

# The Five Tibetans

*The Five Tibetans stimulate full energy flow through the chakras and enliven corresponding nerves, organs, and glands. These exercises also tone and strengthen the major muscle groups, contributing to a strong, resilient physique. Once you are familiar with the exercises, practice of the Five Tibetans will take about 10 minutes daily.*

*The Five Tibetans are ideally practiced 21 times each. Oddly enough, there is no need to exceed 21 repetitions, as the desired energetic effect of the Five Tibetans is achieved at that number. There is no harm performing a greater number, but it simply isn't necessary. Most people need to work up to that number of repetitions, so don't be concerned if it is difficult to practice the full complement from the start. It takes nearly every beginner a month or longer to work up to the full 21 repetitions.*

*In the beginning, start out with 10 or 12 repetitions of each exercise. Build your practice at your own pace. You will be doing yourself a great deal of good by practicing any number, and there is a lot of satisfaction to be gained from working your way up to 21 times each. Take your time, practicing daily and with as much precision as possible. Even as you are building up to 21 repetitions of each exercise, you will start to feel stronger and more energetic.*

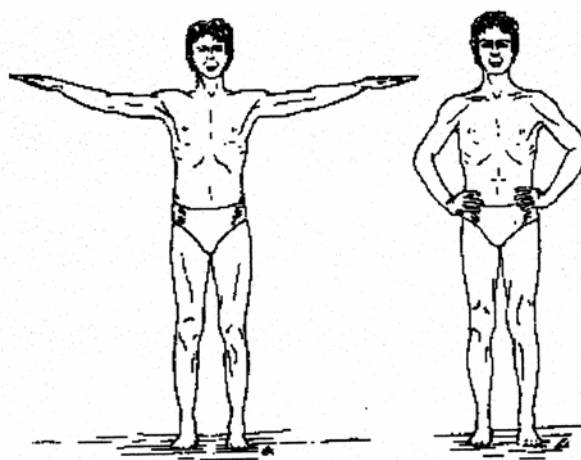
*To ensure that you are practicing properly, carefully read the instructions for each exercise, and refer to the accompanying figures.*

## Tibetan #1

Stand up straight with your arms outstretched to the sides (Figure 1a). Fingers are together; palms are open and facing downward. Holding this arm position, spin full circle in an anti clockwise direction. (Turn your head to the left, that is the direction in which you want to spin.) Repeat the spin 21 times without a break.

When you finish spinning, stand with your feet together and your hands on your hips (Figure 1b). Take a full, deep breath, inhaling through the nose. Exhale through the mouth with your lips pursed in an 'O'. Repeat the inhale and exhale, completing two full breaths before moving on to Tibetan #2.

You may experience some dizziness when you first practice this exercise. Be careful, and don't push it. This exercise strengthens the vestibular apparatus - the balance mechanism residing in the inner ear. With regular practice the dizziness will stop, and the spin will become easy and fluid, even at very fast speeds. This is the same motion practiced by Islamic dervishes, the Sufi mystics who twirl at rapid speeds for long periods of time. These mystics are known as 'Whirling Dervishes'.



1a

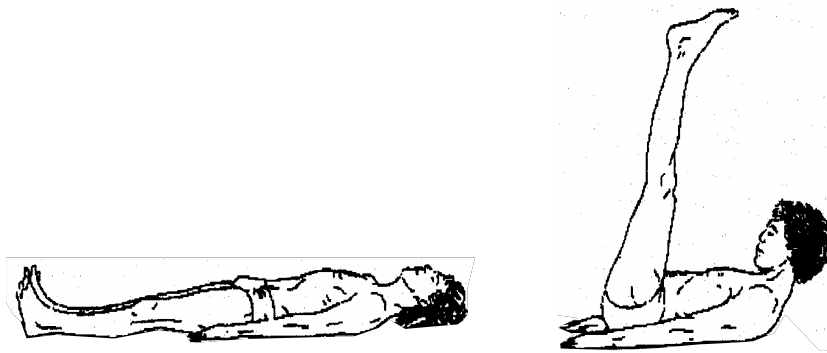
1 b

### Tibetan #2

Lie on your back on a mat or rug. Your legs are fully extended, ankles flexed and touching. Arms are by your sides with the palms flat on the floor (Figure 2a). Inhale through the nose, lift your legs a little past a 90 degree angle, and raise your head, tucking your chin into your chest (Figure 2b). This is all done in one smooth motion. Your toes point toward the sky; your lower back should remain flat on the ground.

