

ANTI-AGING PLAN



Some tips for you

If you have difficulty in practicing the first exercise i.e. the whirling one, as many times as other are performing, it is perfectly fine! You simply do it as many times as you can without getting too dizzy. Eventually you'll be able to whirl around 21 times with ease !

There are many people who find it difficult to perform the first exercise i.e. to spin around, even after they perform all the other four exercises comfortably 21 times each, for almost a year! However this is perfectly normal. You can increase your spinning very gradually, until you can do it 21 times each, irrespective of the times it takes. You are sure to get splendid results!

Occasionally, there are a few people who find it difficult to spin around at all. Usually, it is recommended to omit exercise 1 but perform the other four exercises for four to six months. Usually, they find that they can then start to spin and handle the spinning quite well !

*Wish you ever blossoming
youth in your life !*

ANTI-AGEING PLAN



Empower India Movement

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Foreword

This book is for you if you are a person wanting to stay young and are of the opinion that aging can be reversed! This booklet is a *must read* for you if you believe that Anti-Aging plan really does exist!

In this booklet, we have presented five simple exercises based on the Tibetan rites. These are considered to be the key to enjoy lasting youthfulness, health and vitality by anyone! You will be happy to know that these are being practiced secretly in the remote Himalayan Monasteries.

These simple exercises have found to have profound effect on the aging process of our body as they normalize and balance the energy centers of our body. When you practice these exercises, you can actually feel yourself growing younger day by day.

However, the only way to find out whether these five exercises are working for you or not, is by practicing them. Give them a fair chance to succeed and the only result that you can have is an immense benefit on your body. For this, you should consider investing a small amount of time and energy everyday, without

fail. If you perform them occasionally you loose the right to expect results.

Make it an enjoyable daily routine before you start the day. Do know that you are a wonderful and a special person having the capacity to think beyond limited thoughts and opinions of others. Also do know that you deserve to have your most cherished desires to be fulfilled - desire for renewed youthfulness and vitality.

These exercises will not work if you consider yourself unworthy. When you hold yourself in high esteem and when you know that you are worthy of the very best that life can offer, what you are really doing is, loving yourself. Self-love enables you to feel good about who and what you are and this greatly speeds the renewal process.

Those who dislike themselves or see themselves as inadequate human beings carry a burden that can only accelerate the damage of old age and ill health. Those who enrich themselves with the treasure of self-love would make all things possible.

So, embrace these simple secrets of anti aging with self-love and a commitment to do them daily and look and feel younger!

1

Exercise

The first exercise is a simple one.

It is done for the express purpose of speeding up the vortexes. Children do it all the time when they play.

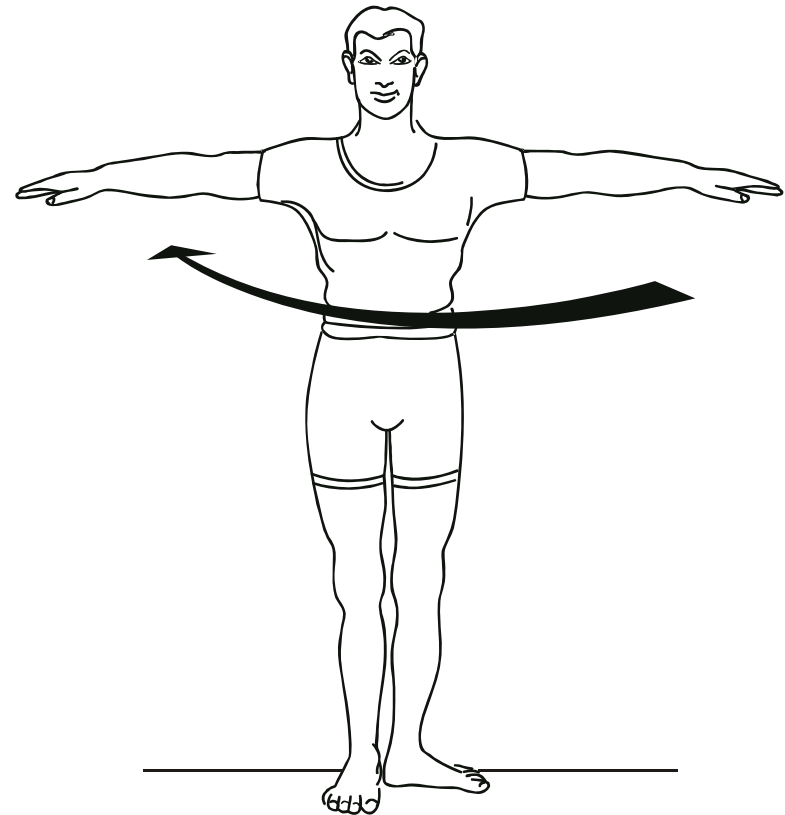
All that you need to do is, stand erect with arms outstretched, horizontal to the floor. Now, spin around until you become slightly dizzy.

