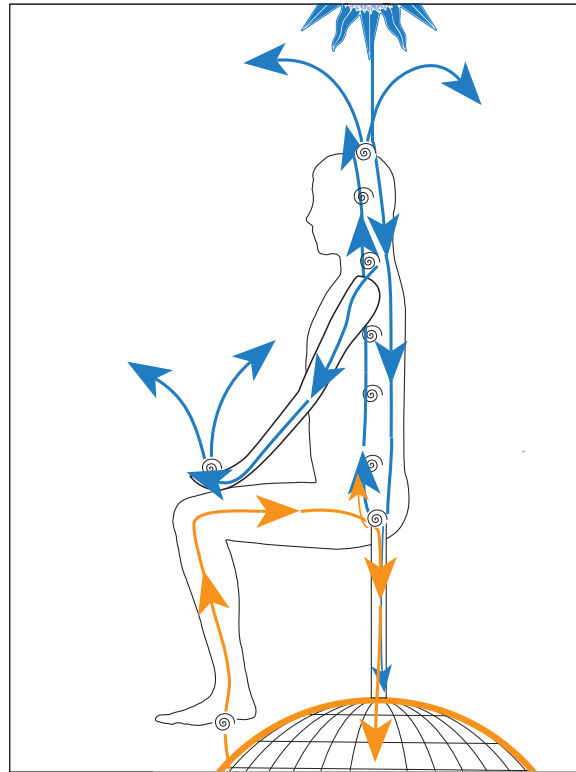


Running Energy Diagram



- **Earth Energy** (orange) travels from the center of the Earth into the feet chakras and up leg channels into first chakra.
- 80% of it then mixes with 20% Cosmic Energy (blue) and the mixture returns back down the Grounding Cord.
- **Cosmic Energy** (blue) travels from the Universal Life Force above into the crown chakra and down back channels into first chakra.
- 80% of it then mixes with 20% Earth Energy (orange) and the mixture continues up front channels.
- The mixture then fountains out the crown chakra and fills the energy field.
- A portion of the mixture that is flowing upward moves from the throat chakra down both arm channels and fountains out of the hand chakras to fill the energy field.