



योगी प्रियव्रत अनिमेष  
नमो नारायण

OoJ Foundation

Five Elements:

# THE AIR

The Element of Life and Consciousness

(वायुरनिलममृतमथेदं भस्मान्तं शरीरम्।)

Yogi Priyavrat Animesh

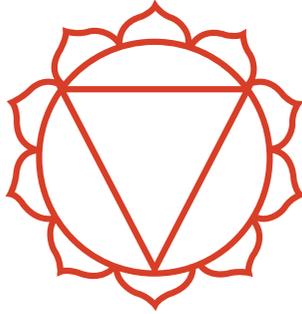
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"चले वाते चलं चित्तं, निश्चले निश्चले भवेत्।  
योगी स्थोत्वं आप्नोति, ततो वायुं निरोधयेत्॥"

*"With every motion of breath, the mind moves;  
with still breath, the mind too becomes still.  
A yogi becomes unwavering — therefore, control the breath."*



**OOJ** Foundation  
Life Energy Invigorated

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# Message of Yogi Priyavrat Animesh

This book, 'The Air-The Element of Life and Consciousness,' is the second in the Five Element series. It gives me immense pleasure and joy to be part of this endeavour to conceptualise and present this to all of you, enabling you to be aware and conscious of the air as an integral element in shaping our inner and outer life.

In my journey as a seeker and a channel for energy, I have come to understand how air plays a crucial role in shaping and navigating the rhythms of life. Its unhindered and regulated flow ensures that we breathe correctly, allowing us to stay alive and do our activities meaningfully. It is as simple as this: if we don't breathe, we don't exist, and if we don't exist, we are dead and gone.

The element of air, being predominantly volatile in nature and essence, directly influences the patterns of thought and, thereby, the mind in particular. By now, we all are pretty aware that a mind which is favourable to us is our best friend. To make this mind work for us the way we wish, knowing how well we control and take charge of our breath—that is, the air element—remains imperative. One who can command this element aligns substantially with the mysteries of this universe and existence.

When we regulate the air primarily by controlling our breathing patterns, we embrace change. A fair amount of stillness descends, helping us develop mental clarity and sharpness to navigate the overwhelming traffic of conditioning and certain situations that frequently resurface to bother us. We lead a positive life full of joy and humility, seldom succumbing to the pressure of the outside world; we are established in our true inner nature.

With the deterioration in air quality today, our survival is genuinely at risk due to severe pollution, which is exacerbating climate change. The imbalance we see in nature reflects the disharmony within us.

This book is both a reminder and a roadmap. It reminds us of the air's purity and provides practical insights to improve environmental conditions, ensuring its sustainability for future generations. By integrating the free-flowing and all-pervasive nature of air into our lives, we can align wisdom with our actions, thereby achieving balance, reducing friction in our progress, and aligning ourselves with nature's rhythm.

It is with a sense of excitement that I invite you to journey with me into the depths of air's wisdom through this book. Together, we will explore its multifaceted and multidimensional nature—its power to create, sustain, inspire and elevate. You will discover how air flows through the ancient teachings of spirituality and, in today's time, how we can maintain its quality through modern imperatives, such as the Sustainable Development Goals, which remain our top priority. This book also serves as a call to action—a reminder that taking care of the environment to safeguard air is an onus that rests with us.

As you read these reflections, I hope they inspire you to view the air with reverence and gratitude. May its lessons guide you toward a life of balance, compassion, and purpose. Let us, together, commit to restoring and cherishing this life-giving element for generations to come.

## Introduction:

The OOJ Foundation, a nonprofit spiritual trust dedicated to energy channelisation processes and the purity of elements, recognises air as an undeniable cornerstone of its mission. It highlights its central role in human existence as a physical necessity and a spiritual entity.

This book, conceptualised by our mentor, motivator and go-getter Yogi Priyavrat Animesh Ji and fashioned and collated under the banner of the Foundation, invites readers to rediscover the profundity of air's significance and reinvent their relationship with this vital element. It explores its multidimensional facets from a survival aspect and across spiritual and ecological realms.

The book comprises five main sections, subdivided into various smaller sections or parts which address the content.

Before diving into our main topic, let us take a brief refresher course to understand the fundamental essence of these primordial elements (Pancha Bhutas), particularly the element of air.

## Understanding the Five Elements- The Role of Air as a Force of Creation, Destruction and Sustenance-

These elements are not merely physical substances; they represent essential energies and principles that shape the universe and human experience. The Pancha Bhutas are not just the building blocks of matter but are also deeply connected to our well-being and how we interact with the world. A question may arise: how can it influence our interaction with the world?

Before venturing into the answer, let us glance at a small quote from Rumi-

*"Everything in the universe is within you; you are the universe in ecstatic motion. Ask all from yourself".*

The ancient scriptures and our Yogis say that we are the miniature, the macrocosmic form of the cosmic egg (Hiranyagarbha), which contains all its essential properties and characteristics. It is believed that the entire universe remains in the womb of this cosmic egg in a deep, unmanifest state before revealing itself.

Our physical and subtle dimensions are always in sync with these cosmic powers. If we observe ourselves, we will see that the outer and inner mechanisms ascend from gross to more nuanced and subtlest.

This journey of ascension is driven and facilitated by specific energy or subtle power points in the body, known as Chakras in Yogic terminology. Along with these, the tips of fingers and feet also carry bio-electric energy that aligns with the universal energy fields. That is why so much importance is given to mudras, as they, if correctly practised, can eventually decode the entire mystery of the universe and existence, bringing everything into our lap.

We must refine, regulate, and nurture our inner spheres sufficiently so that they yield rich dividends while we look out to the world to interact. Once it is perfected and orderly, a mechanism will remain so in any situation, favourable or unfavourable. The outside conditions will hardly affect its state of solidarity and synchronicity. That is why, in our tradition, stress is always placed on understanding and realising our immensity. The Vedanta has always been insistent on this one aspect, knowing the divine in you and discovering the science of human possibilities.

It will not happen overnight. When we invest in a mutual fund or SIP, we don't expect immediate profits; we wait until the market swings in our favour. Such is the case here; if we invest our time and effort in understanding these elemental energies in their fundamental aspects and working to improve upon them, there is no reason we will fail.

Air is one such element; by working with it, we can establish a lasting bond of friendship with our minds. The mind is easily influenced by air, so we feel agitation at one time and calmness at the next. Because air travels fast and pervades and impacts all that come under its purview, it remains essential that one takes command of it.

Its proximity to the mind, established in the heart centre (Anahata Chakra), makes it the critical guiding and determining force for one's emotional aspects of life and living. The Anahata Chakra is the initial doorway to the divine congregation, where the human aspects begin to align for their ascending journey towards unification.

A small explanation is necessary here.

In our Yogic system, the first three chakras — Muladhara (the root chakra), Swadhisthana (the sacral chakra), and Manipuraka (the navel region) — are considered the lower chakras not in terms of accreditation but in terms of the possibilities they manifest. They try to engage us with animal (Pashu) instincts, such as food, procreation, and pleasure, which are required for physical survival.

