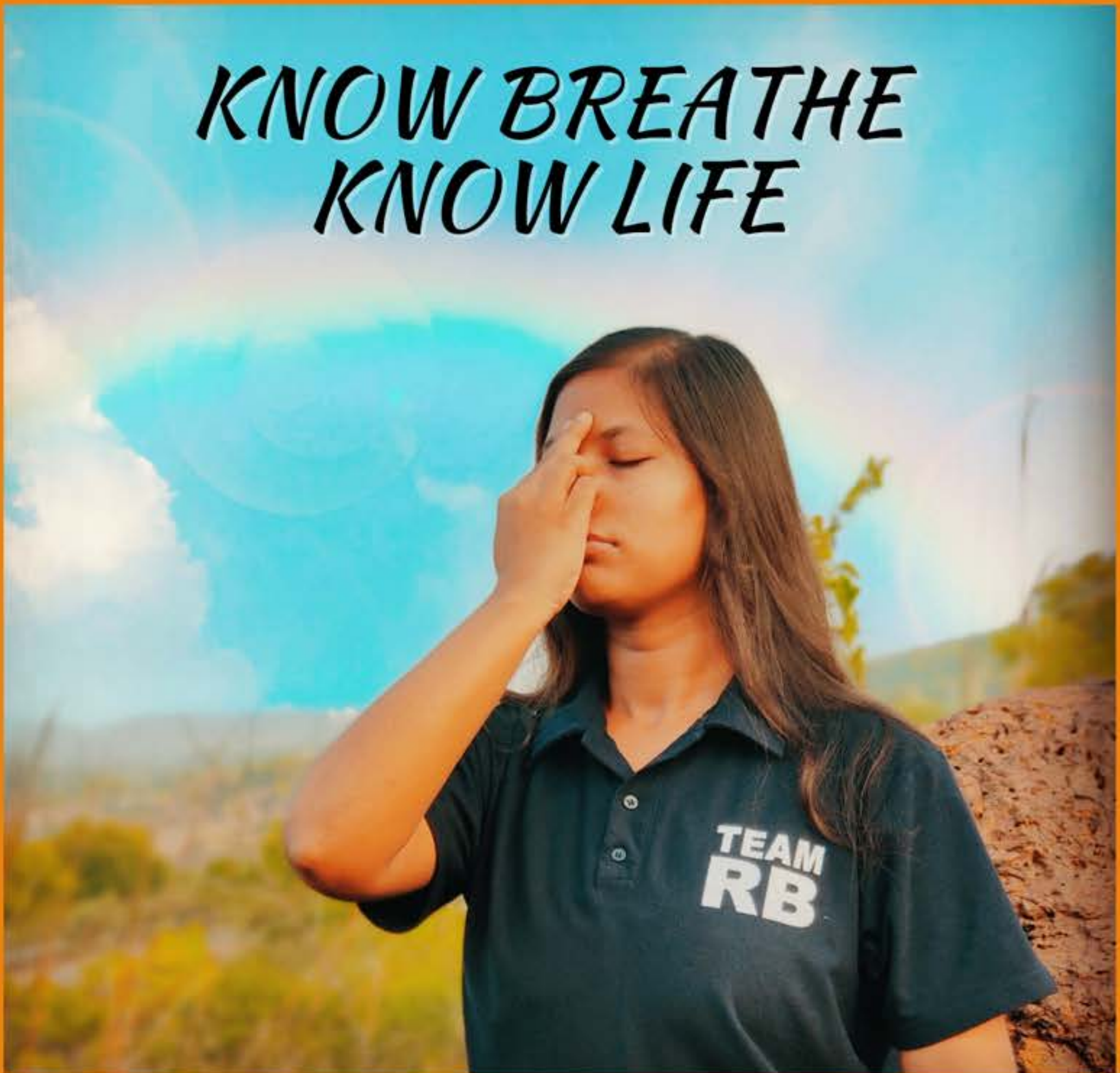


PRAGYA PATHAK

THE SECRET OF BREATHE

*KNOW BREATHE
KNOW LIFE*



**HOW TO UNCOVER THE SECRET OF BREATHE TO ATTAIN
MASSIVE HEALTH, HAPPINESS AND PRODUCTIVITY.**

***THANK YOU FOR
PICKING THIS
GUIDE.***



P R A G Y A P A T H A K

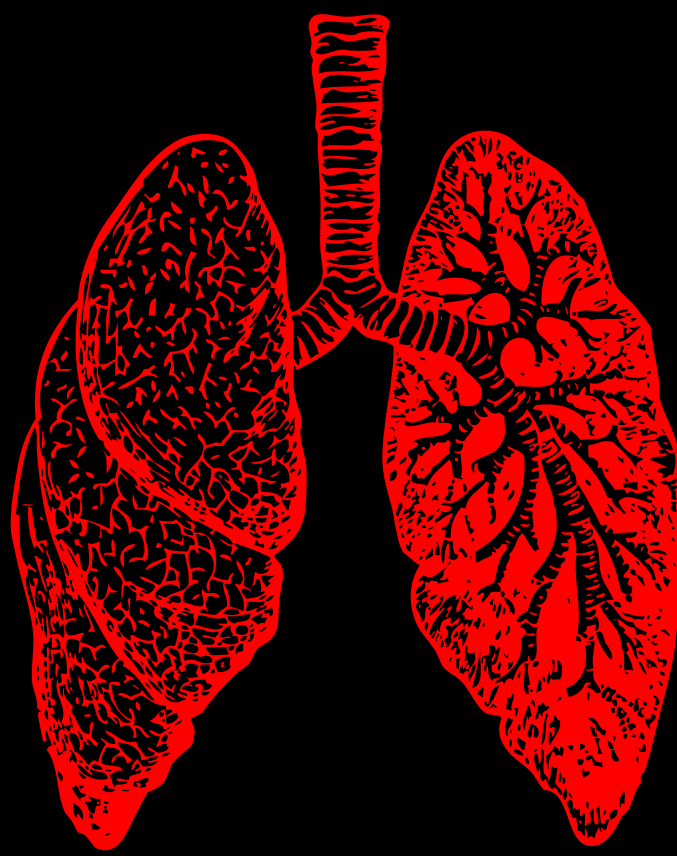
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SECRET OF BREATHE

Our breathe is the connection between our body and the mind.



**You must have observed
that when you are happy
your breathe is calm, deep.
When you are angry it's
fast.
So, our breathe changes
the state of mind.**



**So, don't you think that
our breathe can too
change the mind.
Definitely it can.**

**When we took birth
what was our 1st
activity we inhaled and
when we will die our
last activity will be
exhalation.**



**And the duration
between 1st inhalation
and last exhalation is
what we called life.**

Our breathe sustains life.

But it's the most neglected one.

**Whenever when we have to reach to the
next floor in a building and there is no
lift or the lift isn't working at, those
times when we have to put effort to
reach the top floor, we realise yes
saanse bhi chal rhi h (Ah I am breathing)
Other times most neglected.**

No attention.



BREATHE IS PRIMARY.

**And what happens when we don't give attention to anything or anyone that's the most important person or certain aspect in life, does that person values you, perform at it's fullest? does that aspect grows?
No, Right?**



And, when you are working 24/7 somewhere with full dedication and you are the prime member but no one is giving you importance or any attention. You will feel dejected. It's normal. in the same way breathe quality is deteriorating.

And also because of our sedentary lifestyle our breathe is becoming shallow.



And when there is shallow breathing there is no proper Oxygen intake, no proper air flow and thus, we suffer from many diseases as our cells, organs, Tissue are unable to receive adequate amount of energy and are deprived of it which becomes an attractive home for mental and physical illnesses.



