

The Hindu Yogi Science Of Breath A Complete Manual Of The Oriental Breathing Philosophy Of Physical Mental Psychic And Spiritual Development Hardcover March 29 2014

When people should go to the books stores, search instigation by shop, shelf by shelf, it is truly problematic. This is why we provide the books compilations in this website. It will unconditionally ease you to see guide **The Hindu Yogi Science Of Breath A Complete Manual Of The Oriental Breathing Philosophy Of Physical Mental Psychic And Spiritual Development Hardcover March 29 2014** as you such as.

By searching the title, publisher, or authors of guide you in point of fact want, you can discover them rapidly. In the house, workplace, or perhaps in your method can be all best area within net connections. If you intention to download and install the The Hindu Yogi Science Of Breath A Complete Manual Of The Oriental Breathing Philosophy Of Physical Mental Psychic And Spiritual Development Hardcover March 29 2014, it is definitely easy then, past currently we extend the associate to purchase and create bargains to download and install The Hindu Yogi Science Of Breath A Complete Manual Of The Oriental Breathing Philosophy Of Physical Mental Psychic And Spiritual Development Hardcover March 29 2014 correspondingly simple!

Science of Breath Yogi Ramacharaka 2015-06-02 "Breath is life," so intones Yogi Ramacharaka in Science of Breath, which is "a complete manual of the oriental breathing philosophy of physical, mental, psychic, and spiritual development." This book is written with the Western student in mind, guiding him or her through yoga culture, lifestyle, and a bit of history. It starts by introducing the reader to the concept of prana, which refers to life energy. Then the author proceeds to explain various components of the nervous system, which is the one largely engaged by the techniques presented later in the book. In essence, Yogi Ramacharaka walks the reader through the physical aspect and mechanism of breathing before moving on to the psychic levels. This way, the prospective student gets to build a good foundation and reach the goal outlined by this short edition. It helps that the author supplies detailed instructions and descriptions, despite the absence of illustrations and the discussion of unconventional topics, such as thought projection, self healing, charging water, recharging others, and forming an aura. As such, the information given comes out clear and easy to understand. This may be a thin volume but is packed with practical tips on improving physical and mental wellness through something as simple and basic as breathing. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

The Hindu-Yogi Science of Breath. A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development Yogi RĀMACHARAKA (pseud) 1903

The Yogi Science of Breath Ramacharaka 2012-04-07 Yogi Ramacharaka's 1903 text The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic, and Spiritual Development discusses both Western and Eastern breathing philosophy in plain English. These teachings come from adepts and yogis, but Ramacharaka's fluid writing caters to the layman This empowering work helps readers to understand the power of this everyday - and often ignored - practice. The classic guide covers everything from the esoteric theories of breath to the emotional, mental, physiological, psychic, and spiritual aspects of breathing, along with exercises to develop them. Ramacharaka's ideas merit attention - even today - not because they are a "secret science," but because so many of them work. Famed trumpet player Maynard Ferguson identified it as an early influence on his decision to adopt yogi deep breathing techniques, and later claimed that it revolutionized the way he approached the trumpet. Among many musicians, swimmers, martial artists, fitness gurus, yoga practitioners, endurance runners, and holistic healers, The Yogi Science of Breath is considered an indispensable reference guide and tool.

The Hindu-Yogi Science of Breath: The Benefits of Controlling Mouth and Nose Breathing, as Demonstrated in Traditional Yoga Practice (Hardcover) William Walker Atkinson 2018-08-09 This excellent book represents

one of the first and best presentations of Eastern wisdom in the English language. It concerns ancient Hindu traditions and the Yogic practice of observing and regulating the breath. We begin with an admission that Western students are often confused by what exactly Yoga is, and what it is meant to accomplish. Stereotypes of the yogi as spindly, dirty and disheveled men commonly seen sitting in fixed posture at a roadside or marketplace abound. Yet these dismissive images serve only to neglect the spiritual substance and ancient wisdom of yogi science. Seeking to dispel the negative stereotypes and present the vivid truth, Atkinson discusses the multiple schools of yoga and their general purpose. Some emphasize control over the body's motions, while others favor inner development of the spirit. Several however emphasize the control of the breath; and it a practical explanation of this that Atkinson relays in the remaining fifteen chapters of this book.

