



Prana is the universal principle of energy or force. It is the sum total of all energy that is manifest in the universe, all the forces in nature and powers which are hidden in men and which lie everywhere around us.

Heat, light, electricity, magnetism are manifestations of prana. It may be in either a static or a dynamic state. It is found in all forms from the highest to the lowest, from the ant to the elephant, the unicellular amoebae to man, from plant life to animal life.

Whatever moves or has life is but an expression or manifestation of prana. It is prana that shines in your eyes. It is through the power of prana that the ear hears, the eye sees, the skin feels, the tongue tastes, the nose smells and the brain and the intellect perform their functions. Whatever you behold in this sense-world, whatever moves or works or has life, is an expression or manifestation of prana.

Prana is force, magnetism and electricity. That which moves the steam engine of a train and a steamer, which causes the motion of breath in lungs, that which is the very life of this breath itself, is prana. It is prana that pumps the blood from the heart into the arteries or blood vessels. Through prana digestion, excretion and secretion take place.

Prana is expended by thinking, willing, acting, moving, talking and writing. A healthy strong person has an abundance of prana. It is supplied by food, water, air, solar energy, etc. The supply of prana is taken up by the nervous system. The prana in the air is absorbed by breathing.