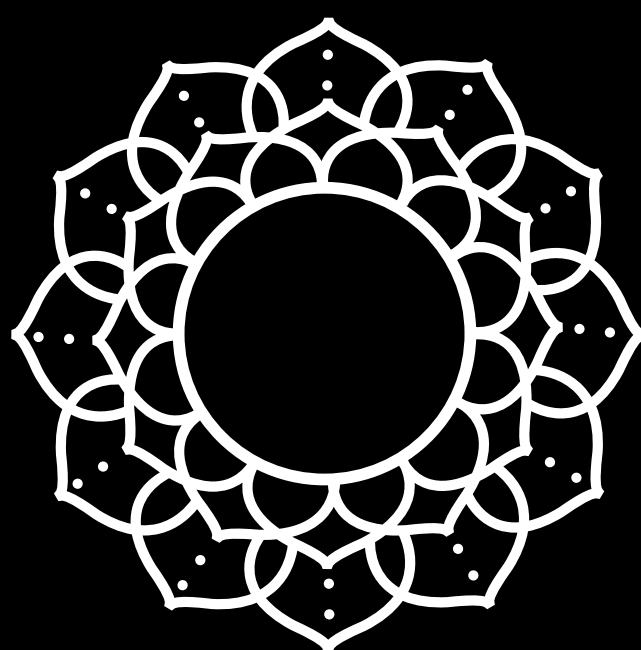
In the same way there are people who are gradually becoming ill and dysfunctional as it's the consequence of many many years together.

And consistently it's happening.

Imagine the situation, no wonder we are encountering many diseases every now and then.

Now, the one thing that sustains life is prana (life force).

That's why we call beings as 'Praani'



**Everything is being sustained by
Prana.**

Prana 'life force'

It's present in every object.

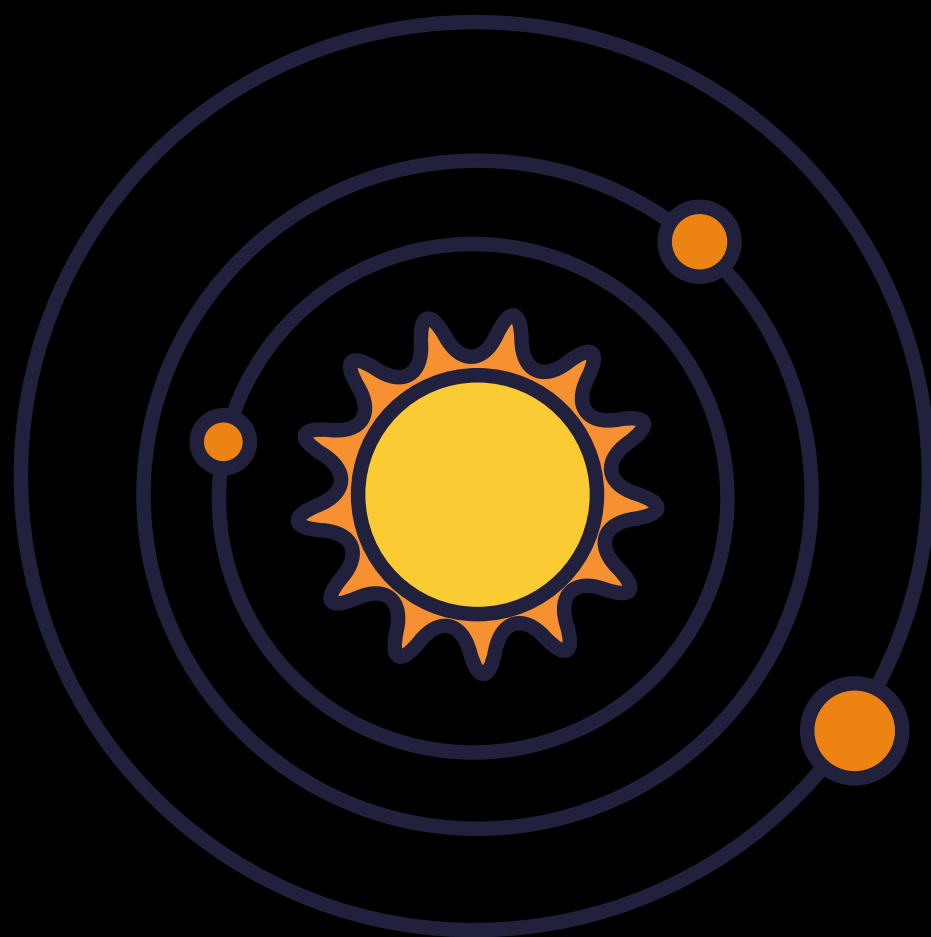
**There is nothing in this world
that's devoid of prana.**

