



# **The Hindu-Yogi Science Of Breath: The Vedic System Of Pranayama For Physical, Mental, Psychic and Spiritual Development.**

*William Walker Atkinson*

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# The Hindu-Yogi Science Of Breath: The Vedic System Of Pranayama For Physical, Mental, Psychic and Spiritual Development.

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"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.

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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.”

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