



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

By 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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Editorial Review

About the Author

The name Samael Aun Weor is Hebrew and is pronounced sam-ayel on vay-ohr. Samael Aun Weor wrote over sixty books, gave thousands of lectures, and formed the worldwide Gnostic Movement, whose members number in the millions. And yet, in spite of his wisdom and generosity towards mankind, he said: "Do not follow me. I am just a signpost. Reach your own Self-realization." His lifelong mission was to deliver to humanity the total and exact science to develop the complete human being, that mysterious and ancient wisdom long hidden in the bosom of every great religion.

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