Exhale through either your nose or mouth, bringing your legs and head down to the ground. Repeat 21 times, inhaling as you raise your legs and head, exhaling as you bring them down.

When you are finished, stand with your feet together and hands on hips (Figure 1b). Take two full, deep breaths inhaling through the nose and exhaling through the mouth, with your lips pursed in an 'O'.



2a

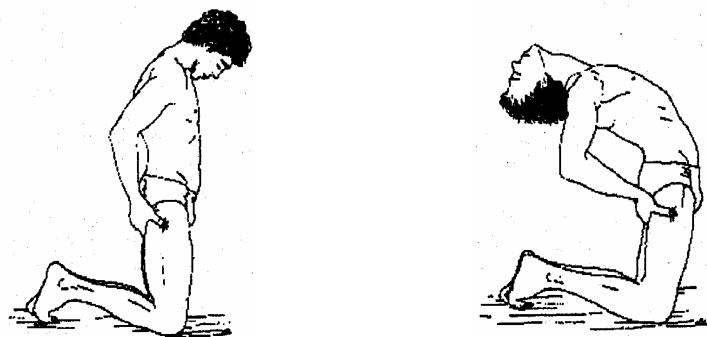
2b

### Tibetan #3

Kneel with the balls of your feet resting on the ground. Your knees are about four inches apart. Place your palms against the backs of your thighs just below the buttocks. Your spine is erect, with your chin tucked into your chest (Figure 3a).

Inhale through the nose, arching back from the waist. Drop your head as far back as you comfortably can (Figure 3b). Your hands will support you as you lean back. Then exhale through either the nose or mouth, as you return to the starting position. Repeat the entire motion 21 times in a steady, unbroken rhythm.

When you finish, stand with your feet together and your hands on your hips (Figure 1b). Take two full, deep breaths, inhaling through the nose and exhaling through the mouth, with your lips pursed in an 'O'.



3a

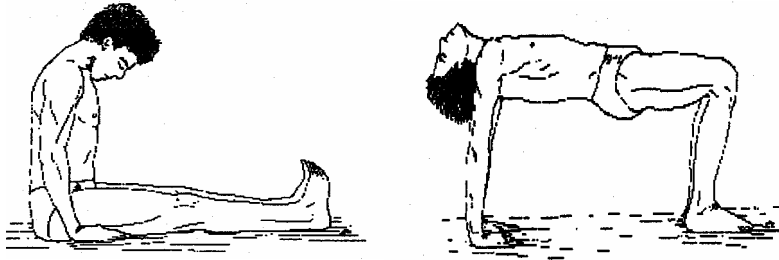
3b

#### Tibetan #4

Sit up straight with your legs outstretched in front of you. Place the palms of your hands flat on the ground beside your hips. Positioning of the hands is very important; they must be placed exactly alongside the hips. Tuck your chin into your chest (Figure 4a).

Inhaling through the nose, raise your hips as you bend your knees, bringing the soles of your feet flat to the ground and dropping your head all the way back (4b). You will come into a position in which the trunk is parallel to the ground while the arms and legs are perpendicular. Exhale through either the nose or mouth as you come down to the starting position. Repeat this motion 21 times in a steady, unbroken rhythm. Do not let your feet slide. The feet should stay in the same place through this whole exercise. Also, the arms should not bend; the movement is instead accomplished by pivoting at the shoulders.

Stand when you are finished, feet together and hands on hips (Figure 1b). Take two full, deep breaths, inhaling through the nose and exhaling through the mouth, with your lips pursed in an 'O'.