Gurus of Modern Yoga Mark Singleton 2013-12 Gurus of Modern Yoga explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today's world.

The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development. Yogi Ramacharaka 2019-10-08 The Hindu Yogis have always paid great attention to the Science of Breath, for reasons which will be apparent to the student who reads this book. Many Western writers have touched upon this phase of the Yogi teachings, but we believe that it has been reserved for the writer of this work to give to the Western student, in concise form and simple language, the underlying principles of the Yogi Science of Breath, together with many of the favorite Yogi breathing exercises and methods. We have given the Western idea as well as the Oriental, showing how one dovetails into the other. We have used the ordinary English terms, almost entirely, avoiding the Sanscrit terms, so confusing to the average Western reader.

The Hindu-Yogi Science of Breath Yogi Ramachakara 1955

PranaScience Sundar Balasubramanian, PhD 2017-01-04 Stressed? Take a deep breath! But what is the science behind the connection between breathing and stress? How can regulated breathing help you prevent Alzheimer's disease or cancer? In this seminal work, Sundar Balasubramanian has documented the scientific basis of yoga breathing techniques from an ancient literature called Thirumanthiram. He describes the importance of salivary biochemicals for a long healthy life.

The Hindu-Yogi Science of Breath Yogi 1862-1932 Ramacharaka 2021-09-09 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

The Hindu-yogi science of breath William Walker Atkinson 1905

The Hindu-Yogi Science of Breath Yogi Ramacharaka 2021-06-13 This book has been deemed as a classic and has stood the test of time. The book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. The Hindu Yogis have always paid great attention to the Science of Breath, for reasons which will be apparent to the student who reads this book. Many Western writers have touched upon this phase of the Yogi teachings, but we believe that it has been reserved for the writer of this work to give to the Western student, in concise form and simple language, the underlying principles of the Yogi Science of Breath, together with many of the favorite Yogi breathing exercises and methods. We have given the Western idea as well as the Oriental, showing how one dovetails into the other. We have used the ordinary English terms, almost entirely, avoiding the Sanscrit terms, so confusing to the average Western reader.

The Hindu-Yogi Science of Breath: The Benefits of Controlling Mouth and Nose Breathing, as Demonstrated in Traditional Yoga Practice William Walker Atkinson 2018-08-09 This excellent book represents one of the first and best presentations of Eastern wisdom in the English language. It concerns ancient Hindu traditions and the Yogic practice of observing and regulating the breath. We begin with an admission that Western students are often confused by what exactly Yoga is, and what it is meant to accomplish. Stereotypes of the yogi as spindly, dirty and disheveled men commonly seen sitting in fixed posture at a roadside or marketplace abound. Yet these dismissive images serve only to neglect the spiritual substance and ancient wisdom of yogi science. Seeking to dispel the negative stereotypes and present the vivid truth, Atkinson discusses the multiple schools of yoga and their general purpose. Some emphasize control over the body's motions, while others favor inner development of the spirit. Several however emphasize the control of the breath; and it a practical explanation of this that Atkinson relays in the remaining fifteen chapters of this book.

The Science of Breath Yogi Ramacharaka 2009-01-01 The Science of Breath points out the way to physical health along the lines of what Western scientists have termed "deep breathing," etc., but also goes into the less known phases of the subject, and shows how the Hindu Yogi controls his body, increasing his mental capacity, and develops the spiritual side of his nature by the "Science of Breath." By rhythmical breathing one may bring himself into harmonious vibration with nature, and aid in the unfoldment of his latent powers. He knows that by controlled breathing he may not only cure disease in himself and others, but also practically do away with fear and worry and the baser emotions.

