

# The Tibetan Rites

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## Potential Benefits of the Five Rites

The benefits of the "Five Tibetan Rites" include the following: looking much younger; sleeping soundly; waking up feeling refreshed and energetic; release from serious medical problems including difficulties with spines; relief from problems with joints; release from pain; better memory; arthritis relief; weight loss; improved vision; greatly improved physical strength, endurance and vigor; improved emotional and mental health; enhanced sense of well being and harmony; and very high overall energy.

The Tibetans claim that these exercises activate and stimulate 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 that include the aging process.

## Chakras

Chakra is an Indian Sanskrit word that translates to mean "Wheel of Spinning Energy". Chakras are spinning wheels or vortexes of energy of different color that perform many functions connecting our energy fields, bodies and the Cosmic Energy Field. Chakras are powerful electrical and magnetic fields. Energy flows from the Universal Energy Field through the chakras into the energy systems within our bodies, including the Meridian System.

Our bodies contain seven major chakras or energy centers and 122 minor chakras. The major chakras are located at the base of the spine (**Root Chakra**), at the navel (**Sacral Chakra**), in the solar plexus (**Solar Plexus Chakra**), within your heart (**Heart Chakra**), within the throat (**Throat Chakra**), at the center of your forehead (**Brow or Third Eye Chakra**), and at the top of your head (**Crown Chakra**). These chakras are linked together with all other energy systems in the body and various layers of the auras.

1. For the first week, and only if you are relatively healthy and fit, do each exercise three times.
2. If you are inactive, overweight, or have health problems, begin these exercises doing *one of the first three each day*, and only if you feel totally comfortable doing this.
3. 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 feel ready to begin doing #4 and #5 of the "Five Rites".
4. Do only what you feel comfortable 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.
5. 21 is the maximum of each exercise you should ever do. If you want to enhance your program, do the exercises at a faster pace, but 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 negatively and can create imbalances in your body.

## Rite #1

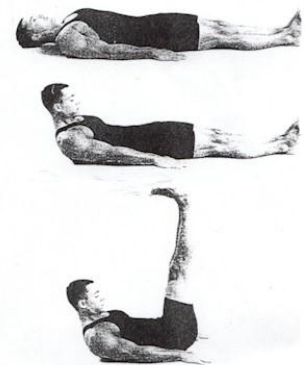
Stand erect with arms outstretched horizontal to the floor, palms facing down. Your arms should be in line with your shoulders. Spin around clockwise with your head and eyes fixed directly ahead, twisting head around quickly to regain its fixed position (this will reduce the tendency to get dizzy, ie ballerina!). Gradually increase number of spins to 21 rotations.



**Breathing:** Inhale quickly as you twist your head around and exhale deeply while head is facing forward.

## Rite #2

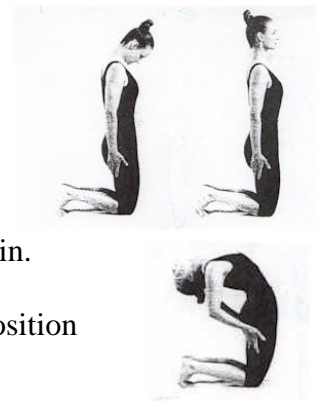
Lie flat on the floor, face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. 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

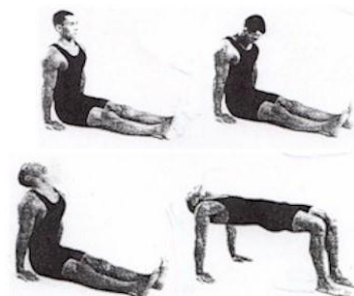
Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest, lean as far forward without bending the rest of the back or falling forward. Then throw the head and neck backward, arching 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 and the forward lean.

## 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 like a table. 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 raise 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. You will be supported by the hands palms down against the floor and the toes in the 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.



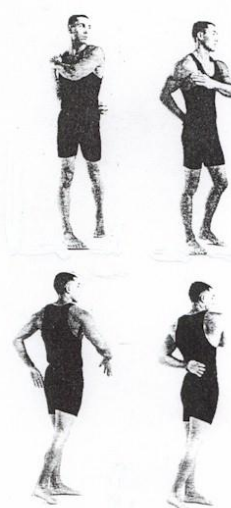
**Breathing:** Breathe in deeply as you raise the body, and exhale fully as you lower the body.

## Ti Chi and Variations of the Tibetan Rites

### Exercise #1 The Chopper (Alternative for Rite#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 right hand slap your left shoulder, with your left hand slapping against the small of your back. Then swing your arms in the opposite direction, having your left hand slap against your right shoulder and the back of your right 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 attempting to look directly behind you to a fixed point.

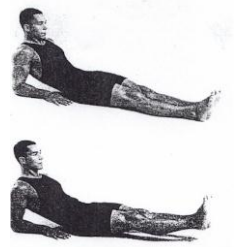
**Breathing:** Breathe in deeply in the swing, exhale at the point where your head is facing backward and hands are hitting the shoulders and back.



### Alternative (for Rite #2) Exercise #2

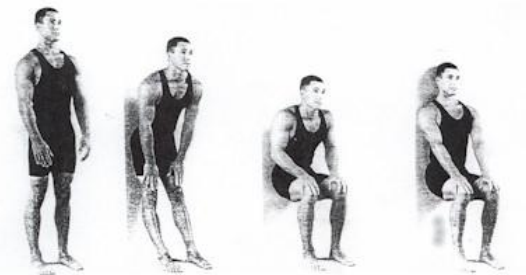
Lie down on the floor and elevate your head and shoulders propping up on your elbows keeping your forearms flat on the floor, palms facing down. Keeping your legs straight, hold them off the floor For 20 or 30 seconds.

**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.

