

# Balancing Act

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By James Bailey, from Yoga Journal, August 28, 2007

This is an article about the **nadis**, a set of energy paths, about 72,000 of them in the human body.

When the nadis flow well, we are vital and healthy. They strengthen the flow of prana.

3 important Nadis

**Sushumna** – fuels the higher consciousness. This is the path to enlightenment.

**Ida** is the feminine, lunar, cool and nurturing nature, represented by the color white.

**Pingala** is the masculine, solar energy, represented by the color red.

The Ida and Pingala rise from the root chakra and loop through each chakra providing an energy channel from the base chakra to the crown chakra. Sushumna goes directly from the root to the crown. The looping of the ida and pingala is thought to be a dance between intuition and rationality, consciousness and vital power, right and left brain activity.

The yoga asana session is believed to bring the generate kundalini, the power that drives energy through the ida and pingala. If the Ida and pingala are not balanced, the kundalini may remain dormant.

## Shodhana

- alternative nostril breathing
- thought to balance ida and pingala
- block left nostril with the ring and pinkie fingers, exhale then inhale through right
- close right with the thumb, release the ring and pinkie, exhale then inhale through left