandamaya Kosha, is associated with pure bliss and spiritual fulfillment. It represents our true essence, transcending the other koshhas and connecting us to universal consciousness.



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**Pranamaya Kosha** is a vital aspect of our being, intricately connected to both the physical and subtle layers of existence. When prana flows freely, we experience optimal health, emotional and mental stability, and a sense of well-being. Conversely, blockages or imbalances in this kosha can lead to physical ailments, emotional disturbances, and spiritual disconnection.

To activate and balance Pranamaya Kosha, practices such as **pranayama** (breath control), mudras (hand gestures), and **bandhas** (energy locks) are particularly effective. These ancient yogic techniques help to regulate and direct the flow of prana through the **nadis** (energy channels) and **chakras** (energy centers), enhancing vitality, mental stability, and supporting the interconnectedness of the koshas.





Thus, while the practical system was developed and passed down by enlightened masters, it is often viewed as originating from divine, universal wisdom, with the ultimate aim of guiding individuals on a path toward liberation (moksha) and union with the higher self.

By nurturing the flow of energy within, you can experience heightened awareness, emotional stability, and a deeper connection to transcendent and oneness consciousness. Whether you seek to improve your physical health, achieve emotional balance, or embark on a path of spiritual growth, the harmonious integration of pranayama, mantra, mudras, and bandhas into your daily life offers a pathway to unlocking your fullest potential.

In this module, we will explore the anatomy of the energetic body, also known as the prana body and

pranamaya kosha (body or sheath). We will learn and practice specific pranayamas (from Module 4), breathwork, mantras, bandhas, and mudras aimed at activating, balancing, and purifying the energetic system. The ancient practices you will learn promote deep healing and open pathways to higher states of well-being and spiritual awakening.



# Nadis

In yoga and Ayurveda, nadis are the energy channels through which life force, or prana, flows within the body. They are often compared to a subtle nervous system, connecting various points of energy throughout the body. While ancient texts suggest there are over 72,000 nadis, the three most significant are Ida, Pingala, and Sushumna.

**Ida Nadi** represents the lunar, cooling energy and is associated with the left side of the body and the right hemisphere of the brain. It governs intuition, calmness, and nurturing qualities.

**Pingala Nadi** symbolizes solar, warming energy, associated with the right side of the body and the left brain hemisphere. It is responsible for action, logic, and physical vitality.

**Sushumna Nadi** is the central channel that runs along the spine. It remains dormant until awakened through practices like breathwork or meditation. When activated, it allows energy to rise from the base of the spine to the crown of the head, leading to higher states of consciousness and spiritual transformation.

The balance between Ida and Pingala nadis is essential for physical, emotional, and spiritual well-being. Breathwork, Chi Gong and Yoga help regulate the flow of prana through these nadis, supporting clarity, inner balance, and personal growth.

The nadis are intimately connected to the flow of kundalini energy, which is often described as a powerful, dormant coiled energy residing at the base of the spine. In yogic philosophy, this energy is likened to a serpent, waiting to be awakened and channeled through the body's subtle energy system for transformation and spiritual awakening.





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The primary connection between the nadis and kundalini lies in the Sushumna Nadi, the central channel running along the spine. When kundalini is awakened through practices such as breathwork, meditation, or yoga, it rises through the Sushumna Nadi, passing through the chakras—the body's energy centers—until it reaches the Sahasrara (crown chakra), leading to heightened states of awareness and spiritual awakening.

Before this awakening can occur, there must be a balance between the Ida (lunar) and Pingala (solar) nadis. These two channels govern the body's mental, emotional, and physical energies. When they are in harmony, prana can flow freely through the Sushumna Nadi, creating the right conditions for kundalini to ascend.

**Kundalini awakening** is the process of activating the consciousness awakening aspect of prana – **Kundalini shakti**, which can lead to profound shifts in consciousness, perception, and personal transformation. As kundalini rises through the chakras, it releases any blockages or dormant energies, leading to emotional release, mental clarity, and expanded awareness.