Here, one thing is important. You must spin from left to right. In other words, if you were to put a clock on the floor face-up, you would turn in the same direction as the clock hands.

At first, most adults will be able to spin around only about half a dozen times before becoming quite dizzy. As a beginner, you should not attempt to do more. And if you feel like sitting or lying down to recover from the dizziness, then by all means you should do just that.

To begin with, practice the exercise only to the point of slight dizziness. But with time, as you practice all five exercises, you would be able to spin more and more times with less dizziness.

Also, in order to lessen dizziness, you can do what dancers and figure skaters do. Before you begin to spin, focus your vision on a single point straight ahead. As you begin to turn, continue holding your vision on that point as long as possible. Eventually, you will have to let it leave your field of vision, so that your head can spin on around with the rest of your body. As this happens, turn your head around very quickly and refocus on your point as soon as you can. This reference point enables you to become less disoriented and dizzy.



2

Exercise

Exercise two is even simpler !

Following exercise two further stimulates the seven vortices.

In exercise two; you must first lie flat on the-floor face up. It is best to lie on a thick carpet or some sort of padded surface.

Once you have stretched out flat on your back, fully extend your arms along your sides and place the palms of your hands, against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest. As you do this, lift your legs with your knees straight into a vertical position. If possible let the legs extend back over the body, towards the head but make sure that you do not let the knees bend.

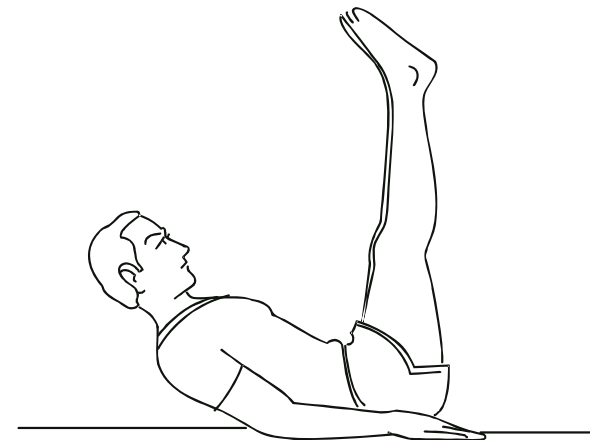
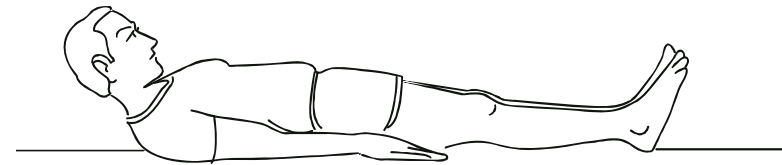
Then, slowly lower the head and the legs, with the knees straight, to the floor. Allow all of the muscles to relax.

Repeat this exercise a few times.

With each repetition, establish a breathing rhythm i.e. breathe in deeply as you lift the legs and head and breathe out fully as you lower them.

Between repetitions you must allow your muscles to relax. However you must continue breathing in the same rhythm. The more deep you breathe, the better it is.

If you are unable to keep the knees perfectly straight then let them bend as much as necessary. But as you continue to perform the exercise make sure to attempt to straighten them as much as you possibly can.



3

Exercise

Even three is a very simple exercise!

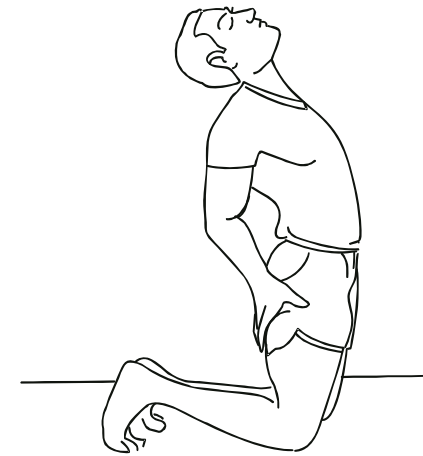
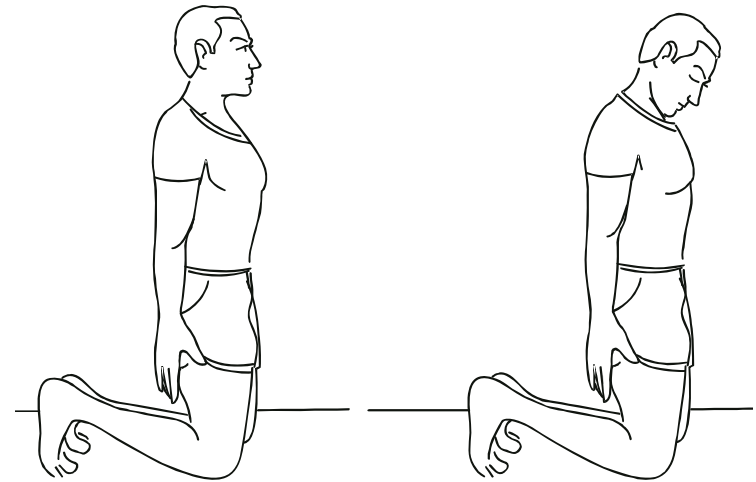
This must be practiced immediately after the exercise two.

