



# Food&Flow

## Varuyas Kriya as taught by Yogi Bhajan

**Position:** Come into a lunge with your right foot forward and the left foot stretched behind you with the top of the foot stretched behind you on the ground. Bring your palms together pointing straight out in front of your chest. Tilt the spine slightly forward of the vertical position. Half-way through your time, switch sides.

**Mantra:** Slow and steady rhythmic SAT NAM, SAT as you inhale and NAM on the exhale as you apply a slight mulbandh (root lock).

**Eyes:** The eyes can either be open and fixed on the horizon, or closed and focused on the brow point, above and between the eyes.

**End:** Inhale to the center and stretch up, exhale.

**Time:** Start with 90 seconds and, with practice, slowly build up to 7 ½ minutes on each side.

**Comments:** This kriya will make you sweat if you do it properly. You may also notice a burning sensation in the cheeks. The practice of this kriya is said to optimize the responsiveness of the pituitary secretion, regulate excessive sexual energy and increase general immunity to disease. It tests the nerve strength and balances the magnetic field of the body. If you don't want to be shaky when you get older this is an excellent practice to start when you are young. You can practice this kriya by itself or after completing a long series of exercises that have worked on flexibility and circulation. The kriya helps transform the vital juices the "ojas" into a form that can be used to maintain your entire nervous system.

Yogamint's Food & Flow video series can be seen at:

<http://www.yogamint.com/videos/foodandflow>

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from

**Sadhana Guidelines**

available at <http://www.kundaliniresearchinstitute.org/>