

Sat Kriya

Sit on the heels with the spine straight and the neck an extension of the spine with the chin pulled in and up.

Clasp the hands above the head, with the fingers interlaced except for the index fingers which point straight up. Women interlace the fingers with the left hand on top; men with the right hand on top.

Keep the arms straight, with the upper arms hugging the ears.

Squeeze the Navel Point in and up as you say “Sat”, release the Navel Point with the sound “Nam”. It’s a powerful sound, not necessarily loud. The body doesn’t move, only the navel point.

It helps to keep the shoulder blades flat and widened. Imagine that they are melting down the spine.

To end, inhale deeply, keep the arms up, exhale completely and squeeze the body. Unsqueeze the body, inhale again before relaxing the arms down.

Continue for 3 minutes and gradually build the time to 31 minutes. Rest on your back for an equal amount of time afterwards.

This is a powerful experience which strengthens the internal muscles and organs. It prevents many diseases and greatly improves the body’s ability to heal itself. It also circulates sexual energy throughout the body eliminating problems associated with sexual tension and premature aging.

