Surya Kriya

1. Tune in with Adi Mantra: Ong Namo Guru Dev Namo (I call on my highest self to help me do my best) -3X

2. Right Nostril Breathing- Use the thumb of the left hand to close off the left nostril. Right hand is resting on knee in Gyan Mudra (Thumbtip and index finger tip joined, the other fingers are straight). Long Deep Breathing through the Right nostril. 3 min. This exercise draws on the “sun” breath and gives you a clear focused mind.

3. Sat Kriya- Come onto your knees and heels in Rock Pose. Join your hands together in Venus lock in front of you. Extend the index fingers and raise the hands up above your head with the tops of your arms hugging your ears. Begin chanting Sat Nam, on Sat draw in the navel point and on Nam relax it. Continue for 3 mins. To end: Inhale, hold the breath and tighten the spinal column all the way up for 5-10 seconds. Rest for a minute. Then Repeat Sat Kriya. To end: Inhale, exhale, hold the breath out and pull mulbandh (root lock) drawing the navel point in and feel the energy travel up the spine and into the head. Inhale, exhale and relax. This exercise releases energy stored at the Navel Point.

4. Spinal Flex- Come sitting in Easy Pose. Grab hold of your foot and shin on either side of your ankle and inhale and flex your spine forward, exhale and flex it back, rocking back on your sitbones. Lead from the navel and breathe deeply. Begin slow and gain speed as your back starts to feel more flexible. 108 spinal flexes. This exercise brings the released kundalini energy along the path of the spine and aids its flexibility.

5. Frog Pose- Come standing on your toes, squat down with your heels touching and off the ground. Have your hands between your knees and fingers touching the ground. Your head is up and facing forward. Inhale as you straighten your legs and lower your head to your shins, keeping your heels up and touching. Exhale and come back into the starting position. Repeat for a total of 26 times. This transforms sexual energy.

6. Neck Turns- Come onto your knees and heels in Rock Pose. Have your hands resting on your thighs and your chin tucked in slightly like a soldier at attention. Inhale and turn your head to the left mentally thinking Sat. Exhale and turn your head to the right mentally thinking
Nam. Continue slowly for 3 mins. To end: Inhale and bring your head to the center and Relax. *This opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands.*

7. Spinal Bends- Sit in Easy Pose. Bring your hands to your shoulders, fingers in front, thumbs in back. The upper arms are parallel to the ground. Inhale as you bend to the left. Exhale as you bend to the right. Do not bend forward or backward. Continue these side bends for 3 mins and then inhale to the center and relax. *This exercise flexes the spine, distributes the energy over the whole body and balances the magnetic field.*

8. Meditate- Sit in Easy Pose in a perfect meditative posture with the spine straight and the chin tucked. Hands are resting on the knees in Gyan Mudra. Pull the Mulbandh (Root Lock) and draw in the navel point. Hold this lock all throughout the meditation. (If you get tired or begin to shake you can let it go for a couple seconds and then pick it up again.) In this position, sit quiet and still with your eyes closed gazing at your third eye point. Watch the flow of the breath. On the inhale hear Sat, on the exhale hear Nam. Continue 6 minutes or longer. When your mind wanders, and it will wander, when you notice it just come back to the breath and hear Sat Nam. *This will take you into a deep self-healing meditation.*

Comments from Sadhana Guidelines:
This kriya is named after the energy of the sun- Surya. When you have a lot of “Sun Energy” you do not get cold, you are energetic, expressive, extroverted and enthusiastic. It is the energy of purification. It holds the weight down. It aids in digestion. It makes the mind clear, analytic and action-oriented. The exercises systematically stimulate the positive pranic force and the kundalini energy itself. This should occasionally be in your regular sadhana practice to build the strength of your body and your ability to focus on many tasks.