



# The Eight Spiritual Breaths: Breathing Exercises And Affirmations That Transform Your Life

*Santosh Sachdeva*

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"It is good of you to have come to pay homage to your Master and be with him in his final hours. But what would have been even better is that you would have continued with your practice."

- The Buddha to his disciples

When Padmasambhava, the renowned yogi and teacher at the University of Nalanda migrated to Tibet with a select group of disciples, he continued to share his knowledge with those he considered worthy to receive it. According to legend, among his teachings was a set of powerful Breathing Exercises designed to help human beings realise their highest potential.

Centuries later, a spiritual seeker from the West journeyed to Tibet to learn this sacred knowledge. After returning, he formulated a course based on these Breathing Exercises that he taught to his students, and also offered through correspondence to spiritual aspirants everywhere.

In 1977, this course of Breathing Exercises was taught by Swami K. S. Ramanathan, founder of the Brahma Vidya Mission in Mumbai. The author herself completed this course under the guidance of her guru, Justice M. L. Dudhat. A sincere and dedicated practise of the Eight Breathing Exercises, along with their respective Affirmations, can result in: \* enhancement of creative potential \* increased levels of calmness \* improved health and higher energy levels \* achievement of personal goals in an effortless manner. The course provides one with all the necessary steps required to achieve mastery of one`s life across all dimensions.

The Eight Spiritual Breaths is intended to serve as a guide to aspirants on the spiritual path and enable an increased and better understanding of who we are, and why we are here. This book has come at a time when we are now ready to take the challenge and responsibility of our own personal and spiritual growth.

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