Heart-womb meridian: river of energy between love and creativity

of these greetings begin with consciousness in the heart and bring it to the womb. The channel through which the awareness flows is the heart-womb meridian, a pranic link between the energies of the heart and those of the womb. This particular meridian is acknowledged both in Traditional Chinese Medicine (heart-uterus meridian) and in Ayurveda, the ancient Indian medical system that shares the same philosophical framework of understanding (Samkhya darsana) that underpins the whole of yoga. I refer to this energetic connection between heart and womb as the Hridaya-Yoni Nadi, which literally means the river (nadi) of energy that flows between the space of the spiritual heart (hridaya) and the source of creation or the womb (yoni).

Heart-womb river-ocean greeting gesture: (Hridaya-yoni nadi-sagara namaskara)