

# Rivers of Energy

*The body has its own sacred energy points just as the Earth has its own sacred currents, energy centres and weather fronts.*

*....and, just as with the Earth, when these energy points are in balance we experience health and vitality. Though, when out of balance, we experience a physical manifestation in one form or another.*

When people first walked the Earth they experienced life at the mercy of the elements. People were aware of the overwhelming force the elements had on their existence. Energy has the power to both construct and destruct; this was seen in nature. The ancients observed this duality – they saw it in the environment and they saw it in human nature. The elements have a profound effect on us – body, mind, and spirit. We are made of these elements, Earth being the solid physical body, water the ebb and flow of our emotions, fire our potential for rapid transformation as seen in the fiery digestive system, and air in the changeable nature of the mind.

Whilst Western forms of exercise are sophisticated and strong in technique their actual medical effectiveness is far less than Hatha Yoga. This is primarily because the practise of Hatha Yoga is grounded in the energetic body. Progress in Hatha Yoga occurs through a process of “tuning in” and becoming aligned with not only the body’s physical form, but energetic overlay, returning to a state of harmony and flow.

At first the energy lines, meridians, acupuncture points, chakras, marmas, and nadis that make up the Yogic energetic system may seem mysterious. After all, we cannot see them with our external eyes nor can we touch them directly. But once understood, they provide valuable insight into our holistic, energetic self.

Toxins, stress and negative emotions can get lodged at certain energy points, sometimes held for years. Relieving pain, blockage or swelling at key energy points is an important therapeutic practise and one of the first stages of Hatha Yoga. Initially this can be disruptive, disturbing, and even difficult. With ‘consistent’ practice, patience and time the blockages can be released allowing the energy to flow and health and vitality to be truly experienced.....and once experienced our practice simply rides the wave of curiosity and passion.

For ultimate health, it is necessary to focus beyond the physical body to our energetic self. Yoga stresses that disease can often originate from the subtle or energetic body and then manifest in the physical. This understanding can have great impact on health and healing. The degree to which this new understanding is accepted, and influences our modern Western paradigm will be the degree to which we can free ourselves from sickness, the cause of so much suffering.



# *Rivers of Energy*

Although many in the West classify Chinese medicine and Yoga as faith or superstition based, unlike our supposedly more sophisticated scientific approaches, modern quantum physics is gradually confirming everything that these systems have to say about vibration, energy and the importance of harmony. The mechanistic, materialistic view of the world in which our civilization has become bogged down, is slowly being replaced by the fluid, dynamic, expanding world where causes and effects include the invisible working of energy and vibration.

## **Yoga and Energy**

The essence of understanding Hatha Yoga is to understand Prana. Prana is the primary source of physical and energetic health. There is nothing more subtle in the body than Prana. It is the basic life force and the master form of all energy working on every level of our existence.

From energy drinks to energy bars, energy is something sought by people each day. Everything is made up of energy. Energy is pulsation - a pulsation that moves in a wave-like rhythm flowing up and flowing down. We may think we need to grab for energy outside of us in order to have more energy inside to function. What we really need is to learn how to balance the energy that is pulsing within us. While it may seem easy and convenient to purchase an energy product on the way to work, consuming it as you sit in traffic, quick energy fixes only lead to crashes later on. Instead, balance your energy with Yoga, a natural way to keep you invigorated throughout your day.

Practicing Yoga is a great way to energise your day. Yoga helps release tension and clear blockages, allowing energy to flow freely, creating an overall sense of vitality and well-being. Yoga poses don't create energy, they release energy and they also keep us from expending energy in activities that don't do anything for us. Often we have so much tension stored in our bodies that we are forced to use our energy to support this tension. If we can release this tension, we will be free to use this energy for whatever we really want to do.

There are three levels of energy centres within us - the Chakras, the Marmas, and the Nadis.

In classical Hatha Yoga theory there are 7 chakras, 107 marmas, and 72,000 nadis. Marma points are where energy is concentrated. Hatha Yoga aims to massage and stimulate these points. This massage and stimulation is said to restore and repair worn out tissues and prevent premature ageing. Stress, toxins and negative emotions take up residence in the Marmas. In Hatha Yoga the marmas are stimulated to adjust their energy flow and rebalance the main systems of the physical body, creating a blissful state of mind.



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The Chakras form the central energetic core of our energetic system, responsible for generating, transforming, and distributing energy. Chakras are like power stations generating energy for everything we think, feel, and do. The Chakras are the subtlest of the three being the nature of Pranic or energy centres, rather than mere physical locations, which is why their actions are seldom perceptible. The Chakras energise the marmas through corresponding nadis that carry its energy to various parts of the body. The Nadis are the subtle channels that run from the Chakras to various points on the body and which energise our physiological systems. They are not physical nerves but perceptible energy flows.

The Chakras are the key to physical health, emotional stability, and mental clarity. They act as conductors of energy. It is a vortex of moving energy, which stimulates various endocrine organs of the body to secrete hormones into the blood system. These are known as ductless glands, because their secretions go directly into the blood stream. The effects of hormones control our body. They also affect our state of mind.

Marmas are sensitive regions that develop from the Nadis. They distribute Prana, from the Chakras and the Nadis, throughout the body.

The two most noted traditions that have remained intact with respect to their appreciation of vibration or energy for health and healing come from the East: Chinese medicine and Yoga. The concept of vibration and energy as organised in the subtle body is expressed differently in various traditions for many reasons, including the environment of the culture, historical contexts, and the circumstances under which the traditions were born. But they do share some important similarities. Both Eastern systems of Chinese medicine and Yoga emerged onto our planet around 5000 years ago.

Chinese medicine and Yoga have each identified and mapped the energy matrix of the body from their own cultural perspective. Some people assert that the acupuncture points and meridians of the Chinese medical system and the marmas, nadis and chakras in the Yogic system are completely different from each other. Others tell us that the concepts are one and the same and only appear different because of differences in language and culture. Indeed each system is distinctive, but they also share substantial similarities, because the truth of the body's energetic system is the basis for both modalities.

Each system has as its foundation an understanding of the body and mind as a coherent energy matrix or system of vibrations. This energy vibration circulates in and around our psycho-physical manifestation along coherent pathways. These pathways have junctions and sites of greater and lesser intensity. Both systems describe humans as conscious focalisations of cosmic energy, interacting with the universe at subtle and gross levels. Healing in these systems is related to accessing this universal subtle energy through the body's energy channels and meridians

**What you love is a sign from your higher self of what you are to do. *Sanyana Roman***

