



The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development (Classic Reprint) (Paperback)

By Yogi Ramacharaka

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ? The Great Sea of life is swelling and receding, rising and falling and we are responding to its vibrations and rhythms. A slim volume that contains an innovative approach to breath, as both an action and a surrender. Engaging with the basic truths of human anatomy, the Science of Breath explores not only the profound physical effects that breath has but the psychological and spiritual possibilities it opens up. This book is composed with the particular aim of informing a western learner, it will provide them through the cultural patterns of yoga, the lifestyle which surrounds yogic practice, and a sense of its context within history. Life Energy or Prana is introduced to the reader as a concept at the outset of the book. Yogi Ramcharaka then goes on to shed light on various different elements of the nervous system. A system which informs all aspects of our physical health and has a profound effect on our experience of the world around us. The author engages heavily with the concept of Prana, a concept from Hinduism which refers to the...



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