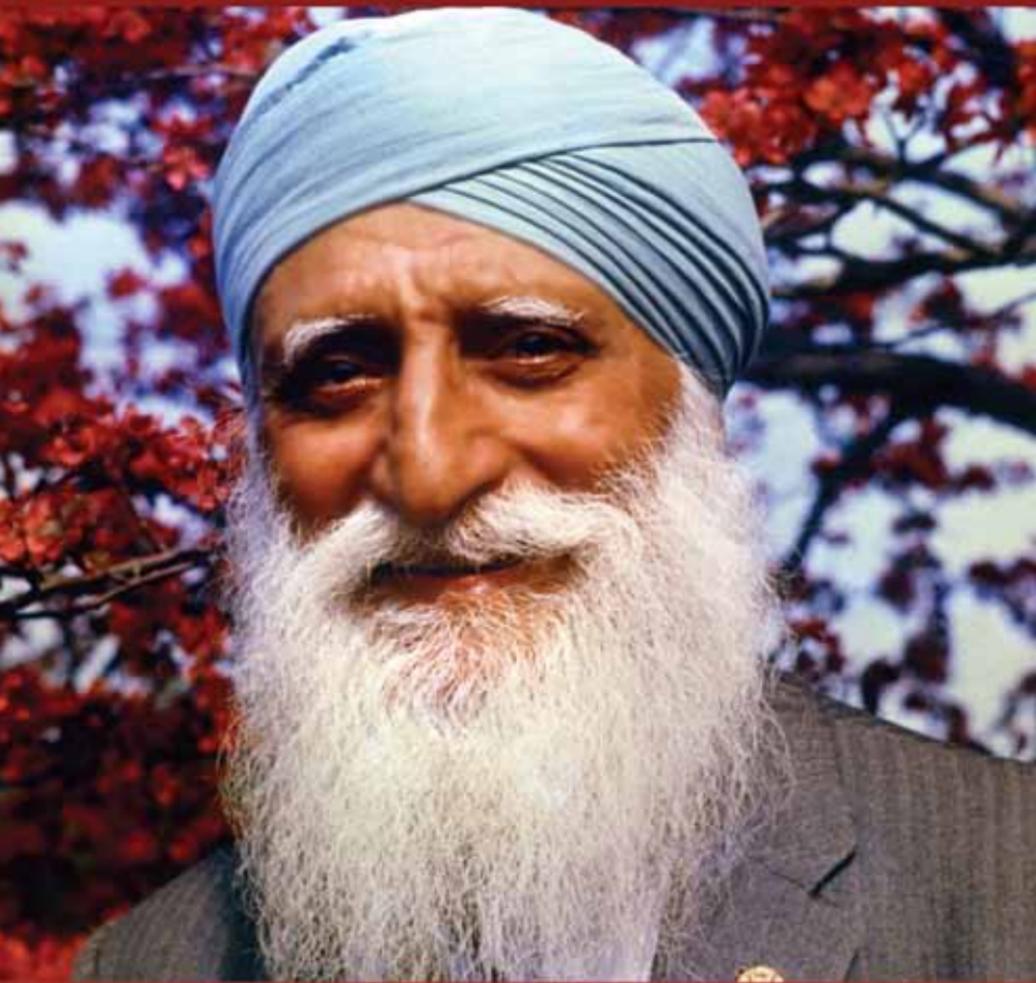


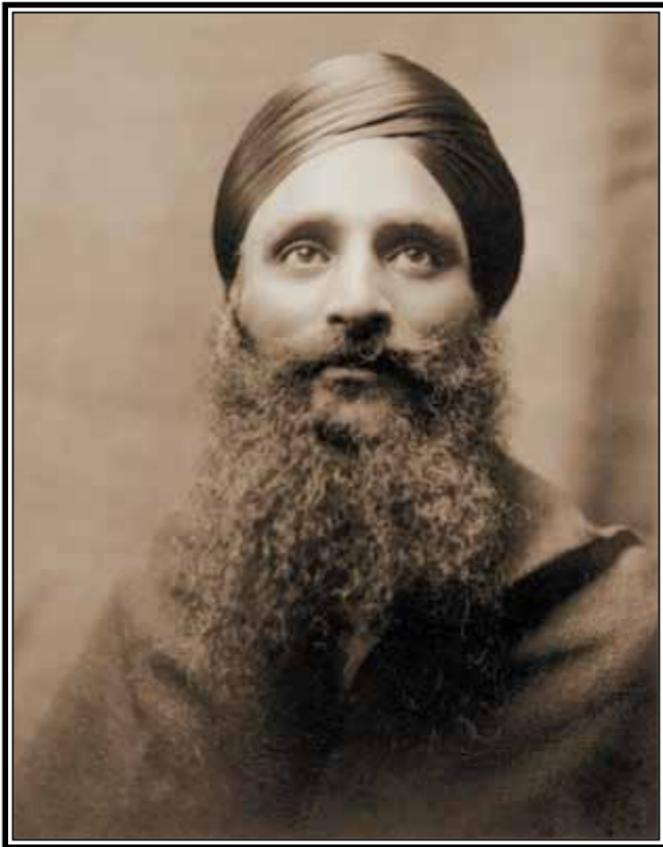
Dr. Bhagat Singh Thind



the SCIENCE *of*
BREATHING & GLANDS

**Nineteen Breathing Exercises to Promote
Health of Body, Mind, and Spirit**

*Demonstrated by His Holiness Pooran Avatar
Sat-Guru Dr. Bhagat Singh Thind and Students*



*Pooran Avatar Sat-Guru Bhagat Singh Thind (1892–1967)
psychologist, metaphysician, and divine of Amritsar, India*

*“Prove all things, and hold fast to what you
have proven as good and useful.”*

—Dr. Bhagat Singh Thind

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Health Outweighs All Other Blessings

And Regular Breathing and Gland Exercises Are Worth a Host of Physicians

Any impediment to respiration checks development, both mental and physical. Oxygen carbonizes the lung tissue, and a fire follows the meeting of oxygen and carbon in the lung cells as surely as in the stove, and where this fire is kept constantly burning, it is impossible for bacilli or the cohorts of death to exist.

Shallow breathing means that the waste material in the body is not burnt up, and the result is fatigue, or a lack of zest for living. The blood, filled with toxins, gets heavy and lazy, and this heaviness causes poor circulation. Nervousness is simply disturbed breathing rhythm. When your personal rhythm is disturbed, it harms you physically, mentally, and emotionally.

The person whose breathing rhythm has the longest pause is the one least likely to break down under the strain of action. The art of complete breathing is fundamental to the task of acquiring relaxation. It releases the nerve centers from the excessive tension that afflicts them.

Breathing is the very root of your life. It is vital; it is important that you do it properly. No habit pays bigger dividends and pays them so promptly as complete breathing, maintaining strength and suppleness in all the sixteen vital organs of the body. It is the source of your health, your cheerful spirits, your feeling of youth, your energy and relaxation. The chemical basis of life is essentially an oxidation of tissues.