When the orientation reaches the Anahata (the heart centre), humane aspects such as emotion, compassion, love, and joy are attained. We feel a magnetic pull, an urge to connect with the divine and ascend further to realise it. The following two chakras, Visuddhi (located in the throat region or the pit of the throat) and Ajna (the area between the eyebrows), activate and energise, opening up a new domain for us to explore.

That is why our spiritual scriptures refer to three states of living: Pashu Bhava (animal instincts), Manushya Bhava (human nature), and Divya Bhava (divine potential). An individual's entire journey is from instinct to possibility, which is the manual of life we are given at birth. Realising this becomes our only priority, all else is frills.

In this journey of ascension and realisation, the Anahata, where the air element resides, remains a critical junction to materialise our divine aspirations. This is why it is essential to take charge of our breathing patterns and regulate them to align with our objectives, strengthen the inner call, and see that the purpose of our birth is fulfilled.

Now, we nose-drive straight into the main sections to explore and see what is in store for us.





## **Section-I- The Essence of Air in the Five Elements**

*"Air is the breath of creation, the unseen force that sustains, connects, and transforms all life."*

**Yogi Priyavrat Animesh**

## Part-1- The Element of Air: The Breath of Creation

The breath of creation, the first stirring of life, is carried by Air (Vayu Tattva)—the force that animates, moves, and sustains all that is. Air is not merely an element; it is the pulse of creation itself, pervading everything, seen and unseen.

Our breath is the most immediate expression of this cosmic force. It is the bridge between the physical and the ethereal, the link between existence and consciousness. Every inhale draws in the essence of life, while every exhale dissolves into the infinite. In this ceaseless flow, the rhythm of the universe echoes within us.

Air is both dynamic and subtle. It shapes clouds in the sky, stirs waves in the ocean, and carries the silent whispers of creation. To understand air is to understand balance—movement without chaos, flow without force. We step into harmony with the cosmos when we align with its rhythm. Mastering the breath is mastering creation itself, for in the breath lies the essence of all that has been, is, and will be.

### A brief introduction to the Five Elements (Pancha Bhutas)

In Indian spiritual and philosophical traditions, the Pancha Bhutas are considered the primary catalyst for actively participating in the cycles of creation, sustenance and destruction. Among them, the element of air (Vayu) is the chief instrument in this divine play. So significant is its importance that there is a separate Purana, called the 'Vayu Purana', which falls under the Shruti collections, perceived and written down by ancient sages, highlighting its collaborative essence in this entire process.

A small instance from the '**Bramhananda Purana**' will help us to comprehend this.

It narrates that in the beginning, when the supreme consciousness or Brahman was in an unmanifest condition, in scientific phraseology as a condensed mass of energy, termed 'Yoga Nidra' (Deep Sleep) in the Yogic parlance, the whole earth was dissolved in water, and an impenetrable darkness and silence prevailed everywhere. The air in the form of wind was pacified so that nothing could be discerned. All animate and inanimate entities were destroyed, and everything was reduced to a single ocean.

Now, when the moment arrived for the unmanifest to manifest (Modern Science interprets this as the 'Big Bang'), the Omnipresent Divine called upon the winds, the element of air, to raise the earth submerged in water and start a new cycle of creation.

Let us briefly understand how they participate in the divine play of manifestation, preservation, and withdrawal.

Ancient wisdom tells us that all existence emerges from Pancha Bhutas, the five fundamental elements: **Earth (Prithvi), Water (Apas), Fire (Agni), Air (Vayu), and Space (Akasha).**

Space provides the platform for movement from the vast, unmanifest cosmos—Air stirs and initiates movement, Fire transforms, Water nourishes, and Earth stabilises. Their interplay forms the seen and unseen worlds, shaping everything from galaxies to the subtlest thoughts.

Air, as the breath of creation, bridges the formless and the formed, carrying life itself. Fire ignites transformation, water sustains it, and earth provides a foundation. In time, the same forces that create also dissolve—what rises must fall, and what manifests must return to the unmanifest.

This eternal cycle continues, revealing the profound truth: to align with these elements is to align with the cosmic order itself.

## The Unique Role of Air (Vayu) in Sustaining Life

The ancient seers have long declared that Air (Vayu) is the breath of creation, the unseen force that moves and sustains all that exists. It is the first touch of life at birth and the final whisper as we depart. Unlike the other elements, air is dynamic, ever-flowing, and all-pervasive—it does not stay still or seek containment. It moves freely, shaping, nourishing, and connecting all living beings.

Air is the carrier of Prana, the life force that animates every cell, every movement, and every thought. The breath we take is not just an act of survival; it is a communion with the cosmic order. Every inhale draws from the boundless reservoir of existence, and every exhale merges us back into it. This ceaseless exchange between the inner and outer worlds keeps life in motion.

It is unique in its dual nature—it sustains both the physical and the subtle. In the physical world, it fuels respiration, circulation, and the body's every movement. It carries fragrance, spreads seeds, and directs the flow of water. In the subtle realm, it governs the mind, influencing emotions, thoughts, and perception. Just as a gentle breeze soothes and a storm unsettles, the state of air within us determines the state of our being—calm or restless, centred or scattered.

Ancient wisdom holds that air is the messenger of transformation. It carries sound, spreads fire, and shapes the clouds that bring rain. Without air, fire would have no force, water would have no direction, and earth would have no breath to nurture life. The great intermediary is the unseen bridge connecting all the elements into a harmonious cycle.

But air, if left untamed, can also disrupt. When erratic, it leads to instability—both in nature and within us. Just as violent winds can uproot trees and stir tempests, a disturbed air element can create restlessness in the body and mind. This is why the breath is given such prominence in Yogic traditions. By mastering the breath, one masters the mind; by steadying the air within, one finds balance in all aspects of life. Through breath, we not only sustain life; we elevate it, directing its course with awareness and intention.

The role of air in sustaining life is not passive; it is a force in constant motion, shaping, preserving, and guiding. It teaches us that proper sustenance is not in holding but in flowing, not in rigidity but in balance. To understand air is to understand the art of movement—when to rise, when to settle, and when to let go.

The unique teaching lies in understanding that sustenance is not about stillness but about movement in harmony. It reminds us that life is a continuous exchange and that proper balance is found not in holding on but in allowing energy to flow freely. To understand air is to understand the essence of life itself—a force that carries us forward by shaping our experience and ultimately returns us to the vastness from which we came.

The air remains the silent conductor in the grand orchestration of existence, ensuring that life continues its eternal dance in all its expressions.

Before we delve into the next part, which is equally interesting as it explores two contradictory perspectives on air, which we believe are prevalent in our modern way of living and understanding, we will examine the views of science and spirituality on the subject of air.

Unfortunately, though, we all somewhat believe that these two pursuits, integral to human excellence and possibilities, are always opposed to each other as if they are perennially confronting, conflicting, and intruding on each other's domain. Let us find out whether it is true or not.

## Scientific and Spiritual Perspectives on Air

Ancient sages and modern scientists agree that air (Vayu) is the essence of life. The breath we take is the force that moves across the earth, shaping the climate and the unseen yet ever-present element that sustains us. From a scientific standpoint, the air is a mixture of gases that makes life possible on Earth. From a spiritual perspective, air is the thread connecting the physical with the unseen, the force that links breath to consciousness.

