



# **The power of Kundalini Yoga: SAT KRIYA**

# SAT KRIYA

**Sat Kriya combines mantra, mudra, and movement for a potent effect on body and mind.**

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(EN ESPAÑOL)

**Sat Kriya combina mantra, mudra, y movimiento causando un potente efecto en cuerpo y mente.**



# SAT KRIYA

**By chanting "Sat Nam" and contracting the lower abdomen, this Kundalini Yoga practice balances the nervous system and boosts vitality.**

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(EN ESPAÑOL)

**Al cantar "Sat Nam" y contraer el bajo abdomen, esta práctica de Kundalini Yoga equilibra el sistema nervioso y aumenta la vitalidad.**



# SAT KRIYA

**This mantra connects you  
with your inner truth.**

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SAT NAM

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(EN ESPAÑOL)

**Este mantra te conecta con  
tu verdad interior.**





# SAT KRIYA

**Practice Sat Kriya for at least 3min to strengthen the heart, promote relaxation and increase mental clarity and focus.**

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(EN ESPAÑOL)

**Practica Sat Kriya durante al menos 3 minutos para fortalecer el corazón, promover la relajación y aumentar la claridad mental y el enfoque.**





# 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 series of exercises that synergize. Sat Kriya can stand alone like a precious gem. Any serious student should master this kriya. **Beginner students should start with 3 minutes.** The time can be built up from that base.

## HOW TO DO SAT KRIYA

- Sit in Vajrasana (Rock Pose). The heels are under the sitting bones. The knees are close to each other.
- Stretch the arms over the head until the arms hug the sides of the head.
- Interlace all the fingers except the index fingers.
- Chant in a steady rhythm the Mantra “Sat Nam”, approximately 8 times every 10 seconds. As you pull the navel up and in toward the spine, chant “sat” from the Navel Point. Feel it as a pressure from the Third Chakra center. With the sound “nam,” relax the belly. The focus of the sound “nam” 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).
- The breath regulates itself and no breath focus is 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 motion of the kriya. The abdominal contraction is focused at the Navel Point. There is an automatic contraction of the rectum and sex organ areas as in Mula Bandha, the lower body lock, but the lock is pulled from the navel.
- Continue for 3–31 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 top of the head. Then exhale completely. Inhale, exhale totally and hold the breath out as you apply a firm mahabandha, contracting

the lower abdomen, lifting the chest and locking in the chin, squeezing all the muscles from the buttocks up to the neck. Hold the breath out for 5-20 seconds according to your comfort and capacity. Inhale. Relax.

### **COMMENTS**

In the beginning, practice Sat Kriya for just 3 minutes. Give your attention to perfecting form, rhythm, and concentration. To build it up in time and increase effects, start with rotational cycles: 3 minutes of Sat Kriya with 2 minutes of relaxation. Repeat this cycle 3-5 times. Build gradually. Then switch the cycles to 5 minutes Sat Kriya and 5 minutes rest. Then add 3-5 minutes to the kriya time as you become comfortable and accomplished at it. Soon you will be able to do the entire 31 minutes.

As a kriya, it is a process that works on all levels of your being – known and unknown – making you more capable of responding to your own subtlety and totality. Approached with patience, steadiness, and moderation, the end result is assured. If you have very little time and you wish to do a beautiful practice, make this kriya part of your daily routine.

One of the primary actions of Sat Kriya is to balance the energies of the lower triangle of chakras, the energy distribution centers, by mixing 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. The contraction of the navel and the gentle pull of the Mula Bandha guide the forward projection and the process of mixing energies of the chakras.

It is excellent for digestive troubles and for transcending fears. The excellence of Sat Kriya is that all the three sisters of the lower chakras are pulled together and act in unison. The correlated action of all three centers multiplies the effect and stabilizes the changes.

The main impact of this kriya is to tone the nervous system, to calm emotional disarray, and to channel creative and sexual energies of the body. The entire sexual system is stimulated and strengthened. It relaxes and releases many phobias about sexual behavior, potency, and capacity.

Those who are very distraught and disturbed mentally will be over-involved in the lower triangle; hence this is an excellent regular practice for them.

It is a direct stimulant to the Kundalini energy to release from its dormant phase at the base of the spine, by activating a reservoir of energy that is stored in the area of the body under and near the Navel Point. Respect the inherent power of this technique. Let the kriya prepare the ground of your body properly so you may plant the seed of higher experience.

## ALTERNATE POSITIONS

An alternate hand mudra can be done in Sat Kriya. Just place the palms flat together with all the fingers pointing up. This enhances the effect. It is not usually given as a first practice or in most public classes, because it increases the flow of internal energy quickly. If you have done cleansing work on your body and you have no current drug use, then this mudra is excellent to use. A person who has used drugs recently or who has degenerative damage from drug use may experience discomfort when the toxins and old drugs release, or when old emotional blocks coded in the structure of the body start to change.

Sat Kriya can also be done in Celibate Pose, sitting between the heels, with the buttocks on the ground.

For a person who cannot sit on the heels due to knee or ankle problems, the same actions of Sat Kriya can be done in a cross-legged position.

## COMMON MISTAKES MADE WHILE DOING SAT KRIYA

- Lifting the shoulders as if doing a shoulder shrug.
- Moving the back as in spinal flex rather than fixing the spine steady and letting the motion come from the naval area.
- Accelerating or varying the speed when chanting.
- Lowering the tone rather than keeping it steady.

When guiding this kriya, feel free to correct your students verbally to correct these common mistakes made during Sat Kriya, and if the speed gets out of control, instruct the students to follow your lead.



[imagine@imagineacademy.eu](mailto:imagine@imagineacademy.eu)

[www.imagineacademy.eu](http://www.imagineacademy.eu)