**Just present in higher intensity
in humans and less in others.**



As, we have our physical body, we have our pranic body too, even mental, intellectual & bliss body. But our whole focus is in our physical body but unless we align others we will be diseased.

Now, typically we use only 30% of our lung capacity.

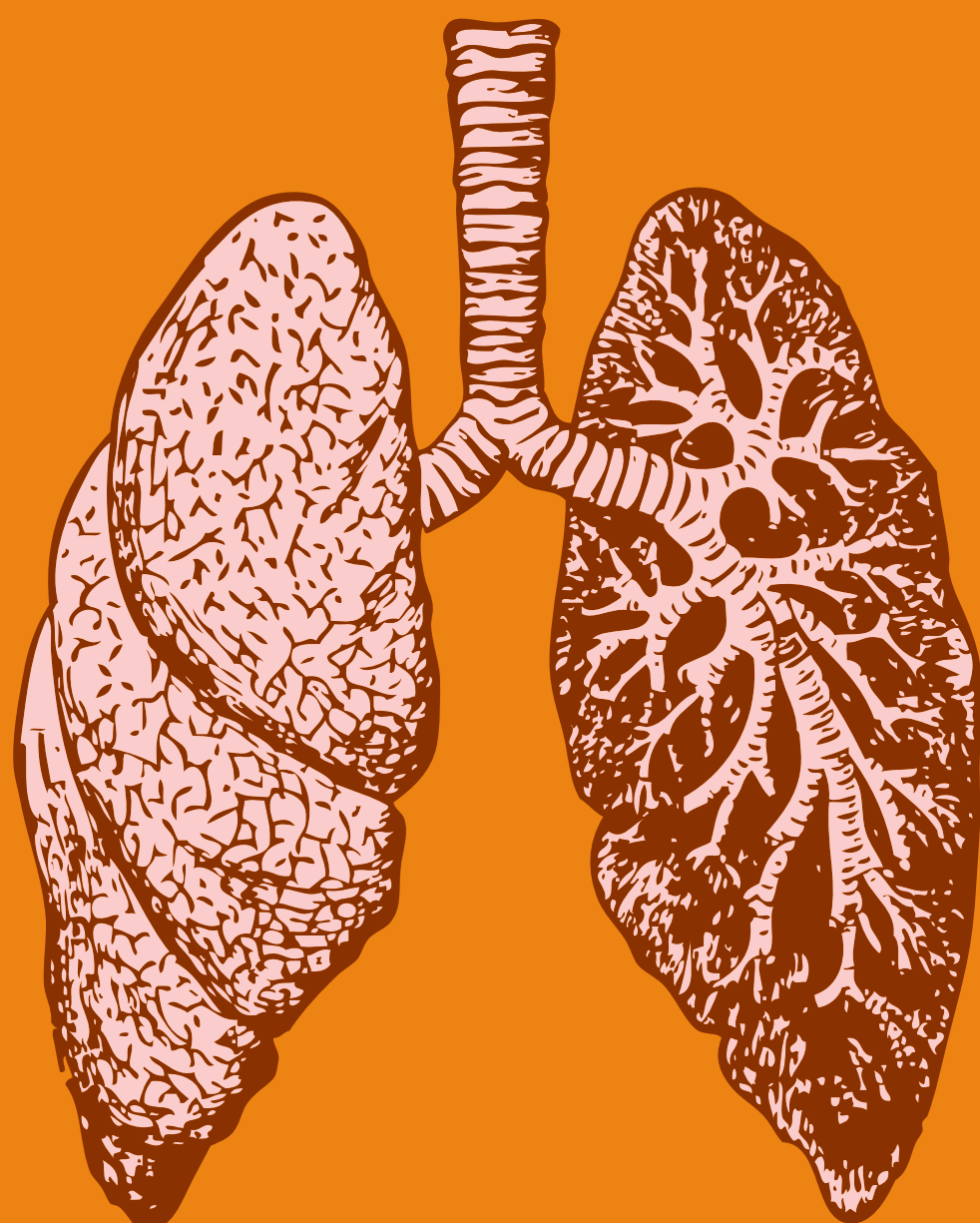


Now since we use on an average 30% Or even less than it of our lung capacity.