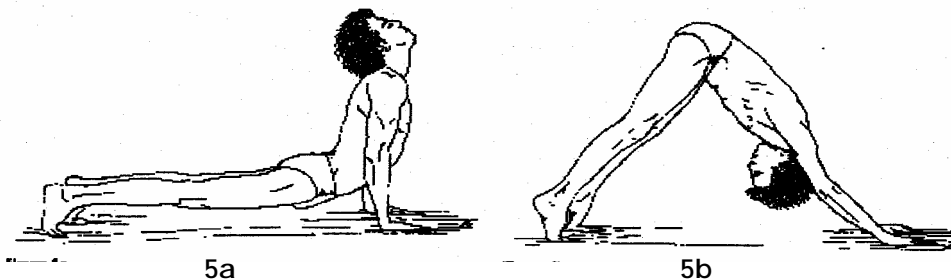


#### Tibetan #5

4a

4b

Begin this exercise by supporting yourself on the palms of your hands and the balls of your feet. Both the arms and the legs are about two feet apart. Your head is up and back (Figure 5a). Keeping your arms and legs straight, inhale through the nose as you raise your buttocks and tuck your chin into your chest, bringing your body up into a perfect triangle (Figure 5b). Exhale through either your nose or mouth as you swing back down to the starting position. Except for the palms of your hands and the balls of your feet, your body remains off the ground during the entirety of this exercise, and your arms and legs do not bend at all. Repeat the entire motion 21 times in a smooth, unbroken rhythm.



5a

5b

Upon finishing, stand with your feet together and hands on hips (Figure 1b). Take two full, deep breaths, inhaling through the nose and exhaling through the mouth, with your lips pursed in an 'O'.

- ★ When you have finished performing all five exercises, lie down on your back and relax for several minutes. Let the breath be gentle and easy. Notice any new sensations in your body.

From *The Five Tibetans: Five Dynamic Exercises for Health, Energy, and Personal Power* by Christopher S. Kilham.

# HATHA YOGA For SATANISTS

Physical yoga, along with Kundalini Yoga drastically amplifies vril, chi, witchpower, the power of the life force, etc. Below is a basic session you should do every day.

It is important to never force yourself in any of the stretches. Feel the stretch, this should be pleasurable and tension relieving, not ever painful. Yoga is very different from athletic stretching. It should be done in a relaxed state and never forced. It is right-brained and the goal is to empower ourselves. Anyone can learn on physical yoga their own, contrary to the popular notion of having a teacher.

**You do not have to practice any special way of life. Nor do you have to be a vegetarian. Live your life as you choose, have sex as you choose with whom you choose, eat, sleep, work, and have fun as you choose.**

If you feel a sense of lightness, increased bioelectricity, and power, you are performing the asanas [positions] correctly. Yoga is also best done alone, as others or a class can be a distraction.

Go with how you feel. As you progress, you can hold for longer periods, if you choose, but the routine below, combined with kundalini yoga [in this packet] will be enough to drastically raise your vril/witchpower. Some adepts hold the handstand and other asanas for 10 minutes or more. Remember, we are all individuals. For timing yourself, for example when holding a minute, just count to 60, like "one thousand one, one thousand two, one thousand three, one thousand four... You should relax and remain perfectly still when in each asana. Never jerk, tug, strain or pull and remember- only go as far as you are comfortable and feel a tension relieving stretch.

The sequence given below should be done in order.

**\*Inverted asanas should not be attempted by those who have brain problems, detached retina, cervical problems, those who are very overweight or have any condition that could be aggravated by increased pressure or blood flow to the head and neck.**

**Women on their menstrual period should leave inverted asanas out until the period is over with.**

**Pregnant women should not do any inversions or anything that might strain the baby.**

**You can do the other asanas and leave the inverted ones out. Inverted asanas are when you are upside-down, such as the tripod, the Shoulderstand, the headstands, and handstands.**

ALWAYS compliment a front bend with a back bend. There always has to be an opposite move in yoga. If you twist to the left side, you must also twist to the right side.

