



The Hindu-Yogi Science Of Breath

William Walker Atkinson

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"[...]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. To teach these things is the object of this work. We will give in a few chapters concise explanations and instructions, which might be extended into volumes. We hope to awaken the minds of the Western world to the[...]".

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