

TIBETAN LAMASERY GYMNASTIC



AMERICAN GNOSTIC ASSOCIATION

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ANCIENT SECRETS FOR MODERN OPEN MINDS TO OBTAIN:

- * ORGANIC VITALITY
- * MEMORY IMPROVEMENT
- * DIGESTIVE IMPROVEMENT
- * COMPREHENSIVE HEALTH
- * LASTING POWER AND ENERGY
- * MAKE YOU FEEL YEARS YOUNGER
- * YOUR PAINS AND ACHES DISAPPEAR
- * ARTHRITIS RELIEF
- * NEW HAIR GROWTH
- * THE FOUNTAIN OF YOUTH

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GLOBAL GREY

NOTHING BUT E-BOOKS

TABLE OF CONTENTS

GENERAL GUIDELINES

GENERAL BODY POSITION GUIDELINES

FIRST EXERCISE

SECOND EXERCISE

THIRD EXERCISE (Bipharita Kararihi Mudra)

FOURTH EXERCISE (Prana- Yama)

FIFTH EXERCISE

SIXTH EXERCISE

SEVENTH EXERCISE

EIGHTH EXERCISE (Prana- Yama)

NINTH EXERCISE (Mayur Asana)

TENTH EXERCISE

ELEVENTH EXERCISE

TWELVE EXERCISE (Bipharita KaranhiMudra)

GENERAL GUIDELINES

In order for us **to reconquer our lost youth and health** or simply **to conserve the health and youth that we have** we must be open minded and make a decision to start doing these exercises today.

Always consult a physician before engaging in any physical activity.

These twelve exercises are designed to affect all the 9 main glands of internal secretion which at the same time are directly connected to the major vortexes of energy also called CHAKRAS.

Do not try to do the exercises perfectly the very first time you practice, be patient: you do not need to go fast; do not get deceived if you feel it is difficult at first, just continue trying.

If you feel better practicing in a group, call the telephone number in this brochure to get information about your nearest Gnostic Association and schedule of practices.

We strongly recommend that you practice it in groups under the proper direction of a Gnostic Instructor.

1. Concentration on your own **Inner Being** is required.
2. Breathing deep X 4= (Inhale, hold, exhale, hold) Do everything slowly, with no violence at all.
3. Follow the instructions of the Gnostic Instructor the best you can. If you feel uncomfortable tell the instructor what is going on, he will help you to overcome any difficulty.
4. Do not be afraid of these exercises, they are not designed to tire you but to give you more energy and vitality. (This is not a matter of self-suggestion)



GENERAL BODY POSITION GUIDELINES

1. In an attempt to avoid spinal stress:

- Keep shoulders aligned directly above hips during standing positions
- Do not excessively extend, flex or twist the spine.

2. In an attempt to avoid joint stress:

- Avoid locking joints.
- Do not excessively extend, flex or twist any joint.

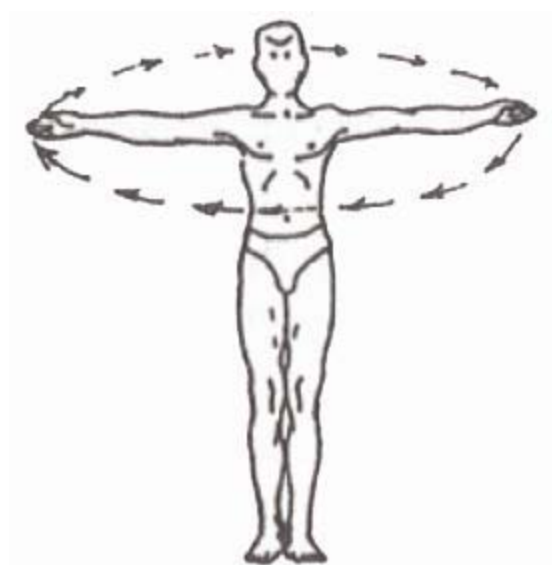


FIRST EXERCISE

"It is a simple one. It is done for the express purpose of speeding up the vortexes. Children do it all the time when they are playing".

All that you do is stand erect with arms outstretched, horizontal to the floor. Now, spin around twelve times from left to right. In other words, if you were to put a clock on the floor faced up you would turn in the same direction as the clock hands [clockwise].

This has the effect of accelerating the flow of vital life energy.

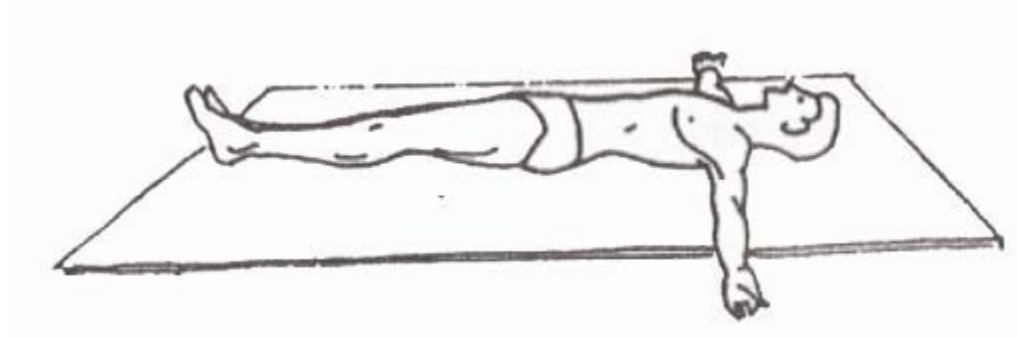


SECOND EXERCISE

After you finish spinning, lie down flat on the floor, face up. It is best to lie on a thick carpet or some sort of padded surface. The Lamas perform this exercises on what Westerners call a prayer rug, about three feet wide and six feet long.

