

My favorite hymn from the Christian tradition:

*Breathe on me Breathe of God,
Fill me with life anew
That I might love as though has loved
And do what thou wouldst do*

Breath represents life a new and provides for peak human expression. For where there is breathe there is life. Where there is breathe, there is peace. Where there is breathe there is vitality. Where there is breathe there is love.

Prana provides the spirit in the body birth. The breath of life, the first breath is the action that seals the deal so to speak, in the absolute connection of spirit to body. The concept of Prana was long before the Hindu/Yogic tradition gave it a name. The mechanism of Prana has existed since humans have been incarnating into physical bodies.

As an infant prepares to come into the world, he or she begins to establish a relationship to the mother. During the nine months of gestation the infant shares in the prana of the mother's body. Upon entry...birth, breath begins and thus prana or the breath of life begins. This breath can heal the body. The magic and science of prana has been deeply studied and developed through the practice of Pranayam titled many ways from all different traditions a person can use breath to heal the body and restore vitality and health.

Now a days you might find simple pranayam taught by hatha and tantric yoga teachers. The practice of breath most taught

from the traditions of India with the sadhu's who for thousands of years have kept the yogic secrets alive.