Correct and complete breathing has a tremendous effect on maintaining the harmony of body, mind, and emotions. It brings full relaxation. Only the relaxed mind is open to ideas. A tense person never had the same amount of courage as a relaxed one. All competition is strain, and all cooperation is mutual gain. A deep breath helps break every fear or sinking spell. A body that functions at its peak is a blessing to its owner. Health is so much higher than all other values that soul can build its grandeur upon it alone. No relationship can be long maintained without health. A healthy person is happier than a sickly, ailing monarch. There is no real beauty without health, and no health without harmony of vital bodily, mental, and emotional functions. If you can know how to regulate mind-processes and synthesize these different units, then you can cure disease completely.

Radiantly yours,

Dr. Bhagat Singh Thind

*All exercises should be performed
when the stomach is empty,
three hours after meals.*

*To obtain the maximum results from these
exercises, the DVD video and this booklet
should always be used
together.*

*True seekers may contact the publisher, David Thind,
for clarification and instruction,
at the address and e-mail listed on
the back of this booklet.*

1. Simple Breath

This is the best breath for the liver and spleen.

Sit with your spine straight, body relaxed, bending a little forward, hands on the knees, and legs crossed.

Bring your head low, and putting your mind in the rectum, inhale deeply through both nostrils. Hold the breath, and raise your head up and throw it as far back as possible. Hold this position until there is strong pressure on the upper part of your spine. Then let your head down and exhale through both nostrils.

Repeat ten to fifteen times. With every breath, combine three things: right posture of the body, right breath, and the right attitude of mind. Picture your body being filled with cosmic energy and made whole, healthy, and radiant. See in yourself what you want to become.