Once you have stretched out on your back, fully extend your arms forming a cross with your body, staring at the ceiling.

In that position, meditate in what you want to be fulfilled keeping a great deal of concentration on the organ you want to cure or a problem to be solved, begging your Inner Being for help.

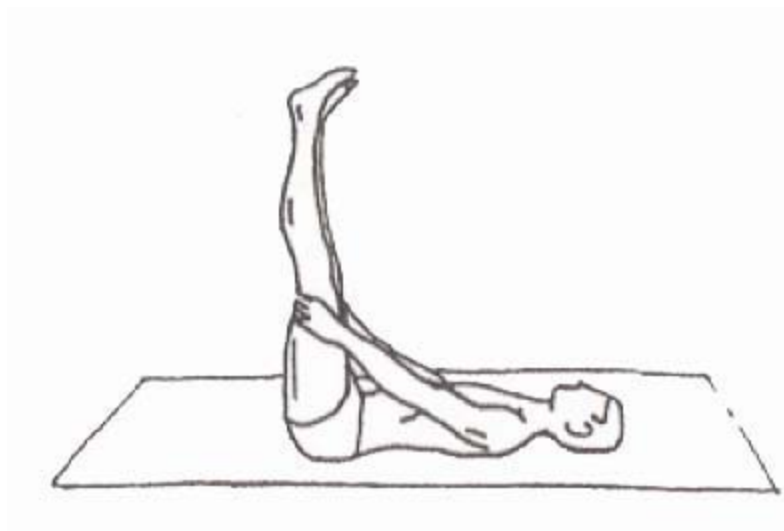


THIRD EXERCISE (BIPHARITA KARARIHI MUDRA)

Now, rise your head off the floor, tucking the chin against the chest, as you do this lift your legs & knees straight into a vertical position with your hands you can help to hold your legs.

Then, slowly lower both, the head and the legs, knees straight on the floor. Allow all the muscles to relax, and then repeat the exercise two more times. Breath deeply as you lift the legs and head. Do not worry if the first attempt is too difficult, keep on trying.

The blood will flow to your brain, and will fortify all the senses; in this position pray deeply to your Divine Mother Kundalini to help you solve the problem you are working with.



FOURTH EXERCISE (PRANA- YAMA)

Now kneel on the floor with the body erect, facing East, incline your head a little bit:

1- Put your right hand Index finger on your left nostril, Inhale by the right nostril, now press your nose with both Index and thumb to hold your breath for a few seconds.

2. Now exhale all the air by the left nostril; hold for a few seconds and then Inhale by the same left nostril pressing the right one with the thumb, and then, press with both fingers, both nostrils to retain the air for a few seconds and then let the air go by the right nostril. (this is one complete Prana-Yama).

>Do this 3 times.



FIFTH EXERCISE

Now, in the same position kneeled, throw the head and neck back as far as they will go, and at the same time lean backwards 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 do it over again 5 or 7 times

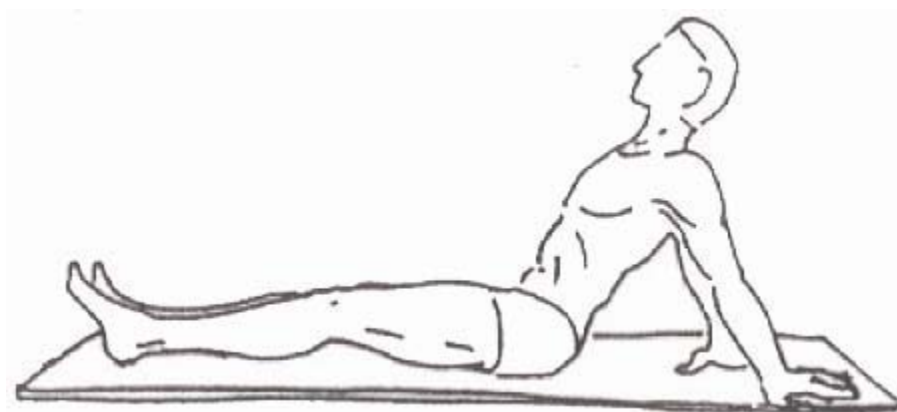


SIXTH EXERCISE

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 behind the buttocks, fingers pointing back.

Then, tuck the chin forward against the chest.

