



The Hindu-Yogi Science of Breath

By *Yogi Ramacharaka*

a. k. a. William Walker Atkinson (December 5, 1862 – November 22, 1932)

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The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development was published in 1903 by William Walker Atkinson under the pseudonym Yogi Ramacharaka. It is a practical introduction to the essential breathing techniques of yoga and the basic concept that good breathing leads to good health and long life. The early chapters provide a background in yogic practices, explain the anatomy and physiology of breath in simple terms, and raise the awareness of four types of breathing. The later chapters are a how-to manual and include numerous exercises for breathing, healing, and meditation. Countless people have used the book as a clear and concise guide to a vital and highly beneficial discipline.

William Walker Atkinson (December 5, 1862 – November 22, 1932) was an American attorney, publisher, writer and a leader of the New Thought movement. Although he is largely forgotten, he wrote over 100 books under his name and a variety of pseudonyms; many have been continuously in print since the early 1900's. He was born in Baltimore, married at age 26, and pursued a successful business and legal career until suffering a complete breakdown in the late 1880's. He found healing and vitality through the emerging discipline of New Thought, and started writing about it. He moved to Chicago, a center of the New Thought movement, and became editor and publisher of *Suggestion*, *New Thought*, and *Advanced Thought* magazines. He then teamed up with publisher Sydney Flower to publish most his books under various imprints of the Psychic Research and New Thought Publishing Company. He wrote 13 books on yoga and Indian philosophy using the pseudonym Yogi Ramacharaka, taking the name from a spiritual teacher who lived from 1799 until the late 19th century. Other pseudonyms include Theron Q. Dumont and Swami Panchadasi.

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