In yogic philosophy, **Shakti** (Kundalini energy) is the counterpart to Shiva, which symbolizes pure consciousness. The awakening of kundalini is essentially the process of uniting Shakti (energy) with Shiva (consciousness), leading to spiritual enlightenment, self-realization, and a deep connection and oneness with Source, or God.

However, this process can also be intense, requiring preparation through disciplined practices such as healthy diet, breathwork, meditation, mantra, prayer, and self-reflection to ensure that the body and mind are ready to handle the powerful energy of kundalini.

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# Chakras: Wheels of Energy

## CHAKRAS

Energy centers within the body, the knowledge of chakras are rooted in ancient Indian traditions, particularly in Yoga and Ayurveda. The word "chakra" translates to "wheel" or "disk" in Sanskrit, symbolizing the dynamic, circular flow of energy. There are seven primary chakras, each associated with specific physical, emotional, and spiritual aspects of our being, running from the base of the spine to the crown of the head. When the energetic body is balanced and harmonious, this creates wellness in body, mind and emotions, and sets the stage for accessing higher states of consciousness and spiritual awakening.

In yogic tradition, the chakras are often associated with a spectrum of colors, much like a rainbow. Each chakra is believed to vibrate at a specific frequency, and these frequencies correspond to particular colors, symbolizing various aspects of physical, emotional, and spiritual energy. This visual representation not only enhances understanding of the chakras but also provides a way to connect with them on a deeper level through practices like meditation, breathing, visualization, and energy healing.

# Key Characteristics of The Chakras:

**Energetic:** Chakras are considered energetic centers that correspond to various physical, emotional, and spiritual states. They influence our well-being and vitality.

**Wheels:** The term "wheels" reflects their circular nature and the continuous movement of energy. This dynamic flow is essential for maintaining balance and harmony within the body.

**Light:** Referring to chakras as "light" signifies their vibrational quality and spiritual significance. Each chakra is associated with different frequencies (vibrations/sounds) and colors, representing various aspects of consciousness.





# The 7 Chakras



## The Root Chakra (Muladhara)

**Name:** Muladhara

**Location:** The Root Chakra is located at the very base of your spine, near your tailbone.

**Symbol:** A four-petaled lotus with a square at the center, representing stability and grounding.  
**Sound (Mantra):** Lam – Chanting this sound helps balance the Root Chakra.

**Meaning:** This chakra is all about feeling safe, secure, and ground-

ded. It's like the foundation of a house—when it's strong, everything else feels stable.

**Colors and Elements:** The color of the Root Chakra is red, and it's associated with the element of earth.

### *Symptoms of an Unbalanced Root Chakra:*

**Physical:** Fatigue, lower back pain, leg and foot problems, constipation.

**Emotional:** Anxiety, fear, insecurity, feeling stuck or unmotivated.

### *Practical Tips for Balancing Muladhara Chakra:*

**Walk Barefoot:** Spend some time walking barefoot on grass or soil. It helps you feel connected to the earth.

**Eat Root Vegetables:** Foods like

carrots, potatoes, and beets can help ground your energy.

**Affirmation:** Repeat to yourself, “I am safe, I am secure, I am grounded.”



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### The Sacral Chakra (Svadhishthana)

**Name:** Svadhishthana

**Location:** The Sacral Chakra is located in the lower abdomen, about two inches below the navel.

**Symbol:** A six-petaled lotus with a crescent moon at the center, representing water and flow.

**Sound (Mantra):** Vam – Chanting

this sound helps balance the Sacral Chakra.

**Meaning:** This chakra is associated with emotions, creativity, sexuality, and pleasure. It's the center of your feelings and helps you connect with your desires.

