

Anne Ribolow's guide to the FIVE TIBETAN RITES

The Five Tibetan Rites practiced daily result in improved physical and emotional health and reverse the effects of aging. Working internally to balance the energy vortexes, or chakras as we know them, these rites promote a sense of being more grounded while

contributing to one's spiritual awakening. In order to receive the full benefits of the Five Tibetan Rites, practice daily. Practice the rites sequentially, that is, start with rite number one, spinning around until the point of slight dizziness, then move on to rite number two and through to rite number five. Start off slowly at your own pace practicing each rite 3 to 5 times, or as many times as feels comfortable without strain. Eventually, day by day, build up to practicing the maximum, which is 21 of each rite. You may find some rites are easier than others and you are able to do more of one than another. This is normal. One or more rites at present may not be possible to achieve, but by practicing the other rites, these too will become attainable. As they say, Rome wasn't built in a day, but with gentle perseverance, you too will receive the astonishing benefits of the Five Tibetan Rites. For more detailed information, refer to Peter Kelder's book *Ancient Secret of the Fountain Of Youth*.

RITE 1

- ✧ Stand erect with arms outstretched at shoulder height, horizontal to the floor.
- ✧ Breathe in your normal breath ratio.
- ✧ Spin around clockwise, towards your right arm, until you become slightly dizzy.



RITE 2

- ✧ Lie flat on the floor, face up.
- ✧ Fully extend your arms along your sides, placing the palms of your hands against the floor, 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. Draw your toes down towards the floor.
- ✧ Then slowly lower both the head and the legs to the floor, keeping the knees straight.
- ✧ Allow all the muscles to relax, continuing to breathe 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 knees about shoulder width apart, body erect with toes curled under, and the soles of the feet at right angles to the floor.
- ✧ The hands should be placed against the back of the thigh muscles. Tighten your arms throughout this exercise.
- ✧ Incline the head and neck forward, tucking the chin against the chest.
- ✧ Then bring the head and neck backward, arching the spine. As you arch, you will brace your arms and hands against the thighs for support.
- ✧ After 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 feet shoulder width apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the buttocks.
- ✧ 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 upright sitting position. Check your hand position. Rest briefly before repeating the procedure.
- ✧ Breathe in as you rise up, hold your breath as you tense the muscles, and breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest if need be between repetitions.



RITE 5

- ✧ Place your body face down on the floor. It will be supported by the hands, palms down against the floor with the toes in a flexed position.
- ✧ Throughout this rite, only your hands and feet should be in contact with the floor. Start with your arms perpendicular to the floor with the spine arched, so that the body is in a sagging position.
- ✧ Bring the head back as far as possible.
- ✧ Then, bending at the hips, bring the body up into an inverted "V". At the same time, tuck the chin against the chest.
- ✧ Breathe in deeply as you raise the body, and breathe out fully as you lower it.

