

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

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PRANAYAMAS - The Yoga Breath Yogi Ramacharaka 2021-06-08 "A COMPLETE MANUAL OF THE SECRET YOGIC BREATH!" PRANAYAMAS - The Yoga Breath A Complete Manual of THE ORIENTAL BREATHING PHILOSOPHY of Physical, Mental, Psychic and Spiritual Development. By YOGI RAMACHARAKA Based on the book The Hindu-Yogi Science of Breath by Yogi Ramacharaka, 1904.

The Science of Breath - Illustrated Yogi Ramacharaka 2017-02-15 Formally titled The Hindu-Yogi Science of Breath. In this classic text, Yogi Ramacharaka teaches us the art of moving our vital energy or life force to enhance our state of well being. Sounds innocent enough, but these techniques have been taught around the world for over 5,000 years. This art provides the foundation for all the mystical arts such as various healing modalities, out of body experiences, using sexual energy to increase vitality and creativity. Special techniques to increase -personal magnetism-. Also discussed is Spiritual Breathing. As the Maharishi Ramacharaka states, - man has many faculties which are at present in a dormant state, but which will become unfolded as the aspirant practices these yogic breathing techniques.- These would include -spiritual powers of consciousness, which will not become the common property of humanity until after long ages of gradual development under the law of evolution.- In the final chapters, Ramacharaka offers techniques for the attainment of Universal Consciousness by meditation and rhythmic breathing. He states that -many have thus attained the highest degree of spiritual attainment possible to man in this stage of his existence.- In modern terms, he verifies the teachings of the Bhagavad Gita. Universal Consciousness is what the modern yogi's call Cosmic Consciousness. A state in which pure awareness is maintained while experiencing waking state. So, the uninitiated may ask, why haven't I heard about these magical techniques that bring about a high sense of wellbeing, mindfulness, and freedom from the fear of death. In the west, our world view is dominated by science and before that organized religion that taught that divinity could only be reached through the Church. That is, the Church acted as an intermediary between Divinity and Man. The same dogma also taught that Man was born with Original Sin - a tainted soul that could only be untainted by offerings to the Church. Slowly but surely these doctrines and dogma are being replaced by a more loving spiritual perspective. Science is now on the verge of rediscovering these forces of nature - Prana, the Life Force also called Subtle Energy in the United States. Scientists like Dr. Tiller and Dr. Swanson are currently working with Subtle Energy in the laboratory. They are developing Prana detectors, Prana generators, and dare I say Prana transmitters even though this energy is not accepted by mainstream scientists. I remember when young entrepreneurs experimented with radio energy before radios were invented. Unfortunately, Maharishi Ramacharaka's techniques will not be accepted by the West until verified by science. Today, the kids at the European Organization for Nuclear Research C.E.R.N have rebuilt their accelerator making it more powerful, now that the standard model has been completed. They are searching for even smaller energy particles. Call me a madman, but I believe that they will find the Subtle Energies that the Maharishi Ramacharaka calls Prana, which he uses to manifest the mystical arts. If so, not only will our world view be changed forever, but a new era of peace and prosperity will issue forth. The West will say they discovered a new

energy. You and I will know that they really only rediscovered an energy that the East has known and used for thousands of years. Yogi Ramacharaka would be proud that humanity is finally waking up to realize its true nature.

The Science of Psychic Healing Yogi Ramacharaka 2007-12-01 "Mind over matter...the natural over the artificial... these were the unspoken mantras of the proponents of New Thought, the mystical movement at the turn of the 20th century.... One of the most influential thinkers of this early "New Age" philosophy promises here, in this 1909 book, to show the reader how to 'spread the glad tidings of Health and Strength' by using the body's Prana, or Vital Force; by direct control of the body's cells via the mind, or mental healing; and by calling the light of 'higher thought' down on the body, or spiritual healing"--Dust jacket.

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: 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.

Hindu-Yogi Science Of Breath William Walker Atkinson 2004

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 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 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 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.

The Hindu-Yogi Science of Breath Ramacharaka 1905

Secret Power of Tantrik Breathing Swami Sivapriyananda 2009-05-08 Explores the secrets and benefits of alternate nostril breathing practices • Includes breathing techniques to help overcome infertility, bad luck, and illnesses • Explains the interactions of the vital energy of breath with the chakras and energy channels (nadis) There is an intimate relationship between breathing and our emotional states. When we are nervous or excited, our breath rate increases. Conversely, if we alter our rate of breathing, we can alter our emotional state. The ancient civilization of India developed methods for changing the emotions and states of consciousness through yogic meditation and pranayama (breath control). Secret Power of Tantrik Breathing teaches the advanced pranayama system of svaraodaya, which is based on the fact that we normally breathe freely through only one nostril at a time. In a healthy person, breathing changes roughly every one and a half hours from one nostril to the other, with each nostril imparting different qualities to one's mental and physical state. The left nostril is cool, soothing, passive, and feminine in nature; the right is warm, energizing, active, and masculine. When the breath remains in one nostril for longer than normal, mental and physical illness can result. The goal of svaraodaya is to harmonize the breath from each nostril with the life task needing to be accomplished. This book explains how to practice this breath control and how the vital energy of breath interacts with the chakras and energy channels (nadis) to create overall balance and harmony. It also includes svaraodaya breathing techniques to help overcome illnesses, infertility, and bad luck; make predictions; and attain liberation from the cycle of rebirth.

