

GETTING THE BODY OUT OF DISTRESS

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1. Sit with the legs straight out in front. Using both hands alternately, begin slapping the tops of the thighs. 30 seconds.

The point you are stimulating is where the Third Meridian, liver, and kidney meet.



2. Keeping the legs stretched out straight, cup the kneecaps with each hand. Massage each kneecap with a circular motion. Massage with force and motion. 2 minutes.

Underneath the kneecap regulates and sustains your body's water. Too much water in your system can create headaches; too little water can create bitchiness and itchiness without reason. Your knee has an important effect on your well-being. The majority of us walk incorrectly and the knees take tremendous stress.



3. Locate the point one-hand-width *below* the knee, on the outside of each calf, right below where the fibula bone protrudes. Vigorously pound the muscle at that point on each side. 2 minutes.

This is a general energy point in acupuncture. Stimulating it can totally change your metabolism. Pound harder and heavier for the second minute.

4. Repeat Exercise 2, massaging the knees for 10 seconds.



5. Locate the point one-hand-width *above* the knee on the inside of the thigh. Make fists of your hands and alternately pound the muscle at that point on each side. 1 minute.

This is a sex point. It may hurt in some cases. It will let you know that there is something happening in your spine, in your shoulders, and in your head.



6. Spread the legs wide apart, grab the outside of the ankles, firmly holding the Achilles tendons. Move the torso up and down between the legs, keeping the knees straight. Move fast. 1 1/2 minutes. (An alternate position for this exercise is sitting in Full Lotus holding onto the big toes.) Move fast like a propeller that moves so fast nobody can see the blades.

This balances the flow of energy in the spine. Move with a rhythm as fast as you can.



7. Sit in Easy Pose. Form the hands into a tepee, touching fingertips to fingertips at the Heart Center. Rotate the joined fingertips together, moving the fingertips in a circular motion while the wrists stay steady. 1 minute.

The previous exercise will have little benefit unless you do this exercise after it. It sends the energy equally to 72,000 nerve channels. Kundalini energy, the spiral force, the diagonal force, can be moved to every part of the body just by this movement, providing you have correctly stimulated the energy to begin with.



8. Lie down on the back with the arms on the floor beside the body, palms down. Begin rapidly raising and lowering the hips. This motion will bounce the hips against the ground, giving them a vigorous massage. Create a sound like galloping horses. Move fast, have a beautiful intercourse with God. 2 minutes.



9. Still lying on the back, make the hands into fists. Bend the elbows and hit the shoulders with the fists. Then raise the arms straight up to 90 degrees. Keep the arms straight and lower them back down to the sides, hitting the ground hard with open palms. Make the hands back into fists once again, hit the shoulders, and continue the sequence. 1 minute.



10. Still on the back alternately hit the chest with open palms. 1 minute.



11. Still on the back, alternately tap the forehead with open palms. 30 seconds.



12. Still on the back, grasp the heels. Roll back and forth on the spine. Roll along the whole spine, from hips to neck. 1 minute.

This will equalize the energy in the spine and will comfort your lower triangle.

13. Still on your back, move like a snake. The hips move in one direction while shoulders and rib cage move in the other direction. Start out just moving one-hundredth of a millimeter in each direction. This is a very small and precise movement. 2 minutes. *Move with small movements, but with force—bottom to top. Give the spinal energy its own chance to move and give the vertebrae an adjustment.*



14. Lie down flat and relax. Breathe slowly and deeply at the Navel Point. 1 1/2 minutes.



15. Cat Stretch slowly left and right. 1 minute.



16. Lie flat on the back, pull the chin in and raise the head and neck up. Leave the shoulders relaxed on the ground, hands flat on the ground at your sides. Your body is relaxed, but your neck is lifted and tense. 1 minute.

17. Relax, close your eyes for 2 minutes. Then come sitting up in Easy Pose and assess your body's energy.

TO END: This kriya ends with a brief self-massage:

Using your thumbs, massage under your cheek bones. 15 seconds.

Use the base of your palms to massage your jaw area in a circular motion. 20 seconds.

Use the first three fingers of each hand to massage the sides of the neck. 10 seconds.

Place your palms over your ears and massage your ears in a circular motion.
30 seconds.



About This Kriya

This moves the energy in every part of the body systematically. This kriya can bring great change. It is a good set of exercises to do every day, because if the body's energy is not released, circulated, and distributed, then it will start malfunctioning.

“When the finite gets to you and you show your Infinity—that is Divinity”

— Yogi Bhajan