

## The Body's Various Diaphragms in Relation to the Lingas or Granthis

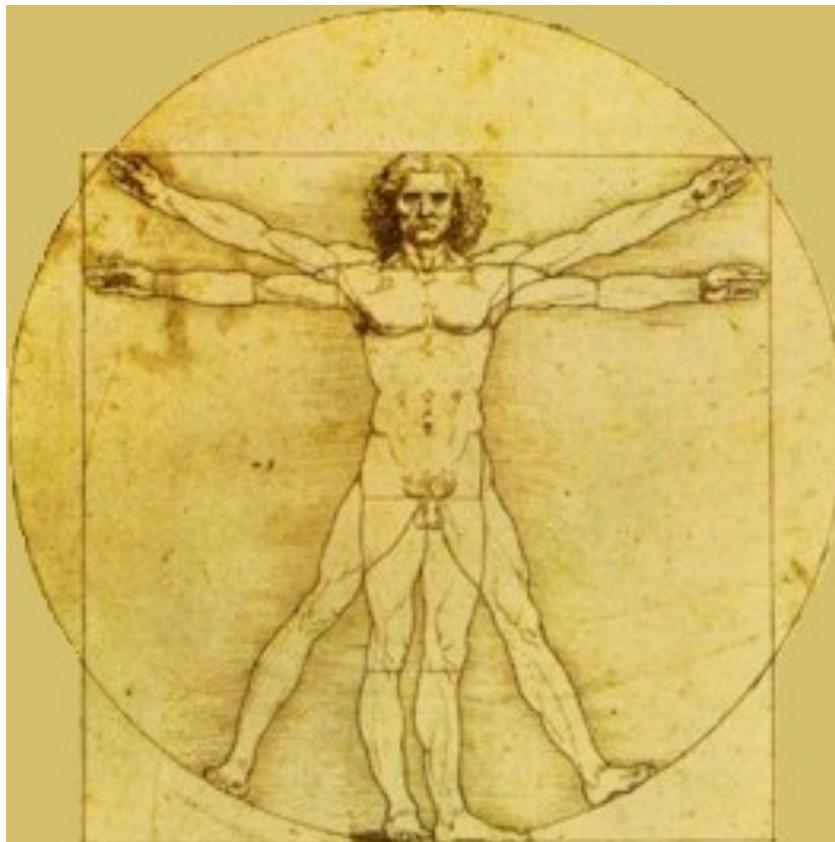
There are numerous views concerning the body's diaphragms. For our purposes, we'll consider a diaphragm to be an organization of somewhat flexible tissue into a potential dome-shape in the physical body that gives dynamic support to perpendicular physical structures. It may as well provide a resonant tympanic structure for energy and sound.

The diaphragms:

- Soles of the feet
- Palms of the hands (in quadruped)
- \*Abdominal wall (in quadruped)
- Pelvic floor
- Breathing (thoracic) diaphragm
- \*Thoracic inlet
- Larynx and vocal folds
- Hard & soft palate
- Cranial vault (calvaria) \* Minor/lesser diaphragms

The three Linga or Granthis

- Svayambu Linga also called Brahma Granthi
- Bana Linga also called Vishnu Granthi
- Itara Linga also called Rudra Granthi



*Da Vinci's Vitruvian Man*