Which isn't sufficient as per our requirements.

So, there must be a question..

How to enhance it???



With the practice of pranayama.

It increases the lung capacity floods the system with oxygen & prana.



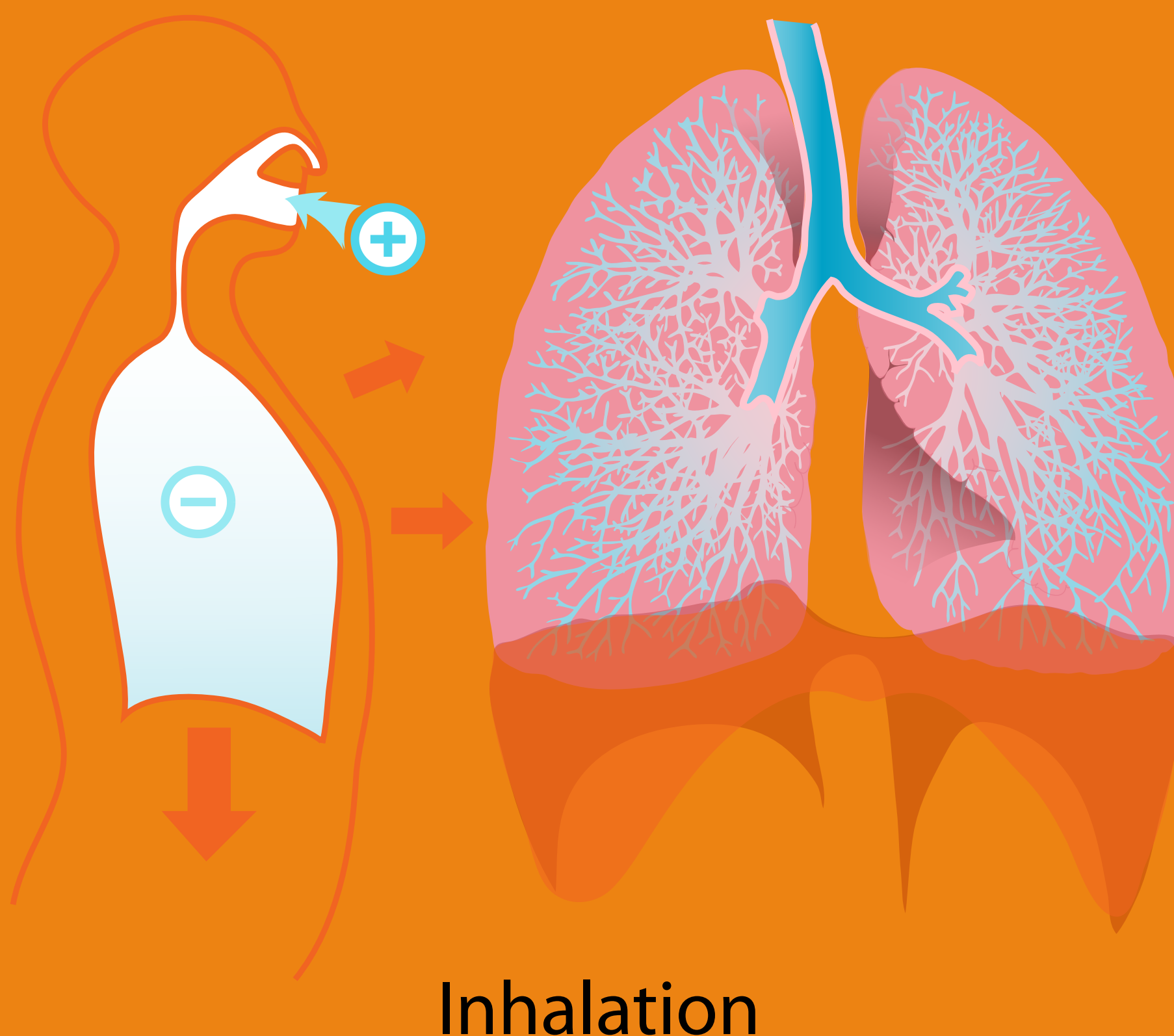
And the supply of prana and Oxygen in system can destroy the viruses present in cells and clears all impurities.