All that you need to do is, kneel on the floor with the body erect. Your hands should be placed against the thigh muscles.

Now, incline the head and neck forward, tucking the chin against the chest. Then, throw the head and neck back as far as they can go, and at the same time lean backward, arching the spine. As you arch, you will brace your arms and hands against the thighs for support. After arching, return to the original position and start the exercise all over again.

As in the case of exercise two, even during this exercise too, you should establish a rhythmic breathing pattern. Breathe in deeply as you arch the spine. Breathe out slowly as you return to an erect position.

Deep breathing is most beneficial, so take as much air into your lungs as you possibly can.



4

Exercise

When you perform exercise four for the first time, it might look a bit difficult. But soon, say after a week, you would realize that it is as simple as any other exercise.

Here is how you do the fourth exercise !

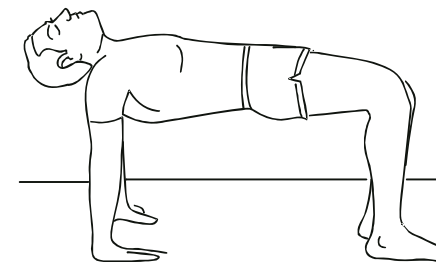
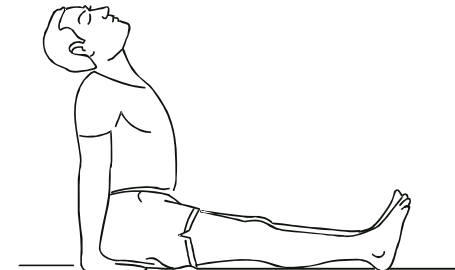
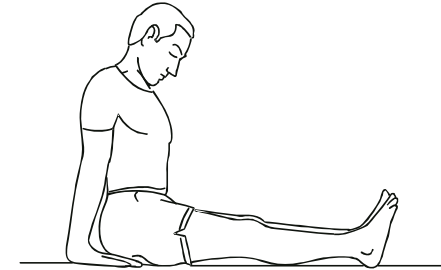
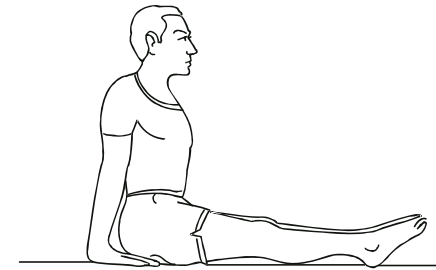
First, sit down on the floor with your legs straight out in front of you and your feet about 12 inches apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the buttocks. Now, tuck the chin forward against the chest.

Further, drop the head backward as far as it would go and at the same time, raise your body, so that your knees bend, while the arms remain straight. The trunk of your body should be in a straight line with the upper legs horizontal to the floor. Both your arms and lower legs should be straight up and down, perpendicular to the floor. Now, tense every muscle of your body. Finally relax your muscles as you return to the original sitting position and rest before repeating the procedure.

Once again, breathing is important during this exercise.

Breathe in deeply as you raise your body up and hold in your breath as you tense the muscles and breathe out completely as you come down.

Continue breathing in the same rhythm as long as you rest between repetitions.



5

Exercise

In the fifth exercise, your body should be facedown to the floor. You must support it by your hands with palms down against the floor and the toes in a flexed position.

Throughout this exercise the hands and feet should both be spaced about two feet apart and the arms and legs should be kept straight.

Start with your arms perpendicular to the floor and the spine arched so that your body is in a sagging position. Now, throw the head back as far as possible. Then, bending at the hips bring the body up into an inverted V and at the same time, bring the chin forward, tucking it against the chest.

That's all there is to it! Return to the original position and start the exercise all over again!

Follow the same deep breathing pattern used in the previous rites. Breathe in deeply as you raise the body and breathe out fully as you lower it.

You must practice each exercise three times a day for the first week. From the second week onwards, increase your daily repetitions by two each, until you are performing each exercise 21 times a day.

In other words, in the second week perform each exercise five times, in the third week perform each exercise seven times and in the fourth week, perform each exercise nine times and so on. In ten weeks' time, you'll be doing the full number i.e. all five exercises 21 times each per day.