Both perspectives, although distinct, point to the same fundamental truth: without air, life would cease to exist. But what makes the air so unique? Why is it revered in spiritual traditions, and how does science explain its indispensable role in our existence?

Let us explore both viewpoints and see how they come together to reveal the profound nature of air.

We will attempt to break down those perspectives into various aspects for our mutual benefit, each contributing significantly to our understanding of one another's views. By this critical dissection, one is not attempting to weigh and influence others about which one is better or worse in terms of perception.

## The Scientific Approach

Science defines air as a mixture of gases, primarily nitrogen (78%) and oxygen (21%), with traces of carbon dioxide, argon, and other elements. It admits this invisible yet vital substance is responsible for some of the most essential functions that sustain life.

### ***Oxygen: The Breath of Life***

Every breath we take delivers oxygen to our cells, allowing them to produce energy. The human body cannot survive for more than a few minutes without air, highlighting the profound connection we have to this essential element. Oxygen is carried by the blood, fuelling every organ and function in the body. Without air, our hearts would stop, our brains would shut down, and life would end instantly.

### ***Air and Climate: The Great Regulator***

Air constantly moves, shaping weather patterns, carrying clouds, and distributing moisture across the planet. The wind regulates temperatures, ensuring that no part of the earth remains too hot or cold for life to flourish. Air carries seeds, enabling plants to reproduce, and spreads pollen, ensuring biodiversity.



## ***Air and Communication***

Sound travels through the air, making communication possible. Whether a whisper or a symphony, air acts as the unseen bridge through which sound waves move. There would be silence without air—a world without voices, music, or laughter.

## ***The Protective Shield***

Earth's atmosphere, made of layers of air, protects us from harmful solar radiation. The ozone layer acts like a shield, preventing the sun's ultraviolet rays from reaching the surface and harming life. Without this protective layer, the earth would be uninhabitable.

Air is not just a passive medium—it is a life-giver, a transporter, and a protector. But beyond its physical properties, air carries a much deeper significance in spiritual traditions across cultures. Our ancient spiritual traditions recognise air as much more than a physical element. It is the breath of creation, the invisible force that links the material and the divine. In many traditions, breath is considered sacred, and controlling it is believed to unlock higher states of awareness.

# **The Spiritual View**

## ***Air as Prana: The Life Force***

In Yogic philosophy, air is considered the carrier of Prana, the life force that animates all beings. While oxygen fuels the body, Prana fuels the mind and spirit. This is why breath control (Pranayama) is essential to spiritual practice. By regulating the breath, one can calm the mind, improve health, and connect with higher consciousness.

## ***The Connection Between Breath and Mind***

The ancient Yogis observed that the mind follows the breath. When the breath is shallow and erratic, the mind is restless. When the breath is deep and steady, the mind becomes calm. Modern science supports this principle; breathing techniques have been shown to reduce stress, lower blood pressure, and improve mental clarity.

## ***Air as a Messenger of the Divine***

Many religious traditions associate air with the spirit of the unseen forces of the universe. The word "spirit" comes from the Latin spiritus, meaning "breath." In many cultures, the final breath is regarded as the soul's departure from the body, marking the transition between life and death.

## ***Air and Sound: The Carrier of Mantras***

In Indian and Buddhist traditions, mantras—sacred sounds or chants—are believed to carry divine vibrations. Since sound moves through the air, it is seen as a powerful medium of transformation. Chanting aligns one's breath with cosmic energy, creating a state of harmony and inner peace.

## ***Air as the Element of Freedom and Expansion***

Air represents freedom, movement, and limitless potential. It teaches us that life is not about control but about flow. Just as air moves without boundaries, we, too, must learn to let go of rigidity and embrace change. In the spiritual path, air symbolises the ability to rise above material concerns and reach for something greater.



# Bridging the Gap Between Science and Spirituality

Although science and spirituality approach air differently, they ultimately lead to the same realisation—air is physically and metaphysically essential. Let us find the common areas where the agreement is unanimous.

## ***The Breath Connects Us All***

Whether we see air as oxygen or as Prana, it connects all life. Every breath we take has been breathed before by countless others—humans, animals, plants. The same air that fuels a forest fire carries the scent of a blooming flower. This continuous exchange reminds us that we are deeply interwoven with the natural world.

## ***Conscious Breathing for a Better Life***

Research suggests that deep breathing has a profound impact on reducing stress, enhancing overall health, and improving mental focus. For centuries, spiritual traditions have taught the same: breath control brings balance and clarity. Incorporating simple breathing exercises can transform our daily lives.

## ***The Power of Air in Transformation***

Air has the power to nurture, create, and destroy. A gentle breeze cools the body while a storm reshapes the landscape. This mirrors the cycles of life—growth, change, and renewal. If we learn to move with the flow of air rather than resist it, we align ourselves with the natural rhythm of existence.

## ***Air as a Guide to Simplicity and Balance***

Air is weightless, flowing freely without resistance. It teaches us that true strength lies in adaptability, not force. If we hold our breath, we feel suffocated; if we breathe freely, we feel at ease. The same applies to life—holding on too tightly causes suffering, but letting go brings peace.

# Conclusive Thoughts

Air is both the breath of life and the whisper of the cosmos. Science explains its role in sustaining us, while spirituality reveals its deeper purpose as the bridge between the material and the divine. To understand air is to understand balance, movement, and the eternal connection we share with all existence.

By breathing with awareness, we align with nature's wisdom. By respecting the air around us, we honour the force sustaining life. Every breath reminds us that life is not just about existing but about flowing, expanding, and rising beyond limits.





## Part -2- Air in Hindu Scriptures and Ancient Wisdom

*"Air is the unseen thread that weaves life and divinity together, carrying the wisdom of the ancients in every breath." Yogi Priyavrat Animesh*

We hope this portion will be interesting, as it explores how our ancient scriptures and their wisdom view the air as a potent element involved in the divine play of wish fulfilment.

In Hindu scriptures, the air (Vayu) is both a deity and a cosmic principle, embodying movement, vitality, and the ceaseless dance of existence. Without air, there is no motion, no transformation—only stillness. It is through the breath, prana, that life flows, connecting the physical form to the cosmic order.

The air is also the guiding force behind the Pancha Pranas—the five vital airs that sustain life: Prana, Apana, Samana, Udana, and Vyana. These subtle currents regulate the body and mind, governing breath, digestion, circulation, speech, and consciousness. Pranayama—the control of breath—was revealed in ancient texts, such as 'Yoga Sutras' of sage Patanjali, as a means to harness this cosmic energy. Through mastery of breath, the yogi aligns with the universal rhythm, transcending the limitations of the material world.

We will not elaborate on pranayama here, as it will be covered later.

We find references to air in 'The Mahabharata' and 'The Ramayana', two of our major epics known as the Puranas. In both the Puranas, one of the central protagonists of the theme, Bhima in 'The Mahabharata' and Hanuman in 'The Ramayana', are both sons of the wind god, Vayu. However, they appear, more or less, a thousand years apart from each other.

