

6 Tibetan Rites

This is a short but thorough tract on performing the 6 Tibetan Rites. The Rites should be performed upon waking, facing east. Optionally, you can perform pranayam like kapalbhati before beginning.

There are a few methods of focus, use the one that works best for you.

The beginning method is to simply look down with the head on the exhale, looking down into the Tan Tien, and up with the head back during the inhale, toward the sky.

One method is to do spinal breathing, keeping the focus in the orbit of the spine (look into microcosmic orbit and functioning/governing channel for more information concerning this technique).

The other method is also spinal breathing, but it involves rotating the eyes with the breath. Males rotate from 6 o'clock from the left to right up to 12 on the inbreath, and 12 to 6 right to left on the outbreath. Females use the reverse, so rotate 6 o'clock to 12 o'clock right to left on the inbreath, and 12 to 6 left to right on the outbreath.

Each inhalation will be performed when the core of the body is relaxed, and each exhalation will focus the energy into the Tan Tien (lower cauldron) in the lower core of the body when this region is compressed. Each Rite will stretch/expand and compress the energy into the Tan Tien/Hara. Even though the Rites call for you to stop for 3-5 seconds at the bottom of the exhale, try to keep your breath 'flowing' from inhale to exhale, so that there's no true cessation of the breath, but rather a rhythmic 'oceanic' breath that ebbs and flows.

Each Rite contains 21 reps, or as many as you feel comfortable with at first, and the pacing is set by the breath. It is recommended to take your time with the breath and go slow. Your pace should not exceed the focus, so if you need to take more time with your focus, then go at that pace.

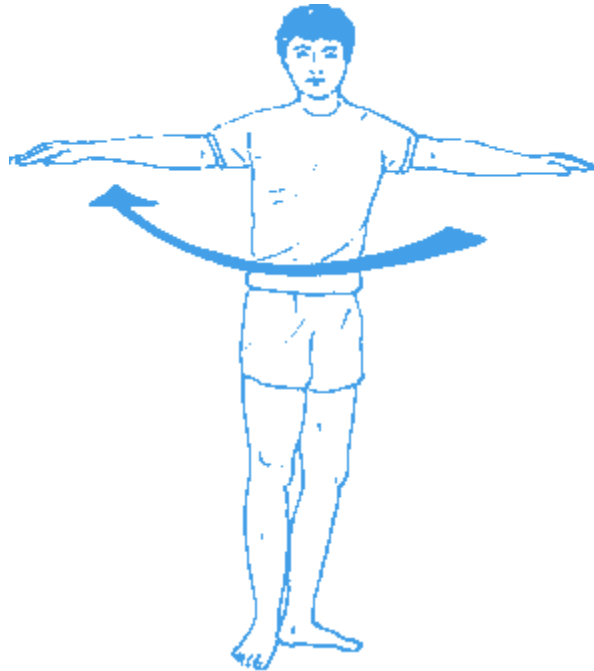
You won't get much out of it if you exceed your focus, as the energy will remain where you're focusing. Complete channel breathing through the orbit or turns through the Wheel of Law (eye rotations) are necessary for proper energy exercise. The Wheel of Law allows one to move energy without troubling over following the spine, as eye rotations move the energy on its own, but you must remain connected to the flow of energy.

If you don't sense the energy at first, continue Laying the Foundations during your seated meditation and through constant orbital breathing you will become more sensitive over time.

Let's begin.

Rite 1 – Spins

Stand facing east, hands straight out. Females will be spinning from right to left (counterclockwise) and males will be spinning from left to right (clockwise). 21 spins is the goal, and these can be as slow or as fast as you feel comfortable.



If you cannot complete 21 spins at first without becoming dizzy, go to your threshold, making sure you are able to relax and keep your equilibrium. It is important to remain in a 'posted' position, meaning you should not waver or wobble free from where you were standing.

Instead, spin like a top, without leaving your place, as if you are on a rigid axis of rotation. Over time, you will be able to spin without getting dizzy, and will become a whirling dervish, capable of spinning countless times while generating energy that can be brought into the cauldron. Equilibrium is a very important part of spiritual development and aids in Lucid Dreaming, meditation, and energy balance.

Rite 2 – Leg Lifts

Lay down on your back, feet together, hands by your side or under your bottom, palms flat on the floor.



Inhale, using either the spinal breath or Wheel of Law technique.

Exhale, raising both legs up together, keeping them straight, until they are 90 degrees up towards the ceiling. The bottom of the exhale should bring the energy into the Tan Tien, and you should lift your head up to look down into the cauldron, chin tucked to the chest. Hold for 3-5 seconds.



Either inhale as you slowly bring the legs back down together, or, if you're like me and find it hard to breathe, hold the breath, let them rest, then inhale. Then repeat the Rite. Perform 21 times.

Rite 3 – Bows

Get up, still facing east, and prop yourself up with your knees bent and legs on the floor, arms and hands by your side, torso straight up, like you're kneeling to be knighted. Place the hands on the lower back or buttocks for support.



Inhale, arching the spine backwards slightly and look up to the ceiling.



Exhale, and double over the front, touching the head to the floor. You can let the rear move back slightly, or just bend at the waist like a folding chair. The main focus is putting gentle pressure on the midsection for energy to compress as it enters the cauldron. Tuck the chin to the chest, looking down into the cauldron. Hold for 3-5 seconds.