The Hindu-Yogi Science of Breath William Walker Atkinson 2018-08-06 The Hindu-Yogi Science Of Breath: Large Print By William Walker Atkinson The Western student is apt to be somewhat confused in his ideas regarding the Yogis and their philosophy and practice. Travelers to India have written great tales about the hordes of fakirs, mendicants and mountebanks who infest the great roads of India and the streets of its cities, and who impudently claim the title "Yogi." The Western student is scarcely to be blamed for thinking of the typical Yogi as an emaciated, fanatical, dirty, ignorant Hindu, who either sits in a fixed posture until his body becomes ossified, or else holds his arm up in the air until it becomes stiff and withered and forever after remains in that position, or perhaps clenches his fist and holds it tight until his fingernails grow through the palms of his hands. That these people exist is true, but their claim to the title "Yogi" seems as absurd to the true Yogi as does the claim to the title "Doctor" on the part of the man who pares one's corns seem to the eminent surgeon, or as does the title of "Professor," as assumed by the street corner vendor of worm medicine, seem to the President of Harvard or Yale. We are delighted to publish this classic book as part of our extensive Classic Library collection. Many of the books in our collection have been out of print for decades, and therefore have not been accessible to the general public. The aim of our publishing program is to facilitate rapid access to this vast reservoir of literature, and our view is that this is a significant literary work, which deserves to be brought back into print after many decades. The contents of the vast majority of titles in the Classic Library have been scanned from the original works. To ensure a high quality product, each title has been meticulously hand curated by our staff. Our philosophy has been guided by a desire to provide the reader with a book that is as close as possible to ownership of the original work. We hope that you will enjoy this wonderful classic work, and that for you it becomes an enriching experience.

The Hindu-Yogi Science of Breath and Fourteen Lessons in Yogi Philosophy Yogi Ramacharaka 2016-03-28 The Hindu-Yogi Science of Breath For thousands of years, yogis have believed that breath is the

essential link between body and mind, energizing a subtle body which connects the physical and mental aspects of our being. In this book, Swami Rama and two noted American physicians explore the science of breath as the missing key to both physical health and the attainment of higher states of consciousness. Basic yogic breathing techniques are explained so that one can immediately begin working with the ancient science of breath. Fourteen Lessons in Yogi Philosophy This book contains, as the title suggests, 14 lessons on Yogi philosophy. Chapters include, The Mental Principles, The Spiritual Principles, Telepathy And Clairvoyance, Human Magnetism, Thought Dynamics, Beyond The Border, Spiritual Evolution, The Yogi Path Of Attainment, Occult Therapeutics, and The Astral World.

The Hindu-Yogi Science of Breath (a Timeless Classic) Yogi Ramacharaka 2016-10-18 The Hindu Yogis have always paid great attention to the Science of Breath, for reasons which will be apparent to the student who reads this book. Many Western writers have touched upon this phase of the Yogi teachings, but we believe that it has been reserved for the writer of this work to give to the Western student, in concise form and simple language, the underlying principles of the Yogi Science of Breath, together with many of the favorite Yogi breathing exercises and methods. We have given the Western idea as well as the Oriental, showing how one dovetails into the other. We have used the ordinary English terms, almost entirely, avoiding the Sanscrit terms, so confusing to the average Western reader.

The Hindu-yogi Science of Breath Yogi Rāmacharaka 1909

The Hindu-Yogi Science of Breath William Walker Atkinson 2020-03-04 There have been for ages past in India and other Oriental countries men who devoted their time and attention to the development of Man, physically, mentally and spiritually. The experience of generations of earnest seekers has been handed down for centuries from teacher to pupil, and gradually a definite Yogi science was built up. To these investigations and teachings was finally applied the term "Yogi," from the Sanscrit word "Yug," meaning "to join." From the same source comes the English word "yoke," with a similar meaning. Its use in connection with these teachings is difficult to trace, different authorities giving different explanations, but probably the most ingenious is that which holds that it is intended as the Hindu equivalent for the idea conveyed by the English phrase, "getting into harness," or "yoking up," as the Yogi undoubtedly "gets into harness" in his work of controlling the body and mind by the Will.

