

## Sat Kriya

### HOW TO DO SAT KRIYA

Sit on the heels with the arms overhead and palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. Chant *SAT* and pull the Navel Point in; chant *NAAM* and relax it.

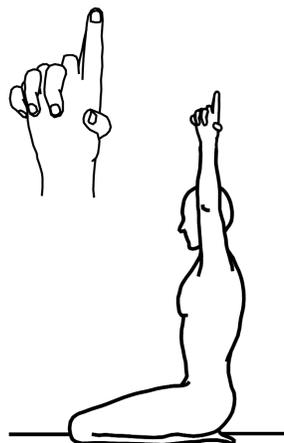
Continue at least **3 minutes** (or whatever time is specified in the *kriya*.) Then inhale, apply Root Lock (*mulbandh*) and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders. Mentally allow the energy to flow through the top of the skull. Exhale, hold the breath out and apply all the locks (*mahabandh*). Inhale and relax.

NOTE: Whenever Sat Kriya is done in a Kundalini Yoga *kriya*, the rule of thumb is to apply Root Lock on the inhale and *mahabandh* on the exhale, even though it may not be specified.

▶ You may build the time of the *kriya* to **31 minutes**, but remember to have a long, deep relaxation immediately afterwards. A good way to build the time up is to do the *kriya* for **3 minutes**, then rest **2 minutes**. Repeat this cycle until you have completed **15 minutes** of Sat Kriya and **10 minutes** of rest. Finish the required relaxation by resting an additional **15-20 minutes**. Do not try to jump to 31 minutes because you feel you are strong, virile or happen to be a yoga teacher. Respect the inherent power of the technique. Let the *kriya* prepare the ground of your body properly to plant the seed of higher experience. It is not just an exercise, it is a *kriya* that works on all levels of your being—known and unknown. You might block the more subtle experiences of higher energies by pushing the physical body too much. You could have a huge rush of energy. You may have an experience of higher consciousness, but not be able to integrate the experience into your psyche. So prepare yourself with constancy, patience and moderation. The end result is assured.

▶ If you have not taken drugs or have cleared your system of all their effects, you may choose to practice this *kriya* with the palms open, pressing flat against each other. This releases more energy than the other method. It is generally not taught this way in a public class because someone in the class may have weak nerves from drug use.

▶ Notice that you emphasize pulling the Navel Point in. Don't try to apply *mulbandh*. *Mulbandh* happens automatically if the navel is pulled. Consequently, the hips and lumbar spine do not rotate or flex. Your spine stays straight and the only motion your arms make is a slight up-and-down stretch with each *Sat Naam* as your chest lifts.



### COMMENTS:

▶ Sat Kriya is fundamental to Kundalini yoga and should be practiced every day for at least 3 minutes. Its effects are numerous.

▶ This exercise works directly on stimulating and channelizing the kundalini energy, so it must always be practiced with the mantra *Sat Naam*.

▶ Sat Kriya strengthens the entire sexual system and stimulates its natural flow of energy. This relaxes phobias about sexuality. It allows you to control the insistent sexual impulse by rechannelizing sexual energy to creative and healing activities in the body.

▶ People who are severely maladjusted or who have mental problems benefit from this *kriya* since these disturbances are always connected with an imbalance in the energies of the lower three chakras.

▶ General physical health is improved since all the internal organs receive a gentle rhythmic massage from this exercise.

▶ The heart gets stronger from the rhythmic up-and-down of blood pressure you generate from the pumping motion of the Navel Point.

If you have time for nothing else, make this *kriya* part of your daily promise to yourself to keep the body a clean and vital temple of God.