Every yoga program should include:

- Standing asanas
- Sitting asanas
- Forward bending asanas
- Backward bending asanas
- Side to side bending asanas
- Twisting asanas
- Inverted asanas (these can be left out for those who have medical problems as I mentioned in the above).
- Lying asanas

**The routine below is adequate by itself, and serves as an example of a hatha yoga session. If you are interested, you can design your own routine. There are many resources in books and online. To really amplify your powers, you can do the routine below twice a day, but space this out- a few hours in-between.**

**Hatha [Physical Yoga] helps open the 144,000 nadis of the soul, distributing and evening energy flow, opening blocks in both the chakras and the nadis. This ensures safe ascension of kundalini.**

## 1. Seated Forward Bend

Raise your arms straight over your head, back and legs straight and then reach forward and grab hold of your knees, calves, ankles, feet, or beyond as the completed posture in the third illustration below, depending upon how flexible you are. Remember- never strain. Yoga is not athletics. Only go so far as is comfortable for you as an individual.

**Hold completely still for 1-2 minutes**



## 2. Butterfly, Diamond

Bring your feet together as shown in the illustration below and lower your knees. You can place your hands on your knees to get them lower to the floor. If you are able to get your knees very close to the floor, then lower your chest as in the photo below and **hold for 1 minute**



## 3. Straddle Stretch

Spread your legs as wide as possible without any pain. If you are able to, put your forearms flat on the floor as shown in the second illustration below. If you are more flexible, then walk your hands out and place your chest flat on the floor as in the third illustration below. If you are flexible enough, slide your legs into a center split and lower your chest to the floor as in the fourth illustration below. **Hold this position for at least 1 minute, up to 5 minutes.**





#### **4. Cobra Stretch**

Lay flat on your stomach on the floor and then gently press your body up, arching your back into the position shown below. If you are less flexible, you can bend your arms. Go only as far as is comfortable. If you are more flexible, you can straighten your arms. In the second photo below is the advanced completed position. Working towards this begins with bending your knees and working your feet towards your head. Do this gradually.

**Hold this position perfectly still for 30 seconds to 1 minute**



### 5. The Locust

Begin with your stomach flat on the floor and then raise both your chest and legs off the floor, as you are able to. Don't worry if it is only a couple of inches. This is a difficult asana for many people. Strength will come with consistent practice.

**Hold for 15-30 seconds Begin with 15 seconds if you are new.**



### 6. The Bow

Begin with your stomach flat on the floor. Raise your chest and bent knees off of the floor and grab hold of your ankles. Use the strength of your back, chest and hips to maintain the asana, do not pull on your ankles.

**Hold for 15-30 seconds Begin with 15 seconds if you are new.**



### **7. Twist**

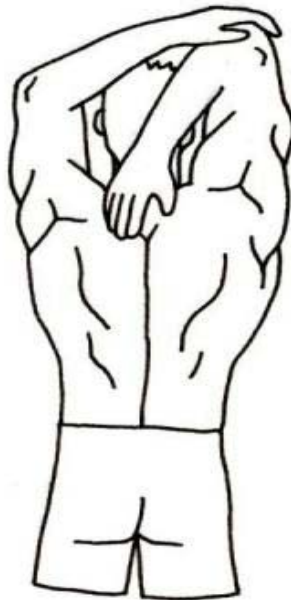
**Hold for 30 seconds to 1 minute for each side**



### **8. Shoulder/Triceps Stretch**

Sit in a cross-legged position, grab your elbow as shown in the illustration below and gently pull down