**Colors and Elements:** The color of the Sacral Chakra is orange, and it's associated with the element of water.

### *Symptoms of an Unbalanced Sacral Chakra:*

**Physical:** Lower back pain, reproductive issues, urinary problems, kidney issues.

**Emotional:** Emotional instability, lack of creativity, sexual dysfunction, feelings of guilt or shame.

### *Practical Tips for Balancing Svadhishthana Chakra:*

**Dance:** Engage in dancing or fluid movement to awaken your creative energy.

**Connect with Water:** Spend time near water, whether it's a bath, shower, or natural body of water.

**Affirmation:** Repeat to yourself, "I embrace my creative expression and sensuality."



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### The Solar Plexus Chakra (Manipura)

**Name:** Manipura

**Location:** The Solar Plexus Chakra is located in the upper abdomen, around the area of the stomach.

**Symbol:** A ten-petaled lotus with an inverted triangle at the center, symbolizing fire and transformation.

**Sound (Mantra):** Ram – Chanting

this sound helps balance the Solar Plexus Chakra.

**Meaning:** This chakra is the center of your personal power, confidence, and self-esteem. It governs your ability to take control of your life and assert yourself.

**Colors and Elements:** The color of the Solar Plexus Chakra is yellow, and it's associated with the element of fire.

#### *Symptoms of an Unbalanced Solar Plexus Chakra:*

**Physical:** Digestive issues, ulcers, fatigue, diabetes.

**Emotional:** Low self-esteem, lack of confidence, difficulty making decisions, anger or control issues.

#### *Practical Tips for Balancing Manipura Chakra:*

**Sun Exposure:** Spend time in the

sunlight to energize this chakra.

**Eat Yellow Foods:** Incorporate foods like bananas, corn, and yellow peppers into your diet.

**Affirmation:** Repeat to yourself, “I am confident, I am powerful, I am in control.”





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### The Heart Chakra (Anahata)

**Name:** Anahata

**Location:** The Heart Chakra is located in the center of the chest, near the heart.

**Symbol:** A twelve-petaled lotus with two intersecting triangles, forming a star, representing balance and harmony.

**Sound (Mantra):** Yam – Chanting this sound helps balance the Heart Chakra.

**Meaning:** This chakra is all about love, compassion, and connection with others. It governs your ability to give and receive love and maintain healthy relationships.

**Colors and Elements:** The color of the Heart Chakra is green, sometimes pink, and it's associated with the element of air.

#### *Symptoms of an Unbalanced Heart Chakra:*

**Physical:** Heart problems, asthma, lung issues, upper back pain.

**Emotional:** Jealousy, bitterness, difficulty trusting others, feeling unloved.

#### *Practical Tips for Balancing Anahata Chakra:*

**Practice Gratitude:** Focus on what you're thankful for to open your heart.

**Spend Time in Nature:** Surround yourself with greenery to connect with the energy of this chakra.

**Affirmation:** Repeat to yourself, "I am loved, I am loving, I am open to giving and receiving love."



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### The Throat Chakra (Vishuddha)

**Name:** Vishuddha

**Location:** The Throat Chakra is located in the throat area, near the larynx.

**Symbol:** A sixteen-petaled lotus with a circle containing a downward-pointing triangle, representing purity and clarity.

**Sound (Mantra):** Ham – Chanting this sound helps balance the Throat Chakra

**Meaning:** This chakra is the center of communication, self-expression, and truth. It governs your ability to speak your mind and express your true self.

