THE THREE SPINAL CHANNELS

You could add Tom Kenyon’s White Gold Alchemy Meditation to actualize what is being said here.

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Of these three currents which flow in and around the spinal cord of every human

being Madame Blavatsky writes as follows in The Secret Doctrine:

The Trans-Himalayan school … locates Sushumna, the chief seat of these three Nadis, in the

central tube of the spinal cord. … Ida and Pingala are simply the sharps and flats of that Fa of human

nature, … which, when struck in a proper way, awakens the sentries on either side, the spiritual

Manas and the physical Kama, and subdues the lower through the higher.\*

It is the pure Akasha that passes up Sushumna; its two aspects flow in Ida and Pingala. These

are three vital airs, and are symbolized by the Brahmanical thread. They are ruled by the Will. Will

and Desire are the higher and lower aspects of one and the same thing. Hence the importance of the

purity of the canals … From these three a circulation is set up, and from the central canal passes into

the whole body.†

\* The Secret Doctrine, Fifth Adyar Edition, Vol. V, p. 480.

† The Secret Doctrine, Fifth Adyar Edition, Vol. V, p. 510.

Ida and Pingala play along the curved wall of the cord in which is Sushumna. They are semimaterial,

positive and negative, sun and moon, and start into action the free and spiritual current of

Sushumna. They have distinct paths of their own, otherwise they would radiate all over the body.\*

In The Hidden Life in Freemasonry I referred to a certain Masonic use of these forces

as follows:

It is part of the plan of Freemasonry to stimulate the activity of these forces in the human

body, in order that evolution may be quickened. The stimulation is applied at the moment when R. W.

M. creates, receives and constitutes; in the First Degree it affects the Ida or feminine aspect of the

force, thus making it easier for the candidate to control passion and emotion; in the Second Degree it

is the Pingala or masculine aspect which is strengthened, in order to facilitate the control of mind; but

in the Third Degree, it is the central energy itself, the Sushumna, which is aroused, thereby opening

the way for the influence of the pure spirit from on high. It is by passing up through this channel of

the Sushumna that a yogi leaves his physical body at will in such a manner that he can retain full

consciousness on higher planes, and bring back into his physical brain a clear memory of his

experiences. The little figures below give a rough indication of the way in which these forces flow

through the human body; in a man the Ida starts from the base of the spine just on the left of the

Sushumna and the Pingala on the right (be it understood that I mean the right and left of the man, not