



## The Five Tibetan Rites

The Five Tibetans are for the generation and dissemination of micro-releases of Kundalini throughout the body. They are directed to the first five chakras. Each Tibetan is designed to assist the energy to climb higher and higher in a bottom to top fashion.

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.

### Rite 1

- Stand erect with arms outstretched, horizontal to the floor.
- Spin around clockwise until you become slightly dizzy.
- Gradually increase practicing from 3 up to 21 repetitions per day for each rite.



**Breathing:** breathe in and out of your stomach. When you stop spinning, breathe even more deeply from your stomach until your head stops spinning and your balance returns to normal.

**Note:** Work your way up to 21 spins. Speed is not so important, just try to spin 21 times and stop.

### Rite 2

- First 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 the 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.
- Then slowly lower both the head and the legs, knees straight, to the floor.
- Allow all the muscles to relax, continue breathing in the same rhythm.





- Breathe in deeply as you lift your legs and breathe out as you lower your legs.

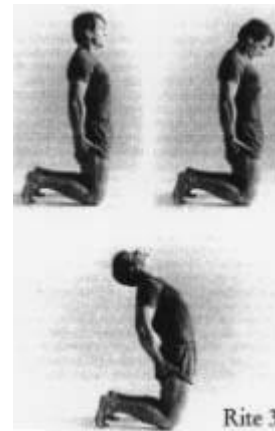
**Breath In:** Raising your legs and head

**Breath Out:** Lowering your legs and head

**Note:** When starting out, bend your legs until your stomach strengthens. If you feel discomfort, place your hands (palms facing down) under your buttocks to support your lower spine. As you progress, straighten your legs and try to raise and lower them at the same speed. Once you have worked up to 21 repetitions, try to move at a nice steady rhythm without stopping.

### Rite 3

- Kneel on the floor with the body erect. The hands should be placed against the thigh muscles.
- Incline the head and neck forward, tucking the chin against the chest.
- Then, throw the head and neck backward, arching the spine. As you arch, you will brace your arms and hands against the thighs for support.
- After the 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.



**Breath In:** Going backward

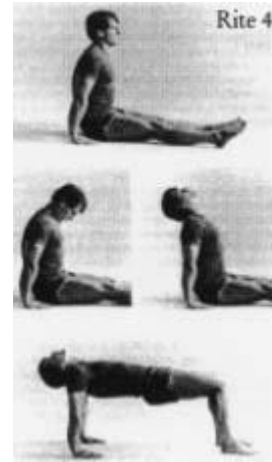
**Breath Out:** Coming forward

**Note:** When you start this exercise, use the weight of your head to come forward instead of forcing your chin to your chest with your muscles. When you lean back, avoid craning your neck, simply let it drop with its own weight. Eventually, you can bring your shoulder blades towards each other when you're in the back position. Keep a steady movement while going backward and forward. Keep your eyes open to maintain balance. Later, try the movement with your eyes closed to feel the difference and see if you can relax even more in the backward position.



## Rite 4

- Sit down on the floor with your legs straight out in front of you and your feet about 12 inches apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the 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. 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 sitting position, and rest before repeating the procedure.
- Breathe in as you raise up, hold your breath as you tense the muscles, breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.



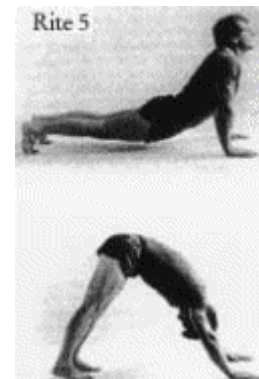
**Breath In:** Raising off the ground

**Breath Out:** Returning back to sitting position

**Note:** When you begin this exercise, just try to get from the starting to ending posture. It's easier to do it than read about it. In the beginning, you might not be used to your body weight on your wrists. Doing some wrist warm-ups before you begin can prevent discomfort. Once you have worked your way up to 21 repetitions, try to perform the movements without stopping.

## Rite 5

- When you perform the fifth rite, your body will be face-down to the floor. It will be supported by the hands, palms down against the floor, and the toes in a 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.
- Breathe in deeply as you raise the body, breathe out fully as you lower it.

**Breath In:** Raising hips up into an ^ shape - downward dog.

**Breath Out:** Hips down & head coming up into cobra.

**Note:** In the beginning, you will need to find where to place your hands and feet to make a complete inverted-V shape. You may do this exercise for years and never get your feet flat on the ground (a symptom of western living and always sitting in a chair). Once you've worked your way up to 21 repetitions, work on keeping a steady rhythm while going in and out of each position.