



Sacred Rites for Rejuvenation: A Simple, Powerful Technique for Healing and Spiritual Strength

Samael Aun Weor

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Ancient, Proven Exercises from Tibet, India, The Middle East, and Latin America The health and vitality of the physical body is essential for anyone who aspires towards the awakening of the consciousness. Initiated students of Tantric traditions are taught exercises called Yantra Yoga to promote health and fortitude needed for their rigorous self-development. Samael Aun Weor, a reincarnated lama from the Sacred Order of Tibet, teaches in this book a synthesized and refined sequence of Yantric exercises with profound benefits that anyone can experience. "I tell you, brothers and sisters, that we, the Gnostics, have precise methods in order to rejuvenate the organism and cure all sicknesses. It is unquestionable that we can learn how to heal ourselves. Each one of us can be converted into our own physician by learning how to heal ourselves without the necessity of "medicine" - lo and behold, the most beloved ideal. It is urgent to preserve the physical body in perfect health for many years so that we can use this precious physical vehicle for the realization of our Inner Self." - Samael Aun Weor

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