The Hindu-Yogi Science of Breath Atkinson William Walker 2016-06-21 Unlike some other reproductions of classic texts (1) We have not used OCR(Optical Character Recognition), as this leads to bad quality books with introduced typos. (2) In books where there are images such as portraits, maps, sketches etc We have endeavoured to keep the quality of these images, so they represent accurately the original artefact. Although occasionally there may be certain imperfections with these old texts, we feel they deserve to be made available for future generations to enjoy.

Science of Breath Ramacharaka 1960

Science of Breath Swami Rama 1998 Describes the anatomy and physiology of breathing, as well as the subtle yogic science of prana.

The Hindu-Yogi Science of Breath Yogi Ramacharaka 2017-09-09 '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 energy of the universe. This energy is all around us, we are suffused with it, but we are encouraged by this book to use it for our own spiritual transformation. This book ventures into areas such as charging water, transforming oneself by healing via the breath and even the formation of a personal aura. Yogi Ramcharaka will direct you to immerse yourself in rhythmic, systematic breathing in order to gain the peace which can come from aligning yourself with the energy

rhythms of the world around you. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

[The Hindu-yogi Science of Breath](#) Ramacharaka 1903

[The Hindu Yogi Science of Breath](#) William Walker Atkinson 2017-01-16 A westerner gives you the Hindu yogi science of breath and yoga exercises In this book, Atkinson (Yogi Ramacharaka) give you briefly the theories of the functions of respiratory organs, and the part in the human economy played by the breath. The Oriental accepts the theories and facts of his Western brothers (which have been known to him for centuries) and adds thereto much that the latter do not now accept, but which they will in due time "discover" and which, after renaming, they will present to the world as a great truth.

[The Hindu-Yogi Science of Breath](#) William Atkinson 2016-02-02 THE HINDU-YOGI Science of Breath - is an in-depth guide to breath and various techniques you can use to explore different aspects of mind and body. It is an excellent guide to mind, body and consciousness and when applied can help enhance a persons spiritual practice and yoga routine. This work is in-depth, well written and covers all you need to know about breath and how it relates to mind, body and consciousness on a spiritual level from the perspective of ancient India and the Yogi masters.

[The Hindu-Yogi Science of breath](#) Yogi Ramacharaka 1910

The Science of Breath: The Essential Works of Yogi Ramacharaka Yogi Ramacharaka 2022-04-12 A timeless collection exploring the metaphysical power of breath and the limitless potential of the human mind. The Science of Breath is the definitive collection of books on yogic philosophy and wellness from William Walker Atkinson, writing as Yogi Ramacharaka. In this volume you'll find five revolutionary books, including: The Science of Breath The Science of Psychic Healing Raja Yoga or Mental Development The Science of Breath is part of The Library of Spiritual Wisdom, a beautifully designed series of curated classics written by some of the greatest spiritual teachers of all time. With books covering topics ranging from prosperity and motivation to the occult and metaphysical thought, The Library of Spiritual Wisdom is the definitive collection of texts from some of the most revolutionary thought leaders of the last two centuries and belongs on the shelves of home libraries everywhere.

[The Hindu-Yogi Science of Breath](#) Ramacharaka 1905

[The Hindu-Yogi Science of Breath](#) Lee Darby 2017-09-15 By Yogi Ramacharaka. A Classical Manual of the Oriental Philosophy of Physical, Mental, Psychic, and Spiritual Development by the intelligent Control of the Breath.

[The Hindu-Yogi Science of Breath](#) William Walker Atkinson 2014-01-14 This is a reproduction of a book published before 1923. This book may have occasional imperfections such as missing or blurred pages, poor pictures, errant marks, etc. that were either part of the original artifact, or were introduced by the scanning process. We believe this work is culturally important, and despite the imperfections, have elected to bring it back into print as part of our continuing commitment to the preservation of printed works worldwide. We appreciate your understanding of the imperfections in the preservation process, and hope you enjoy this valuable book.

