

NEW! The exciting sequel to the #1 international bestseller

"It's easy. It's fast. And it works! I love this program."

— JOHN GRAY, Author of

*Men Are from Mars,
Women Are from Venus*

ANCIENT SECRET OF THE FOUNTAIN OF YOUTH™

BOOK **2**

A companion to the book by

PETER KELDER

Foreword by

BERNIE S. SIEGEL, M.D.

Peter Kelder

Ancient Secret of the Fountain of Youth, Book 2: A companion to the book by Peter Kelder



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Finally, the exciting and long-awaited sequel to 1 of the biggest health and healing bestsellers of all time is here. When Peter Kelder's Ancient Secret of the Elixir of youth was released by Harbor Press in 1985, it instantly touched off an incredible sales phenomenon rivaled just by The Celestine Prophecy and Conversations with God. In this book, readers were introduced to the Tibetan Rites of Rejuvenation, a series of exercises developed over centuries in the monasteries of Tibet and credited by thousands for from increased energy to raised memory, weight loss, and just looking and sense younger. Now, more than a decade and two million books later on, comes a thorough companion volume that addresses the unanswered questions of so many readers. Almost as quickly simply because the books filtered across the globe, letters started to pour directly into Harbor Press requesting more information about these mysterious rites. Illustrated with fifty black-and-white photos, this guide will help turn back the hands of time, invigorating and energizing readers' lives as nothing you've seen prior. Picking right up where Kelder's book left off, Ancient Key of the Elixir of youth, Book 2 supplies the complete Fountain of Youth wellness program, with detailed information on a variety of topics discussed only fleetingly in the original bestseller: the history and origins of the Five Rites, precious insights about how the Rites work, diet suggestions, and easy-to-stick to exercises.



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Shoulder Pain in Relations to Rite 4 ?? Our brief study at this point indicates Kelder do no further writing upon this subject matter. I did keep the rites going and it appears the pain is currently starting to fade so I am feeling a bit better but for some time I was getting a little worried and having some content in the book could have been comforting - continue I'm questioning if there are any various other symptoms likely to appear. Kelder, since it sets a path for the introduction of the Indian version. it has too many core differences. To your present knowledge, Kelder's only published work on this subject was titled "THE ATTENTION of Revelation".. Never to my liking Didn't make any kind of sense really... EASY WONDERFUL EXERCISES, Great small book. Thanks, Save your money and buy the initial. Obtain the book!. Not consistent with the initial tome... I'm not sure how many people can do rite #6 - but in the event that you do that everyone the others there will be remarkable results. The initial described vortex which were not really linear, and clearly stated that they were not the same as the Indian chakra - How could they become when the vortexes are in both knees and the liver region - nothing at all that corresponds with chakras. So, for me personally, it is hard to find this entire book as GENUINE and compiled by Mr. Cooking it changes its chemical substance makeup and then raises the chance of stomach tumor and the lack of proteins. Bending your neck down does not match the 'camel' placement. I experienced wondered where people were getting the incorrect positioning of the hands. Now I understand. However with the conquest of Tibet simply by the Chinese, this info was lost because of destruction of the monasteries and execution of its practitioners. Kelder; Incidentally I'm wondering if other people had this while carrying out these rites or any other pains or aches, please do talk about . Lamas aren't yogis. Predicated on what he stated in the initial book, and people I know who do this S L O W L Y, as a fitness (with positive results), the breathing factors also appear to have been put into make it appear similar to Indian yoga. Also, the photos - clearly added - do not perform rite #3 correctly. It seems that this book might not have been written completely by Mr.. My suggestion: adhere to the FIRST book and modify (if required) until you are solid enough to do them all in appropriate form. There are so many people giving 'modifications' that it might be nice for you to know what the initial workout was in its unmodified form. Heck, the Tibetans used it to transform resided for centuries - long before today's world found them. Great book. Only one thing I came across contradictory to my studies in life was it tells that vegetable oil is way better and more healthy than animal fat. This is not accurate today but at that time I me it had been getting touted as truth. Great and inspirational reading This is an excellent book for everyone seeking to improve their life and well being. Rites 2-5 and like ebb and movement - yin and yang. That is why vegetarians stink badly and may at times result in the hospital just as Gandhi did. Until he introduced animal proteins by eating fermented goat cheese and goats milk. While we don't believe our time with this reserve was completely wasted, we do desire we had gotten a far more accurate rendition in the beginning. Do not eat food that is sacrificed with fire. Quality of the book Very fast shipping thank you ! my go to book when I need to reboot. No ? Cooking food kills the enzymatic life in the food that does its job of perfect digestion. Therefore life gives existence. But prepared and killed enzymes getting now dead thus brings death. Good sense science and religious beliefs is most beneficial. great gift I really like this book as something special. While it is basically a good book and we found some value in it, on additional knowledge it does not look like true to the initial work by Kelder; I didn't like that I thought I bought a new book nonetheless it looked very previous. We are relatively disappointed, and experience we were misled.. The initial was published in 1939, with a second edition containing more information developing in 1946. Great read, did enjoy reading it, also

enjoyed the various other sections besides the rites, although I would also have liked to see some articles in relations to the changes you expect to see while doing these rites, for example I am doing them for just about 2 a few months, haven't missed your day and have increased 2 cycles per week according to the instructions, except for the first 2 weeks where I possibly could only increase 1, anyway somewhere around the 4th week We noticed pains on both of my shoulders - seems actually in the bone directly on top of the shoulder - when I touched, it harm, though it was for the both shoulders, right one was more painful, I believe the rite 4 was the cause. Since that time, some editors/writers have apparently made adjustments to the original and published these altered functions as if these were Kelder's original, intact. I am buying 12 copies to share with those of my friends who are ready. More than merely misleading, it tends to water down, confuse, and/or obscure the initial knowledge it professes to mention. Even small adjustments can truly add up to significant misunderstandings as time passes. Some of these are quite helpful and some less so, but this is actually the way it must be performed, if one must inject his / her own ideas into the blend.. This book seems to be one of the above.. I've purchased it 7 instances already. Raw meals it's are the only kinds without bodily odors of toxicity. Vegetable unwanted fat is only good is you get it in the food your eating if it is eaten raw only. I cannot wait to see the results that are discussed. Wow! Love I really like this book; Appears like cooked foot to me. Or what was also known as burnt offerings. Best reserve ever on workout and health I love this book. What a wonder that it's turn into a best seller. I purchased this book to check out up the original and was surprise to view it contradict the original almost right away the door... I have family which have done this and so are performing great and looking great too. This delightfully simple text is a guide to physical and spiritual health and maturity. While in this instance it may not have been technically illegal, this sort of thing is often problematic, in any field, whatever great intentions may (or may not) have already been involved. I cannot recommend this publication any more highly. Great book. I didn't like that I thought I ... Most valuable in an arsenal for understanding of self and world betterment Short and lovely book and teaching building use and understanding simple. and, the apparently unauthorized changes led into a bit of unnecessary misunderstandings on the way. I acquired to use it for a present in order that was rather embarrassing. on the other hand if anyone starting these and having the same issue, this might help :) Once again great book, actually enjoyed the go through. If you think you might spend any time actually practicing these exercises, it would be more than worth enough time to do an search on the internet and read up on the subject matter, and the history of the task itself before buying this reserve. Some other editors/writers have added commentary or suggestions, but have been quite clear in what was original to the Kelder work, and what was not. Seems not to be the real deal We got this book and worked with it for a few months. You have to be able to conveniently find a even more honest rendition of Kelder's work. We've carried out these exercises for a long time. Simple and make lifestyle so much better.



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