**Colors and Elements:** The color of the Throat Chakra is blue, and it's associated with the element of ether (space).

#### ***Symptoms of an Unbalanced Throat Chakra:***

**Physical:** Sore throat, thyroid issues, neck pain, hearing problems.

**Emotional:** Difficulty expressing thoughts, fear of speaking, lying, social anxiety.

#### ***Practical Tips for Balancing Vishuddha Chakra:***

**Sing or Chant:** Use your voice to express yourself, whether through singing, chanting, or even talking.

**Drink Water:** Drink water to keep hydrated and to promote cleansing and purification of the body

**Affirmation:** Repeat to yourself, "I speak my truth, I express myself clearly and confidently."



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### The Third Eye Chakra (Ajna)

**Name:** Ajna

**Location:** The Third Eye Chakra is located in the forehead, between the eyebrows.

**Symbol:** A two-petaled lotus with an inverted triangle inside a circle, symbolizing wisdom and intuition.

**Sound (Mantra):** Om – Chanting this sound helps balance the Third Eye Chakra.

**Meaning:** This chakra is associated with intuition, insight, and spiritual awareness. When open, it connects us to the ability to see the unity of life, the bigger picture of your higher self and connect with your inner wisdom.

**Colors and Elements:** The color of the Third Eye Chakra is indigo, and it's associated with the element of light.

#### *Symptoms of an Unbalanced Third Eye Chakra:*

**Physical:** Headaches, vision problems, sinus issues, insomnia.

**Emotional:** Lack of intuition, difficulty concentrating, feeling disconnected from reality.

#### *Practical Tips for Balancing Ajna Chakra:*

**Meditation:** Spend time in medi-

tation to develop your intuition and inner wisdom.

**Practice Visualization:** Engage in visualization exercises to strengthen your third eye.

**Affirmation:** Repeat to yourself, “I trust my intuition, I see clearly, I am connected to my inner wisdom.”





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### The Crown Chakra (Sahasrara)

**Name:** Sahasrara

**Location:** The Crown Chakra is located at the top of the head.

**Symbol:** A thousand-petaled lotus, representing infinite consciousness and enlightenment.

**Sound (Mantra):** Om and silence – Sitting in silence helps balance the Crown Chakra.

**Meaning:** This chakra is the center of spiritual connection and enlightenment. It governs your connection to the divine and your sense of purpose in life.

**Colors and Elements:** The color of the Crown Chakra is violet or white, and it's associated with the element of thought or cosmic energy.

#### *Symptoms of an Unbalanced Crown Chakra:*

**Physical:** Headaches, neurological disorders, sleep disturbances, depression.

**Emotional:** Feeling disconnected from spirituality, lack of purpose, depression, confusion.

#### *Practical Tips for Balancing Sahasrara Chakra:*

**Meditate on Oneness:** Focus on

the interconnectedness of all things in your meditation.

**Practice Mindfulness:** Stay present and aware to strengthen your connection to the divine.

**Affirmation:** Repeat to yourself, “I am connected to the divine, I am at peace, I am one with all.” “Be still and know I AM God.”



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**Summary** In the exploration of kundalini awakening, chakras, and the nadis, we delve into ancient yogic wisdom that offers profound insights into the relationship between the body, energy and consciousness. Kundalini Shakti, the powerful, dormant energy residing at the base of the spine, represents the transformative force within each of us, capable of elevating awareness, dissolving energetic blockages, and fostering personal and spiritual growth. As kundalini rises through the chakras, it activates and harmonizes the body's energetic centers, clearing the pathways for emotional, mental, and physical healing, while opening the door to heightened spiritual awareness.

This process of awakening is rooted in the sacred teachings of ancient yogic traditions, passed down through sages and seers who understood the intricate nature of the human energetic system. By integrating breathwork, meditation, mantra, visualization, and other yogic techniques, we cultivate the necessary balance within the nadis (energy channels) and chakras to prepare for the safe and beneficial rise of kundalini energy.

In this module, we've explored the layers of the subtle body, the koshas, and the role of Pranamaya Kosha—the energy sheath—as the bridge between the physical and spiritual realms. The practices outlined in this journey help to purify and awaken the energetic body, harmonize the flow of prana, and provide access to the deeper, transformative power of kundalini. By nurturing this inner energy system, we unlock not only the potential for physical health and emotional stability, but also the pathway to spiritual enlightenment, self-realization, and a connection to universal consciousness.