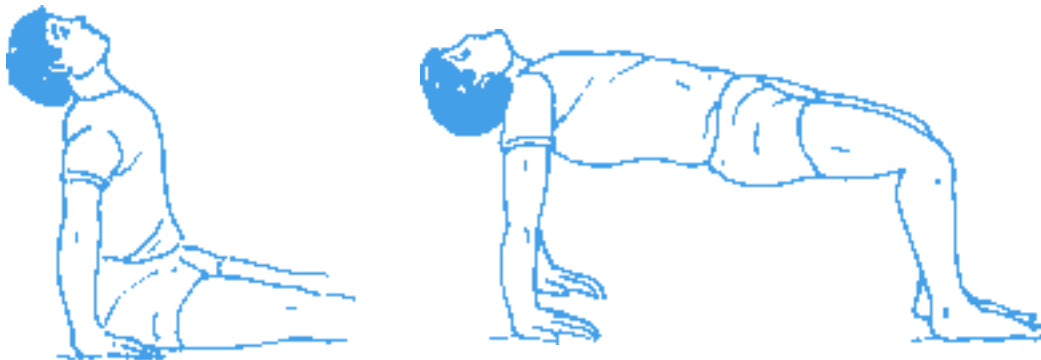
Again, either inhale as you slowly come back up, or, if you find it hard to breathe here, wait until you're back to kneeling posture, and inhale, repeating the Rite 21 times, or as many times as you are able.

Rite 4 – Tables

Sit back, legs straight out in front, hands close by your side and pointing forward.



Inhale, lifting the body forward slightly and up so that only the feet and hands are touching the ground. Legs will be bent 90 degrees, and ensure that your waist and midsection aren't bent or drooping. As you lift up, stretch the neck and head back. Once you're flexible and comfortable, you can look completely behind you, but for now, just up at the ceiling is fine.



Exhale, and you can perform the compression a couple of ways:

1 (easy-effective) – come back down, knees bent, body leaning forward, buttocks on the floor, and tuck the chin, looking down into the cauldron.

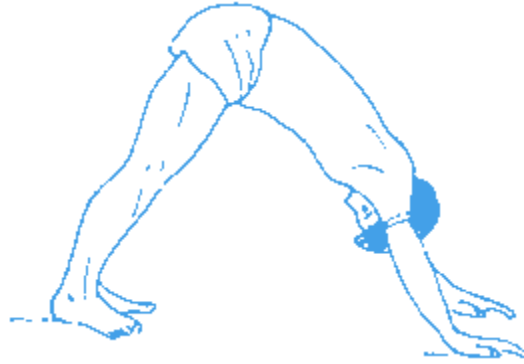
2 (normal-good) – come back down to the starting position, legs resting on the floor as well as the buttocks. Tuck the chin, looking down into the cauldron as you complete the exhalation.

3 (advanced-strong) – come back down, but don't touch the legs or the buttocks on the floor. With your arms supporting your body the entire time, tuck the chin and look down into the cauldron as you complete the exhalation.

Inhale and lift the body back to repeat the Rite 21 times, or as many times as you are able.

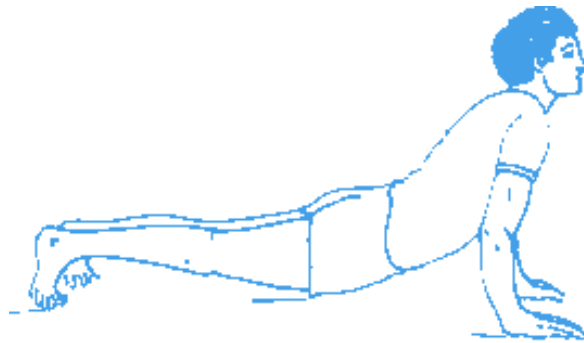
Rite 5 – Downward Dogs

Those familiar to yogic practice will know many of these postures already, and this is one of the more famous yogic postures. Still facing east, place your palms a little beyond shoulder width apart, pointing east or slightly outward from center, and lift the body into an inverted 'U' shape, spreading the legs to match the spread of the arms and palms, about 1.5 – 2x shoulder width.



You may know different or similar breaths during downward dog, but for the Rites, use the following method:

Inhale, moving the body forward and down in a slight 'sweeping' motion where the body is like a stressed and bent 'plank', barely hovering off the ground. The chest and upper body are up and vertical, in line with the arms and shoulders. Look up to the ceiling, gently stretching the neck.



Exhale, going back to the downward 'U' posture, tucking the chin and looking down into the cauldron.

Repeat the Rite 21 times, or as many times as you are able.

These 5 Rites have prepared the body-temple's energy pathways for the collection of the generative force. We have been moving energy all along during the 5 Rites, but with the 6th Rite, we collect and work on breaking bandhas (energy restrictions). This will complete the set of Rites for the day.

Rite 6 – Collection

Still facing east, stand shoulder width apart, bend the knees slightly, and place your palms on your upper inner thighs in a bent over posture. It looks very similar to the posture runners take when exhausted to support their bodies and catch their breath. There's a reason why we take this posture naturally when exhausted—it's effective for aligning the spine and collecting and harnessing energy.

Inhale, locking the perineum, looking up and gently stretching the neck.

Exhale, and bend the knees a bit more pronounced. Tuck the chin, looking down into the cauldron. Relax the perineum/root lock, and push on your inner thighs, which should make the upper back beside the 'butterfly wings' behind the heart tighten and get a good stretch on the bandhas there. Make a 'cobra hood' out of your back, stretching it out and widening it while you look down and let the energy fall into the cauldron.

When all the air is gone, suck the stomach in and up, which will provide gentle pressure on the diaphragm and also help break the heart bandhas. The neck bandhas has been getting worked on each time we tuck our chin and look down into the cauldron. Hold this for at least 5 seconds, then Inhale, repeating the Rite 21 times, or as many times as you are able.

The energy should sufficiently be collected after 21 repetitions, and you have just completed an excellent exercise and dance with your inner energy to complement any kind of day. Namaste <3