



## Aath Adhyatmik Shwasan Prakar: The Eight Spiritual Breaths (In Marathi)

By Santosh Sachdeva

Yogi Impressions Books Pvt. Ltd., Mumbai, India, 2015. Softcover. Book Condition: New. First Edition. When Padmasambhava, the renowned yogi and teacher at the University of Nalanda migrated to Tibet with a select group of disciples, he continued to share his knowledge with those he considered worthy to receive it. According to legend, among his teachings was a set of powerful Breathing Exercises designed to help human beings realise their highest potential. Centuries later, a spiritual seeker from the West journeyed to Tibet to learn this sacred knowledge. After returning, he formulated a course based on these Breathing Exercises that he taught to his students, and also offered through correspondence to spiritual aspirants everywhere. In 1977, this course of Breathing Exercises was taught by Swami K. S. Ramanathan, founder of the Brahma Vidya Mission in Mumbai. The author herself completed this course under the guidance of her guru, Justice M. L. Dudhat. A sincere and dedicated practise of the Eight Breathing Exercises, along with their respective Affirmations, can result in: enhancement of creative potential increased levels of calmness improved health and higher energy levels achievement of personal goals in an effortless manner. The course provides one with all the necessary steps required to...



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