

Five Tibetan Exercises For Rejuvenation And Longevity

Rite 1

Stand erect with arms outstretched, horizontal to the floor. Spin around *clockwise*, until you become slightly dizzy.

Gradually increase (in increments of 2) practicing from 3 up to 21 repetitions per day, for each rite.



Rite 2

First, lie flat on the floor, face up. Fully extended your arms along your sides, and place the palms of your hands against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest.

As you do this, lift your legs, knees straight, into a vertical position. If possible, let the legs extend back over the body, toward the head; but do not let the knees bend. Then slowly lower both the head and the legs, knees straight, to the floor. Allow all the muscles to relax, continue breathing in the same rhythm. Breathe in deeply as you lift your legs and breathe out, as you lower your legs.



Rite 3

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

As you arch, you will brace your arms and hands against the thighs for support. After the arching, return to the original position, and start the rite all over again. Breathe in deeply as you arch the spine, breathe out 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 inches apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the 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.

The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. Then, tense every muscle in the body. Finally, relax your muscles as you return to the original sitting position, and rest before repeating the procedure. Breathe in as you raise up, hold your breath as you tense the muscles, breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.



Rite 5

When you perform the fifth rite, your body will be face-down to the floor. It will be supported by the hands, palms down against the floor, and the toes in a flexed position. Throughout this rite, the hands and feet should 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. Then, 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. Breathe in deeply as you raise the body, breathe out fully as you lower it.



Rite 6

Deep Breathing. Stand comfortably and exhale as you bend from the waist, placing your hands on your knees. Expel the last bit of air from your lungs and without taking in new breath, return to an erect position. Place your hands on your hips, with fingers to the front and press as hard as you can while sucking in the abdomen. This will raise your shoulders and chest. While holding in the abdomen, also squeeze the pubococcygeal muscle up to emphasize the upward thrust. Hold this position and bring your closed eyeballs to the point between the eyebrows so that all this lower chakric energy will rise up to the highest centers. When you must take a breath, breathe in through your nose and then exhale through the mouth as you drop your arms down to your sides to relax. Take in several normal breaths through the nose and mouth before beginning again.

The Five Tibetan Rites is a yoga routine based on a ritual of exercises discovered in the early 1900s by a British army colonel, Colonel Bradford, who was living in a Himalayan monastery. They are practiced around the world and are said to prevent aging. In 1939, Peter Kelder published *The Original Five Tibetan Rites of Rejuvenation*, which helped spread the rites in the western world. Mr. Kelder has since updated the book *The Eye of Revelation - The Original Five Rites of Rejuvenation*, Borderland Sciences Research Foundation, 1989, ISBN 0-945685-04-1.

The rites are comprised of five different movements (with a sixth added for good measure), with each movement performed up to 21 times (Tibetans believe 21 is a perfect, mystical number). It is best to start with 3 repetitions of each exercise and gradually increase the repetitions. The entire routine can be completed in less than 10 minutes.

For thousands of years, medical practitioners have maintained that the body has seven principal energy centers which correspond to the seven endocrine glands, also known as chakras. Chakras are essentially energies within spinning vortexes. As a vortex is increased, the life force becomes stronger and more directed.

Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated. The five ancient Tibetan rites are said to normalize hormonal imbalances in the body, thereby holding the key to lasting youth, health, and vitality. The rites stimulate the energy system in the body, wake up the chakras, and get energy moving from your core outward to your extremities. The theory behind the rites is that your kundalini (spiritual energy) is stored and lies at the base of your spine and that these rites access that energy in a very efficient, fast, and user-friendly way.

An important part of the Tibetan exercises is a conscious synchronization of breathing while performing physical activity. Before beginning the exercises, practice the basic 4 -stage breathing technique (inhale, hold, exhale, hold empty lungs).

