

„Younger for longer” – Marta Pyrchala

An example of a chapter of a book by Marta Pyrchala:

Younger for longer with anti-ageing Tibetan rituals and mental exercises

INTRODUCTION. Why do we age

Why do some people look young for a long time and others age quickly?

There are many reasons. These include:

- Genetic causes,
- Abnormal hormonal balance,
- Lack of exercise,

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- Improper diet,
- A polluted body,
- Improper breathing,
- Belief in the inevitability of ageing and death,
- Improper hygiene,
- Inadequate body and skin care,
- Stress,
- Being weakened by disease,

With proper practice of Tibetan exercises, more than half of the factors mentioned above will not affect you, so you will be younger for longer.

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CHAPTER 1. What are Tibetan exercises?

Introduction

In this chapter, you will learn about the following topics:

- What are rejuvenating Tibetan exercises?
- The origins of rejuvenating Tibetan exercises.
- Opinions of people who train in rejuvenating Tibetan exercises.

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What are rejuvenating Tibetan exercises?

Rejuvenating **Tibetan exercises**, also known as **Tibetan rituals** or **rites**, are special gymnastics from the Far East. It has a positive effect on the whole body and the energy system.

A significant advantage of these exercises is that they are simple to perform.

The activities take up little time so busy people can even practise them. It is a good start and an end to the day.

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The origins of Tibetan exercises

Peter Kedler told the history and genesis of the rituals. He is the author of “*The Source of Eternal Youth*”. He writes that he once met a mysterious colonel, Mr Bradford.

While stationed in India, Bradford heard about a mysterious monastery of lamas (Tibetan monks). In this monastery, older people regain their youth and vigour, and sick people regain their health. This process of rejuvenation and healing those people achieve through a proper diet and special exercises called Tibetan rituals.

The Colonel swore to himself to find this monastery, which he did. He was later to tell Kedler about the

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secret exercises.

The exercises of the Tibetan rituals are based on yoga. However, you perform them dynamically.

Opinions on the exercises

Below, I have included the opinions of people from around the world who regularly use Tibetan exercises.

“Although I have only been practising the five rituals for a few weeks, I have increased my vitality tremendously.”

“After about three months of me performing the rituals, many people started telling me I looked younger.”

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“I have been performing the rituals for two months now, and I seem to regain mental clarity. I also have more energy.”

“Some people say I have lost fifteen years.”

“After five weeks, wrinkles and age spots are slowly disappearing.

Thanks to the five rituals, my muscles become firmer, and my body gets rid of fatty tissue.”

“My back pains passed after the first day of performing the rituals.”

“A few weeks after starting the rituals, my stomach ulcers healed almost completely.”

“I simply look younger and feel younger.”

“I have never felt so good in my life before.”

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You, too, can experience such miraculous changes with regular practice.

Rest – relax with confidence-building powers of rejuvenation

Close your eyes and relax. Focus on your breathing.

Recall yourself when you were young. How did you feel then? What were you able to do then?

How did your body feel? What emotions were you experiencing?

Stay in that memory for a while.

Now transfer all those positive feelings and emotions about how you felt in the past to your body.

Feel again that your body is strong.

Your body is healthy.

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Fill your body with the energy of youth.

Stay in this state for some time, enjoying the regaining of your youth.

Realize that you, and only you, are in charge of your body.

You can decide – grow old and die, or stay young and live.

Choose youth.

Decide to live.

Realize that it is possible – your body can regenerate and stay young.

Believe that you have the power to influence your body.

Feel this power – you are the master of your body.

Feel this power – you are the master of your youth.

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Feel the joy and say to yourself: "How good it is that I can rejuvenate my body with my mind".

Give thanks for the power, for the power given to you over your body. Feel gratitude.

Know that nothing is impossible for you – see that you can maintain your youth.

Rejoice in this gift.

Stay in this state for as long as you wish, and then return to your normal state of mind.

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Summary

There are various causes of ageing in the body.

These may include:

- Improper diet,
- Lack of exercise,
- Poisoning of the body with toxins,
- Genetic factors,
- Frequent illness.

Tibetan exercise, also known as **Tibetan rituals** or **rites**, is a special gymnastics that originated in the Far East. It positively affects the whole body and the energy system.

There are six rejuvenating Tibetan exercises.