The air is the rhythm of existence itself—the unseen force that carries the whispers and wisdom of sages through time. It teaches balance, the art of motion without disorder and the insight of surrendering to the natural flow. To know air is to know life in its purest form, for in each breath, the pulse of the cosmos flows through us. To breathe with awareness is to awaken to the eternal truth: that we are not separate from the universe but an inseparable part of its boundless, flowing essence.

Let us expound on these timeless scriptural texts in detail to gain a clear understanding of what they have to say about air.

### Air as Perceived in Vedas and Upanishads

Air, or Vayu, holds great significance in the Vedas and Upanishads. It is not just a physical element but also a powerful spiritual force. In ancient Indian philosophy, air is regarded as life-giving, ever-moving, and deeply intertwined with the mind and soul. It symbolises freedom, purity, and the flow of energy in the universe.

**Rig Veda-** The Rig Veda, the oldest of the Vedas, describes Vayu as a divine force that moves freely across the heavens. It is associated with Prana, the vital breath that sustains life. Vayu is often praised in hymns as the messenger of the gods, bringing energy and vitality to all living beings.

The Rig Veda (**Mandala 10, Hymn 186**) contains a hymn dedicated to Vayu, describing it as the breath of the gods and a source of strength:

## ऋग्वेद 10.186.2

"त्वं हि वायो जीवसि त्वं नः सूपवातमः।  
त्वं उन्नयथा इव नः पिता पुत्रमिव प्रियम्॥"

Translation:

*"O Vayu, you are the very life force. You are our best provider of nourishment.  
You lift us like a father raises his beloved child."*

This hymn highlights the role of the air (Vayu) as the life-sustaining force, carrying energy and blessings to all beings.

**Yajur Veda**—In the Yajur Veda, the air (Vayu) is seen as a purifier. It clears away physical and mental impurities, allowing one to connect with higher consciousness. The movement of air is linked to the flow of thoughts, suggesting that just as air should be free and unobstructed, so should the mind.

The Yajur Veda (*Taittiriya Samhita 4.5.8*) refers to air (Vayu) as the all-pervading force:

"वायुरत्माकं पवते, सोमो अस्माकं पवते।"

Translation:

*"May Vayu purify us, may Soma purify us."*

Here, Vayu is described as a purifier, cleansing both the body and mind, allowing for a deeper connection to higher wisdom.

The Upanishads, which focus on spiritual wisdom, delve even deeper into the concept of air. **The Prasana Upanishad** explains how Prana (breath) bridges the physical body and the soul. It states that just as air sustains the body, controlling one's breath can bring inner peace and self-realisation.

The Prasana Upanishad (Chapter 2, Verse 5) explains how air (Vayu), as Prana, is the supreme force that nourishes all senses and the mind:

"वायुरिह प्रविष्टोऽयं प्राणः सर्ववेदसंवरणः।"

Translation:

*"Vayu, which enters the body, is the Prana that sustains all knowledge and actions."*

This verse emphasises that breath (Prana), controlled by Vayu, links the body, mind, and soul.

**The Chandogya Upanishad** describes air (Vayu) as all-pervading and invisible, yet powerful and essential. It teaches that just like air exists everywhere but cannot be held, wisdom and truth are beyond grasp but always present.



The Chandogya Upanishad (5.1.1) explains the supremacy of Prana, stating that just as all creatures depend on air for survival, Prana is the most essential force in life:

**"वायुरेवैष यः प्राणः।"**

Translation:

*"Vayu itself is Prana (the vital life force)."*

This verse highlights that life ceases to exist without air (Vayu), reinforcing its divine status in Vedic thought.

## The Role of Vayu Deva in Hindu Mythology

In Hindu mythology, Vayu Deva is the god of wind and air. He is a powerful and revered deity, renowned for his speed, strength, and ability to traverse the universe with ease. He is often described as swift and invisible, carrying messages between heaven and earth.

## Vayu in the Ramayana and Mahabharata

Vayu Deva plays an essential role in both the Ramayana and the Mahabharata:

### Father of Hanuman

In the Ramayana, Vayu is regarded as the spiritual father of Hanuman, the mighty Vanara who possesses incredible strength, speed, and unwavering devotion to Lord Rama. Vayu endowed Hanuman with the ability to fly and limitless energy.

One of Hanuman's most remarkable feats came during the battle between Rama and Ravana. In the fierce war in Lanka, Lakshmana was grievously wounded by Indrajit's powerful arrow and fell unconscious. The only cure was the life-saving herb Sanjeevani, found in the Himalayas. Distraught over his brother's condition, Rama turned to Hanuman for help. Without hesitation, Hanuman leapt into the sky and flew across vast distances at incredible speed.

Upon reaching the Drona Giri Mountain, Hanuman could not identify the exact herb. He used his immense strength to lift the entire mountain and carry it back to Lanka, ensuring he would not fail. The divine physicians used the Sanjeevani to revive Lakshmana, allowing him to rejoin the battle.

In the Mahabharata, Vayu is also the father of Bhima, the strongest of the Pandavas. When Kunti invoked Vayu using a divine mantra, she conceived Bhima, who was born with the strength of a thousand elephants. Throughout the epic, Bhima's strength, courage, and endurance remained unmatched, a testament to his divine lineage.



## Hanuman on Arjuna's Chariot

In the great Kurukshetra war, Hanuman played a crucial yet subtle role. When Arjuna and Krishna visited Rameshwaram, Arjuna, in his pride, claimed that his arrows could build a bridge just as well as the Vanaras had done for Lord Rama. Hanuman took the form of a small monkey to teach him a lesson and challenged Arjuna to build a bridge using arrows that could hold his weight. Every time Arjuna tried, Hanuman effortlessly destroyed it. When Arjuna realised his folly, Krishna revealed Hanuman's true identity. As a mark of humility and devotion, Hanuman agreed to sit on the flag of Arjuna's chariot during the war.

As the battle raged, Hanuman infused Arjuna with greater strength and focus. His divine energy amplified the force of Arjuna's arrows, and his roar would strike fear into the hearts of the Kauravas. Krishna asked Arjuna to step down from the chariot when the war ended. Only after Hanuman left his position did Krishna descend; in that moment, the chariot burst into flames. It had been protected by Hanuman's divine presence, shielding it from the deadly Astras that had struck it.

## Breath and Energy- Reference from The Bhagavad Gita

Breath is not just a physical function but a source of energy and life. In the Bhagavad Gita, Lord Krishna explains the importance of breath (Prana) as a bridge between the body and the soul. Breath is necessary for survival and plays a key role in spiritual growth and self-discipline.

### Breath as Life Force

In *Bhagavad Gita (Chapter 4, Verse 29)*, Krishna speaks about Pranayama (breath control) and how it helps in balancing energy:

**"अपाने जुह्वति प्राणं प्राणेषुपानं तथापरे।  
प्राणापानगती रुद्ध्वा प्राणायामपरायणाः॥"**

Translation:

*"Some offer the outgoing breath into the incoming breath and the incoming breath into the outgoing breath, restraining both flows and focusing on breath control."*

This verse highlights the practice of Pranayama, where controlling the breath helps to regulate the mind and body. It teaches that when we balance our breath, we balance our thoughts and emotions, leading to inner peace.

