

*Kundalini Yoga to channel energy up the spine (Sat Kriya) KY kriyas (From Sadhana Guidelines)*

1. Sit on the heels and stretch the arms over the head so that the elbows hug the ears (A).



2. Interlock all the fingers except the first ones (index) which point straight up (B).



After a lot of practice you can hold your hands in prayer mudra.

3. Begin to chant "Sat Nam" emphatically in a constant rhythm about eight times per 10 seconds. Chant the sound "Sat" from the navel point and solar plexus, and pull 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. Its effects are numerous. 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. This exercise works directly on stimulating and channelizing 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. 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. Notice that you emphasize pulling the navel point in. Don't try to apply mul bhand. Mul bhand 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 Nam " as your chest lifts.

If you have time for nothing else, make this kriya part of your every day exercise.