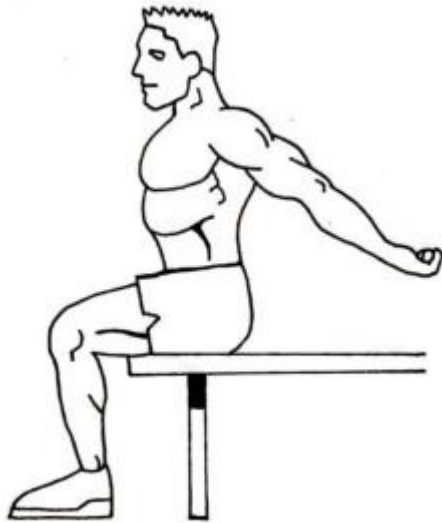
**Hold for 15 to 30 seconds each side**



### 9. Chest Stretch

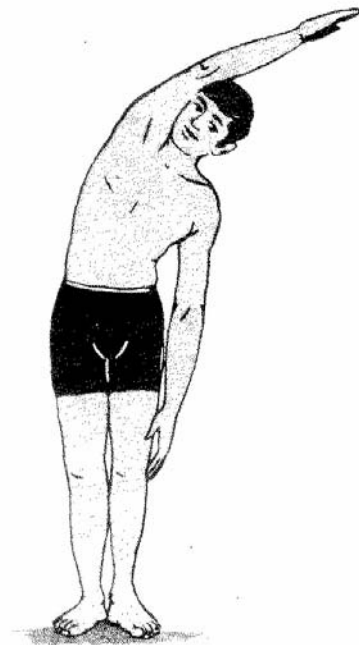
Remain in the cross-legged position. Reach both of your arms behind you, interlace your fingers and keeping your arms straight, and raise your arms as high as you can comfortably.

Hold for 15-30 seconds.



### 10. The Side Stretch

Hold for 30 seconds for each side.



### 11. Tripod, Headstand, OR Handstand

All of these positions can be done against a wall for support. If the headstand or handstand is too difficult, start out with the tripod, as shown below.

For the tripod, put the crown of your head on the floor, hands in the position shown below and place each knee on each elbow. **Hold for 30-60 seconds, working up to 60 seconds/1 minute.**



The headstand or handstand as shown in the photo below can be done against a wall for support. **Begin with a hold for 15-30 seconds if you are new to this. You can gradually work up to a full 10 minutes for advanced. You can do this by adding 15 seconds longer as you feel you are able to. Hold this position for 1 minute.**



**12. Immediately after you come out of the tripod, head or handstand, hold the position below for at least half of the time you spent inverted. For example, say you held the headstand for 60 seconds, you would position yourself in the asana below, forehead on the floor, eyes closed for 30 seconds [half of that time].**



### **13. The Shoulderstand**

**Hold the Shoulderstand for 1 minute.** This position, like the head or handstand can be held as long as 10 minutes for advanced practitioners if so desired. If you are new, you can begin by holding for 30 seconds.



#### 14. The Plough

Stay in the Shoulderstand position and then lower your feet behind your head, as shown in the illustration below. Your arms should be in the position shown below with hands flat on the floor. **Hold for 1 minute.**



**If your back is inflexible, or you are unable to lower your feet to the floor, you can do the modified asana below:**



#### 15. The Fish

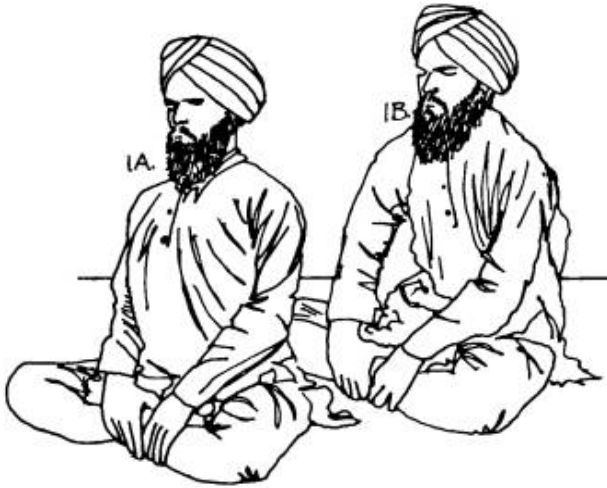
You can have your arms at your sides if you choose, no need to sit on them as in the photo below. The point of this asana is to counterbalance the Shoulderstand and open the throat. **Hold this position for half of the time spent in the Shoulderstand. If you held the Shoulderstand for 1 minute, hold the fish position for 30m seconds.**



**16. Rest on you back comfortable for 5-15 minutes. This is very, very important. Meditate on the energy buzz you feel. This will amplify and grow over time if you consistently perform the above exercises - Hatha Yoga.**



## Kundalini Yoga Basic Spinal Energy Series [KY kriyas](#) (From Sadhana Guidelines)



1. Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (1A). On the exhale, flex the spine backwards (1B). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.



