



I'm human







You're free to share or give away this poster that I designed, which is a modified version of The Five Tibetan Rites called "T5T". The key differences between the original version and T5T include the addition of core stability to each Rite, a greater focus on strength and flexibility build-up process, modifications to prevent injury or strain, and the use of affirmations. T5T also assigns each movement to one of the five elements and uses modern names rather than numbers to describe the movements. The original Five Tibetan Rites were revealed in 1939 by Peter Kelder through his book "The Eye of Revelation". The story begins with Colonel Bradford, a retired British Army officer who spent two years learning the secrets of Tibetan monks. He then taught Peter Kelder how to practice the Rites and together they started a class to test their effects on people with different health conditions. To date, millions of people have begun practicing the Five Tibetan Rites, which are often considered a form of Tibetan Yoga or a yoga sequence that activates the chakras. The popularity of the Rites has been fostered by numerous writers and teachers, including Carolinda Witt and Christopher Kilham, who introduced them to thousands of students. The Five Tibetans Rites: A Powerful Exercise Program These ancient rituals offer a simple yet profound way to rejuvenate and revitalize one's body. While they may seem like familiar yoga poses at first glance, the Five Tibetans are far more complex and potent practices that have been recognized for their incredible health benefits by medical doctors and yoga teachers alike. With just 10-15 minutes of daily practice, individuals can experience significant improvements in physical strength, flexibility, and endurance, as well as enhanced vitality, energy, and mental clarity. The Five Tibetans are said to slow down the aging process, reduce stress and anxiety, and promote deep relaxation, while also strengthening the cardiovascular system and stimulating weight loss. Developed by Peter Kelder, these ancient practices can be easily integrated into a yoga class or practiced as a short daily routine. However, it is recommended to practice with professional guidance from a yoga instructor, especially for beginners, to avoid injuries. Given text here is needed even for advanced practitioners. Rite 2: Head and leg raise This second rite provides further stimulation of the 7 Vortexes and is even simpler than the first one. Lie flat on your back. Arms alongside the body, hands turned down, fingers together pointing slightly inwards, legs together. Lift your legs and head at the same time, slowly, bringing your chin toward the chest and raising the leg straight up over the body toward the head, without bending the knees. Hold for a moment or two and then slowly lower your legs and head to the ground. Let your entire body relax completely for several moments before repeating the second Rite. Neither Kelder nor Bradford makes any recommendations regarding breathing, so they are silent on basic yoga breathing patterns such as deep breathing, exhaling or inhaling. Yet breathing is certainly important to the 5 Tibetan Rites, and controlled breathing is central in the Sixth Rite particularly related to the channeling of sexual energy. It can be assumed, as J. W. Watt does in his edition of Kelder's book, that breathing normally during the 5 Tibetans will automatically be the best way possible during each rite, letting the body find its own breathing rhythm. Rite 3: Kneeling forward bend and backbend The Third Rite resembles the Camel pose, the well-known backbending posture when kneeling. The forward bend is often omitted in many versions of Kelder's book, although it is quite important in the Third Rite. The Third Rite should be practiced immediately after Rite 2. It is also a very simple one. First position : kneeling with toes tucked under, keep your arms and hands on the side of your thighs. Second position: incline your head towards your chest and lean forward as far as possible. Third position : lean backward as far as possible and at the same time let your head be lifted and go backward as far as it will go (Be cautious to perform this movement slowly, in particular for beginners, to protect your neck and lower back). Then bring your head up along with the body and start the Rite all over again. This Rite is used to activate specific Vortexes and is particularly important for the reproductive organs. Bradford recommends performing the Third Rite with your eyes closed in order to do it at your own rhythm and not be distracted. Rite 4: Moving Tabletop This Fourth Rite might seem difficult at the beginning, but after a while it is going to be as easy as the others. Rite 4 position 2 First position: sit straight, legs straight, with the back of your knees as close as possible to the floor, hands flat on the ground, fingers together pointing slightly outward, chin toward the chest, head forward. The second position is the tabletop position: gently lift your body to the horizontal whilst moving your head backward without forcing, knees bent until the front of the body is flat, parallel to the floor. Hold the position while tensing every muscle in the body before relaxing and returning to the first position. Perform the Rite again. Rite 4 activates the Vortexes F & G located in the knees, D on the waistline, E in the reproductive organs and C at the base of the neck. Some older practitioners might find it difficult to lift their body even slightly off the floor. They should not feel discouraged because there are a number of strategies to help them overcome this difficulty This set of exercises, known as the Rites, aims to build strength in the glutes and core muscles while loosening up the shoulders and ankles. With consistent practice, even older individuals can perform these movements multiple times with ease. The Fifth Rite combines an Upward-Facing Dog and Downward-Facing Dog flow, activating all seven vortexes. In position one of the Upward-Facing Dog, arms are straight with hands flat on the floor, shoulder-width apart, and legs extended behind with toes tucked under, hip-width apart. The head is brought forward, and the chin comes against the chest while allowing the body to gently sag before bringing the head up and backward as far as possible without forcing it. In position two of the Downward-Facing Dog, push on your arms, hands, and shoulders while lifting the hips upward, engaging the abs to protect the lower back from excessive strain. It's essential to practice with care, especially when moving your head forward and backward to avoid straining the cervical vertebrae or letting your body sag too much. Precautions are necessary, particularly for beginners: avoid overextending your neck in Upward-Facing Dog, don't let your hips drop too low in Downward-Facing Dog, protect your lower back from excessive bending (lordosis), and engage a competent instructor if you have any health concerns. The 5 Tibetans method is not just physical exercise or yoga but a distinct practice that can be integrated into daily routines for overall well-being. A full-body routine, the 5 Tibetans method involves practicing each rite multiple times over 10 weeks, gradually increasing repetitions from three to 21. The recommended progression is as follows: Week 1-3 (3 reps), Week 4-5 (5 reps), Week 6-7 (7 reps), Week 8-9 (9 reps), and finally, Week 10 with 11 reps each day for the entire week. The maximum number of repetitions for the 5 Tibetan Rites is 21, but it's recommended to stop there to avoid negative effects. Those who practice self-improvement through these rites are doing great work for humanity worldwide. By mastering the 5 Tibetan Rites, individuals not only enhance their own well-being but also contribute positively to those around them. (1) The original edition of "The Eye of Revelation" from 1939 is hard to access, with the New York City Library being the sole known repository. For an accurate understanding of Peter Kelder's original work, it's suggested to read J.W. Watt's 2008 publication, "The Eye of Revelation," which provides a more precise representation of his writings. After republishing "The Eye of Revelation" in 1946 with additional information, Peter Kelder was known as the author of the "lost manuscript." J.W. Watt's research and analysis have made it easier to understand how the Rites evolved over time and lost some of their effectiveness. Returning to the original source is crucial, according to my perspective, and J.W. Watts' publication makes this possible. I find his edition to be the most accurate and precise representation of Peter Kelder's work. (2) Other notable publications include: "The Ancient Secret of the Fountain of Youth" by Peter Kelder (1985 and 1998), "The Five Tibetans" by Christopher S. Kilham (1994 and 2011), and a combined edition of "The Eye of Revelation" from 1939 and 1946, edited by Carolinda Witt (2010 and 2021).

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