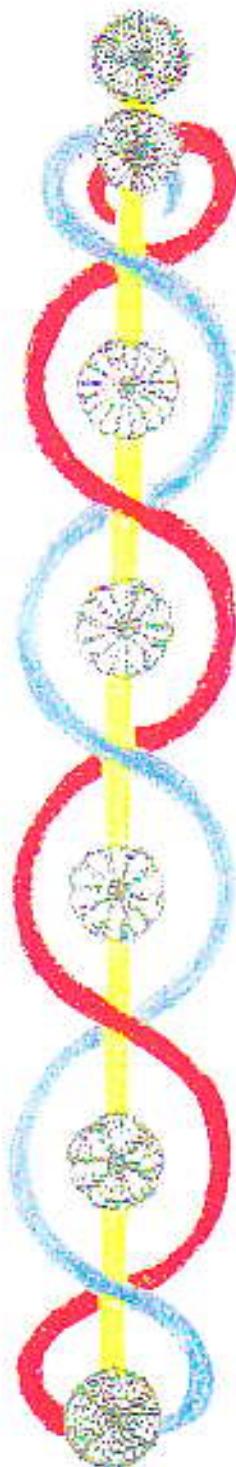


# *Ida, Pingala and Shushumna*



## *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.