Breath James Nestor 2020-05-26 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities,

New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Mystic Christianity Yogi Ramacharaka 2019-09-25 Reproduction of the original: Mystic Christianity by Yogi Ramacharaka

[The Hindu-Yogi Science of Breath](#) Yogi Ramacharaka 2018-11-12 2018 Reprint of 1960 Edition. Full facsimile of the original edition, not reproduced with Optical Recognition software. Originally published in 1903, this is a manual of the philosophy of physical, mental and spiritual development by the intelligent control of the breath. Ramacharaka [William Walker Atkinson] was the author of several books on the subject of Eastern Philosophy and its practices. For thousands of years, yogis have believed that breath is the essential link between body and mind, energizing a subtle body which connects the physical and mental aspects of our being. In this book, Swami Rama explores the science of breath as the missing key to both physical health and the attainment of higher states of consciousness. Basic yogic breathing techniques are explained so that one can immediately begin working with the ancient science of breath.

The Hindu-Yogi Science of Breath William Walker Atkinson 2014-07-24 "The Hindu-Yogi Science of Breath" provides an excellent overall basis for understanding proper breathing and the "science of the sacred" in terms of the relationship between the solar plexus, its chakra, and the human mind. CONTENTS: I. Salaam II. "Breath Is Life" III. The Exoteric Theory of Breath IV. The Esoteric Theory of Breath V. The Nervous System VI. Nostril Breathing vs. Mouth Breathing VII. The Four Methods of Respiration VIII. How to Acquire the Yogi Complete Breath IX. Physiological Effect of the Complete Breath X. A Few Bits of Yogi Lore XI. The Seven Yogi Developing Exercises XII. Seven Minor Yogi Exercises XIII. Vibration and Yogi Rhythmic Breathing XIV. Phenomena of Yogi Psychic Breathing XV. More Phenomena of Yogi Psychic Breathing XVI. Yogi Spiritual Breathing "From the standpoint of Western physiology alone, without reference to the Oriental philosophies and science, this Yogi system of Complete Breathing is of vital importance to every man, woman, and child who wishes to acquire health and keep it. Its very simplicity keeps thousands from seriously considering it, while they spend fortunes in seeking health through complicated and expensive "systems." Health knocks at their door and they answer not. Verily the stone which the builders reject is the real cornerstone of the Temple of Health."

[The Hindu-Yogi Science of Breath](#) William Walker Atkinson 1904

[The Hindu Yogi Science of Breath](#) Yogi Ramacharaka 2019-01-08 The Hindu-Yogi Science Of Breath by Yogi Ramacharaka teaches advanced yoga techniques. For thousands of years, yogis have believed that breath is the essential link between body and mind, energizing a subtle body which connects the physical and mental aspects of our being. In this book, Swami Rama and two noted American physicians explore the science of breath as the missing key to both physical health and the attainment of higher states of consciousness. Basic yogic breathing techniques are explained so that one can immediately begin working with the ancient science of breath.

[The Hindu-Yogi Science of Breath](#) Ramacharaka 2014-01 This is a reproduction of a book published before 1923. This book may have occasional imperfections such as missing or blurred pages, poor pictures, errant marks, etc. that were either part of the original artifact, or were introduced by the scanning process. We believe this work is culturally important, and despite the imperfections, have elected to bring it back into print as part of our continuing commitment to the preservation of printed works worldwide. We appreciate your understanding of the imperfections in the preservation process, and hope you enjoy this valuable book.

[The Hindu Yogi Science of Breath](#) Swami Panchadas 2013-12 I. Salaam II. "Breath Is Life" III. The Exoteric Theory of BreathIV. The Esoteric Theory of BreathV. The Nervous SystemVI. Nostril Breathing vs. Mouth BreathingVII. The Four Methods of RespirationVIII. How to Acquire the Yogi Complete BreathIX. Physiological

Effect of the Complete BreathX. A Few Bits of Yogi LoreXI. The Seven Yogi Developing ExercisesXII. Seven Minor Yogi ExercisesXIII. Vibration and Yogi Rhythmic BreathingXIV. Phenomena of Yogi Psychic BreathingXV. More Phenomena of Yogi Psychic BreathingXVI. Yogi Spiritual Breathing

