

Ida, Pingala and Shushumna



Pingala

Pingala begins on the right side of the shushumna. Envision it as a warm orange-ish red.

Ida

Ida begins on the left side of the shushumna. Envision it as cool blue.

Shushumna

Shushumna begins at the base of the spine. Envision it as golden yellow-ish color.