## Breath as Energy in Action

In *Bhagavad Gita (Chapter 6, Verse 7)*, Krishna explains that a person who masters their breath and mind becomes calm, fearless, and stable. This is because controlled breathing regulates energy, keeping the body strong and the mind focused.

### Practical Lesson from the Gita

- Deep and mindful breathing keeps energy steady
- Breath control helps in reducing stress and increasing focus

### Insight of Yogi Priyavrat Animesh

Air (Vayu Tattva) is the breath of creation, the unseen force that sustains, connects, and transforms all life. It is not merely an element but the pulse of creation itself, pervading everything seen and unseen. In Indian spiritual traditions, air plays a crucial role in the Pancha Bhutas (five elements) and is considered the chief instrument in the divine play of creation, sustenance, and destruction.

The Vayu Purana highlights its importance, narrating how the air was called upon to raise the submerged earth and initiate a new cycle of existence. Air is dynamic and subtle, shaping clouds, stirring waves, and carrying the whispers of creation, symbolising movement without chaos and flow without force. It serves as the bridge between the physical and the ethereal, with breath acting as a direct link between existence and consciousness.

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The scientific perspective defines air as a life-sustaining mixture of gases essential for respiration, climate regulation, communication, and environmental balance. At the same time, the spiritual view regards air as the carrier of Prana, the life force, influencing both the body and the mind. Ancient Yogic practices emphasise breath control (Pranayama) to harness the transformative energy of air, leading to physical, mental, and spiritual harmony. Hindu scriptures, including the Vedas, Upanishads, Mahabharata, and Ramayana, revere air as a divine force, depicting it through Vayu, the deity of wind, and its association with Bhima and Hanuman, both considered sons of air.

The concept of Pancha Pranas—Prana, Apana, Samana, Udana, and Vyana—further elaborates on the role of air in governing essential bodily and mental functions. Air is also seen as a messenger of transformation, shaping elements, carrying sound, and maintaining a balance between nature and human existence.

Whether viewed through the lens of science or spirituality, air is the thread that unites all life, teaching us the art of movement, balance, and surrender. By aligning with the rhythm of air, one attunes to the cosmic order, recognising that life is not about control but about flow, expansion, and connection with the boundless universe.





**Section II- The Human Body and the Air Element**  
**Part – 3- The Breath of Life- Air and the Human Body**

*"Breath is the thread that ties our soul to the universe,  
a silent bridge between the seen and the unseen."*

**Yogi Priyavrat Animesh**

Air is the essence of life. Every breath we take carries the force that sustains us, connects us, and keeps us in harmony with the universe. The breath is the bridge between the body and the mind. When our breathing is steady and deep, our thoughts are clear, our body is energised, and our emotions remain balanced. When our breath is disturbed, everything within us feels chaotic.

In the human body, air manifests as breath, known as Prana in ancient wisdom. Prana is not just oxygen—it is life energy. It fuels every cell, nourishes every organ, and keeps the heart beating in rhythm with the cosmos.

These forces work together to keep us healthy and strong. However, when air is impure, or breathing is weak, these energies become unbalanced, leading to illness and stress. That is why breath awareness is a powerful tool. Breathing is one of the body's functions that we do automatically, but we can also control. By practising conscious breathing, we can calm the mind, increase energy, and improve overall health.

Clean, fresh air is nature's healer. It refreshes our minds, clears our lungs, and strengthens our immune system. Ancient wisdom teaches that morning air, filled with Prana, is the purest. Walking in nature, breathing deeply, and practising mindful breathing daily can transform our health.

Air is not just around us—it is within us. It is the silent force that sustains life, the rhythm that keeps us connected to the universe. To breathe is to live, and to breathe deeply is to live fully.

Everywhere, we have heard references to Prana as the essential life force that helps us stay alive and regulates our lives for the better. In our lives, both in physical and spiritual dimensions, the essentiality of Prana as an integral force is beyond doubt and question. But are we not intrigued to understand how it functions?

This section and the following sub-sections will highlight the role and importance of this Prana. Let us tighten our seatbelts as we explore a new world of dynamics that is sure to blow our minds away.

## **Prana as the Integral Life Force**

Prana is the invisible energy that flows through every living being. More than just air, Prana is the vital life force that keeps everything moving, growing, and thriving. It is present in every breath we take, every heartbeat, and every moment of our existence.

From ancient times, wisdom traditions have recognised Prana as the essence of life itself. It is not something we own; it is something we are a part of. Just as the river flows to nourish the earth, Prana flows within us, filling us with strength and energy. It is in the air we breathe, the food we eat, the water we drink, and the sunlight that warms us. Without Prana, life would cease to exist.

At this point, we will break down Prana and assess its relation to

### **Mind**

Prana not only nourishes the body but also fuels the mind. The quality of our prana influences thoughts, emotions, and mental clarity. A restless mind often results from unsteady breath and weak Prana, while a focused mind results from strong, balanced Prana.

This is why ancient practices like Pranayama—breath control—were developed. By learning to control the breath, one can direct Prana, leading to better concentration, emotional balance, and inner peace. Just as a river flows smoothly when its path is clear, the mind becomes calm when Prana is steady.

## Everyday Life and Living

Prana is not just something to consider during meditation or yoga—it is an integral part of our daily lives. Everything we do affects our Prana. The food we eat, the way we breathe, the thoughts we think, and the environment we live in all play a role in how Prana moves within us.

- Fresh, nutritious food carries more Prana than processed or stale food.
- Clean air and natural surroundings fill us with vibrant energy, while pollution and stress drain us.
- Positive thoughts and emotions strengthen our Prana, while negativity weakens it.

By making small changes—such as eating well, breathing deeply, spending time in nature, and thinking positively—we can strengthen our Prana and improve our overall well-being.

## Awareness

To live fully, we must respect and nurture our Prana. This does not require complex practices or deep knowledge—only awareness. Taking a deep breath in the morning, eating fresh food, practising kindness, and spending time in nature are all ways to honour the life force within us. Prana is always present, flowing within us and around us. It is the silent energy that powers every heartbeat, every thought, and every moment of being. To understand Prana is to understand life itself—an endless, flowing force that connects us to the universe and each other.

## Material and Spiritual Living

Prana is more than just energy; it is the connection between the physical body and the deeper aspects of the self. It is the force that keeps us alive, yet it is also the force that connects us to something greater. Many ancient traditions describe Prana as the link between the material and the spiritual, the energy that bridges our inner and outer worlds.

When we become aware of Prana, we begin to experience life in a different way. We feel more connected, more alive, and more in tune with the natural flow of existence. The simple act of breathing becomes a reminder that we are part of a vast infinite order.

# Inner Mechanism of Pancha Prana–The Vehicle of Life Force

Though in our loose and limited knowledge, we comprehend breath, which is the process of inhalation and exhalation of air as Prana. Prana's mechanism and activity extend beyond this understanding. It is true that Prana is the chief-in-charge, the head of the army of five, the best of the best engineers the world has ever seen. But it is also true, that without the assistance and support of the other four colleagues, an inner instrument as sophisticated as the human machinery cannot function at its optimum.

Having said that, a slight digression is necessary to better understand the technical aspects of these Pancha Pranas' functionality.

