

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.

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Note: There are many styles with which one can configure the ida and pingala energies, so it can tend to be a little confusing. John is working with the ida and pingala nadis as they cross each other *between* the chakras, in front of and behind the shushumna, (central channel, spinal cord), not at the chakras themselves.

John suggests that thinking of it this way might help you get a sense of the way the energies move: One nadi is always touching, (or is on) the left side of one chakra. That nadi *leaps forward* and up to the right side of the next chakra. Whenever a nadi is touching (or is on) the right side of a chakra it *sweeps back* around and up to the left side of the next higher chakra.

Ida

- The cool blue energy of the Ida nadi begins at the left side of the first chakra at the base of the spine.
- It *leaps forward* in front of the shushumna and up to the right side of the second chakra.
- Then it *sweeps back* behind the shushumna and up to the left side of the third chakra.
- It *leaps forward* in front of the shushumna and up to the right side of the fourth chakra.
- Then it *sweeps back* behind the shushumna and up to the left side of fifth chakra.
- It *leaps forward* in front of the shushumna and up to the right side of the sixth chakra.
- Then it crosses over to the left side to terminate in the left nostril.

Pingala

- The warm orange-ish red energy of the pingala nadi begins at the right side of the first chakra at the base of the spine.
- Then it *sweeps back* behind the shushumna and up to the left side of the second chakra.
- It *leaps forward* in front of the shushumna and up to the right side of the third chakra.
- Then it *sweeps back* behind the shushumna and up to the left side of fourth chakra.
- It *leaps forward* in front of the shushumna and up to the right side of the fifth chakra.
- It *sweeps back behind* the shushumna and up to the left side of the sixth chakra.
- Then it crosses over to the right side to terminate in the right nostril.