

Mazdaznan Health & Breath Culture: The First Six Exercises By Otoman Ha'nish

By Otoman Ha'nish

www.ccel.org -

On account of his health he never became canonims, while the earth had as its elements breath, wind, light, the first man. Adam combined in 6.

<http://www.ccel.org/s/schaff/encyc/encyc07/vol7b.rtf>

On the Breath - Mazdaznan -

To speak, sing or pray, on the Breath, means to concentrate on the breath while using one's vocal cords. It is quite important not only to pay attention to inhalation

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Mazdaznan - Wikipedia, the free encyclopedia -

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MAZDAZNAN - Meistergedanke - Der Ruf an die Welt - After all fails us we always have to fall back upon rhythmic breathing. Sluggish circulation of the blood has

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<http://searchworks.stanford.edu/view/9725353>

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