As 90% of the impurities in the system goes out though our breathing.

So inculcating deep breathing and other breathing techniques, decreases impurities in the system.

Thus, our breathe training works in making us healthy and happy.

**It's all about pranic force.
More prana more energy.**



The secret of physical and mental health lies in expanding our prana. Now, how to work on expanding prana, how can we work on that,

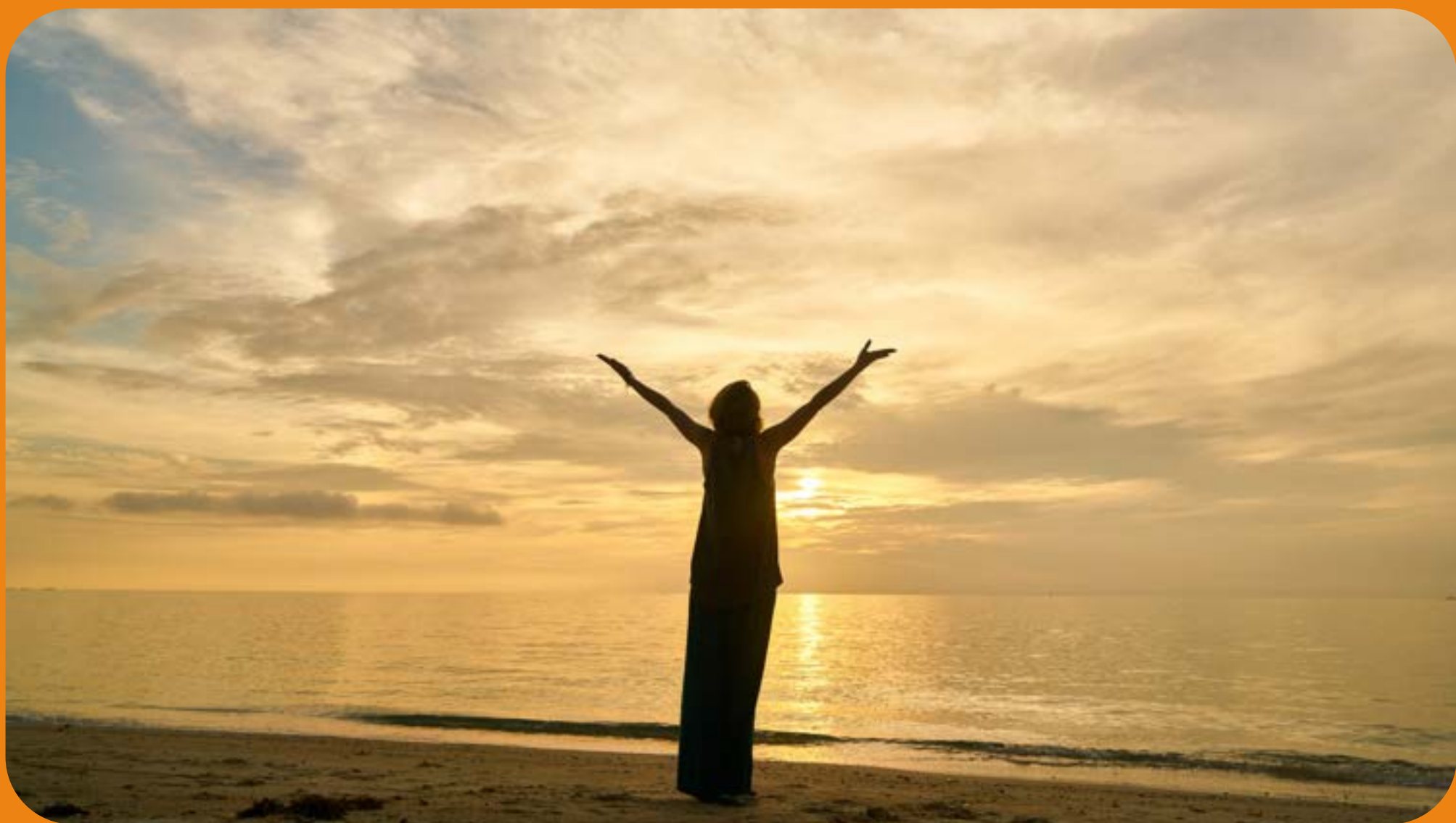
By working on our breathe, How to increase the lung capacity?

