

Five Tibetan Rites

The Rites were described in Peter Kelder's *The Eye of Revelation*, first published in 1939 and later expanded in *Ancient Secrets of the Fountain of Youth*, Part 2 – Peter Kelder and Bernie Siegel

Rite 1

Spinning. Stand erect with arms outstretched, horizontal to the floor. Spin around clockwise. Be sure to “spot” while spinning. When complete, place your hands on your hips, feet apart, and take two cleansing breaths; inhale deeply through the nose, exhale by blowing out through the mouth. Breathe naturally.

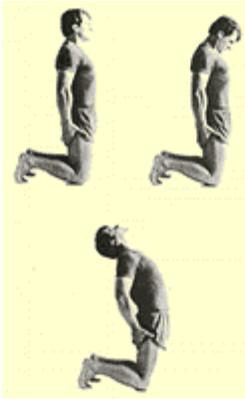
Rite 2



Lie flat on the floor, face up. Fully extend your arms along your sides, and place the palms of your hands against the floor, next to your hips, keeping the fingers close together. Exhale, raise your head and shoulders off the floor (without using your hands), tucking the chin against the chest.

As you do this, lift your legs, legs 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. Hold for 2-3 seconds, then slowly lower both the head and the legs, legs straight, to the floor as you exhale. Relax the muscles completely. Repeat, breathing in the same rhythm.

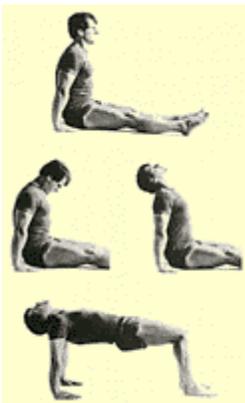
Rite 3



Kneel on the floor, knees hip width apart, toes turned under, the body erect. The hands should be placed against the thigh muscles at the side of the legs. Begin by inclining the head and neck forward, bending forward at the waist, as much as possible, tucking the chin against the chest. Inhale, bring the head and neck backward, arch the spine, opening the entire neck and chest and abdomen. Do not bend past the waist. Hold 2-3 seconds.

As you arch, brace your arms and hands against the thighs/legs. After the arching, exhale, and return to the original position, head forward, and start the rite over. Inhale deeply as you arch the spine; exhale as you return to an erect, head forward position. Finish with two cleansing breaths.

Rite 4



Sit 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 your palms on the floor alongside the hips, fingers forward. Tuck the chin against the chest. Inhale and put the head backward gently, as you raise your body so that the knees bend and the arms remain straight, in a "table" position. The trunk of the body will be in a straight line. Then, tense every muscle in the body. Hold 2-3 seconds.

Relax your muscles, exhale, and return to the original sitting position, and relax completely before repeating the procedure. Inhale as you rise up, hold your breath as you tense the muscles, and exhale completely as you come down.

Finish with two cleansing breaths.

Rite 5



Begin in a prone position. Place hands, palms down against the floor directly below the shoulders. The toes are in a flexed, turned under. 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, head up (upward dog).

Then, bending at the hips, bring the body up into an inverted 'V', heels off the floor. At the same time, bring the chin forward, tucking it against the chest. Inhale deeply as you raise the body, exhale fully as you lower it.

Finish with two cleansing breaths.

We suggest starting off at 3-6 repetitions per day per week and increasing the amount by 2 per day (each) per week until you reach the full 21 repetitions per day. It takes less than 20 minutes to do the full 21 repetitions, once your body has strengthened. Always do the proper breathing; the cleansing breaths after each exercise. Holding the positions for the 2-3 seconds is the real SECRET to making the Rites a powerful healing routine. Try to do them at least 5 days a week. If you find yourself putting them off, it's better to do fewer reps daily and do them every day.

If any of the exercises seem too strenuous at first, refer to the book, *Ancient Secrets of the Fountain of Youth*, Part 2 published by Doubleday for starter exercises and modifications. With these you can build up strength to do the full recommended set.