

Refining the Breath

The Yogic Practice of Pranayama

Fourth Edition

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Invocation to the Power of Grace, the Power of the Breath

Om

Parama Hamsaya Vidmahe

Maha Hamsaya Dhimahi

Tannoh Hamsah Prachodayat

Om

We devote our thought to the Breath (symbolized by Hamsah, the swan)

We meditate upon the greatness of the Breath

May the Breath guide us on the path (of wisdom and meditation)

Dedicated with Gratitude to the Sages

In particular to Vasistha and Jnaneshwar Maharaj, for the clarity, power and purposefulness of their teaching; and to the Siddhas, by whose grace I can speak from some experience. May this book in some small way carry forward their teachings to the benefit of all.

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