All these questions must be coming inside your mind!?

With PRANAYAMA

Pranayama is extension and expansion of the dimension of breathe with the help of breathe control.

Practice of pranayama raises our pranic force and we recieve more energy inside our body.



When our each and every cell, tissue, organ contains sufficient oxygen we become healthy. Our dormant brain cells lights up prana reaches there.

And enhanced creativity, focus, critical thinking, concentration, clarity and are such special skills are the by-products of pranayama practice to master the game of life.

**THUS, PRANA
BREATHE IS
EVERYTHING.**

**That's why it has been said
that know breathe, know life.**

No breathe, no life.

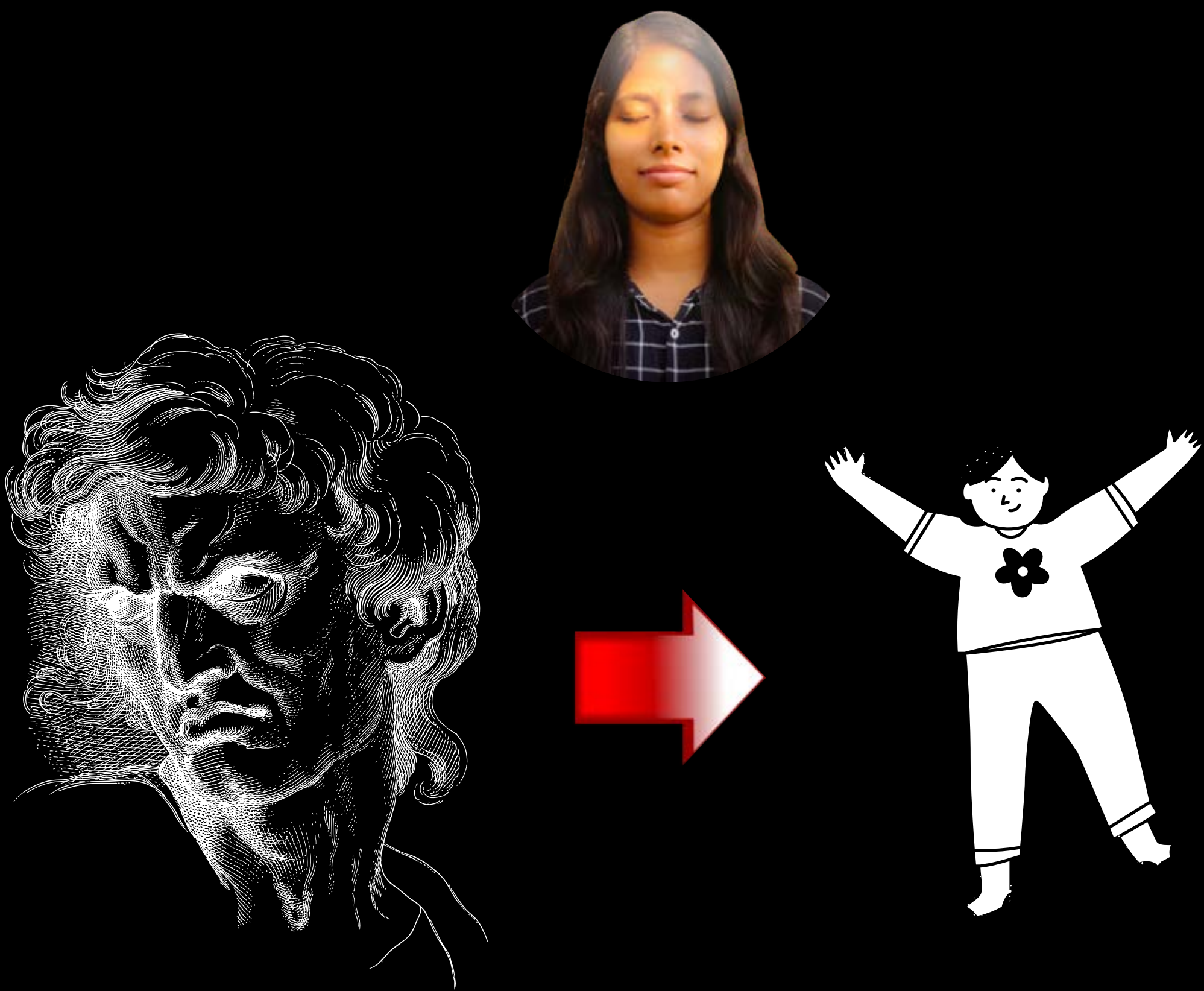
**And that's why no wonder
we do courses, different
books, videos.**

