

Five secret tibetan  
rejuvenation rites  
program essay  
sample



**ASSIGN  
BUSTER**

How the Five Rites Operate The Five Rites Program Beginning the “ Five Rites” Exercise Program “ Five Tibetan Rites” Exercise Program The Five Tibetan Rites Preparation Exercises Alternatives Warm-up Exercises Tibetan Rejuvenation Rite #6 restricted exercise Rite #6 Detoxification

PRECAUTIONS: Seek your physician’s advice before beginning this program if you have any of the following conditions – pregnancy, recent abdominal surgery, unmediated high blood pressure, hiatal hernia, hernia, hyperthyroidism, vertigo, seizure disorder, severe arthritis of the spine, lower back pain, neck pain, weak abdominal muscles, shoulder or leg stiffness or weakness, multiple sclerosis, Parkinson’s disease, fibromyositis, carpal tunnel syndrome, chronic fatigue syndrome. To stay forever young is perhaps the dream of every heart. We are sharing this information in the supreme of interests and sincerely hope that humans will benefit from the practice of the five rites. In 1985 CE a book entitled The Ancient Secret of the Fountain of Youth written by Peter Kelder was published which for the first time fully described an exercise program for “ youthing.” This is an exercise program used by Tibetan monks to live long, vibrant and healthy lives. In fact, this book states that many have lived longer than most are capable of imagining by following the program often called the “ Five Tibetan Rites”.

The benefits are described in this book and a subsequent book 2 with an expanded description of the program by the publisher entitled the Ancient Secret of the Fountain of Youth – Book 2, a companion to the original book by Peter Kelder. The Tibetan Rites of rejuvenation are believed to have been brought to the United States of America by a British Naval officer in the 1930’s CE. A “ best selling book” “ The Ancient Secrets of the Fountain of  
<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

Youth," is about this man and his story brought information on the exercises and their rejuvenating effects to the United States of America. The exercises are thought to work on the charkas, or energy centers of the body. They help to restore the normal spin of the chakras, which in turn helps to restore vibrant health. For more information on the Tibetan Rites, their history and benefits please see the books below. Begin with 1-5 repetitions of each exercise. Add 2 repetitions each week or as you consider yourself ready to. Work up to a total of 21 repetitions of each exercise. For greatest results perform daily.

The Tibet exercises are so easy it is funny. They are a series of five exercises that take about 10-15 minutes to complete, that everyone is capable of learning in a few minutes, and are capable of being done anywhere where there's enough space to lie down. Each exercise is done 21 times, and you are not required to hold the position as you would in Hatha yoga. You combine deep breathing with the movements. The first exercise is not even an "exercise" as it only involves turning around in a circle. In the second "rite" you lay down, raise your leg in the air, keeping your chin on your chest. The third rite is a back stretching exercise. The fourth one is doing the "bridge," and the fifth one is a regular, bending, typical yoga exercise. We are not sure if these rites originate from Tibet, or anywhere else. The only factors required for them to work are: To practice them everyday To perform 21 repetitions for each exercise It is recommended that a certain progression be carried out when beginning the five Tibetan rites. We suggest practicing each rite three times a day for the first week. Then, with every following

week, to increase the repetition by two, until, after 10 weeks, you are performing 21 repetitions for every rite.

The goal is to perform 21 repetitions for every rite, and do the series once or twice a day. One item that we perceive is important to remember is that the rites work in conjunction with each other. So it is important to do all of them. Performing the five rites with 21 repetitions each will take you from 10 to 20 minutes. You will have more beneficial results if you choose to practice the rites slowly without rushing, and if you breath deeply in-between the rites. It is also critically important to combine breathing with the movement. There is not any point in performing the rites as fast as possible. However, if you do not perceive that you have much time, you are capable of just performing fewer repetitions. Note. Many people have found that doing more than 21 repetitions is not useful. Twenty-one repetitions seem to be the allimportant number when doing these rites.

Also is useful to practice the exercises at the same time everyday. This way you will get used to the routine and you will implement a new rhythm in your lives. In is also healthier to practice the exercises on an empty stomach. We hold that a beneficial time to practice the rites is in the morning, after of before taking a shower. You will find that practicing the five Tibetans in the morning will cause you to experience being more energetic and fresh during the rest of the day. You will also experience greater mental alertness during your daily activities. You may also find great benefits in performing the five Tibetans another time, before the evening, when most of you arrive to your homes. It will assist you in experiencing yourself as healthier for the rest of the day, and improve the quality of your sleep.

