

The Second or the Last Elements of the Yoga



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Reviews

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

(Prof. Llewellyn Thiel)

THE SECOND OR THE LAST ELEMENTS OF THE YOGA

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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1898 Excerpt: . the cold season. The Bhastrika Kumbhak is such as can be practised in all the seasons. It is neither hot nor cold. All these Kumbhaks are so powerful that they can cure any disease in the body of the practitioner. The Suryabhedan specially cures all Batrogams, i.e., to say diseases arising from biles, c, and the Ujjayee cures Sleshma. The Sotkary and the Soteley Kumbhaks cure all the diseases arising from heat and the Bhastrika Kumbhak cures maladies arising from Batpitkafadi. The Bhastrika Kumbhak must be practised specially, because it will make the way of the Sukhmana clean by which the Pran reaches the Brahamarandhra and it will remove the 3 Granthi, i.e., the Brahmagranthi, the Bishnugranthi and the Ruthragranthi which are the 3 obstacles in the performance of the Pranayam. 6th. The Bhramary Kumbhak.--This is to be practised thus: those who perform the Poorak with great force will hear the sound Bhramer, so the principal things are the Poorak and the Rechak. Great care must be taken in the Poorakam and Eechakam and the pleasure which the practitioners get in making the Kumbhak is an unlimited one. 7th. The Murchha Kumbhak.--Use the Jalandharband as soon as you have completely inhaled. Then make the Kumbhak slowly exhaling the breath. Doing this way is called the Murchha Kumbhak. The proper meaning of Murchha is to make the mind senseless. Thus the mind will be steady and mix with the Kumbhak. This is called the Murchha Kumbhak....



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