For instance, imagine a multilevel factory that operates 24/7/365 days a year until it finally decides to shut down or is dismantled by external force or measure. Understandably, the factory's functional mechanism must be high-end, with no chance of error or malfunction. It must continue to work and deliver because it must continue to produce the vital necessities.

These five engineers oversee various important departments, but four of them must report to the Prana and seek its approval, every second, perhaps even every nano-second, for a hitch-free operation. The other sophisticated functionaries, who are working tirelessly to keep the engine active and alive, also have to depend on the prudence and expertise of these five engineers to show them the way. Without proper direction and judicious instruction, no machine, however sophisticated and well-equipped, can function effectively and deliver results.

This is what happens continuously inside us, and we remain recklessly unaware. We are always complacent and take things for granted. The human mind has explored multiple dimensions beyond them, but unfortunately, it hasn't found the time or interest to explore within. And the saddest part is that the dilemma, of "to be, or not to be" continues.

Hopefully, this detour will help us comprehend the complexities associated with the operation as we now embark on a deeper understanding of them.

## The functions of Pancha Prana

**Prana-** Prana, in its specific sense, governs breathing, circulation, and energy absorption. This energy is directly linked to the Anahata (Heart Chakra), the seat of love, compassion, and emotional openness.

When Prana is strong and balanced, we feel full of life, emotionally centred, and mentally alert. It enables deep, rhythmic breathing, which nourishes the brain and nervous system, thereby reducing stress and anxiety.

Prana is a vital life force that flows through the body. Prana is the life force that flows through the body. A disturbance in Prana can lead to shallow breathing, shortness of breath, fatigue, heart-related issues, and emotional instability such as mood swings or detachment. Stress, pollution, and lack of conscious breathing weaken the Prana.

**Apāna** —Apana is the downward-moving energy responsible for elimination, detoxification, and reproductive functions. It is centred in the lower abdomen and pelvic region and governs the kidneys, intestines, and excretory organs. Apāna is connected to the Muladhara (Root Chakra), which represents stability, grounding, and survival instincts.

When Apana is balanced, our digestion, elimination, and reproductive functions work smoothly, and we feel strong, stable, and connected to the world around us. This energy keeps us grounded and resilient.

Weak or disturbed Apana can lead to digestive issues, constipation, bloating, menstrual disorders, urinary problems, or a sense of insecurity and fear. Emotional instability, stress, and poor diet weaken the Prana.

**Samana** – Samana is the energy of digestion and assimilation, located in the stomach and digestive organs. It helps break down food, absorb nutrients, and distribute energy throughout the body. It is associated with the Manipura (Solar Plexus Chakra), which governs willpower, confidence, and transformation.

When Samana is strong and balanced, digestion is efficient, metabolism is active, and energy levels remain high. It also enhances mental clarity and decision-making. Weak or imbalanced Samana can lead to indigestion, bloating, gas, lack of appetite, or sluggishness. Mentally, it manifests as low self-esteem, indecisiveness, and lack of motivation.

**Udana** – Udana is an upward-moving energy responsible for speech, self-expression, mental clarity, and spiritual growth. It governs the throat, vocal cords, and brain functions, and influences both the Vishuddha (Throat Chakra) and Ajna (Third Eye Chakra).

When Udana is strong and balanced, we experience clear communication, strong willpower, and a deep sense of purpose. It also enhances intuition, creativity, and visionary thinking. Disturbance in Udana may result in difficulty speaking, throat infections, lack of self-expression, or mental fog. Mentally, an imbalance can lead to self-doubt, confusion, or lack of clarity about life's direction.

**Vyana** – Vyana is the circulatory energy that moves throughout the entire body. It regulates blood circulation, nervous system responses, and muscular coordination. Vyana connects all the chakras, but its major influence is on the Anahata (Heart Chakra) and Sahasrara (Crown Chakra). When Vyana is balanced, our circulation is strong, body movements are coordinated, and we feel an overall sense of vitality. It also helps us feel connected to others and the universe.

Weak or disturbed Vyana can lead to poor circulation, muscle stiffness, impaired coordination, or a sense of isolation and emotional detachment. Stress, a sedentary lifestyle, and blockages in energy pathways weaken this Prana.

Now, let us examine how Prana, as a source and system of respiration, functions as a spiritual bridge connecting us to deeper aspects of our inner world.



In many spiritual traditions, the breath is seen as a manifestation of the divine within us. In Sanskrit, the word "Prana" not only represents the life force but also signifies the cosmic energy that flows through all beings. In Christianity, breath is linked to the Holy Spirit, the unseen presence of God. In ancient Egyptian teachings, the breath was referred to as the Ka, the divine essence believed to reside within every soul.

Understanding respiration as a spiritual bridge does not mean we must constantly meditate or practice complex techniques. It simply means becoming aware of our breath in daily life. When we develop this connection, breath becomes a reminder of our deeper nature—a bridge between the ordinary and the extraordinary, the personal and the universal.

If we can cultivate awareness of our breath, we unlock the door to inner peace, clarity, and deeper spiritual connection. We realise that, beyond the body and mind, there is something constant—the breath of life, the essence of being, the silent bridge to the infinite.



## Part- 4- Air and Mind: The Power of Thought and Emotion

*"The breath is the bridge between the mind and body, the gateway to the present moment, and the silent whisper of the universe guiding us home." Yogi Priyavrat Animesh*

We briefly discussed the content of this part in the book's introductory section. We will now elaborate on the topic in detail, explaining how the air plays a crucial role in shaping and orienting our minds towards wellness and a fulfilling life.

Air, the invisible yet essential force that surrounds us, is more than just a medium for sustaining life. It is a carrier of energy, vibrations, and unseen influences that shape our mental and emotional states. From the gentle breeze that calms our nerves to the heavy, stagnant air that can make us feel sluggish, the atmosphere around us plays a crucial role in how we think and feel.

Throughout history, different cultures and traditions have recognised the profound connection between air and the mind. Modern science also supports this connection, revealing how oxygen intake, air quality, and the presence of certain ions in the air can impact brain function, mood, and mental clarity. These ideas suggest that air is not merely oxygen but a vital energy that nourishes the body and influences our consciousness.

The quality of air we experience in different environments—whether fresh mountain air, the salty ocean breeze, or the confined air of a closed space—affects our state of mind. Wind can stir excitement, while a still, humid atmosphere can dampen enthusiasm.

Even 'The Bhagavad Gita' stresses the power of thought and the art of regularly practising it because we must understand that thought precedes action. All our actions, minor or major, are influenced by thought—how we think and act.

It becomes all the more important that we should be responsible with our thoughts, as a thousand positive and virtuous thoughts can surely bring about a huge and lasting change in societal perspectives. In contrast, one ingenuine and negative thought can be equally damaging.

Let us now journey deeper into this fascinating relationship between air and mind, uncovering how the power of thought and emotion is influenced by the very breath of life that sustains us.



# The Connection between Air, Consciousness and Mental Clarity

Consciousness is not limited to our waking thoughts; it is the deep awareness that transcends the physical body. Ancient traditions have long understood that air, through the breath, is the key to accessing the higher self.