**And nothing much happens.
You know why, because we
haven't worked on our
breathe.**



TIPS:- TAKE LONGER DEEPER BREATHES CONSCIOUSLY.

And when you are angry or perplexed, anxious just inhale deeply and hold your breathe for few seconds little more than you can and exhale completely. Do it for sometime and it will change your mind.



Learn

**NADI SHODHAN
PRANAYAMA**



**Nadi shodhan pranayama
balances the both
hemispheres of our brain
& enhances the pranic
level.**

Now, how to do it?

TECHNIQUE

Step-1

Sit comfortably and easily. Spine erect. Breathe normally. Hands on the thighs open towards the ceiling/sky.

Step-2

Now lift your right hand & place middle & index finger in between your eyebrows & thumb on your left nostril & ring and small finger over your right nostril.

STEP-3

Inhale from left & exhale from left. Clear the nostril.

Once again, inhale from the left nostril & count upto 3 initially and hold your breathe for 3 counts and exhale till 4 to 5 counts from right nostril.

STEP-4

Now inhale from right nostril for the same count.

& exhale from left nostril.

This completes one round.

Step-5

Continue doing 6 more such rounds & after completion keep your eyes closed observe your breathe.

Observe the difference in the state of your mind.

& When you feel complete open your eyes.

THINGS TO TAKE CARE WHILE PRACTICING..

- 1. Take gentle breathes, no need of making sound.**
- 2. Don't breathe through your mouth.**
- 3. Place the finger very lightly on forehead and nostril.**
- 4. Practice with empty stomach or after 3 hours of the meal.**



**CONGRATULATIONS FOR
FINISHING THIS GUIDE.**



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IF YOU LIKED IT AND IT HELPED YOU. WRITE TO ME AT.

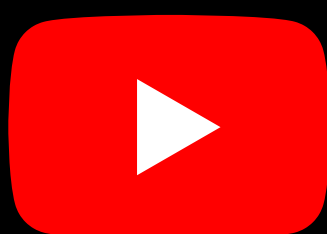
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