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Lon Milo DuQuette, William Walker Atkinson

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"It's as natural as breathing." How many times have we heard that? The irony is that the way most of us breath is far from natural. In fact, our unnatural and labored breathing habits are often the source of other physical and mental unpleasantness. Over and above the health benefits that proper breathing practices can bring our lives, it can also be the key to magical powers and mystical ecstacies. Yogi Ramacharaka teaches the HIndu Yogi technique of breath.



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