When we breathe deeply and intentionally, we activate the mind's ability to move beyond surface-level thoughts and tap into intuitive wisdom. Calming, rhythmic breath brings clarity and peace, aligning our consciousness with the natural rhythms of existence. In contrast, erratic, shallow breathing reflects inner turbulence and disconnection from our spiritual essence. It is no coincidence that in meditation and prayer, the first instruction is often to focus on the breath—this is because the breath is the bridge between the body and the soul.

Many spiritual masters and sages describe air as a transmitter of divine wisdom. The wind, for instance, has often been regarded as a messenger of higher knowledge, conveying unseen messages from the universe. When we stand in the presence of pure, fresh air—on a mountain peak, by the ocean, or in the stillness of a sacred space—we feel an unexplainable shift in awareness, a deep connection to something greater than ourselves.

Let us discover how purified air works its magic to elevate the mind and spirit.

**Pure air- A Boon-** Just as air can cleanse the physical body, it also serves as a purifier of the mind and spirit. Many cultures practice breathing rituals to release negative energies, clear mental fog, and invite higher vibrations into the body. Deep, intentional breathing has been known to clear emotional blockages, enhance spiritual awareness, and foster a sense of renewal.

**Air Lights up Clarity-** The purity of the air we breathe also affects our spiritual clarity. Sacred spaces, such as temples, monasteries, and meditation retreats, are often situated in high altitudes, near forests, or by the ocean—places where the air is fresh and filled with natural energy. These environments naturally elevate the mind, making it easier to experience inner stillness and a deeper connection to the divine. Conversely, stagnant, polluted, or heavy air can create a sense of mental dullness, agitation, and detachment from higher awareness.

**Air Expands Awareness -** As we progress on a spiritual journey, the breath becomes more than a biological function—it becomes a powerful tool for expanding awareness. Many spiritual seekers have experienced moments of deep insight, sudden clarity, or profound peace during breath-focused practices. In these moments, the barriers of the ego fade, and a greater sense of unity with the universe is revealed.

**Air Ignites Divine Inspiration-** Many mystical traditions describe breath as a vehicle for divine inspiration. In many religious texts, breath is associated with the creation of life and the transmission of sacred knowledge. The act of inhaling and exhaling can be seen as an exchange between the individual and the cosmos, a constant flow of energy between the self and the divine.

Most of us would be curious to know how we can use the air as a vehicle for spiritual growth.



## Practical Ways to Use Air for Spiritual Growth

Here are a few ways to improvise and implement the air to raise spiritual awareness-

- **Deep Breathing and Meditation** – Incorporate deep, slow breathing into daily meditation. Focus on the inhale as receiving divine energy and the exhale as releasing negativity.
- **Spending Time in Nature** – Seek environments with fresh, clean air. Natural settings enhance mental and spiritual clarity.
- **Sacred Breathing Rituals** – Engage in practices such as pranayama, alternate nostril breathing, or silent breath observation to balance energy and awaken intuition.
- **Air as a Symbol of Presence** – Pay attention to the air around you. The sensation of wind, the rhythm of breath, and the atmosphere of a space can all serve as reminders to stay present and aware.
- **Cleansing with Breath** – Intentional breathing can clear emotional blockages and invite peace into the mind. Take a few minutes of mindful breathing, which can shift energy and bring immediate clarity.

At this juncture, it is essential that we delve deeper to understand the finer, more intricate aspects that are closely linked and influence our journey towards holistic and meaningful living.

All we have lived thus far is a half-hearted life full of expectations and potentials that didn't materialise. Some of us even fear to tread the spiritual path, lest we become fully transformed and can no longer relate to our present identity. This identity factor has taken us for a ride, and perhaps it has been doing this for many lifetimes now.

Before we come back to the topic once again, let us take a quiet look at a quote that speaks even better than a few paragraphs of heavy exposition.

***"Something drops from his eyes long blind; He completes his partial mind; stand aside, laughs aloud, his heart at peace."- Y.B. Yeats (From the poem-'Under Ben Bulbin').***

If one sincerely observes and contemplates the magnanimity of this quote very closely, a new door of perspective will open up that may not happen, even after reading a thousand shlokas or verses from ancient texts.

The partial mind is the reason for our partial living and a half-born clarity that doesn't help us to grow and mature spiritually or holistically. We have all been living with this 'partial eye' and 'partial mind', which has restricted our flight considerably. Such is its impact on us that we have virtually forgotten to see clearly with our eyes and function optimally with our minds.



## Deep Breathing Influences Thoughts and Emotions

In the earlier portions, we have touched upon the connection between air and the mind. Now, we will explore how deep breathing directly impacts our thoughts and emotions, profoundly shaping our mental and emotional well-being.

The way we breathe affects not only our physical health but also our mental clarity, emotional stability, and spiritual awareness. While breathing happens naturally, most of us go through life taking shallow, unconscious breaths. Yet, the simple act of deep breathing has the power to transform our inner state, bringing calmness, clarity, and balance.

*'Spiritual living is not something elaborate or esoteric; it is, in fact, profound common sense. When one realises the true nature of the mind, layers of confusion peel away. It is not about becoming a Buddha; one simply ceases, slowly, to be deluded. And being a Buddha is not some omnipotent spiritual superman, but becoming at last a true human being.'* - Excerpt from *'The Tibetan Book of Living and Dying'*

The question remains how?

When we are anxious or stressed, our breathing becomes short and shallow. When we are calm and relaxed, our breath is slow and steady. This is no coincidence—our breathing patterns reflect our mental and emotional states. Just as our emotions influence our breath, we can consciously change our breathing to shift our emotions and thoughts.

Deep, intentional breathing activates the parasympathetic nervous system, which,

- **Promotes relaxation**
- **Reduces stress hormones**
- **Brings mental clarity**

The quality of our thoughts is directly affected by how we breathe. When the mind is clouded with worry or overthinking, deep breathing,

- **Acts as a reset button**
- **Increases oxygen flow to the brain**
- **Improves concentration, problem-solving ability, and decision-making**
- **Quiets mental noise and creates space for clearer, more positive thinking**



Emotions are powerful, and at times, they can feel overwhelming. However, deep breathing,

- ***Acts as a tool to navigate with awareness and control***
- ***Brings immediate relief from anger, sadness and anxiety***
- ***Regulates emotion, bringing balance between mind and heart***
- ***Strengthens emotional resilience***
- ***Allows to remain centred***
- ***Cultivates inner stability***
- ***Moves with greater ease, awareness, and emotional intelligence***

## **Conclusive Thoughts**

Each breath is an opportunity for renewal, a reminder that we can shift our inner state at any moment. Let us embrace the practice of deep breathing and allow it to guide us toward greater awareness, calmness, and emotional well-being.

## **Role of Air in Meditation and Mindfulness**

During meditation, the air, primarily associated with the breaths we take and release, plays a vital role in orienting and stabilising the mind, intensifying focus and attention. Whether practising active mindfulness or a more refined way to pursue and tame one's mind during meditation, handling the air element in the form of breath will always remain the master key to success.

The act of meditation is bringing the mind back home, and this is first achieved through the practice of mindfulness.

