

# Sat Kriya

As described in “Kundalini Yoga Sadhana Guidelines, 2<sup>nd</sup> Edition:

Sit on the heels and stretch the arms overhead so that the elbows hug the ears. With the palms together, \* interlock all the fingers except the index fingers (Jupiter), which touch pointing straight up. Begin to chant *Sat Nam* emphatically in a constant rhythm about 8 times per 10 seconds. Powerfully resonate *Sat* from the navel point and solar plexus, pulling the umbilicus all the way in toward the spine. On *Nam* relax the belly.

Continue at least **3 minutes** then inhale 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. Ideally you should **relax for twice the length of time that the kriya was practiced.**

Comments:

Sat Kriya is fundamental to Kundalini Yoga and should be practiced every day for at least 3 minutes. If you have time for nothing else, make this kriya part of your daily commitment to yourself to keep the body a clean and vital temple of God.

Notice that you emphasize pulling the navel point in. Do not try to apply *mulbandh*. It 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 of one to two inches with each *Sat Nam* as your chest lifts.

Sat Kriya's effects are numerous. It strengthens the entire sexual system and stimulates its natural flow of energy relaxing phobias about sexuality. It allows you to control the insistent sexual impulse by redirecting the flow of sexual energy to creative activities and healing in the body. People who are severely maladjusted or who have mental problems benefit from this kriya because these disturbances are always connected with an imbalance in the energies of the three lower chakras. General health is improved because all of 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.

This exercise works directly on stimulating and channeling the kundalini energy so it must always be practiced with the mantra *Sat Nam*. You may build the time of the kriya to 31 minutes, but remember to have a long, deep relaxation immediately afterwards, ideally for equal time. A good way to build the time up is to do the kriya for 3 minutes then rest two minutes. Repeat this cycle until you have completed 15 minutes of Sat Kriya and ten minutes of rest. Then follow this sequence with an additional 15-20 minutes of deep relaxation. 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 hard. You could have a huge rush of energy or you may have an experience of higher consciousness, but then 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 public classes because someone attending may have totally weakened his nerves through drug abuse.