<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

How the Five Rites Operate Medical professions explain the benefits based on their personal perspective. However, the majority shares the view that the rites represent a system of exercise that affects the body, emotions and mind. The Tibetans claim that these exercises activate and stimulate what are understood of as the seven key chakras that in turn stimulate all the glands of the endocrine system. The endocrine system is responsible for the body's overall functioning and aging process. This means that the Five Rites will affect the functioning of all your organs and systems, including the physical and energetic systems and that includes the aging process. The Five Rites Program Many have described this program as a modified yoga program. Simply put, yoga is a science that unites the body, mind and spirit. Today this is often called Mind/ Body Healing. It is perceived that yoga was brought to Tibet from India in the 11th or 12th century CE and that Tibetan monks over time developed modified these exercises and developed an effective program of exercises that western society now refers to as the " Five Tibetan Rites".

The rugged mountainous conditions these monks live in may well account for their particular emphasis on vigor. Many of the yoga exercises and practices being taught in the western world today are very new. The " Five Tibetan Rites" are exactly what the ancient Tibetans developed over many centuries of time. Therefore it is very important to do the " Five Tibetan Rites" exactly as they are presented without altering the form or sequence to achieve some of the benefits accrued to these " Rites." Beginning the " Five Rites" Exercise Program For the first week, and only if you are relatively healthy and fit, do each exercise three times. If you are inactive, overweight, or have perceived

health problems begin these exercises doing one of the first three each day, and only if you experience being completely comfortable doing this. Later in this, we will describe exercises you will be capable of performing to assist yourself in strengthening as that you will be capable of performing the “ Five Rites.” If you have any concerns whatsoever, please consult with your physician. Individuals on serious medications ought to consult with their physicians.

If you are overweight do not do Rites #4 and #5 until you have developed some strength and endurance. Do the substitutes for #4 and #5 until you yourself experience yourself as ready to begin performing #4 and #5 of the “ Five Rites.” Do only what you sense as comfortable in doing. That may be only one of each exercise for the first week. Build up to two of each exercise the second week, three of each exercise the third week, etc. or at a faster pace only if your body does not hurt when you do these exercises. 21 is the maximum of each exercise you ought to ever do. If you want to enhance your program, do the exercises at a faster pace, though do not so more than 21 of each exercise each day. Doing more than 21 repetitions of each exercise in any day will affect your chakras unconstructively and is capable of creating imbalances in your body. The “ Five Rites” may stimulate detoxification and often creates many unpleasant physical symptoms. This is why it is recommended to increase the number of each exercise gradually on a weekly basis.

If you have not exercised for some time, prepare to begin your “ Five Rites” exercise program by walking daily, for a half hour each day if possible.

Another alternative in preparation for the Five Rites is a stretching program <https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

with a gradual increase in the types of stretching exercises and the duration of this program. A sugar free and low fat diet is an important support when integrating the “ Five Rites” exercise program into your life. Also check for Digestive Food Sensitivities and eliminate all foods you do not digest easily. Do the Five Rites exercises every day. The maximum you ought to miss is one day each week. If the exercises are done less than six days each week, the results will be greatly reduced. If on certain days your time is limited, do 3 repetitions of each exercise. This takes less than five minutes. For maximum benefit, do the exercises before breakfast in the morning, if at all possible.

If this is not possible do them anytime during the day. “ Five Tibetan Rites” Exercise Program The following instructions and photographs for the “ Five Rites” and other preparatory exercises as taken from the book Ancient Secret of the Fountain of Youth, Book 2. We will illustrate the exact Five Rights exercises, a group of exercises for those who require developing flexibility and strength before beginning to do the “ Five Rites”, and a set of warm-up exercises. We strongly recommend you choose to purchase the book since it provides detailed information about methodology, concerns and benefits not included on this page. SPECIAL CAUTION: Spinning and stretching through the following exercises are capable of aggravating certain health conditions such as any type of heart problem, multiple sclerosis, Parkinson’s Disease, severe arthritis of the spine, uncontrolled high blood pressure, a hyperthyroid condition, or vertigo. Problems may also be result if you are consuming drugs that result in dizziness. Please consult your

physician prior to beginning these exercises if you have any difficult health issues or if you have any other concerns.

