

Tibetan Rejuvenation Rite #6 **restricted** exercise

The series of Five Tibetan exercises described above is capable of being practiced two or three times a day everyday during the entire lifetime. In contrast, the following exercise, according to the Tibetan Lamas, has a very special purpose and it ought to be practiced only in circumstances described below. If you are not sure, and do not practice the first five exercises regularly, do not practice this exercise. **You have been warned.**

The deemed purpose of the Tibetan #6 exercise is to redirect the excess of sexual and reproductive energy, generated by the activity of the what is perceived of as being the base chakra (also referred to as vortexes) to all higher chakras along the spine, especially to the brow chakra, which activity is related to our spiritual awareness and psychic abilities. **According to Lamas this exercise ought to be practiced only when the excess of the sexual urge is experienced, otherwise this exercise does more harm than benefit, by draining the energy from the base chakra.**

By systematically practicing the first five Tibetan exercises it is quite possible to raise the energy of the base chakra so much, that the sexual urge appears and requires to be dealt with. This is capable of happening at any age.

One way to handle the situation is to dissipate this powerful energy in sexual activities. The Tibetan alternative is to transmute it to higher use, to accelerate your spiritual development and rejuvenate the physical body. Instead of dissipating the reproductive energy you may choose to use it to regenerate cells in your entire physical body. The choice is yours; you have the free choices, as always.

Sometimes one may find in their lives that sexual activity without sincere love and a spiritually matched partner is similar to going to a forest and not seeing trees.

Sexual love in its clearest form brings about a spiritual union, bringing experiences and sensations far more profound, pleasurable, longer lasting and beneficial than just a physical act of relief.

In the absence of a partner that you are capable of achieving this with, Tibetan Lamas offer you the alternative, verified over many thousands of years to be not only effective, though also very beneficial to your total health, longevity, bio-energy level, Aura and most importantly to your spiritual development. They do not attempt to suppress the powerful energy of the base chakra. Such suppression is destined to fail, much as any act against the Nature. They offer an efficient way to transmute it for the higher purpose.

Rite #6

Tibetan #6 differs in many ways from all of the previously described Tibetan exercises.

1st - it is one of the easiest to perform from the physical body motion point of view, hardly requiring any diagram.

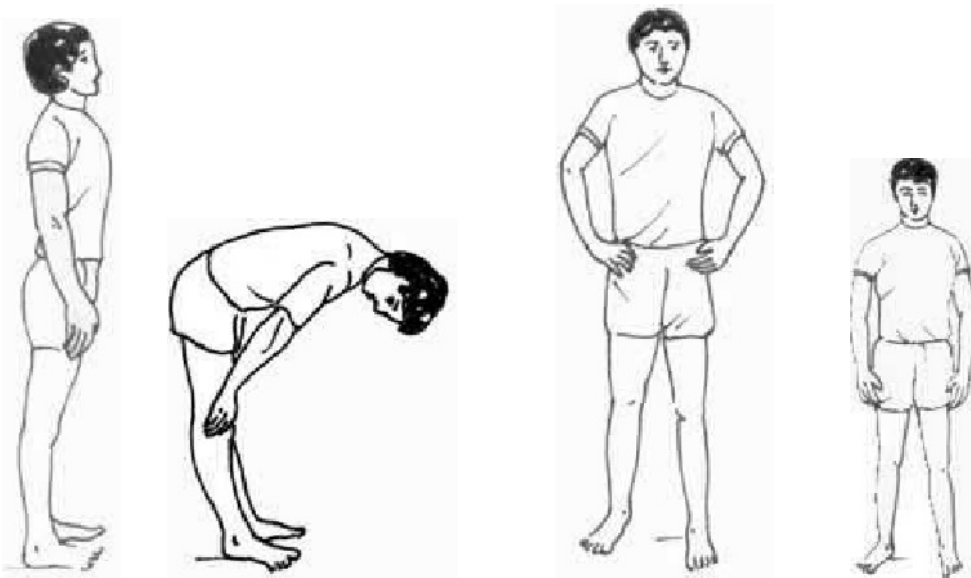
2nd- it involves a special breath control, requiring a prolonged holding of the breath, rather than breathing rhythmically.

3rd - after each cycle of Tibetan #6 several cycles of deep breathing are required. Another difference is that no more than three repeats are recommended for most people.

The sequence of Tibetan #6 is as follows:

1. Stand straight and breathe out completely
2. Bend over forward putting your hands on your knees, forcing out the last trace of air
3. With your lungs empty return to standing straight posture
4. Put your hands on your waist and push your shoulders up by pressing down with your hands. Pull the abdomen in as much as possible and raise your chest, keeping your lungs empty.
5. Hold this position as long as you are capable, with empty lungs
6. Breathe in through the nose until your lungs are full
7. Exhale through the mouth, relaxing arms to hang free
8. Take several deep breaths before the next repetition

Rite #6



There is only one difference between a person who is healthy and vital, and a person who is a superman or superwoman. The former channels vital life force into sexual energy, while the latter turns this force upward to create balance and harmony through all of the seven vortexes. That's why a superman or superwoman grows younger and younger day-by-day and moment-by-moment. He or she creates within them selves the true 'Elixir of Life.'

Please understand that in order to perform rite number six, it is absolutely necessary that an individual have active sexual urge. He or

she is not capable of possibly transmuting reproductive energy if there were little or nothing to transmute. It is absolutely impossible for a person who has lost sexual urge to perform this rite. He or she ought not even to attempt it, for the reason that it would only lead to discouragement, and more harm than benefit. Instead, such an individual regardless of age ought to first practice the other five rites until they regain a normal sexual urge. When this is achieved, he or she may then go into the business of being a superman or superwoman.

Let no man or woman think of turning sexual currents upward until he or she is prepared to leave physical requirements behind in exchange for the rewards of true mastership. Then let the individual step forward, and success will crown his or her every effort.

Detoxification

Detoxification comes in many forms and refers to many different programmes that cleanse the body of toxins. Today, the environment is toxic and the foods that humans eat, even the air humans breathe and the water humans drink is laden with chemicals foreign to the human system.

Detoxification is a process that assists to clean out of the physical and energetic body toxins or poisons that have accumulated in your physical cells, organs, systems and in your energetic systems (auras, chakras, meridian system and all electromagnetic, magnetic and electric systems). It is strongly recommend that people beginning the "Five Rites" exercise program undertake a detoxification program either before or as they begin these exercises.

If you have not ever detoxified before, you will probably have many poisons accumulated in your body and energetic systems. A full detoxification program will eliminate all toxins.

A 3 to 7 day juice fast is the most superb way to release toxins. A moderate fast cleanses the body of excess mucous, old fecal matter, trapped cellular matter and non-food wastes. It cleans out the pipes as the make-up of the cells are renewed and changed.

Fasting is a process of self-digestion. The body decomposes dis-eased and damaged substances such as excess fat deposits and wastes. Elimination from the liver, kidneys, lungs and skin is accelerated and the drinking of only live juices are capable of attracting dead matter and carry it away.

The release of toxins may cause brief periods of discomfort: fatigue, body odor, bad breath, diarrhea or mouth sores. Though the benefits are long lasting. Digestion improves and the releases of hormone secretions stimulate the immune system, encouraging a dis-ease-preventing environment. Typically after a cleansing fast energy levels rise, and one's outlook and attitude is greatly enhanced.

Warning: Considering all of the above, the most important factor that a person is capable of doing for his or her general health is to begin immediately on a program of detoxification which, in our opinion, ought to be done under the supervision of an experienced physician practicing nutritional medicine.