

# ENERGETIC ANATOMY

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vāyu	flow direction	function	element
prāṇa	inward, ingestion	sense input, ingestion, cerebral	ether
udāna	outward, up and out	effort, upward movement, respiratory	air
samāna	equal, spiraling inward	digestion, absorption, assimilation	fire
vyāna	diffusive, circulatory	circulation, lymph, physical activity	water
apāna	down and out	natural urges, sex, elimination, birth	earth

चक्र cakra	कोश kośa	वायु vāyu	मर्म marma	function
mūlādhāra	annamaya	apāna	trik, śakti ūrvī	survival, groundedness
svādhiṣṭhāna	prāṇamaya	apāna	nābhi, basti	procreation, self-identity, esteem
maṇipūra	manomaya	samāna	sūrya	ambition, achievement, power, control
anāhata	jñānamaya	vyāna	hṛdayam	love, immunity
viśuddha	vijñānamaya	udāna	jatru	communication
ājñā	ānandamaya	prāṇa	ājñā	intuition
sahasrāra	beyond kośa	prāṇa	mūrdhni	self realization, bliss

prāṇa = vital life force, chi, vital energy, inner wind

cakra = cerebrospinal center, wheel, energetic center of the body

nāḍī = tube, stalk, tubular organ, subtle vessel of the body connecting the bioelectric grid

marma = door, gateway from the skin into the bioelectric grid; portal to the internal pharmacy.

Think of them as starting the size of your thumb, shaped as an upside down cone, becoming more precise as you enter the body. Become magnetic.

Oil means love in Sanskrit. The use of oil all over body, and in the orifices near where pain is occurring, is considered one of the greatest ways to heal the body.