### The Five Tibetan Rites Rite #1

Stand erect with arms outstretched horizontal to the floor, palms facing down. Your arms ought to be in line with your shoulders. Spin around clockwise until you become slightly dizzy. Gradually increase number of spins from 1 spin to 21 spins. At first most adults will be able to spin around only about half a dozen times before becoming quite dizzy. As a beginner you ought not to attempt to do more. Breathing: Inhale and exhale deeply as you do the spins.

### Rite #2

Lie flat on the floor face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. If possible, extend the legs over the body towards your head. Do not let the knees bend. Then slowly lower the legs and head to the floor, always keeping the knees straight. Allow the muscles to relax, and repeat.

Breathing: Breathe in deeply as you lift your head and legs and exhale as you lower your head and legs. Rite #3

Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then throw the head and neck backward, arching



the spine. Your toes should be curled under through this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the rite all over again. Breathing: Inhale as you arch the spine and exhale as you return to an erect position. Rite #4

Sit down on the floor with your legs straight out in front of you and your feet about 12" apart. With the trunk of the body erect, place the palms of your hands on the floor alongside your buttocks. Then tuck the chin forward against the chest. Now drop the head backward as far as it will go. At the same time raise your body so that the knees bend while the arms remain straight. Then tense every muscle in your body. Finally let the muscles relax as you return to your original sitting position. Rest before repeating this Rite. Breathing: Breathe in as you rise up, hold your breath as you tense the muscles, and breathe out fully as you come down. Rite #5

Lie down with your face down to the floor. The hands palms down against the floor and the toes in the flexed position will support you. Throughout this rite, the hands and feet ought to be kept straight. Start with your arms perpendicular to the Floor, and the spine arched, so that the body is in a sagging position. Now throw the head back as far as possible. The, bending at the hips, bring the body up into an inverted " V." At the same time, bring the chin forward, tucking it against the chest. Breathing: Breathe in deeply as you raise the body, and exhale fully as you lower the body.

Exercises In Preparation For Doing the Five Tibetan Rites The following group of exercises has been developed as a preparation for doing the Five Rites, or

<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

as an alternative when you are unable to do any of the Five Rites. Doing these exercises will assist you in strengthening and become more flexible to be able to do the Five Rites as they have been described above. Do these alternative exercises in the sequence from one to five and when possible, substitute the Five Rite exercise into this alternative program until you have fully integrated the Five Rites. As with the Five Rites, begin by doing two or three of each exercise daily, until you are able to do 10 each day. Once you are able to do ten of these alternatives, you ought to be ready to begin doing the Five Rite exercises themselves. Alternative (for Rite#1) Exercise #1

Stand with your feet about 12 inches apart. Extend your arms palms down until your arms are level with your shoulders. Swing your arms to the right, letting your slapping your left hand against your right shoulder, with your right hand slapping against the small of your back. Then swing your arms in the opposite direction, having your right hand slap against your left shoulder and the back of your left hand slap against the small of your back. As you swing back and forth allow your torso and legs to follow the movement.

Allow your heels to lift from the floor but do not allow either foot to completely leave the floor. As you swing right turn your head right, and turn your head left as you swing to the left. Breathing: Breathe in rhythm to your swinging Movement. Alternative (for Rite #2) Exercise #2

Lie down on the floor and elevate your head and shoulders propping up on your elbows keeping your forearms flat on the floor, palms facing down.

Keeping your legs straight, hold them off the floor for 20 or 30 seconds.

Breathing: Inhale as you raise your legs, breathe in and out normally while

holding your legs up, and exhale as you lower your legs. Alternative (for Rite #3) Exercise #3

Stand with your back to the wall and your feet 12 - 18 inches apart. Without moving your feet bend forward from the hips so that your buttocks rest against the wall. Slide downward, bending your knees as you go. Keep sliding down until your thighs are horizontal, as if you were sitting in a chair. Hold this position for 15 seconds and then slide back up.

Breathing: Begin to exhale as you slide down to the chair position and inhale when slide back up. Alternative (for Rite #4) Exercise #4

Lie flat on your back, your arms straight, palms down, feet flat, and knees bent. Press your pelvis up a few inches off the floor and hold it for 10 seconds. Release and lower your pelvis to its original position. Breathing: Inhale as you lift your pelvis and Exhale as you lower your pelvis.