No exercise should be so intense that it makes you feel exhausted. For example, if you are "loosing your breath", it indicates that your body is in an anaerobic (low oxygen) condition and that you should slow down. If you can not talk normally after performing an exercise, you should slow down. When performing the exercises, the main emphasis should be on breath synchronization and fluency, rather than on speed and number of repetitions.

Some call these rites isometric exercises. Although they are helpful in stretching muscles and joints and improving muscle tone, this is not their primary purpose. A slow vortex causes that part of the body to deteriorate, while a faster one cause nervousness, anxiety, and exhaustion. Abnormal vortexes produces abnormal health, deterioration, and old age. The rites normalize the speed of the spinning vortexes by keeping them spinning at the same rate and working in harmony.

Here are the Five Tibetan Rites and how they work on the body (remember to breathe deeply using the diaphragm during the movements).

Benefits of the Five Tibetans

In essence, the *Tibetans* are one of the best kept secrets, for improving health. The Rites open up the body/mind energy system and seem to balance energy. The Five Tibetans take a minimum of daily time and effort but can dramatically increase physical strength and suppleness as well as mental acuity. Even newcomers to yoga will experience the Five Tibetans' liberating effect on the innate energetic power of the human body and mind. Regular practice of these exercises relieves muscular tension and nervous stress, improves respiration and digestion, benefits the cardiovascular system, and leads to deep relaxation and well-being. The Five Tibetans can be a powerful vehicle not only for enlivening the senses but also for generating and harnessing vital energy for self-transformation.

When all of the endocrine glands are functioning in harmony, a person has more energy, more vitality and less discomfort. Often when one gland is not functioning correctly, so too the other glands are not communicating properly with each other. Balanced hormones aid with PMS and menopausal discomforts and rev up one's sexual energy. Plus when the hormones are out of balance, one is more prone to mood swings and illness.

Enhance bone mass. The Tibetans are weight bearing on every bone in the body. Which aids in preventing bone loss.

Eliminate double chins. A double chin simply cannot withstand these exercises. Take a picture of yourself now and another one after you have done the Tibetans regularly for 3 months. Voila, greater muscle tone. Do I need to tell you how much younger you will appear?

Reduce midriff bulge and tighten abs. When done correctly, these movements will help you get rid of those Michelin Tire rolls.

Oxygenate the body. Oxygen is a necessary component for burning fuel. The more you oxygenate the body, the higher your metabolism. That means weight loss. These exercises require full inhalation and exhalation of air -- the result -- complete breathing and more oxygen. When people sit at their desks most of the day, they do not breathe fully and completely, and thus do not get an adequate supply of oxygen.

Enhance muscle tone. You need more than the Tibetans to achieve the muscle tone that you may want, however, these exercises definitely make a big difference.

Drain lymph system. The lymph system moves toxins out of the body. But, unlike other body systems it does not have a pump. Thus, the lymph system receives benefit, through movement and exercise. The very actions of the Tibetans, as they compress and stretch the various organs, glands and muscles, assist in draining the lymph system. The result -- you flush toxins faster. (Yes, we all have toxins in our bodies, from water, from food, from air, even from what we put on our skin.)

They assist detox the body. Similar to the above. Many people feel dizzy or nauseous when first starting to do the exercises and some of us feel this from time to time. Not to worry. Go slowly, when this happens. The reason for these feelings is that your body is detoxing, while the toxins are being flushed.

Improved posture. The Tibetan rites help you naturally stand up straighter.

Flexes the spine. This aids with spinal health. By doing the Tibetans daily, you may find you feel more flexible in many of your muscles and joints. In fact, I often feel and hear my spinal segments shifting, when I do these Tibetan exercises. Which, by the way, is the ideal way for the spine to function, that is, fluidly.

The rites will help provide you with a little pick-me-up. The Tibetans stimulate the reticular activating system of the brain and balance the right and left hemispheres of the brain. The result: you think better and more clearly and can more easily integrate your creativity with your logical rational thoughts.