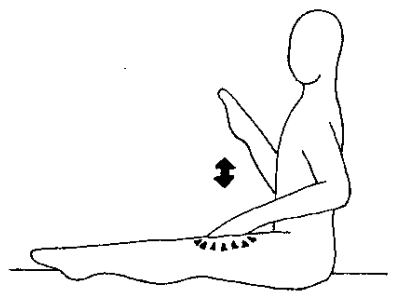


Getting the Body Out of Distress

August 22, 1986

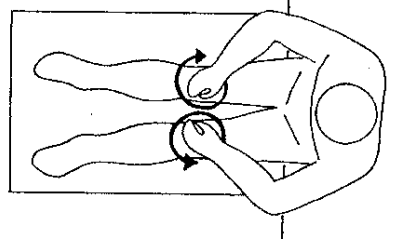
This is a good set of exercises to do every day, because if the body's energy is not released, circulated, and distributed, then it will start malfunctioning.

1



1. Sit with your legs straight out in front of you. Using both hands alternately, begin hitting the tops of your thighs. 30 Seconds. The point you are stimulating is where the 3rd Meridian, liver, and kidney meet.

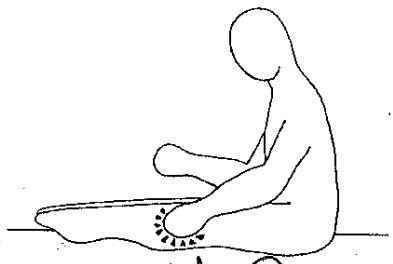
2 & 4



2. Keeping the legs stretched out straight, cup your kneecaps with each hand. Massage each kneecap with a circular motion. Massage with force and motion. 2 Minutes. Just doing this simple movement, see how much energy you can release, control, and feel good about.

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



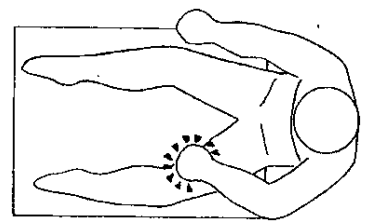
3. Find the point one hand width below the knee on the outside of each calf, right below where the fibula bone protrudes. Vigorously pound the muscle at that point on each side. 2 Minutes.

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

4. Wiederhole ②

4. Repeat Exercise #2 massaging your knees for 10 seconds.

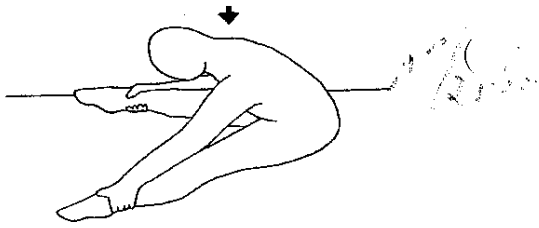
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5. Find the point one hand width above the knee on the inside of the thigh. Make fists of your hands and alternately pound the muscle at that point on each side. 1 Minute.

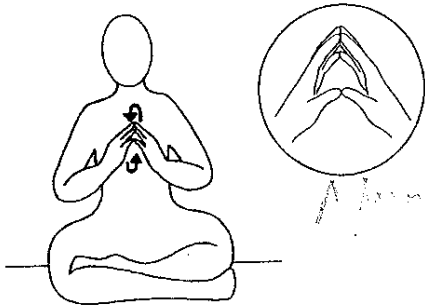
This is a sex point. It may hurt in some cases. It will let you know that there is something happening in your spine, in your shoulders, and in your head. It has a direct relationship with your pituitary.

Hypophysis



holding your achilles tendons strongly. Move your torso up and down between your legs, keeping your knees straight. Move fast. 1 1/2 Minutes. (An alternate position for this exercise is sitting in full lotus holding onto your big toes.) Move fast like a propeller that moves so fast that nobody can see the blades. This balances the flow of energy in the spine. Move with a rhythm as fast as you can.

