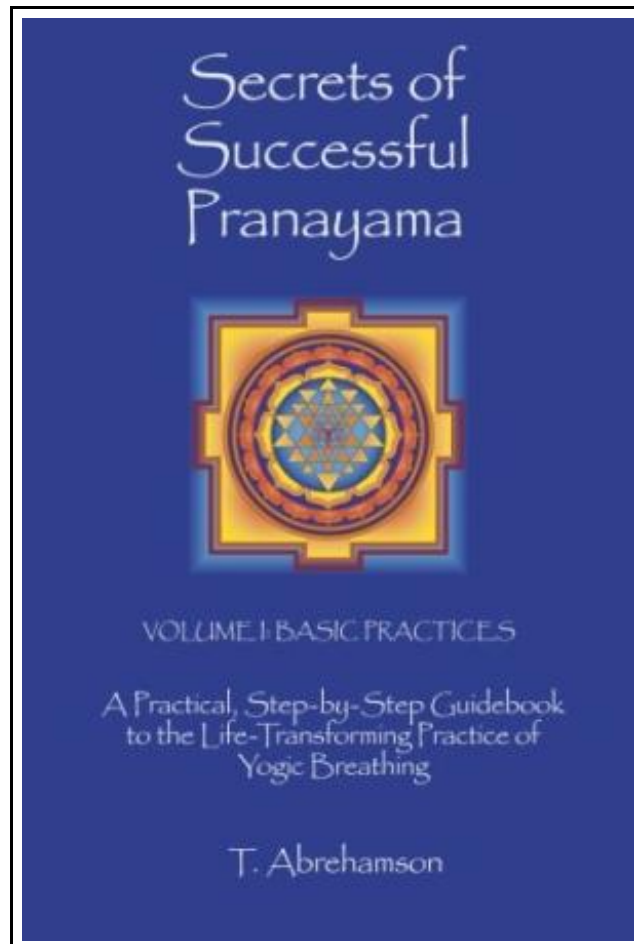


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Secrets of Successful Pranayama. Paperback. Book Condition: New. Paperback. 228 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. What is Pranayama Pranayama is yogic breathing, a great variety of practices. Prana refers to a Vital Energy, an Energy not yet often recognized by Western science but which some Eastern thinking believes to be pervasive. Life-Force might be one acceptable interpretation. Thus to think of Pranayama as merely yogic breathing exercises is an oversimplification that omits the most important aspects of the practice. With Pranayama you may harness Universal Energy by regulating your breath. This is of course an extremely important assertion. You can test its validity. Why Should You Practice Pranayama On one level: Pranayama can make you Feel Great: utterly calm and quiet, light yet grounded, and confident and empowered, and it is a wonderful lead-in to Meditation. It opens the body for improved progress in Yoga poses. This is all nice, yes - but relatively minor. On a higher level: Pranayama is Life-Transforming. It links you up with the Universe. You trend in the right direction. Things start to knit together, to slot into place more easily. Your day and your life can flow more smoothly. You can become open to becoming more purpose-full. At first hearing all this can sound incredibly mystical, otherworldly. But Tom Abrehamsons personal experiences are in harmony with those of others, over the centuries. With Persistent Practice Your life will change for the better. Spontaneously, effortlessly and permanently. You are becoming whole. Becoming what you should be. You are forging an instrument of Will. The Big Question Why is just working with our breath so hugely spiritual Because it Enables us To Connect. To Yoke Up (Yoga). How does it do that It strips away intervening blockages. It Purifies us. It allows Connection and Flow...

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