Alternative (for Rite #5) Exercise #5

Begin in the table position. Curl your toes under and bend your hips raising your buttocks so that your body forms an inverted " V". Your knees will lift up off the floor, your legs will be straight, and your outstretched arms will be in a straight line with your back. Hold this position for 15 seconds. Breathing: Inhale as you raise your buttocks, breath slowly and deeply while holding the position, and exhale as you return to the table position. Warm-up Exercises

The following group of exercises has been developed to open, relax, release tension, to strengthen various parts of the body, and to provide toning to different parts of your body. If you are overweight, in poor physical condition,

or experiencing serious illness, this group of exercises is an excellent to help you begin your journey towards physical fitness. We suggest you do these warm-up exercises prior to the Five Rites if you are overweight or have not exercised in a long time. Begin this group of exercises by doing 2 of each exercise and then gradually increase the repetition until you are able to do 10 of each warm-up exercise. Warm-Up Exercise #1

Stand upright, tilt your head sideways towards your feminine (left) shoulder and hold it for five seconds, then tilt your head towards your chest and hold it 5 seconds. Then tilt your head towards your masculine (right) shoulder and hold it five seconds, and lastly tilt your head backward and hold it five seconds. Return your head to a normal position. Breathing: Exhale as you move your head around, and inhale as you return to the upright position.

Warm-Up Exercise #2

Stand vertical, slowly rotate your shoulders in a forward circular motion 5 times, then reverse the movement and rotate your shoulders in a backward circular motion 5 times. Breathing: Breathe normally though deeply as you do this exercise. Warm-Up Exercise #3

Stand vertical with your arms help up, your elbows bent, and your hands together in front of your chest, with your fingertips touching and palms apart. Press inward on your fingers until their inside surfaces are almost touching. Your palms ought to not be touching. Release and press your fingers again. Breathing: Breathe normally. Warm-Up Exercise #4

In a relaxed standing position, hold your arms in front of you. Clasp your masculine (right) hand around your feminine (left) wrist, with your thumb  
<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

against the inside of the wrist. Squeeze gently though firmly five times.

Repeat the procedure with the feminine (left) hand Squeezing the masculine (right) wrist. Breathing: Breathe normally. Warm-Up Exercise #5

Recline on the floor, resting the upper part of your body on your upper arms. Flex your knees and rhythmically bang them up and down against the floor in rapid succession.

Your heels ought to on the floor throughout this exercise. Do this exercise for 20 - 30 seconds. Breathing: Breathe normally through this exercise. Warm-Up Exercise #6

Get down on the floor on your hands and knees with your hands positioned under your shoulders and your knees under your hips. Bring your chin up and rotate your hips as that the tailbone moves up, arching your back down.

Then tuck your chin into your chest and rotate your back so that your pelvis moves down, arching your back down. Breathing: Inhale as you move your tailbone up and exhale as you move your tailbone down. Tibetan

Rejuvenation Rite #6 restricted exercise The series of Five Tibetan exercises described above is capable of being practiced two or three times a day everyday during the entire lifetime. In contrast, the following exercise, according to the Tibetan Lamas, has a very special purpose and it ought to be practiced only in circumstances described below. If you are not sure, and do not practice the first five exercises regularly, do not practice this exercise. You have been warned.

The deemed purpose of the Tibetan #6 exercise is to redirect the excess of sexual and reproductive energy, generated by the activity of the what is <https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

perceived of as being the base chakra (also referred to as vortexes) to all higher chakras along the spine, especially to the brow chakra, which activity is related to our spiritual awareness and psychic abilities. According to Lamas this exercise ought to be practiced only when the excess of the sexual urge is experienced, otherwise this exercise does more harm than benefit, by draining the energy from the base chakra. By systematically practicing the first five Tibetan exercises it is quite possible to raise the energy of the base chakra so much, that the sexual urge appears and requires to be dealt with. This is capable of happening at any age. One way to handle the situation is to dissipate this powerful energy in sexual activities.

The Tibetan alternative is to transmute it to higher use, to accelerate your spiritual development and rejuvenate the physical body. Instead of dissipating the reproductive energy you may choose to use it to regenerate cells in your entire physical body. The choice is yours; you have the free choices, as always. Sometimes one may find in their lives that sexual activity without sincere love and a spiritually matched partner is similar to going to a forest and not seeing trees. Sexual love in its clearest form brings about a spiritual union, bringing experiences and sensations far more profound, pleasurable, longer lasting and beneficial than just a physical act of relief. In the absence of a partner that you are capable of achieving this with, Tibetan Lamas offer you the alternative, verified over many thousands of years to be not only effective, though also very beneficial to your total health, longevity, bio-energy level, Aura and most importantly to your spiritual development.

