



# Healing Through The Inner Fire **Agnisar Kriya**

from Dr. Joseph Michael Levry

*Dear beloved members of our worldwide community,*



In this communication we want to highlight the mighty, restorative and deeply healing Shakti Naam technique called Agnisar Kriya. It is a powerful and healing yogic practice that increases your inner fire and internal energy. Agni means fire, and Sara means wash. Literally, “Agnisar” means to wash the fire, or third chakra located at the navel. Our Hara, which is located in the lower abdomen at the navel, is a center of energy and power. It is our life center. This is our origin, and our spiritual power center. Working with this location gives us personal power, and allows us to move through life smoothly, in a state of flow and joy. When you work with Agnisar Kriya, you are working on the inner Sun. You can feel the fire of life inside

you, as you generate warmth and healing. This kriya massages the inner organs, rejuvenating the spleen, liver and kidneys, and stimulates the immune system. It increases the power of digestion and increases the heat in the body, thereby burning off toxins. It is indicated for all digestive issues, which is important as many diseases start in this area, and benefits the lungs. It is very helpful for those with diabetes. Moreover, when you exhale, and the breath is held out of you, your intuitive capacities are heightened. You enter into a state of increased clarity and strength that then enables you to better deal with the ups and downs of life. Agnisar Kriya connects and grounds us to Mother Earth, making it a good practice for self-empowerment and self-confidence. It helps us establish our inner authority and healthy boundaries.

Agnisar Kriya is a powerful exercise that allows you to collect a lot of Chi and tap into your unlimited source of energy. When performed properly, it creates a vacuum in the body that cleans it physically, emotionally and spiritually. Indeed, Agnisar Kriya bestows the capacity of increasing, and then controlling, the sexual power through transmutation and sublimation. This leads to enhanced willpower, magnetism and self-confidence. According to Divine Spiritual Wisdom, the lower abdomen is Yesod. Yesod is the root of the Tree of Life. The name of God here is Shaddai El Chai, Almighty Living God. The Hebrew word Chai signifies the power of life. Chai is spelled with the Hebrew letters Chet and Yod. You are nourishing and enlivening your entire spine, which is your supply center, cleaning the blood and causing the energy to circulate. Your blood becomes pure and your nerves very strong. It provides one with a surge of tremendous energy.

The reason why we are working with our hara in this practice is because there is a lot of cosmic energy concentrated in the lower abdomen. You are tapping into this unlimited source of energy, and splitting the atom. Hermes Trismegistus called the sexual force, which is located in the lower abdomen, the most powerful of all forces in the universe. The sexual force is a solar force, because the father of the sexual force is the Sun. It is full of light and life. It is very holy, very sacred. The Agnisar Kriya exercise transmutes your sexual power, and allows you to develop the omnipotence of the Larynx. As it awakens our sea of energy, it reinvigorates our interest in life and frees us from anxiety. Because it works on the hara, which is linked to the subconscious mind, Agnisar Kriya helps us to heal past traumas. In turn, we develop the ability to be increasingly efficient in all areas of life.

### Performing Agnisar Kriya

There are various powerful applications of Agnisar in Shakti Naam Yoga, many of which are presently practiced at group Shakti Naam classes worldwide. This kriya should be done in the early morning hours, after clearing the bowels. It is also great to do before engaging in any form of physical, mental or creative performance. Those who want to practice it in the evening should do it three hours after the evening meal. Indeed, it is compulsory to practice this technique when you have an empty stomach, so do not eat within 2-3 hours before starting this practice. Finally, perform Sitali Pranayama right after Agnisar Kriya if you find that the body gets too hot, and remember to keep the diet pure and simple.

#### **Position**

Come to a standing position on your mat with the feet about 12-16 inches apart. Your feet are shoulder width apart and the soles will be parallel to each other. Bend the knees slightly and place the hands on the knees (as shown in the photo above). Try to keep the elbows straight. Inhale deeply. Exhale completely, eliminating all the air from the lungs. Hold the breath out. Apply Uddiyana Bandha (navel lock) by sucking the abdominal muscles in, pulling the navel back toward the spine. Lower the chin to the chest to apply Jalandhara Bandha (chin lock). Now soften the muscles of the abdomen and, without breathing (holding the breath out), start pumping the navel in and out at a good pace. Try to maintain a smooth speed of movement making sure that the movement is not restricted due to speed. As you pump, be sure to activate two seals. The first is made by tightening the rectal muscle at the base of the spine. The second is made at the medulla oblongata, by touching the chin to the chest to produce neck lock. Activating these two seals, closes the spine at both ends so that the prana can move into and up the spine with each pumping motion to nourish the brain.

