

## The Indo-Tibetan Tibetan Yogic Tradition and the “Tibetan Rites of Rejuvenation” Chart of Comparison.

<p>Tibetan yoga seeks to manipulate three elements of the subtle body, the energetic-centers and channels (rtsa), the vital energy (rlung) and the normally downward flowing sexual essences (thig le )</p>	<p>The rites of rejuvenation seek to manipulate a nigh-identical set of elements including: the bodies energetic-centers, the vital energy, and the normally downward flowing sexual essences</p>
<p>`phrul `khor is said to cultivate longevity, reverse the aging process, improve the health and appearance of the body, and even to lead to visionary states and occult powers</p>	<p>The rites of rejuvenation are said to cultivate longevity, reverse the aging process, improve the health and appearance of the body, and even to lead to mystic states and occult powers</p>
<p>Buddhist `phrul `khor proposes the existence of clockwise spinning energetic centers. These including (but are not limited to) two in the head, one at the base of the throat, the abdomen, and genitals as well as some joints like the knees.</p>	<p>The rites of rejuvenation suppose the existence of clockwise spinning energetic centers. These including (but are not limited to) two in the head, one at the base of the throat, the abdomen, and genitals, as well as the joints of both the knees</p>
<p>`phrul `khor is sometimes said to cause the centers of the body to spin. Moreover they are caused to spin in unison. Although all the moments can cause this spinning, rotation of the body is specifically linked to causing the centers to rotate. Clockwise rotation is said to be beneficial and is always the assumed direction of rotation in Buddhist `phrul `khor.</p>	<p>The rites of rejuvenation are said to cause the energetic centers of the body to spin more rapidly. Moreover they centers are caused to spin in unison. Although all the moments can cause this spinning, rotation of the body is specifically linked to causing the centers to rotate. Clockwise rotation is said to be beneficial and the Eye or Revelation cautions to always rotate in that direction.</p>
<p>This is one (of several) explanation of how the exercises create their effects.</p>	<p>This is the way Peter Kelder explained how the rites create their effects.</p>
<p>`phrul `khor emphasizes dynamic movement rather than static postures.</p>	<p>The rites of rejuvenation emphasize dynamic movement rather than static postures.</p>
<p>Tibetan lamas preserve textual and oral traditions that claim that `phul `khor is two thousand five hundred years old.</p>	<p>The Eye of Revelation claimed (presumably based on information received from Tibetan lamas) that the rites are two thousand five hundred years old</p>
<p>`phrul `khor cycles are often made up of five or six techniques. Specifically the pattern of five movements and one breathing exercise is frequently encountered</p>	<p>The rites of rejuvenation are mainly a set of five or six exercises. Specifically Kelder lists five movement practices and one breathing exercise.</p>

<p>Tibetan yoga emphasizes the numbers <u>21</u> and <u>108</u>. Some 'phrul 'khor texts have <u>3</u> repetitions as the smallest number to be performed and <u>21</u> as the largest number of repetitions</p>	<p>The Eye of Revelation taught to do build up to <u>21</u> repetitions of rites one through five. A total of <u>108</u> is reached when the sixth rite is added. Kelder recommends starting with <u>3</u> repetitions and building up to <u>21</u> repetitions over time.</p>
<p>Tibetan yoga suggests that the voice can affect the throat center, that the throat center and a center at the genitals are linked and affect each other, and that the functioning of the genital center affects ones virility and level of sexual energy.</p>	<p>The rites of rejuvenation suggest that the voice can affect the throat center, that the throat center and the genital-center are linked and affect each other, and that the functioning of the genital center affects ones virility and level of sexual energy.</p>
<p>Tibetan yoga suggests that there is a normally downward-flowing sexual energy and that by a process of inner alchemy the flow of that energy can be reversed. This alchemical process is the transmutation of that energy into an "elixir of life".</p>	<p>The Eye of Revelation suggests that there is a normally downward-flowing sexual energy and that by a process of inner alchemy the flow of that energy can be reversed. This alchemical process is the transmutation of that energy into an "elixir of life".</p>
<p>Tibetan yoga sometimes uses a special breathing method to cause the sexual energy to reverse its course. The breath is exhaled, the glottis is closed, and a mock inhalation is performed (using the respiratory diaphragm and expanding the chest) creating a vacuum in the thoracic cavity, which forces the relaxed abdominal wall to move inward and become concave.</p>	<p>The rites of rejuvenation make use of a special breathing method to cause the sexual energy to reverse its course. The breath is exhaled, the glottis is closed, and a mock inhalation is performed (using the respiratory diaphragm and expanding the chest) creating a vacuum in the thoracic cavity, which forces the relaxed abdominal wall to move inward and become concave.</p>

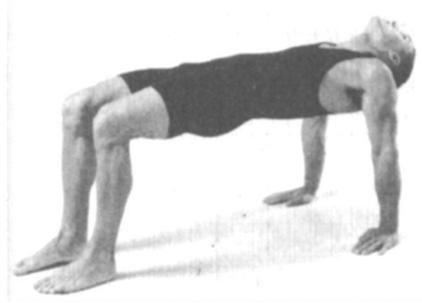
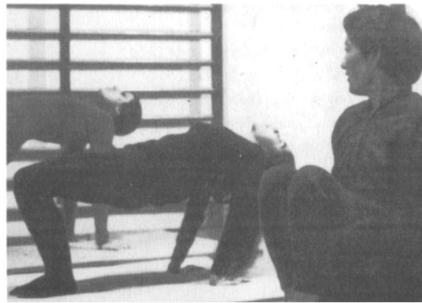
Below are several illustrations that show a significant similarity in appearance.



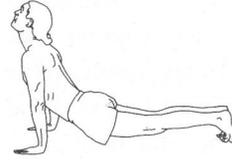
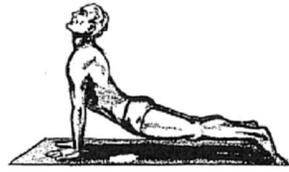
RITE No. 3

ལྷོང་འགྲོང་འཇུག་པམ་གྱུ་ལྷག་དགྲིད།  
འོགས་འདོན་བདུན་གྲག་དགང་བཞོ།

Rite 3 and 'phrul 'khor



Rite 4 and 'phrul 'khor



RITE No. 5

།ལྷོལ་ཅལ་སྒོད་དགེད་དག་ཏུ་འཇུག  
 །ཉ་ལྷན་གཅད་དེ་དཔུང་ངར་བསྐྱང་།  
 །མགོ་སྐལ་དཔུང་རྒྱད་དང་པོར་སྒྲུམ་ས།  
 །མཐིལ་བརྟན་ཙོས་འཕུལ་གྱི་ལྷར་སྨྲོང་།

Rite 5 and 'phrul 'khor