

Learn How to Stop
the Ageing Process with

The Five Tibetan Rites

By Anne Aleckson

The Five Tibetan Rites first came to the attention of the Western world in 1939 through a book titled *The Eye of Revelation* written by Peter Kelder. In the foreword to the book, the original publisher, The Mid-Day Press wrote: ‘*The Eye of Revelation* is truly a revelation. It reveals to you information that has been known and used by men in far-distant lands for centuries. It is information that has been thoroughly tried and tested, information that will stem the tide of premature old age with its attendant weaknesses and senility. This is information for which Ponce de Leon¹, and thousands of others down through the ages would have given all they possessed.’ The publisher went on to say that the information would produce remarkable mental and physical changes within a month. One would gain new hope and enthusiasm, with which to carry on.

For centuries the information was confined strictly to men until it was found that women too would get equally beneficial and amazing results. The author provides many examples of the benefits of the Five Tibetan Rites including looking much younger; sleeping soundly; waking up feeling refreshed and energetic; release from serious medical problems, including difficulties with the spine; relief from joint problems; arthritis relief; relief from pain; improved memory; weight loss; improved vision; reversing the ageing process; greatly improved physical strength and endurance; improved emotional and mental health; enhanced sense of wellbeing and harmony; and very high overall energy.

The rites represent a system of exercise that affects the body, emotions and mind. It is claimed these exercises activate and stimulate the seven psychic vortexes within the body. They are described as magnetic centres that revolve at great speed in a healthy body, but contribute to ageing and ill health when slowed down.

Two of the vortexes are located in the brain; one at the base of the throat, another on the right side of the body above the waistline; one in the sexual centre; and one in each knee. Those familiar with chakras will recognise some similarity here with the placement of the vortexes and the benefits of having them spinning in balance.

These seven spinning centres extend outward from the body in a healthy person, but when weak and old are confined within the body. The quickest way to regain health, youthfulness and energy is to start your vortexes spinning again and eventually have them all spinning in perfect balance and union. When practiced daily, the Five Tibetan Rites are said to achieve this perfect balance. To begin with, practice each rite three times a day and gradually increase them until you can manage 21 times for all five rites in one session. It only requires about 10 minutes per day and should not interfere too much with the busy lifestyle that is common in this day and age.

This month we will look at the first rite and over the next few issues I will move into the remaining four rites, along with other valuable information contained in *The Eye of Revelation*. We will also find out exactly why the sixth rite is rarely mentioned today when discussing the Five Tibetan Rites.

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The First Rite



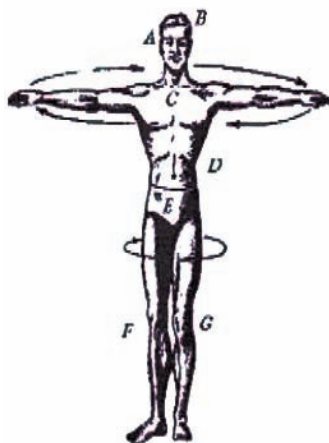
The first rite is for the express purpose of speeding up the vortexes. Once you have gotten used to the slightly dizzy feeling, you will feel like a child at play again.

1. Stand erect with your arms outstretched and horizontal with the shoulders.
2. Now spin around from left to right or clockwise until you become slightly dizzy.

At first the average person might only be able to spin around three or six times before becoming dizzy enough to want to sit or lie down. At this point you should do so for a few minutes.

Over time your vortexes will start speeding up and you will be able to work up to the required 21 spins per session.

Next month, we will look at the second and third rites and the eating practices of the Tibetan Lamas and the early Western practitioners of the *Five Tibetan Rites*. ❖



There are seven psychic vortexes in the physical body, located as follows:

- Vortex A** located within the forehead
- Vortex B** in the posterior part of the brain
- Vortex C** in the region of the throat at the base of the neck
- Vortex D** in the right side of the body above the waist line
- Vortex E** in the reproductive anatomy
- Vortex F and G** are located one in each knee.

The *Maulawiyah*, or Whirling Dervishes of India, spin around and around in a religious frenzy. While this continuous spinning movement does have a very beneficial effect, it can also have a negative effect. Vortexes A, B and E are stimulated into great activity, which has a stimulating effect on C & D. Due to the excessive leg action of the knee vortexes E & G, overstimulation may lead to exhaustion. The building up of the vital energy forces along with this tearing down causes the participants to experience a psychic jag, which they express as something spiritual or religious.

HEALTH & FITNESS

Anne Aleckson is a freelance writer and published author who works with energy. Anne writes about her spiritual journey on her blog *Energy and Inner Joy* at www.AnneAleckson.com

1. Juan Ponce de Leon (1474-1521) was a Spanish explorer. He became the first Governor of Puerto Rico by appointment of the Spanish crown. He led the first European expedition to Florida, which he named. According to a popular legend, Ponce de León discovered Florida while searching for the Fountain of Youth.



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