In the beginning stages of the practice, you may find it hard to keep the rhythm smooth. With practice, however, both the duration of retention and the smoothness of the movement will improve. Continue this movement as long as you can hold the breath out comfortably. Make sure not to strain your breath. When you need to inhale, release both the navel lock and the chin lock, and while inhaling come up to a standing position. Continue with a few natural breaths until the breathing gets back to normal. In order to let the diaphragm go up, the lungs have to be as empty as possible and to keep them like this during the entire abdominal pumping. The abdominal belt has to be completely relaxed and passive. Repeat more times. If at any time you feel tired, light-headed or uncomfortable in any manner, you should immediately stop the practice and relax.

### **Focus**

During the entire abdominal pumping try to perceive the transmutation of your inferior energies from the pelvic area (specific to the vital and sexual levels) and the rise of your energies to the superior levels situated above the solar plexus to develop compassion, intuition and mental power. At the beginning you will feel the sublimation of energies as tingles that go up the spine. You will realize at the same moment a state of inner dynamism; the willpower increases, as well as self-confidence.

### **Effects and Benefits**

Agnisar Kriya brings a constant state of optimism and joy. It is one of the most indicated Kriyas to be practiced after lovemaking with sexual continence in order to sublimate the sexual energy into more refined energies and thus experiencing elevated states of consciousness. Its special effects appear because of the transmutation and sublimation of the vital and sexual energies; it is an excellent exercise for sexual continence. In case you choose complete sexual abstinence, the abdominal retraction eliminates the sensation of tension and stress on the sexual level; reflected on the psychical level in frustration, anxiety and irascibility. Agnisar is very useful when you accumulate a huge amount of sexual energy that goes beyond your capability of controlling it. Applying it regularly is an excellent remedy for early ejaculation.

This kriya activates and energizes of the Manipura chakra, the seat of fire in the Pranic body, and increased circulation to abdominal muscles, tissues, organs and pelvic muscles. Because of the complex effects of the harmonious stimulation and profound massaging on the abdomen, on the solar plexus and on the thoracic cavity, it eliminates the unhealthy effects of a sedentary lifestyle and maintains the vigor of a youthful body.

This powerful practice has many positive effects on our physical and emotional health. Agnisar Kriya removes excess belly fat from and around the abdomen while helping the practitioner lose weight. It improves the elimination of toxins and waste and stimulates proper digestion and metabolism, reducing gas and hyperacidity. As a result, it progressively allows for the optimum assimilation of nutrients. Agnisar Kriya cleans the kidneys and intestines and strengthens the lower back. It stimulates the life-force, which helps increase energy and elevate mood. It is a good practice to alleviate depression, remove fatigue, enliven the entire body and increase the lifespan.

### **Counter-indication**

Agnisar Kriya should not be performed by those with heart problems and people with high blood pressure. It is also counter-indicated in cases of severe afflictions to abdominal organs such as colitis, appendicitis, ulcers, etc. Performing this technique having one of the above-mentioned counter-indications may cause the practitioner to feel severe pain during the abdominal retraction. In addition, do not perform it if you suffer from nervous system or respiratory disorders, if you have glaucoma or if you have recently had abdominal or spinal surgery. People under 11, or who are pregnant should not practice this exercise. It is highly recommended after childbirth, however, to strengthen the core abdominal muscles.

## Combining Agnisar Kriya with a Naam Meditation Practice

Perform Agnisar Kriya first, followed by one, two or all three of the recommended Naam meditations outlined here to take your practice to a whole new level.

### **Wahe Guru Power to Unleash the Power of Manifestation**

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine is straight, and have a slight neck lock. (Jalandhar Bandh)

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Vibrate 40 repetitions of the mantra in one controlled exhalation.

Mantra: Wahe Guru Power, recorded on track 1 of the Naam Infinitem CD

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Comments: By activating the Light of God in you, Wahe Guru will give you a magnetic personality, self-confidence and a strong will.

### **Protective Guru Ram Das for Success**

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine is straight, and have a slight neck lock. (Jalandhar Bandh)

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Vibrate the mantra 7 times per breath.

Mantra: Protective Guru Ram Das, recorded on track 2 of the Naam Infinitem CD

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Comments: This meditation generates a powerful flow to success and expands one's life like a continuous stream of blessings. By way of the seed sound RAM, this meditation seals the aura

and restores harmony. When you vibrate RAM your aura becomes infused with the pure energy of the Sun, deflecting the negative influences of Uranus present in this Age. It will open your soul to Divine Power so that you may have the strength to overcome any challenge.

### **Revitalizing Sat Nam Wahe Guru**

Posture: Sit calmly and comfortably in easy pose, or in a chair with your feet flat on the floor. Keep the spine is straight, and have a slight neck lock. (Jalandhar Bandh)

Focus: The eyes are closed, looking upwards into the third eye point.

Breath: Vibrate the mantra 7 times per breath.

Mantra: Revitalizing Sat Nam Wahe Guru, recorded on track 2 of the Pranic Power CD

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds, exhale and relax.

Comments: This meditation increase one's brain capacity, increasing intelligence and developing brain power. It is excellent for all business professionals or students.

*With Love, Peace and Light,  
Rootlight Team*