

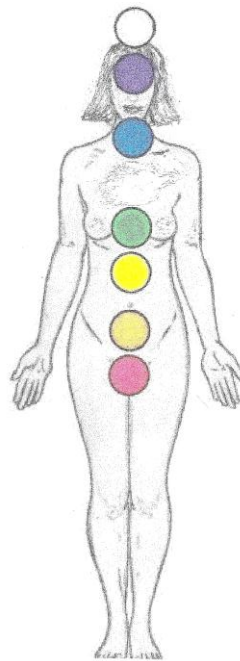
Prism Path
Abundance, Harmony, Unity

The colors on this healing labyrinth correspond to the colors of the power centers along the spine. These power centers, called chakras (pronounced *chokras*), are invisible energy cones. These energy centers are located at the major nerve complexes along the spinal column.

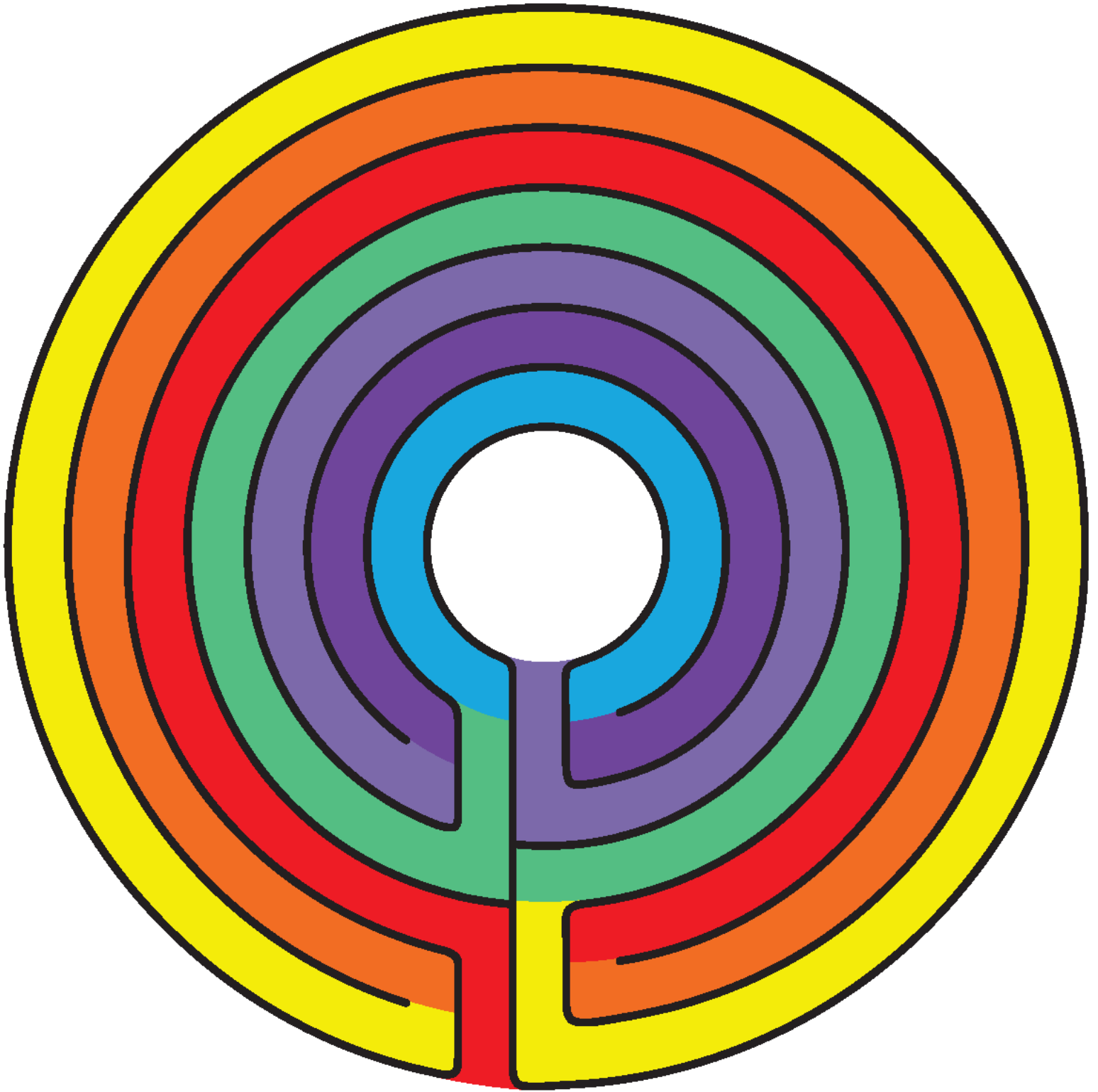
Working with these energy cones is the backbone of many wholistic forms of Eastern medicine, such as Chinese and ayurvedic medicine. Yoga, acupuncture, and Reiki are some health practices which promote good energetic health. Just as magnetic energy cannot be seen directly, these chakras cannot be seen. However, when the energy in these centers becomes disordered, persons can experience disease or distress.

Tracing this Prism Path with your finger or walking it can release blockages so that your energy flows more freely throughout your whole being. Try tracing or walking to the center and simply staying in the center until you feel ready to move again.

Before you leave the center of the Prism Path, send roots from the bottom of your feet deep into the earth. Then you can trace or walk your way back through the colors, or simply lift your finger or walk directly to the outside of the circle. Try both ways and see which fills you with more energy and gives you more clarity.



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