They do not attempt to suppress the powerful energy of the base chakra. Such suppression is destined to fail, much as any act against the Nature. They offer an efficient way to transmute it for the higher purpose. Rite #6 Tibetan #6 differs in many ways from all of the previously described Tibetan exercises. 1st - it is one of the easiest to perform from the physical body motion point of view, hardly requiring any diagram. 2nd- it involves a special breath control, requiring a prolonged holding of the breath, rather than breathing rhythmically. 3rd - after each cycle of Tibetan #6 several cycles of deep breathing are required. Another difference is that no more than three repeats are recommended for most people. The sequence of Tibetan #6 is as follows: Stand straight and breathe out completely

Bend over forward putting your hands on your knees, forcing out the last trace of air With your lungs empty return to standing straight posture Put your hands on your waist and push your shoulders up by pressing down with your hands. Pull the abdomen in as much as possible and raise your chest, keeping your lungs empty. Hold this position as long as you are capable, with empty lungs Breathe in through the nose until your lungs are full Exhale through the mouth, relaxing arms to hang free Take several deep breaths before the next repetition Rite #6

There is only one difference between a person who is healthy and vital, and a person who is a superman or superwoman. The former channels vital life force into sexual energy, while the latter turns this force upward to create balance and harmony through all of the seven vortexes. That's why a superman or superwoman grows younger and younger dayby day and moment-by-moment. He or she creates within them selves the true ' Elixir of <https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>

Life.' Please understand that in order to perform rite number six, it is absolutely necessary that an individual have active sexual urge. He or she is not capable of possibly transmuting reproductive energy if there were little or nothing to transmute. It is absolutely impossible for a person who has lost sexual urge to perform this rite.

He or she ought not even to attempt it, for the reason that it would only lead to discouragement, and more harm than benefit. Instead, such an individual regardless of age ought to first practice the other five rites until they regain a normal sexual urge. When this is achieved, he or she may then go into the business of being a superman or superwoman. Let no man or woman think of turning sexual currents upward until he or she is prepared to leave physical requirements behind in exchange for the rewards of true mastership. Then let the individual step forward, and success will crown his or her every effort.

Detoxification Detoxification comes in many forms and refers to many different programmers that cleanse the body of toxins. Today, the environment is toxic and the foods that humans eat, even the air humans breathe and the water humans drink is laden with chemicals foreign to the human system. Detoxification is a process that assists to clean out of the physical and energetic body toxins or poisons that have accumulated in your physical cells, organs, systems and in your energetic systems (auras, chakras, meridian system and all electromagnetic, magnetic and electric systems). It is strongly recommend that people beginning the " Five Rites" exercise program undertake a detoxification program either before or as they begin these exercises. If you have not ever detoxified before, you will probably have many poisons accumulated in your body and energetic

<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>



systems. A full detoxification program will eliminate all toxins. See Detoxification page. A 3 to 7 day juice fast is the most superb way to release toxins. A moderate fast cleanses the body of excess mucous, old fecal matter, trapped cellular matter and non-food wastes.

It cleans out the pipes as the make-up of the cells are renewed and changed. Fasting is a process of self-digestion. The body decomposes dis-eased and damaged substances such as excess fat deposits and wastes. Elimination from the liver, kidneys, lungs and skin is accelerated and the drinking of only live juices are capable of attracting dead matter and carry it away. The release of toxins may cause brief periods of discomfort: fatigue, body odor, bad breath, diarrhea or mouth sores. Though the benefits are long lasting. Digestion improves and the releases of hormone secretions stimulate the immune system, encouraging a disease-preventing environment. Typically after a cleansing fast energy levels rise, and one's outlook and attitude is greatly enhanced. Warning: Considering all of the above, the most important factor that a person is capable of doing for his or her general health is to begin immediately on a program of detoxification which, in our opinion, ought to be done under the supervision of an experienced physician practicing nutritional medicine.

Albany Qigong and all instructors shall have neither liability nor responsibility to any person or entity with respect to loss or damage caused, or alleged to be caused, directly or indirectly, by reading or following the instructions on this website or at Albany Qigong's locations. Qigong practice is not intended to replace orthodox medicine, but rather complement it. You should ask your doctor before beginning any Exercise or Qigong practice.

<https://assignbuster.com/five-secret-tibetan-rejuvenation-rites-program-essay-sample/>