

# Sat Kriya

**Sat Kriya** is an essential key to the processes of Kundalini Yoga. It is one of the few exercises that is a complete action in itself.

That is the connotation of the word, "kriya;" an action or series of actions that completes a process and has a predictable outcome. Most kriyas consist of a series of exercises that synergize.

**Sat Kriya** can stand alone like a precious gem. The main effect is a control and balance of the lower three chakras or energy distribution centers in the body. It does this by mixing the prana and apana at the navel center. This generates a heat in the system and opens the inner channels to the upward flow and rotation of energy.

**Sat Kriya** also rejuvenates the sexual system and helps the brain and body to recover from toxicity and memory loss due to drug abuse. It is good for removing energy imbalances in the lower three chakras and, as a result, is good for problems in the lower back and alleviating mild depression.

# Sat Kriya



A beginning student should start with 3 minutes of this every day as part of a personal practice. The times can be built up from that base.

**Posture:** Sit on the heels (Vajrasana asana). The heels are straight up into the buttocks, stimulating two acupuncture pressure points, one in each buttock. The knees can be slightly open. Lock in the chin; stretch the arms over the head until the elbows hug the sides of the head. Interlace all the fingers except the index fingers which are together and pointed straight up. Cross one thumb over the other.

**Focus:** The eyes are closed and focused at the third-eye point.

**Mantra:** The mantra is "Sat Nam". Chant the "Sat" from the navel point. As you chant "Sat," pull the navel point in with an obvious jerking motion. Imagine you are receiving pranic energy from the Universe through the navel point. Chant "Nam" and send the energy back out into the cosmos through the third-eye point.

**End:** Inhale, hold the breath and apply root lock, squeezing the energy up from the buttocks up the spine and out the top of your head through the 'crown' or 7th chakra. Exhale, release the lock and repeat two more times. Relax in corpse pose for at least as long as you've practiced Sat Kriya. (Ideally, the relaxation is twice the length of time as you practiced this exercise.)

The rhythmic contraction and relaxation produces waves of energy that circulate, energize and heal the body. While chanting, the spine stays still and straight. This is neither a spinal flex nor a pelvic thrust. You stay firmly seated on the heels through all the motions of the kriya. The abdominal contraction is focused at the navel point. There is an automatic contraction of the rectum and the sex organ areas as in the lower body lock called 'root' lock or mulabandha, but the lock is not forced and is pulled naturally from the navel.