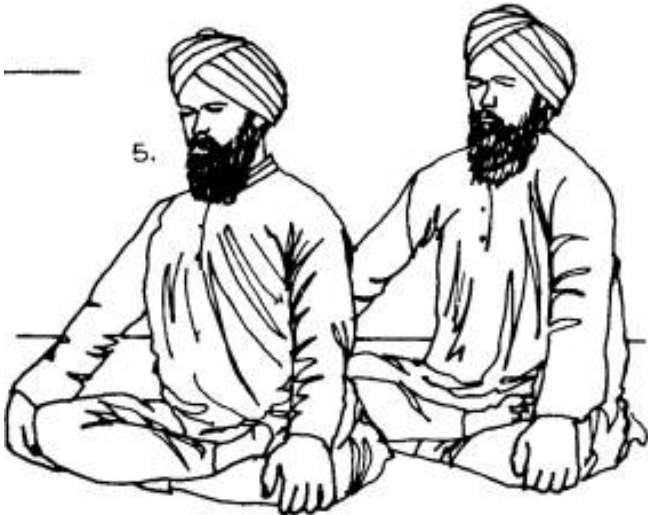
2. Sit on heels. Place the hands flat on the thighs. Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes..



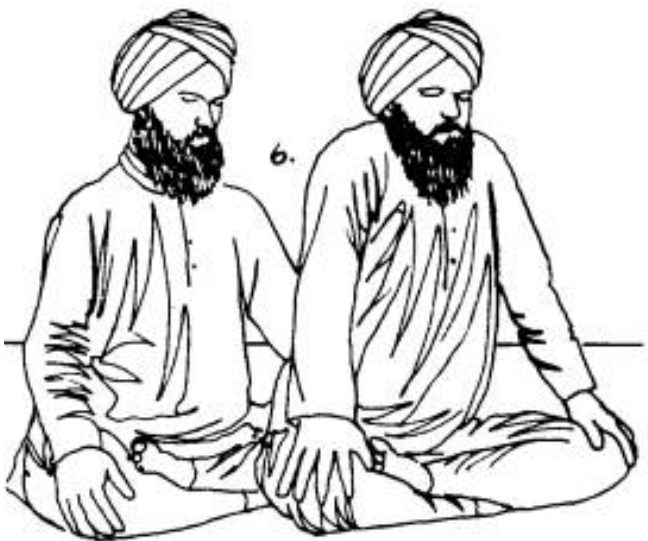
3. In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest 1 minute.



4. Lock the fingers in bear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.



5. In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest 1 minute.



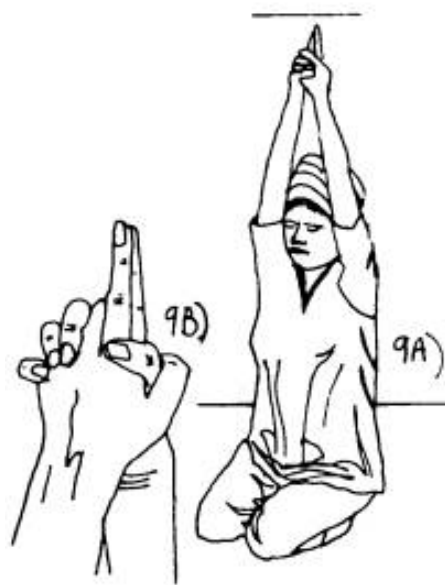
6. Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.



7. Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.



8. Lock the fingers in bear grip at the throat level (8A). Inhale -apply mul bhand. Exhale -apply mul bhand. Then raise the hands above the top of the head (8B). Inhale -apply mul bhand. Exhale -apply mul bhand. Repeat the cycle two more times.



9. Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue at least 3 minutes. Then inhale -squeeze the energy from the base of the spine to the top of the skull.

10. Relax completely on your back for 15 minutes.

*COMMENTS:*

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation.

In a beginner's class each exercise that lists 108 repetitions can be done 26 times.

The rest periods are then extended from 1 to 2 minutes.

Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.