AAPANA PRANA

From the text book “MICROCHAKRAS” Innertuning for Psychological Well-Being

The tantric and Vedic traditions identify five major praanas as part of the subtle field. Knowledge of the praanas, like gunas and elements, aids in understanding the interrelationship of the physical and subtle fields. Each praana is a type of vital energy.

Praana operating below the navel is called apaana. It assists all motions of expulsion associated with rectal and urological functions, including defecation, urination, orgasm, and birth.

The Problematic Role of Apaana

Microchakra Psychology has a unique understanding of the role of apaana in many physical and emotional problems. It has been the clinical observation of Sri Shyamji that normal wear and tear coupled with lingering inner conflicts are the reason that apaana praana frequently generates toxic fumes that invade the integrity of the higher chakras—causing a host of problems. These range in severity from sluggishness to psychotic episode. Bodily toxicity, constipation, unhealthy lifestyle, negative thinking, and emotional shock aggravate apaana problems. The unconscious desire to say “no” to life, to want to return to the womb, and to avoid responsibilities reverses the normal downward flow of energy in the right channel. Instead of descending, an upward trend occurs that puts the whole subtle energy system out of balance.

Normally, apaana dwells in the first chakra. If it invades the second chakra, one becomes preoccupied with sex and other exchange relationships. When apaana affects the third chakra, there are digestive disorders or expressions of rage that may be directed either inward toward oneself or outward toward others. There may be an excessive pursuit of worldly success and power. When apaana affects the fourth chakra, there can be unexplained pressures on the heart, arrhythmia, shortness of breath, and depression. When the fifth chakra is affected, one may hear voices giving advice that sometimes is misinterpreted as spiritual. One may at times speak out loud to oneself and not be aware of it. In addition, if the pods of apaana are large, one may feel that one is a great leader of mankind. When apaana affects the sixth chakra, schizophrenia or manic depression may result. In the seventh chakra, apaana may produce catatonia.

Problems that are sometimes believed to be associated with the rise to kundalini, a powerful subtle energy dormant in the first chakra, may often be due instead to the influence of apaana on the higher chakras. Sri Shyamji has had the opportunity to work with numerous people, many referred to by the psychiatric community, whose apaana was responsible for creating havoc in their lives. They were all
benefited by purifications and InnerTuning sounds, which gradually lessen the emotions of insecurity and fear. Practitioners of InnerTuning participate in a five-day purification twice a year (Spring and Fall). The varied benefits include the purification of apaana.

Apaana and the Cycle of Chakra Activity

In human beings, energy cycles twice through all seven chakras during each twenty-four hour period, with each chakra successively becoming the most active. Energy drops from the seventh to the first chakra in both morning and evening. In the Tantric and Vedic traditions, this period is called Brahmamuhooarta because it is the time of Brahmaa, who resides in the first chakra. Daily defecation, ideally before dawn and dusk, when energy is centered in the first chakra, is one simple way to keep the apaana grounded.

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