If you feel dizzy, there is a hardening in the liver and spleen. If it feels cool, it is getting better; warm, still better. By the time you feel a burning sensation, no hardening will be left. Within two days to a week, the abnormal or sub-normal condition will become normal. When the congestion is removed, the life-wave functions uninterrupted.

It takes five to seven years of regular practice to achieve the full benefits of this exercise. When you feel cooling electrical currents running through your body, you have conquered the greatest curse—old age.

And always combine corrective exercises with selective diet, and one day per week cleansing of the body.

2. Vitalic Breath

This exercise is best for those who are overweight or underweight. The one will lose weight, while the other will put on weight, until both become normal. The quality of the body will increase, but never the quantity.

Sit with your spine straight, body relaxed, bending a little forward, hands on the knees, and legs crossed.

Using the thumb and index finger of the left hand, close the right nostril. Inhale as deeply as possible from the rectum up.

Close both nostrils, and hold your breath until you experience a warm feeling in your solar plexus. (This is normal. Other conditions, like the heart beating fast, feeling uncomfortable, and dizziness, must be eliminated.)

Exhale slowly through the left nostril, with the nostril half-closed.

Repeat ten to fifteen times, alternating between the right and left nostrils by inhaling through one and exhaling through the other, then inhaling through the second and exhaling through the first, etc.

If you are overweight, you will lose five to ten pounds per week as the flesh is burned and changed into electricity, and you will become lighter, brighter, and stronger until your weight becomes normal. If you are underweight, you will put on three to five pounds per week until your weight becomes normal; then your body will become strong as steel and light as a feather. The finer the force, the greater the rate of its vibration.

3. Dynamic Breath

This exercise will improve your heart and emotions. The emotions hurt the heart. The heart wears out faster than the lungs do.

Sit with your spine straight, body relaxed, bending a little forward, hands on the knees, and legs crossed.

Using the thumb and index finger of the left hand, close the right nostril. Inhale as deeply as possible from the rectum up.

Close both nostrils and hold your breath as long as you can without straining, but don't spare yourself. Hold your breath until your heart muscles begin to vibrate faster and you feel a strong thumping and heavy pressure in the middle of your throat.

Try to hold your breath for one minute or longer, but don't strain. If you feel very dizzy, stop and take a deep breath.

Exhale slowly through the left nostril, with the nostril half-closed.

Do this exercise only once per day. If you learn to hold this breath for one or two minutes, you will be able to balance the positive and negative currents of your body. This will automatically help remove moodiness of mind.

4. Lung-Strengthening Breath

This is the best breathing exercise for people with consumption or tuberculosis, but it is good for everyone. It keeps the lungs in perfect shape and form.

Sit with your spine straight, body relaxed, bending a little forward, hands on the knees, and legs crossed.

Using the thumb and index finger of the left hand, close the right nostril. Inhale deeply through the left nostril.

Close both nostrils and hold your breath briefly. Keep your eyes open and let your breath out through your mouth slowly with a full-throated sigh, forming the syllable "ha."

Exhale as completely as you can, until you feel the last of the breath underneath your chin and a strong strain around your liver and spleen.

Repeat seven to ten times, alternating nostrils each time. You will feel cooled off all over, and other improvements will follow later.



Dr. Bhagat Singh Thind
(1892–1967)

About the Author

Dr. Bhagat Singh Thind was born in the state of Punjab, India, in 1892 and educated at Khalsa College in Amritsar. His early teachers were the Sikh pundits of his community, especially his father, Sardar Boota Singh Thind, whose living example and spiritual teachings left an indelible blueprint to the knowledge of God, and whose legacy Dr. Thind spent a lifetime fulfilling. He became inspired to visit the United States to fulfill his destiny as a spiritual teacher upon reading the works of Emerson, Whitman, and Thoreau.

Dr. Thind arrived in America in 1912, and spent the rest of his life lecturing throughout the United States and publishing nearly a dozen books, including *The Radiant Road to Reality*, *The Pearl of Greatest Price*, *The House of Happiness*, and many others, reaching an audience of at least five million and initiating thousands of disciples into the Inner Life.

He also served in World War I, worked actively in India's independence movement, and assisted many Indian students in completing their education in the U.S.

Dr. Thind left his mortal body willingly in 1967, survived by his wife, Vivian, and his children, David and Rosalind. But his teachings continue to make a significant contribution toward a scientific approach to religion. It has been said of him, "He was a man of indomitable will, invincible spirit, and unshakable faith; a knower of God, who lived the life of truth and Divine Purpose, giving these principles first place above all else in his life."