

The Cosmos of Subtle Energy Flows in the Human Body



An excellent depiction of the "Seven Energy Centers" Chakras of the human body with its internal system of subtle "Energy Flows": The human body is considered the perfect vessel for "Full Awakening" in Buddhist cosmology!

The "Seven Centers" represent the major transition points for the Universal Energy "Praana", as it flows like a "Wind" Vayu throughout the human body in numerous main and side "Channels" Nadis.

The "opened" Chakras lead to all wholesome manifestations of the Heart-Mind-Body system. The "closed" Chakras lead to all unwholesome manifestations.

The principal instrument to increasingly open them is "Fully Conscious Breathing", i. e. the inner practice most praised by the historical Buddha. "Fully Conscious Breathing" of or better within the "Five Vital Breaths" mentioned below frees, opens or awakens the physically related subtle "Energy flows" and "Energy Centers".

From the Ancient Indian Vedic and the Buddhist energy-spiritual "Tantric" perspective it means the "Five Vital Breaths"!

The "Five Vital Breaths"

1) Lower Stomach Breathing (Red; the Root Chakra; the Element Earth),

i. e. "Apaana" (Releasing Breath).

The related sense: Smelling; nose.

The related physical systems, indicating the related "energy":

The organs of excretion and reproduction.

2) Navel Breathing (Orange; the Sacral or Navel Chakra; the Element Water),

i. e. "Vyaana" (Cohering or Integrating Breath).

The related sense: Tasting, Sensing; mouth, tongue

The related physical systems, indicating the related "energy":

Small intestine, the absorption and the distribution of the nutrients.

3) Diaphragm Breathing (Yellow: the Solar Plexus Chakra; the Element Fire),

i. e. "Samaana" (Incorporating or Digesting Breath).

The related sense: Seeing; eyes.

The related physical systems, indicating the related "energy":

The organs of digestion and separation.

4) Chest Breathing (Green: the Heart Chakra; the Element Air or Wind),

i. e. "Praana" (Foregoing or Source Breath).

The related sense: Touching; whole body.

The related physical systems, indicating the related "energy":

The organs of oxygen uptake and distribution, i. e. the lungs and the heart.

5) Throat, Forehead and Crown Breathing (Bright Blue, Dark Blue, Indigo; the Throat, the Forehead and the Crown Chakras; the Element Space),

i. e. "Udaana" (Upflowing Breath).

The related sense: Hearing; ears.

The related physical systems, indicating the related "energy":

The vocal cords, the pineal gland, and the pituitary gland with the brain

The "Kundalini"

The rising double "Kundalini Snake" means the increasingly freed, uninhibited, or liberated inner energy:

The clockwise turning snake sends the universal energy "Praana" out, whereas the counterclockwise turning snake draws the universal energy in, similar to a "Tesla Coil":

Thus embedding the human vessel into the "Universal Field".

Also the human DNA has this "Double Helix" structure, indicating the transmitter function of the human body for "Praana".

The dot at the forehead and the elevation at the crown of each Buddha depiction represent the fully developed or opened two highest Chakras, i. e. the "Forehead Chakra" and the "Crown Chakra":

Meaning penetrating intuition into the "True Nature" of all things, with the "Third Eye", and that total embedment into the "Universal Field"

The wings at the top of the image mean "Full Awakening" Bodhi or Nirvana.