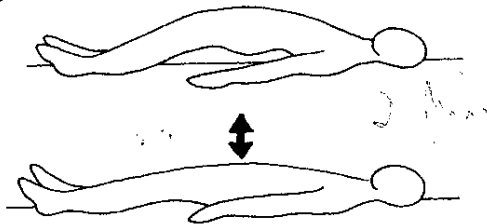
7



7. Sit in easy pose. Steeple your hands, 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.

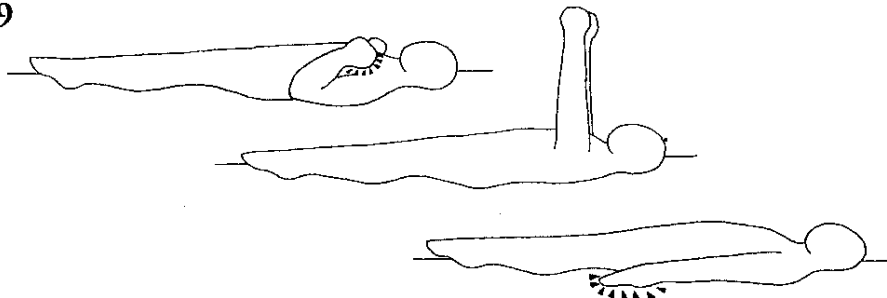
Previous action will have little benefit unless you do this exercise. It sends the energy equally to 72,000 nerve channels, just by doing this. Kundalini energy or the spiral force, the diagonal force, can be moved to every part of the body just by this, providing you have correctly stimulated the energy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

8



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

9



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

10. Still on your back alternately hit your chest with your open palms. 1 Minute.

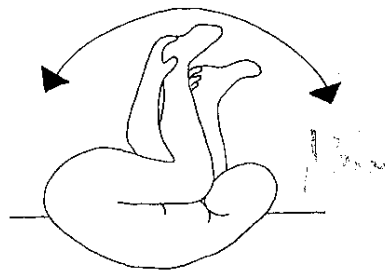
11. Still on your back, alternately tap your forehead with your open palms. 30 Seconds.

10. Schlag die Brust mit offenen Händen 1 Min.

11. Schlag die Stirn 30 sek.

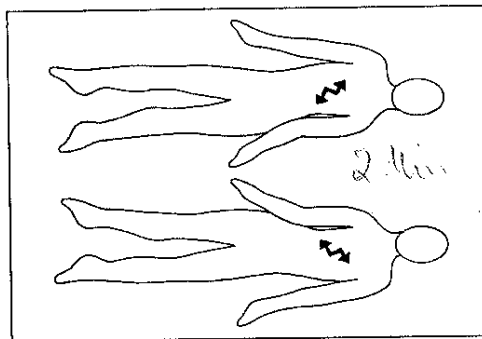


12



12. Still on your back, bring your arms and legs into chair pose. Hold your heels and roll back and forth on your spine. 1 Minute. Roll along your whole spine, from your hips to your neck. This will equalize the energy in your spine and will comfort your lower area.

13



13. Still on your back, move like a snake. Your hips move in one direction while your shoulders and rib cage move in the other direction. Start out just moving one-hundredth millimeter in each direction. This is a very small and precise movement. 2 Minutes. "Move excellently in a curly-whirly way, a small movement with force. Bottom to top. Move heavily back and forth. Give the spinal energy its own chance to move and give the vertebrae an adjustment."

"When the finite gets to you and you show your Infinity, that is Divinity."

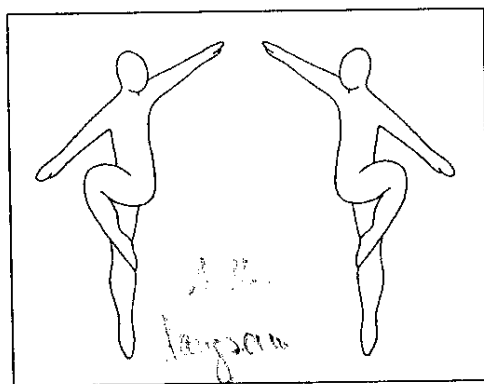
YB

14. Relax, lie down flat, and breathe slowly and deeply at your navel point. 1 1/2 Minutes.

15. Cat stretch slowly left and right. 1 Minute.

16. Lying flat on your back, pull your chin in and raise your head and neck up. Leave your shoulders relaxed on the floor. Your hands are flat on the floor at your sides. Your body is relaxed, but your neck is stretched and tense. 1 Minute.

15



17. Relax, close your eyes. Then come sitting up in Easy Pose and assess your body energy. 2 Minutes.

To finish do this brief self massage:

1. Using your thumbs, massage under your cheek bones. 15 Seconds.
2. Use the base of your palms to massage your jaw area in a circular motion. 20 Seconds.
3. Use the first three fingers of each hand to massage the sides of the neck. 10 Seconds.
4. Place your palms over your ears and massage your ears in a circular motion. 30 Seconds.

16



You can take this class and change anybody you want, anytime you want, including yourself..I'm just telling you how to move the energy in every part of the body systematically.

17. EH