

Solar Energy in Kundalini Yoga: Chakras, Ten Bodies, and the Pingala Nadi

This reference guide is intended to help you better track your own somatic experiences in practice. The real learning occurs through direct experience—this document serves as a reflection tool to illuminate that process. In Kundalini Yoga, the Sun symbolizes divine radiance, clarity, and vitality—both physical and spiritual. It represents the power to illuminate, nurture, and transform. This solar force maps across multiple systems in yogic anatomy: chakras, the Ten Bodies, and subtle energy pathways such as the Pingala Nadi.

Chakras Most Influenced by the Sun

1. Manipura Chakra (3rd Chakra) – Solar Plexus

- Element: Fire
- Qualities: Willpower, confidence, digestion, self-identity
- Symbolism: Known as the 'seat of the sun,' where solar energy manifests as personal power and transformation.
- Associated Deity: Surya (Sun God)
- Solar Function: Translates divine light into action and presence.

2. Ajna Chakra (6th Chakra) – Third Eye

- Element: Light / Ether
- Qualities: Intuition, inner vision, discernment
- Symbolism: Represents the inner sun—jyoti or inner illumination. Awakening this chakra raises the sun of consciousness.
- Solar Function: Radiates clarity of awareness and dissolves illusions.

3. Hrit Chakra – The Spiritual Heart

- Location: Just below the Anahata (Heart) chakra
- Name Meaning: Hrit Padma means “Lotus of the Heart”
- Petals: Often described as an 8- or 12-petaled lotus
- Element: Subtle Fire / Radiant Light (Tejas)
- Qualities: Deep compassion, unconditional love, refined spiritual fire, and receptivity to divine grace
- Symbolism: Considered the seat of the spiritual heart and inner Self (Atman), it absorbs solar prana and bridges the love of Anahata with the will of Manipura
- Solar Function: Acts as a bridge between the human and the divine—a radiant light linking form (heart) and formless (spirit), expressing devotion and inner radiance

10 Ten Bodies Most Reflecting Solar Energy

1. 3rd Body: Positive Mind

- Element: Fire
- Qualities: Optimism, enthusiasm, will to act
- Solar Aspect: Reflects life-affirming vitality, courage, and opportunity.

2. 7th Body: Aura

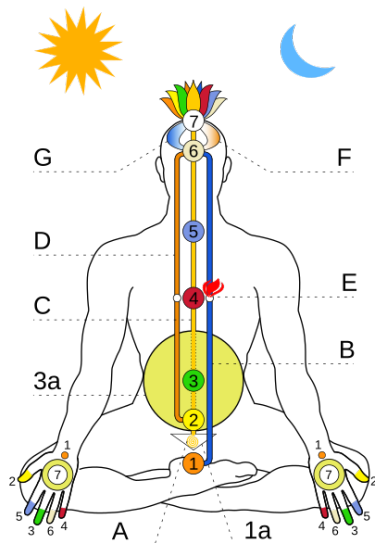
- Element: Electromagnetic field
- Qualities: Protective radiance, presence
- Solar Aspect: Radiates light, protects and magnetizes through presence.

3. 10th Body: Radiant Body

- Element: Pure Light
- Qualities: Royal presence, spiritual authority
- Solar Aspect: Inner sun-body, expresses courage, grace, and divine glow.

4. Arc Line (7th Subtle Body: included within the Ten Bodies framework)

- Description: The arc-shaped field that extends from ear to ear (forehead) and, in women, nipple to nipple.
- Function: Projects spiritual command, holds karmic patterns, and expresses radiant projection.
- Solar Aspect: Like the sun's arc across the sky, the Arc Line reflects clarity, integrity, and spiritual presence. It works closely with Ajna chakra and Pingala Nadi.



A simplified view of the subtle body of Indian philosophy, showing the three major nadis or channels, the Ida (B), Sushumna (C), and Pingala (D), which run vertically in the body (Wiki)

Subtle Energy Pathways: Pingala Nadi – The Solar Channel

- Origin & Pathway: Begins at the right of Muladhara and spirals up around Sushumna to the right nostril/Ajna
- Symbolism: Represents dynamic, warming solar energy
- Function: Activates sympathetic energy, fuels Manipura and Ajna, supports action, metabolism, and clarity
- Breath Connection: Right nostril breathing (Surya Bhedana) stimulates Pingala
- Solar Integration: Feeds Radiant Body and Arc Line with solar vitality

 ***Student Inquiry: Where is the 'Inner Sun' located and how does it relate to the physical and subtle bodies?***

The Inner Sun expresses itself across both subtle energy systems and physiological processes:

- At the physical level, it is reflected in the autonomic nervous system (ANS)—specifically the sympathetic branch, which governs our metabolic, action-oriented, and energizing responses. This solar-like activation corresponds with the nerve plexus of the solar plexus region.
- At the subtle level, the Inner Sun radiates through:
 - Manipura Chakra – personal will and vitality
 - Anahata Chakra – center of love and balance, often symbolized with fire in the heart
 - Ajna Chakra – insight and awareness
 - Hrit Chakra – the spiritual heart, embodying refined spiritual fire and devotional light
- The Pingala Nadi, known as the solar or “Surya” channel, carries warming, energizing solar prana up the spine—powering the subtle energy body and supporting development of the Positive Mind, Aura, and Radiant Body.
- The Arc Line, as a subtle-body structure within the Ten Bodies framework, becomes the field of spiritual projection, karmic integrity, and divine command once the Inner Sun is fully awakened.

In essence, the Inner Sun bridges the vital spark of the body (via the sympathetic ANS and solar plexus) with the light of higher consciousness and compassion (through Manipura, Anahata, Ajna, Hrit, and subtle pathways like Pingala and the Arc Line).

✨ In Summary

System	Solar Expression
Manipura Third Chakra	Willpower, vitality, seat of personal fire
Ajna Sixth Chakra	Inner sun of awareness and spiritual clarity
Hrit Chakra	Spiritual heart, receptivity to divine solar grace
Positive Mind (3 rd Body)	Life-affirming courage and optimism
Aura (7 th Body)	Electromagnetic field of radiant protection and presence
Radiant Body (10 th Body)	Regal spiritual brilliance and inner command
Arc Line (6 th Body)	Halo of destiny, integrity, and solar projection
Pingala Nadi	Subtle solar current fueling energy, metabolism, and insight

📖 Quotes from Sacred Texts on the Sun

- “Surya... What the Sun is, that I am. From the Sun arise all beings. ... Into the Sun they all vanish.” — Surya Upanishad
- “The Sun sustains them all... the Sun is the Atman of the world. All beings arise from the Sun and are protected by him.” — Surya Upanishad
- “Fire is His head, the sun and moon His eyes... He is the inner self of all beings.” — Upanishads
- “Brahman is the sun of all existence... the natural sun is a phenomenal manifestation of Brahman.” — Chandogya Upanishad
- “The Sun is the spirit, matter is the moon... the sun ascends ... illuminating everything, as ... spirit of all creatures.” — Prashna Upanishad 1.4
- “When asked, ‘What is the light of man?’ Yajnavalkya replied, ‘The sun... when sun and moon have set, the Self is his light.’” — Brihadaranyaka Upanishad