

Sat Kriya

Sat Kriya is essential to the practice of Kundalini Yoga. It is one of the few exercises that is a complete action in itself. It is a kriya: an action or series of actions that completes a process and has a predictable outcome. Most kriyas consist of a series that synergize. Sat Kriya can stand alone like a precious gem. Any serious student should master this kriya. A beginning student should start with 3 minutes every day. The time can be built up from that base.

How to do Sat Kriya:

- Sit in Rock Pose. The heels are under the sitting bones. The knees are together.
- Stretch the arms over the head with elbows straight, until the arms hug the sides of the head.
- Interlace all the fingers except the index fingers. Men cross the right thumb over the left. Women cross the left thumb over the right.
- Begin to chant “*Sat Naam*” with a constant rhythm of about 8 times per 10 seconds. As you pull the navel in and up towards the spine, chant “*sut*” from the Navel Point. Feel it as a pressure from the Third Chakra center. With the sound “*naam,*” relax the belly.

During Sat Kriya we focus on the Navel Point motion. Pull it inward and slightly up as you say “*sut.*” Release it with “*naam.*” Continuing rhythmically, the root and diaphragm locks are automatically pulled. The steady waves of effort from the navel gradually enlist the movement of the greater abdomen, just as small rhythmical ocean waves will gently rock a large boat. The force is through the navel but the two locks come along sympathetically. This natural pull of the two locks, as we focus through the navel, creates a physiological balance. Blood pressure is maintained evenly.

Yogi Bhanan says this about the focus of the lock: “Often when you try to do Sat Kriya from the Navel Point, you incorrectly try to apply one of the locks instead of starting with the navel. If you do Sat Kriya and just apply the root lock you temporarily raise your blood pressure. If you do Sat Kriya just with the diaphragm lock, you temporarily lower the blood pressure. Actually in Sat Kriya the locks come from an automatic involvement. So the Corrective guiding statement is “Do Sat Kriya only from the Navel Point and the two locks should become little helpers automatically in balance.”

The subtle blending of the prana and apana is accomplished with each repetition of the mantra. The *bij* mantra itself establishes a *sattvic* quality of neutrality and stillness at the navel, which allows the Kundalini to flow naturally, in proportion to the individual need, for physical, mental and spiritual clarity and healing.

- The breath regulates itself no breath focus necessary.

- The spine stays still and straight. The rhythmic contraction and relaxation produces waves of energy that circulate, energize, and heal the body. This is neither a spinal flex nor a pelvic thrust. Remain firmly seated on the heels throughout the motions of the *kriya*.
- The focus of the sound “*naam*” can be either at the Navel Point or at the Brow Point (the point where the eyebrows meet at the root of the nose; the area that corresponds to the Sixth Chakra).
- Continue for 3 to 31 minutes.
- To end, inhale and gently squeeze the muscles from the buttocks all the way up along the spine. Hold it briefly as you concentrate on the area just above the spine. Hold it briefly as you concentrate on the area just above the top of the head. Then exhale completely. Inhale, exhale totally and hold the breath out as you apply a firm *mahabandh*-contract the lower pelvis, lift the diaphragm, lock the chin, and squeeze all the muscles from the buttocks up to the neck. Hold the breath out for 5 to 20 seconds according to your comfort and capacity, Inhale. Relax. If you practice this as a complete *kriya* in itself, the relaxation is ideally twice the length of time as you practiced the Sat Kriya. (If practiced as a part of a *kriya*, follow the relaxation times specified.)
- In the beginning practice Sat Kriya for just 3 minutes. Give your attention to perfecting the form, rhythm, and concentration. To build it up in time and effect, start with rotation cycles: 3 minutes of Sat Kriya with 2 minutes of relaxation. Repeat this cycle 3 to 5 times. Build gradually. Then switch the cycles to 5 minutes Sat Kriya and 5 minutes rest. Then add 3 to 5 minutes to the *kriya* time as you are comfortable and accomplished. Soon you will be able to do the entire 31 minutes.

From “[The Aquarian Teacher Level One Textbook](#)” by Yogi Bhanjan,
published by the Kundalini Research Institute

© *The Teachings of Yogi Bhanjan*