

Kundalini Yoga Varuyas Kriya



Stand up straight. Put the right foot slightly forward. Stretch the left leg far backward. Put the top of the toes of the left foot on the ground. Extend the arms forward parallel to the ground. Put the palms together. Tilt the spine slightly forward of the vertical position. Fix the eyes on the horizon or at the brow point.

Take a deep breath, then begin a rhythmic chant of "Sat Nam". Emphasize the sound "Sat" as you pull the navel point in and apply a light mulband. **Continue for 1-1/2 minutes.** Then inhale. Relax. Switch and place the left leg forward. Repeat the exercise for an equal period of time.

COMMENTS

This kriya will make you sweat if you do it properly. You may also notice a burning sensation in the cheeks. The time of practice can slowly be increased to 7-1/2 minutes on each side. The practice and perfection of this kriya is said to open the pituitary secretion, regulate excessive sexual energy, and increase general immunity to disease. It tests the nerve strength and rebalances the magnetic field of the body. If you don't want to be shaky when you are older, this is an excellent practice to start when you are young. Besides practicing this kriya by itself, it is enjoyable to do it after completing a long series of exercises that have worked on flexibility and circulation. The kriya helps transform the "vital juice," the ojas, into a form usable in maintaining your entire nervous system.