Now drop the head backwards as far as it will go

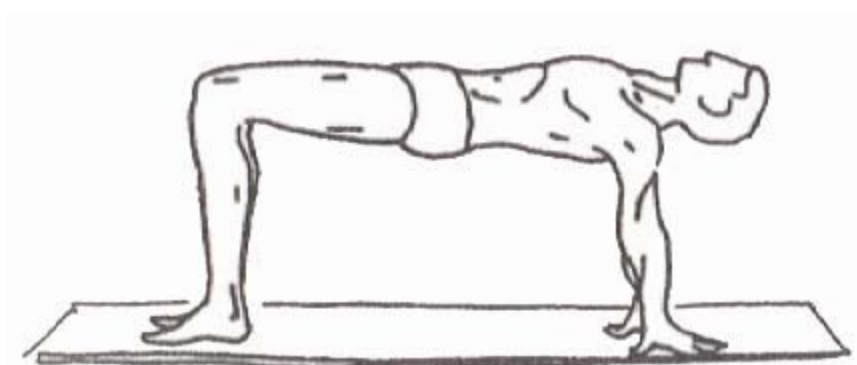


SEVENTH EXERCISE

Here, put the legs together, the plants of your feet on the floor, raise your body so that the knees bend while the arms remain straight. The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. And both the arms and lower legs will be straight up and down, perpendicular to the floor forming a human table.

Then tense every muscle in the body. Finally, relax your muscles as you return to the original position, and rest before repeating the procedure.

Remember, breathing deep is important.



EIGHTH EXERCISE (PRANA- YAMA)

[Repeat Exercise # 4] kneel on the floor with the body erect, facing East, incline your head a little bit:

1- Put your right hand Index finger on your left nostril, Inhale by the right nostril, now press your nose with both Index and thumb to hold your breath for a few seconds.

2. Now exhale all the air by the left nostril; hold for a few seconds and then Inhale by the same left nostril pressing the right one with the thumb, and then, press with both fingers, both nostrils to retain the air for a few seconds and then let the air go by the right nostril. (this is one complete Prana-Yama).

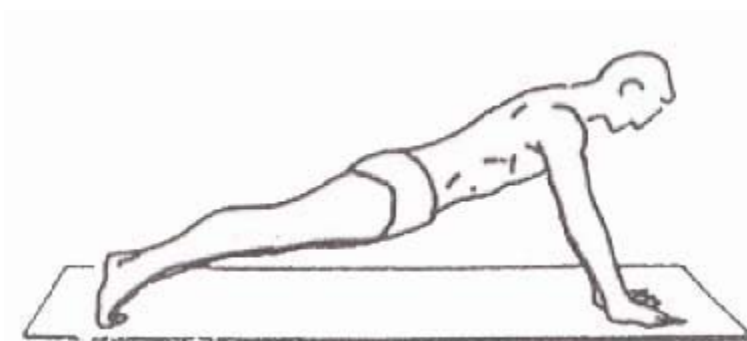
Do this 3 times.



NINTH EXERCISE (MAYUR ASANA)

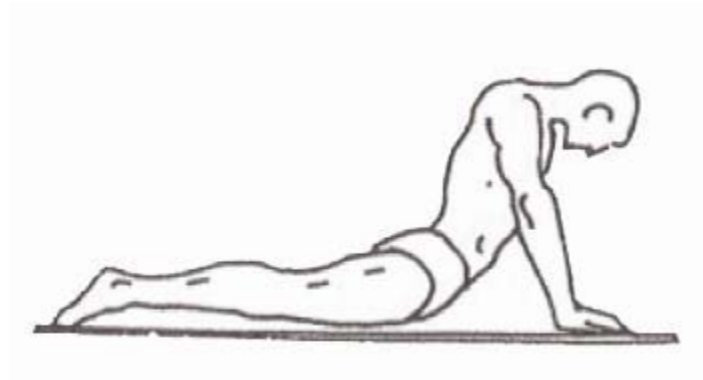
Now, your body will be face down to the floor (lizard position).

It will be supported by the hands, palms down against the floor, and the toes in a flexed position; hands and feet spaced about 2 feet apart and the arms and legs should be kept straight. Face up front. The whole body erect.



TENTH EXERCISE

Now the following move is to tuck the chin against your chest, lower your buttocks, tense your body, and then go back to the position of exercise 9, do this 5 to 7 times then go to the next one.



ELEVENTH EXERCISE

In this exercise, bending at the hips, bring the body up into an inverted "U", at the same time, bring the chin forward, tucking it against the chest.

Now as you are forming a human arch, you may enter now into prayer, asking, begging, supplicating to Divine Mother for what you need most.

You can finish this exercise by bending your knees, resting to go to the last position.



TWELVE EXERCISE (BIPHARITA KARANHIMUDRA)

As for the last exercise, we do the exercise #3 with the difference that this time will do it against the wall, in order to make the blood to flow to our brain irrigating different parts of it, relaxing your body reflecting in what we need to resolve, and meditate putting our mind still in order to get the information we need.

Trying to *think with your heart* and *feel with your mind*.

