

## SAT KRIYA



### How to do it:

1. Sitting on the heels in rock pose, interlace the fingers with the Jupiter (Index) fingers pointing straight up.
2. Cross the thumbs: Females cross *left over right* and Males cross *right over left*.
3. Raise the arms straight up and rotate the upper arms inward so that the arms are hugging the ears.
4. In this position you will chant the mantra "Sat Naam" in the following way:
  - Pull the root lock known as Mulbandh, by contracting the navel, sex organ and anus. You do this lock as you chant "Sat!" (Sounds like 'Sutt.')
  - Release the lock as you chant "Naam." (Almost like a sigh with the sound "Naam")

**The eyes:** are slightly open (1/10th the way) staring at the tip of the nose. (This is weird at first because it will cross the eyes, but it's putting pressure on the frontal lobe at the pituitary gland and doing good things for your brain.)

### Finishing:

1. At the end, inhale completely and hold, squeezing the root lock and the muscles of the back and shoulders for as long as you can. Imagine that you are sending the energy up through the top of the head. Exhale.
2. Inhale and repeat above step one more time.
3. Then inhale completely and exhale completely...
4. Inhale a last time, then exhale completely and *on that last exhale*, hold the breath out long as you can, while pulling the root lock and squeezing the muscles of the back all the way up again. Inhale, and relax.

**Time:** 3 minutes up to 62 minutes.

*\*One option is to practice for 3 minutes, rest for two minutes and repeat two more times for a 15 minute exercise, which will build a foundation of stamina.*

**Rest & Relaxation:** Relax for at least the amount of time of the exercise. Deep relaxation after this kriya is a must and nearly as important as the initial effort. The body's systems need time to regenerate and reconstitute themselves. This is a pretty tough exercise when beginning kundalini yoga. Practiced over 40 days this kriya can provide countless health benefits. Don't be overconfident. This is a powerful kundalini exercise and should be approached with reverence and respect.

**\*\*A special note:** Yogi Bhajan has said that you can do Sat Kriya with the palms flat against one another, but only if you've never done drugs (damaged the nervous system.) My teacher explained it further in this way: Since the fingers represent certain planetary aspects (Jupiter, Saturn, Sun, Mercury) having them extended both releases and draws more of that energy in. If you're not ready for it, then it's like trying to drink out of a firehose. It's a waste of time and inefficient. So unless you've practiced Sat Kriya for some time and you've also not done drugs in a while, then best to stick to the basics. There's a lot to be learned in the way of mastery by starting from the basics and building up.

