

ADJUST YOUR FLOW

THE FOUR U's FOR YOU

JULY 5, 1984



1. Lie down flat on the back. Raise the legs and arms straight up to 90 degrees. Point the toes. Knees and elbows are straight. **11 minutes.**

Hold steady and think about what good you have done since you have come to the planet Earth. Reconcile activities with your beautiful intelligence. We are moving the life force energy today and without any movement. Keep yourself in the posture, no matter what. The energy will adjust itself.



2. Still lying on the back, bring the hands straight up over the head on the ground. Then raise the lower body up into a modified Plow Pose, with the legs straight over the head but parallel to the ground. **11 minutes.**

This is a simple flow of energy, a simple way of just being.



3. Come sitting up and stretch the legs out in front, the arms extend toward the toes, palms down and parallel to the ground. The back is straight and steady, like a statue.

11 minutes.

The pain and disturbance comes in the adjustment of the pranic energy. You feel the pressure of the muscles adjusting themselves. Chinese call it “chi” energy, Japanese call it “qi” energy, and we call it “ji” energy. “Ji” means the soul, the inner Self, the being. Meditate, chant and recite anything mentally or verbally, but keep the posture perfect.



4. Stand up straight and bend over at the waist so the torso is parallel to the ground. Keep the back and neck straight. The arms will hang loosely down towards the ground. Form a “U” with your body. Don't bend down to the toes. You can chant or meditate to keep yourself going. **11 minutes.**

5. Deep Relaxation. Relax flat on the back. Listen to a gong, if available. **11 minutes.**

About This Kiya

This is the set of U. It invigorates you by adjusting your Pranic Body with your Auric Body in direct contrast with the Arcline. These are called the 4 U's and they are “*for you.*” Anytime you do these, you need to do a deep relaxation afterwards.