

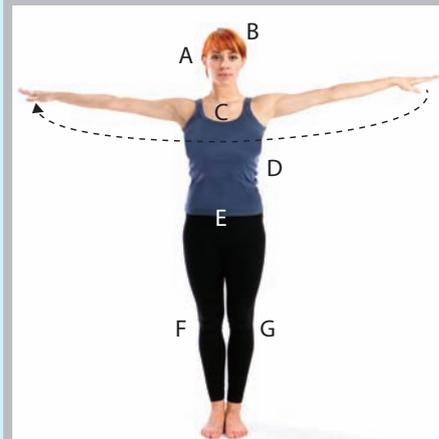
Learn How to Stop the Ageing Process with

# The Five Tibetan Rites

## Part 2

By Anne Aleckson

### The First Tibetan Rite



See page 34 of *Insight Magazine* October 2010 issue.

Following on from last month where I introduced the Tibetan Rites and how they can improve our health, this issue covers the second and third rites and the very simple eating secrets shared by Peter Kelder in *The Eye of Revelation*.

### The Second Tibetan Rite



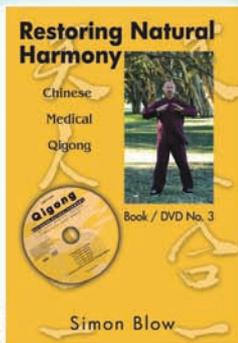
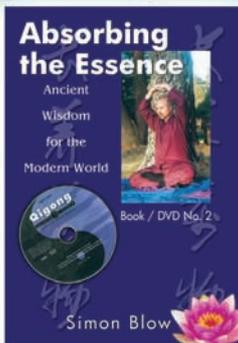
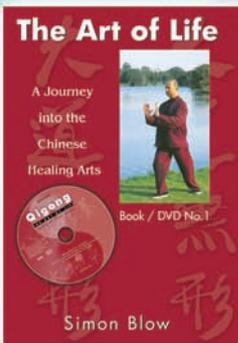
This second rite continues the stimulation of the seven vortices that started with the spinning in the first rite (as discussed last month).

1. Lie flat on your back on your yoga mat, a prayer rug, a folded blanket or on a bed.
2. Now place your hands flat down alongside your hips. Keeping your fingers closed turn your fingertips turned slightly toward your other hand.
3. Raise your feet until your legs are straight up, allowing your feet to extend back over the body a little bit, without bending the knees.
4. Slowly lower your feet to the floor and relax all muscles for a moment.
5. Repeat.

**Note:** If you are unable to perform this rite, start out by lifting your knees and letting your feet hang down. Over time, little by little straighten out your legs until eventually you are able to raise them straight.

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### The Third Tibetan Rite

Immediately after you have performed the second Tibetan Rite, move into the third, which will particularly help to speed up vortexes E, D and C. You may choose to do this one with your eyes closed.

1. Kneel on your mat and place your hands on your thighs.
2. Lean forward as far as possible with your head inclined so your chin is resting on your chest.
3. Now lean backwards as far as you possibly can while lifting and tilting your head back as far as it will go.
4. Now bring your head up along with your body, lean forward and begin the exercise again.

#### General tips for practicing your rites daily:

1. For the first week, and only if you are relatively healthy and fit, do each exercise three times in your daily session. Then increase each rite by two repetitions per session until you are doing 21 repetitions a day.
2. Do only what you feel comfortable with. This may be only one of each exercise for the first week. Build up to two repetitions of each exercise the second week, three of each exercise the third week, etc.
3. If you want to enhance your program, do the exercises at a faster pace, but do not do more than 21 repetitions of each exercise per day. Doing more than this will affect your chakras negatively and can create imbalances in your body.
4. The Five Tibetan Rites may stimulate detoxification and often creates many unpleasant physical symptoms in the process. This is why it is recommended to increase the number of each exercise gradually on a weekly basis.
5. It is important to do these exercises every day, but if you need to skip a day, make sure you only do this once a week. If the exercises are done less than six days a week, the results will be greatly reduced.
6. If your time is limited on certain days, do only three repetitions of each exercise. This takes less than five minutes.

In *The Eye of Revelation*, author Peter Kelder writes about how the lamas were not strict vegetarians; although they did not eat meat, eggs, butter and cheese were incorporated in their diet. Their diet consisted of good, wholesome food and the secret was that they ate only one type of food at each meal. This was done to avoid the clashing of food in the stomach caused by starches mixing with proteins. When bread (starch) was eaten with meats, eggs or cheeses (protein), it was thought to set up a reaction in the stomach causing immediate physical pain and contributing to a short, unhappy life.

One meal would consist of bread only, the next of fresh vegetables and fresh fruit and the next only cooked vegetable and cooked fruit. While they only ate one type of food at each meal, today you might consider the theory behind their diet and keep starches, fruits and vegetables separate from meats, fish and fowl at your mealtimes. These lamas also enjoyed raw egg yolk, but discarded the white. The only time they indulged in the whole egg was when they were engaged in hard work as only the muscles utilise the protein in the egg white.

They also understood the importance of chewing food thoroughly before swallowing and taking their time with each bite. They knew this led to the consumption of less food and often reduced the meal size by half - a lesson we can all take on board in this age of obesity and super sizing.

Next month, we will learn how to perform the fourth and fifth Tibetan Rites and I will also discuss how sexual energy is implicated in the rites. ❖

## 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](http://www.AnneAleckson.com)



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