The Hindu-Yogi Science of Breath Yogi Ramacharaka 2016-03-24 Excerpt: "Breath is Life"Life is absolutely dependent upon the act of breathing. "Breath is Life."Differ as they may upon details of theory and terminology, the Oriental and the Occidental agree upon these fundamental principles.To breathe is to live, and without breath there is no life. Not only are the higher animals dependent upon breath for life and health, but even the lower forms of animal life must breathe to live, and plant life is likewise dependent upon the air for continued existence. The infant draws in a long, deep breath, retains it for a moment to extract from it its life-giving properties, and then exhales it in a long wail, and lo! Its life upon earth has begun. The old man gives a faint gasp, ceases to breathe, and life is over. From the first faint breath of the infant to the last gasp of the dying man, it is one long story of continued breathing. Life is but a series of breaths.Breathing may be considered the most important of all of the functions of the body, for, indeed, all the other functions depend upon it. Man may exist some time without eating; a shorter time without drinking; but without breathing his existence may be measured by a few minutes.And not only is Man dependent upon Breath for life, but he is largely dependent upon correct habits of breathing for continued vitality and freedom from disease. An intelligent control of our breathing power will lengthen our days upon earth by giving us increased vitality and powers of resistance, and, on the other hand, unintelligent and careless breathing will tend to shorten our days, by decreasing our vitality and laying us open to disease.Man in his normal state had no need of instruction in breathing. Like the lower animal and the child, he breathed naturally and properly, as nature intended him to do, but civilization has changed him in this and other respects. He has contracted improper methods and attitudes of walking, standing and sitting, which have robbed him of his birthright of natural and correct breathing. He has paid a high price for civilization. The savage, to-day, breathes naturally, unless he has been contaminated by the habits of civilized man.The percentage of civilized men who breathe correctly is quite small, and the result is shown in contracted chests and stooping shoulders, and the terrible increase in diseases of the respiratory organs, including that dread monster, Consumption, "the white scourge." Eminent authorities have stated that one generation of correct

breathers would regenerate the race, and disease would be so rare as to be looked upon as a curiosity. Whether looked at from the standpoint of the Oriental or Occidental, the connection between correct breathing and health is readily seen and explained.The Occidental teachings show that the physical health depends very materially upon correct breathing. The Oriental teachers not only admit that their Occidental brothers are right, but say that in addition to the physical benefit derived from correct habits of breathing, Man's mental power, happiness, self-control, clear-sightedness, morals, and even his spiritual growth may be increased by an understanding of the "Science of Breath."

The Hindu-Yogi Science Of Breath Y. Ramacharaka (William Walker Atkinson) 2020-03-09 The Hindu-Yogi Science Of Breath: A Complete Manual Of The Oriental Breathing Philosophy Of Physical, Mental, Psychic And Spiritual Development. This book is a result of an effort made by us towards making a contribution to the preservation and repair of original classic literature. In an attempt to preserve, improve and recreate the original content, we have worked towards: 1. Type-setting & Reformatting: The complete work has been re-designed via professional layout, formatting and type-setting tools to re-create the same edition with rich typography, graphics, high quality images, and table elements, giving our readers the feel of holding a 'fresh and newly' reprinted and/or revised edition, as opposed to other scanned & printed (Optical Character Recognition - OCR) reproductions. 2. Correction of imperfections: As the work was re-created from the scratch, therefore, it was vetted to rectify certain conventional norms with regard to typographical mistakes, hyphenations, punctuations, blurred images, missing content/pages, and/or other related subject matters, upon our consideration. Every attempt was made to rectify the imperfections related to omitted constructs in the original edition via other references. However, a few of such imperfections which could not be rectified due to intentional\unintentional omission of content in the original edition, were inherited and preserved from the original work to maintain the authenticity and construct, relevant to the work. We believe that this work holds historical, cultural and/or intellectual importance in the literary works community, therefore despite the oddities, we accounted the work for print as a part of our continuing effort towards preservation of literary work and our contribution towards the development of the society as a whole, driven by our beliefs. We are grateful to our readers for putting their faith in us and accepting our imperfections with regard to preservation of the historical content. HAPPY READING!