

The 5 Tibetan Rites

Exercises to rejuvenate

A well-known medicine hunter, author, educator, and world-traveler researching and promoting plant-based medicines, Chris Kilham says that a daily five minute practice of the Five Tibetans will result in adding an entire decade to your life span. The exercises are done repetitiously on an increasing gradient toward the goal of 20 or 21 repetitions of each exercise at a comfortable pace.

A Brief History

According to legend, the Five Tibetans originated from Tibetan Llamas around 2,500 years ago. Anti-aging expert Ellen Wood stresses the importance of doing the 5 Tibetans very slowly for maximum longevity results.

They were part of secret practices handed down from generation to generation to a select few or the initiated. The Tibetan monasteries guarded the practices as they were considered a part of the pathway to higher levels of consciousness.

Longevity and the restoration of youthfulness are “side effects” that get the attention of most westerners.

Esoteric Benefits

In the 1930's, American Author Peter Kelder shared the secret of the Five Tibetans with the West. He explained that the true value of the exercises transcended the physical realm.

In his book, *The Eye of Revelation*, later released as *The Ancient Secret of the Fountain of Youth*, he states:

“I would like to make it clearly understood that these are not physical culture exercises at all. They are only performed a few times a day; so few times that they could not possibly be of any value as physical culture movements.” Peter Kelder continued, “What the Rites actually do is this: They start the seven Vortexes spinning at a normal rate of speed; at the speed which is normal for, say, a young, robust, strong, virile person of twenty-five years of age.”

These vortexes of energy, known as chakras, or wheels of energy, have been mapped out in yogic literature for thousands of years.

These energy centers are the primary energetic interface between the individual and the larger universe. It is believed in esoteric circles that when these energy centers are functioning properly, health and spiritual evolution will result.

The exercises are comprehensive and dynamic; they positively enhance and restore the body, mind including emotions and the spirit or soul. Esoterically, the exercises activate and tone the seven major energy vortexes in what yoga calls the subtle body.

Physical Health Benefits

Similar to how Chinese based Qi-gong (Chi-gong) and tai-chi work, these routines restore energy. Western aerobic calisthenics expend energy without restoration. These simple exercises enhance overall strength, balance, energy, metabolism, digestion, brain and nervous system, cardiovascular and pulmonary systems, and overall health.

Some Exercise Details

In a segment with Doctor Oz, Kilham starts out doing 1 to 5 repetitions for each exercise. It's advisable to always pay attention to your body in order to avoid injury. Never force your body to continue the exercises if your body is signaling pain. Some slight soreness or minor discomfort is expected, but beyond that is a danger zone that can lead to injury.

The advised best times to practice are sunrise or sunset, but anytime is better than never. Be sure to use a carpeted area, yoga mat, towel, or throw rug to ease the discomfort of the body moving against a hard surface.

The room should be well ventilated. Choose a quiet area where you are not distracted by others and can easily concentrate. A specific breathing pattern is included along with a detailed moving graphic and text explanation

We've been practicing, teaching and recommending the 5 Tibetan Energy Rejuvenation Exercises since 1998. You can do the whole routine in 15 minutes and only need enough floor space for your body while lying down and enough air space for your arms to be outstretched.

The 5 Tibetans represent a great way to keep your body in shape when you have limited time for a physical workout or limited space for a complete yoga routine. You can easily do the exercises in the space at the foot of the bed in most hotel rooms. We use the 5 Tibetans as a warm up for our morning yoga or body workout.

How do I begin to benefit from the 5 Tibetans?

If you are not used to exercise or have not been formally introduced to yoga techniques of breathing and relaxation, then your first tip is to start out slowly. Start by performing one to three repetitions of each of the movements one time each day. Pay attention to what your body is telling you and do not strain or force any position that causes pain that indicates possible injury. A little soreness is perfectly okay but really you should start out slow enough not to have any physical hindrances the following day.

Where should I perform the Tibetans?

Anywhere you have room is perfectly okay. Make sure to use a carpet, towel, yoga mat or padding to prevent discomfort caused from too hard a surface.

What is the best time of day to perform the 5 Tibetan?

The entire series of movements may be performed 2 to 3 times per day. As with all forms of holistic body work, sunrise and sunset are great times to be honoring your body with physical work. These are the best times to start your practice, but you may work them into your schedule as you see fit.

How many times should I repeat each exercise?

You want to work toward performing each of the movements 21 times. When you first begin, try to do 1 or 3 repetitions of each exercise. After a week, try to do 3 repetitions, then pause and try 3 more. You will certainly feel stronger in some of the movements than others. If you have trouble performing a complete set of 21, try to break it down into 3 sets of 7 repetitions with a pause between each set. Once you've achieved 21 repetitions of each exercise, you don't need to go on to more repetitions. These exercises are for restoring energy, not necessarily building strength. If you feel great after doing 21 repetitions of each movement, feel free to add another session later in the day to perform another set of 21 repetitions each.

What is the recommend breathing pattern?

We recommend a specific breathing pattern to follow with each exercise. If you feel tired or light headed while performing these movements, make sure you are not holding your breath.

FIVE TIBETAN RITES OF REJUVENATION

BEGIN WITH 3-5 REPETITIONS OF EACH EXERCISE. ADD 2 REPETITIONS EACH WEEK OR AS YOU FEEL READY TO. WORK UP TO A TOTAL OF 21 REPETITIONS OF EACH EXERCISE. FOR BEST RESULTS PERFORM DAILY.

1ST EXERCISE - Extend arms out to the sides, palms down. Relax shoulders, and bring arms in line with shoulders. Turn in place in a clockwise direction. Focus your vision on a single point straight ahead to avoid dizziness. After the exercise take 3 deep breaths. With hands together, raise arms overhead on the inhaled. Exhaling, lower arms out to the sides and down.



2ND EXERCISE - Lie flat with arms extended alongside the body or under the buttock. Palms down. Breathe in through the nose and raise head off the floor. At the same time lift legs off the ground, keeping legs straight. Exhaling, lower head and legs back down, keeping legs straight as you go down. Relax muscles for a moment and then repeat. Once complete, take 3 deep breaths while lying flat with hands placed over lower abdomen.



3RD EXERCISE - Kneel with knees under hips and toes tucked under. Hands can support the low back. Breathing out, lower chin toward chest. Breathing in arch back, dropping head back. Hands on buttocks or thighs for support. When complete, take 3 deep breaths while kneeling or lying flat. Hands over lower abdomen.



4TH EXERCISE - Sit with legs extended in front of you, feet hip width apart. Palms are placed alongside body, fingers pointing forward. Breathe out and tuck chin in toward chest. While slowing breathing in, raise torso (slide buttock forward and then lift hips) off the ground and drop head back. While holding position, hold breath and tighten every muscle in the body. Breathing out, slower lower back down to starting position. Rest a moment, then repeat. When complete, lie flat and take 3 deep breaths to relax.



5TH EXERCISE - Start in table position with hands shoulder width apart and knees directly under hips. Inhaling, lift tailbone up and press heels down into an inverted V position. Chin tucks in toward chest. Exhaling, lower body forward and down. Arch the back and tilt head back to look up. Shoulders remain broad and toes are tucked under. When complete lie flat and take 3 deep breaths to relax.



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