



Five Tibetan Rites by Sid Wolf PhD

Rite 1

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

Gradually increase 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, put 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, put 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.

If you desire more information on why and how the Tibetans work or if you require less strenuous exercises so that you can build up your strength to do the full 5 Tibetans, the book, *Ancient Secret of the*

Fountain of Youth, Part 2 from Doubleday is highly recommended.

These simple little exercises are not for everyone unless you can accept the preposterous idea that aging can be reversed. If you think this is impossible, reading any further would be a waste of time. If you can accept the "impossible" is within your grasp, then you are in for a real treat!

Are you still skeptical that these five rites really work? It is interesting to note that the author's explanation finds some support in recent scientific advancements.

Kirlian photography shows the body surrounded by an electrical field or "aura." It is also true that the Kirlian "aura" of a young, healthy person's is different from that of an aging, unhealthy person.

For thousands of years, medical practitioners have maintained that the body has seven principal energy centers which correspond to the seven endocrine glands.

You may be familiar with them as chakras. Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated.

The five ancient Tibetan rites are able to normalize the hormonal imbalances going on in the body, thereby holding the key to lasting youth, health, and vitality.

The quickest way to regain youth, health, and vitality is to start these energy centers spinning normally again. These exercises accomplish that. They are easy and enjoyable.

It takes less than 20 minutes to do the full 21 rotations of each of these rites. However, for beginners, I would suggest starting off at 3x a day/week and increasing the amount to 2x a day every week until you reach the full 21x a day/week. They can be performed anytime. It isn't necessary to do the rites more than 21 times unless you are truly motivated to do so.

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