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The Ancient Secret of the Fountain of Youth eBook Peter

I'd even call this book "lazy man's book for flexibility and awakening vital energy" because, after all, it only has five exercises. There is a sixth "rite", but to the practice of that one, I believe that Taoist books related to the cultivation of sexual energy (e.g. Mantak Chia's) do it much greater justice.

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Ancient Secret of the Fountain of Youth Book 2 by Peter

Picking up where Kelder's book left off, Ancient Secret of the Fountain of Youth, Book 2 provides the complete Fountain of Youth health program, with detailed information on a variety of topics discussed only fleetingly in the original bestseller: the history and origins of the Five Rites, valuable insights about how the Rites work, diet suggestions, and easy-to-follow exercises.

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Five Tibetans The Ancient Secret of the Fountain of Youth

The Five Tibetans - Ancient Secret of the Fountain of Youth The Five Tibetans also called Tibetan Rites are exercises for healing, rejuvenation, and longevity. In his book, Peter Kelder writes that while stationed in India, British army officer Colonel Bradford (a pseudonym) heard a story about a group of lamas (monks) who had apparently discovered the "Fountain of Youth".

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