The Hindu-yogi Science of Breath Yogi R?macharaka 1909

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 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 Walker Atkinson 2022-09-03 First published in 1903, 'The Hindu-Yogi Science of Breath' by William Walker Atkinson, an attorney, merchant, publisher, and author, as well as an occultist and an American pioneer of the New Thought movement. Yogi system of Complete Breathing is of vital importance to every man, woman, and child who wishes to acquire health and keep it. This book explains in layman's terms what happens inside our bodies when we inhale and then exhale. And the effects improper breathing has on both our internal and external extremities. It describes nature's proximity to the respiratory, and circulatory systems. The final sections include invaluable Yogi breathing exercises for increased breathing awareness and better health.

The Hindu Yogi Science of Breath Swami Panchadasi 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 Ramacharaka 1987

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.

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 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!

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 Ramacharaka 1903

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 William Atkinson 2017-05-23

The Hindu-Yogi Science Of Breath 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 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 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.

Science of Breath Yogi Ramacharaka 2020-03-28 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. 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. Yoga is divided into several branches, ranging from that which teaches the control of the body, to that which teaches the attainment of the highest spiritual development. In the work we will not go into the higher phases of the subject, except when the "Science of Breath" touches upon the same. The "Science of Breath" touches Yoga at many points, and although chiefly concerned with the development and control of the physical, has also its psychic side, and even enters the field of spiritual development. In India there are great schools of Yoga, comprising thousands of the leading minds of that great country. The Yoga philosophy is the rule of life for many people. The pure Yogi teachings, however, are given only to the few, the masses being satisfied with the crumbs which fall from the tables of the educated classes, the Oriental custom in this respect being opposed to that of the Western world. But Western ideas are beginning to have their effect even in the Orient, and teachings which were once given only to the few are now freely offered to any who are ready to receive them. The East and the West are growing closer together, and both profiting by the close contact, each influencing the other. 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 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 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. A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development Yogi R?MACHARAKA (pseud) 1903

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 Yogi Ramacharaka 2021-03-09 "Breath is Life" Yogi Ramacharaka was an American pioneer of the New Thought movement. In this work, he hopes to awaken the minds of the Western world to the value of the Yogi "Science of Breath." The Oriental teachers 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" (Pranayama). Yogi Ramacharaka explains how to acquire the yogi complete breath and its physiological effect. He also describes the favorite exercises of the Yogis for developing the lungs, muscles, ligaments, air cells, etc. He gives full directions for the acquirement of this superior method of breathing, with a lot of exercises (with step-by-step descriptions). They are quite simple, but marvelously effective. LARGE PRINT EDITION, easy to read layout. CONTENTS: CHAPTER I. SALAAM. CHAPTER II. "BREATH IS LIFE." CHAPTER III. THE EXOTERIC THEORY OF BREATH. CHAPTER IV. THE ESOTERIC THEORY OF BREATH. CHAPTER V. THE NERVOUS SYSTEM. CHAPTER VI. NOSTRIL- BREATHING VS. MOUTH-BREATHING. CHAPTER VII. FOUR METHODS OF RESPIRATION. CHAPTER VIII. HOW TO ACQUIRE THE YOGI COMPLETE BREATH. CHAPTER IX. PHYSIOLOGICAL EFFECT OF THE COMPLETE BREATH. CHAPTER X. A FEW BITS OF YOGI LORE. CHAPTER XI. THE SEVEN YOGI DEVELOPING EXERCISES. CHAPTER XII. SEVEN MINOR YOGI EXERCISES. CHAPTER XIII. VIBRATION AND YOGI RHYTHMIC BREATHING CHAPTER XIV. PHENOMENA OF YOGI PSYCHIC BREATHING. CHAPTER XV. MORE PHENOMENA OF YOGI PSYCHIC BREATHING. CHAPTER XVI. YOGI SPIRITUAL BREATHING.

YOGY RAMACHARAKA - Complete Collection: Mystic Christianity, Yogi Philosophy and Oriental Occultism, The Spirit of the Upanishads, Bhagavad Gita, Raja Yoga, The Science of Psychic Healing... William Walker Atkinson 2016-03-03 This carefully crafted ebook: "YOGY RAMACHARAKA - Complete Collection: Mystic Christianity, Yogi Philosophy and Oriental Occultism, The Spirit of the Upanishads, Bhagavad Gita, Raja Yoga, The Science of Psychic Healing..." is formatted for your eReader with a functional and detailed table of contents: The Hindu-Yogi Science Of Breath (A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development) Hatha Yoga or the Yogi Philosophy of Physical Well-Being The Science of Psychic Healing The Spirit of the Upanishads or the Aphorisms of the Wise Raja Yoga or Mental Development (A Series of Lessons in Raja Yoga) Gnani Yoga (A Series of Lessons in Gnani Yoga) The Inner Teachings of the Philosophies and Religions of India Mystic Christianity; Or, The Inner Teachings of the Master The Life Beyond Death The Practical Water Cure (As Practiced in India and Other Oriental Countries) Bhagavad Gita - The Message of the Master Fourteen Lessons in Yogi Philosophy and Oriental Occultism Advanced Course in Yogi Philosophy and Oriental Occultism William Walker Atkinson (pseudonym Yogi Ramacharaka) (1862-1932) was a prolific writer. His works treat themes related to the mental world, occultism, divination, psychic reality, and mankind's nature.

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.

Science of Breath Ramacharaka 1960

The Hindu-Yogi Science of Breath Yogi Ramachakara 1955

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 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 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 (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.