

## How It Works and What It Does

The continuous “squeeze-release” motion creates a powerful pump for your kundalini energy. On the physical level, when Sat Kriya is properly done, this release gives your body the energy it needs to heal and regenerate every organ and cell. On the energetic level, though, Sat Kriya is also stellar.

Sat Kriya works primarily on the lower triangle—the first, second, and third chakras. The lower triangle corresponds to the earliest stages of our human development, with the first chakra especially relating to birth, infancy, and the issues of fundamental security, being-ness, and belonging. Sat Kriya, in working on the lower triangle, has the power to excavate deeply entrenched wounds from our early life. That’s one reason it’s often recommended for healing mental and psychological imbalances. I like to think that

Sat Kriya is probably the best way to heal the psychic residue of inadequate parenting and severe childhood wounds. That’s how deep it goes!

Sat Kriya doesn’t have to be the only Kundalini Yoga exercise you’ll ever do, but if you make it a part of your daily practice, you’re well on your way to being healthy, happy, and whole.

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\* See Glossary pages 85-86.

<sup>1</sup> Sat Nam is pronounced “Sat Naam” (rhymes with “but Mom”).

## To Finish

1. Inhale deeply and, with the breath held in, squeeze the Root Lock.\* Draw the energy up your spine to the top of your head and even to the tips of your fingers. Hold about 8 to 10 seconds. Exhale.
2. Repeat: Inhale deeply, hold, and squeeze. Exhale.
3. Inhale deeply and then exhale completely out, apply the Root Lock and also the Neck Lock.\* Hold a few seconds and then release the breath and the locks.
4. Lie down on your back in Corpse Pose (arms at sides, palms facing up). Deeply relax for the same amount of time that you did the exercise.

## Times

One minute is good for beginners to get the hang of things. 3 minutes is a good starting point for regular practice. Gradually work up to 7, 11, 22, or 31 minutes in one sitting. By the time you reach 31 minutes, you’re in self-mastery territory! And some folks do Sat Kriya for 62 minutes.

## Don’ts

- Don’t let the arms fall or the elbows bend. Keep stretching up and if you feel yourself fading, keep recommitting to the exercise. Stretch up from your armpits.
- Don’t let your chest, shoulders, and arms move up-and-down as you chant. The motion is simply the squeezing of the organs “below the belt.” Keep the upper body nice and stable.

## A Note About the Breath

One perennial question I get from frustrated students is, “When do I inhale?” The answer is to let it come naturally for you within the rhythm of “squeeze-release.” Don’t get too hung up on this. This is not a deep breathing exercise. You’re creating a powerful experience that’s natural for you.



## MEDITATION TO OVERCOME IRRATIONAL EATING HABITS

**Posture:** Sitting in Easy Pose, or lying down on the back (not recommended if you’re sleepy).

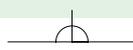
**Mudra:** Close off your right nostril with your right thumb or index finger and breathe through the left nostril only, slowly and deeply, for 31 minutes. (You may switch to the other hand—same nostril—if the right arm becomes tired.)

**Breath:** Inhale as slowly as you can, hold the breath in as long as you can comfortably, then let the breath out slowly, and hold it out as long as you can comfortably. You don’t need to put strain on yourself while holding the breath in and holding it out. You will gradually increase the length of the breath naturally. It is okay if each of the parts of the breath is different in length.

**Eyes:** Closed.

**Time Frame:** If you can stop and do the meditation when you feel compulsive about food, then the practice should prove effective in 90 days. However, this may be the hardest time for you to meditate. In any case, practice at least once a day for 90 days.

**Comments:** When you can’t control your eating, you have no control over your metabolism, and this is linked to lack of self-respect, self-exertion, and self-effectiveness. Once you gain control over your eating, it is said you can control anything.





## PROSPERITY

# Manifesting through Mantra

Photography by  
Ron Hamad

“This mantra brings wealth. You may practice this kriya at home. It is not difficult, but it will change the entire chemistry of your blood and give you a new beginning.”  
—Yogi Bhajan

**A**s mantra is the mind's relationship to the cosmos, every single word you say is a confirmation of that relationship. “I'm broke,” “I can't afford that,” and similar statements reinforce again and again that there is no room for financial prosperity in your life. Statements, spoken in word or in thought, such as: “I'm no good in relationships,” “I'm so unfit,” “I'm always sick,” “Life sucks,” reinforce this negative structure in your physical reality and ensure that there will be no prosperity in your health, your relationships, or any part of your life. For the next 40 days, simply refuse to speak or think these thoughts. Instead, say things like, “My prosperity is increasing and soon I will afford that with ease,” “I am working towards being more comfortable with my budget,” “Prosperity is coming to me.” These comments, instead of excluding prosperity, actually invite it in. Say things like, “I see this challenge as an opportunity to grow and excel in life,” “I love myself enough to start an exercise program that can work for me,” “I am beautiful, bountiful and blissful.”

Here is a mantra that you can practice at home to create prosperity in your life.

### Mantra:

Har Har Har Har Gobinday  
Har Har Har Har Mukanday  
Har Har Har Har Udaaray  
Har Har Har Har Apaaray

Har Har Har Har Hareeang  
Har Har Har Har Kareeang  
Har Har Har Har Nirnaamay  
Har Har Har Har Akaamay

### Translation:

Gobinday: sustaining  
Mukanday: liberating  
Udaaray: enlightening  
Apaaray: Infinite  
Hareeang: destroying  
Kareeang: creating  
Nirnaamay: nameless  
Akaamay: desireless

Har is the original force of creativity.

This mantra is known as the *Guru Gaitri Mantra* with *Four Hars*. It fixes the mind to prosperity and power. It contains the eight facets of Self. The four repetitions of *Har* give power to all aspects and provide the power to break down the barriers of the past. It converts fear into the determination to use and expand the reserve energy of the Navel Point. It invokes guidance and sustenance; all powers come to serve your true purpose.

