



**Science of Breath: A Complete Manual of the
Oriental Breathing Philosophy of Physical, Mental,
Psychic and Spiritual Development (Classic
Reprint)**

Yogi Ramacharaka

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"Breath is life," so intones Yogi Ramacharaka in *Science of Breath*, which is "a complete manual of the oriental breathing philosophy of physical, mental, psychic, and spiritual development."

This book is written with the Western student in mind, guiding him or her through yoga culture, lifestyle, and a bit of history. It starts by introducing the reader to the concept of prana, which refers to life energy. Then the author proceeds to explain various components of the nervous system, which is the one largely engaged by the techniques presented later in the book.

In essence, Yogi Ramacharaka walks the reader through the physical aspect and mechanism of breathing before moving on to the psychic levels. This way, the prospective student gets to build a good foundation and reach the goal outlined by this short edition.

It helps that the author supplies detailed instructions and descriptions, despite the absence of illustrations and the discussion of unconventional topics, such as thought projection, self healing, charging water, recharging others, and forming an aura. As such, the information given comes out clear and easy to understand.

This may be a thin volume but is packed with practical tips on improving physical and mental wellness through something as simple and basic as breathing.

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