In meditation and mindfulness practices, air—specifically, the breath—serves as an anchor that grounds us in the present moment. The simple act of breathing with awareness can calm the mind, reduce stress, and open the door to spiritual awakening.

Breathing is one of the few bodily functions that occurs automatically and voluntarily. This unique quality makes it a powerful tool for meditation and mindfulness. Meditation often begins with breath awareness. Focusing on the breath draws attention away from distractions and brings the mind into the present. Observing the breath without controlling it creates space between our thoughts, allowing for greater clarity and inner stillness.

How well it is said when said that meditation is, *'mind suspended in space, nowhere.'*

## Air in Mindfulness Practices

Mindfulness is the practice of being fully present in the moment, and air plays a crucial role in helping us achieve this state. The breath is a natural focal point in mindfulness meditation because it is always with us, constantly flowing in and out, anchoring us to the present.

One common mindfulness technique is to observe the breath—how the air feels as it enters the nostrils, how the chest rises and falls, and how the exhale carries away tension. This simple act of paying attention to the breath helps quiet mental chatter and deepen awareness.

Breath awareness also cultivates acceptance. Unlike thoughts, which can spiral out of control, the breath is neutral. It comes and goes without force. By observing the breath without judgment, we learn to apply the same gentle acceptance to our emotions, thoughts, and experiences.

## Significance of Air in Meditation

Air is often associated with purity, freedom, and transformation. In many spiritual traditions, breath is seen as sacred, a direct link to the divine. In Hinduism, controlled breathing (pranayama) is a pathway to higher states of consciousness.

Wind and air are also metaphors for change and impermanence. Just as the wind shifts and moves without resistance, meditation teaches us to flow with the present moment, accepting life as it comes. The breath reminds us that we constantly renew ourselves with each inhale and let go with each exhale.

## Conclusive Thoughts

We must understand that air is more than our breath—a pathway to mindfulness, meditation, and deeper consciousness. By focusing on the breath, we quieten the mind, regulate emotions, and awaken to the present moment. Through deep, intentional breathing, we harness the power of air to cultivate inner peace, clarity, and spiritual growth.

That is why, much stress and impatience are given to the exhalation of breath, as it flushes out negativity, toxins and the attitude of clinging.

The problem with us today is that we can't easily let go; we habitually hold on to specific events, situations, and emotional backdrops from the past. We constantly shuttle between the past and the future and can seldom stay in the present, in the opportunity of now-ness. Focused meditation or mindfulness practice, largely shapes and fashions us to be contented to the moment, without allowing us to flicker and stray.

Every breath is an opportunity to reconnect with ourselves and the universe. Let us embrace the power of air in our meditation practice and allow it to guide us toward a life of greater awareness, balance, and serenity.



## Insight of Yogi Priyavrat Animesh

Breath is the vital link between the human body and the universe, embodying the essence of life through Prana, the unseen life force that sustains and nourishes us. Beyond mere oxygen, Prana fuels our mind, emotions, and physical well-being, influencing everything from clarity of thought to emotional balance and overall vitality. The five aspects of Prana—Prana, Apana, Samana, Udana, and Vyana—govern essential bodily functions, ensuring equilibrium and optimal health. Through conscious breathing, one can harness Prana to enhance energy, reduce stress, and achieve inner harmony. Breath, revered across ancient traditions, serves as a spiritual bridge, uniting the physical and the metaphysical, grounding us in the present while connecting us to the infinite.

By cultivating breath awareness in daily life, we unlock profound clarity, resilience, and a deep sense of interconnectedness with the universe, transforming respiration from a biological necessity into a path to self-discovery and spiritual awakening.

The profound connection between air, thought, and emotion emphasises how breath serves as a bridge between the mind and body, grounding us in the present moment. Air is more than a life-sustaining element; it carries energy, vibrations, and influences that shape mental clarity and emotional well-being.

Both ancient traditions and modern science emphasise the impact of breath on consciousness, demonstrating how deep breathing enhances focus, reduces stress, and promotes emotional resilience. Purified air is a boon, elevating spiritual awareness, while deep, intentional breathing unlocks clarity, balance, and inner peace. Through mindful breathing, one can regulate thoughts, stabilise emotions, and expand awareness, making air a vital tool in meditation and mindfulness practices. The breath is a gateway to transformation, offering renewal with every inhale and release with every exhale.

By harnessing the power of air through conscious breathing, we cultivate presence, emotional intelligence, and a deeper connection to the universe, ultimately shaping a life of greater clarity, balance, and serenity.





**Section- III- Cosmic Connections- Air and the Universe  
Part 5- Air and the Navagraha: Cosmic Interplay**

*"Like the wind that carries the whispers of the cosmos,  
our breath connects us to the unseen forces shaping our destiny."*

**Yogi Priyavrat Animesh**

In Vedic astrology, the Navagraha, or the nine celestial bodies, are believed to influence human life and natural events. These include the Sun (Surya), Moon (Chandra), Mars (Mangal), Mercury (Budh), Jupiter (Brihaspati), Venus (Shukra), Saturn (Shani), and the shadow planets Rahu and Ketu. Each celestial body has a deep connection with the elements, including air.

Let us understand the interplay of air and the Navagraha, which will help us appreciate the cosmic forces that guide us. It reminds us that just as air moves freely, our lives are shaped by unseen energies, like planetary positions and their transits. We can find balance and peace by aligning ourselves with these cosmic rhythms.

## The Influence of Air on the Nine Planets (Navagraha)

We cannot see the air, but we can feel it as the gentle breeze that cools us or the strong wind that shapes the world around us. It represents movement, communication, and transformation. Each celestial body interacts with the elements, including air, in unique ways.

We will now examine how air influences each of the Navagrahas and its impact on human life.

### 1. **The Sun (Surya)** – The Life-Giver

The Sun is the source of energy and light. It represents power, leadership, and vitality. While the Sun is primarily associated with fire, air plays a crucial role in spreading its warmth across the planet. Without air, the Sun's heat would not be evenly distributed, making life impossible. A well-balanced air element in astrology helps individuals with strong Sun placements express confidence and wisdom effectively. However, excessive air can lead to arrogance or an inflated sense of self-importance.

### 2. **The Moon (Chandra)** – The Mind and Emotions

The Moon governs the mind, emotions, and intuition. It is associated with water, but air influences how emotions flow. Just as the wind stirs the ocean's waves, air can affect how thoughts and feelings move within us. A balanced air element brings emotional stability, while an excess can cause overthinking, mood swings, and restlessness. On the other hand, a lack of air may lead to difficulty expressing emotions.

### 3. **Mars (Mangal)** – The Warrior

Mars represents energy, aggression, and action. It is primarily linked to fire, but air fuels it, making it more intense. When air is well-balanced, Mars gives courage, determination, and the ability to take decisive action. However, Mars may become impulsive if air is excessive, leading to reckless behaviour and conflicts. Insufficient air may result in a lack of motivation or difficulty expressing strength.

### 4. **Mercury (Budh)** – The Communicator

Mercury is the planet of intellect, speech, and adaptability. Among the Navagraha, Mercury is most closely linked to air, as it governs communication, quick thinking, and learning. Just as air enables sound to travel, Mercury helps us express ideas and connect with others. A well-balanced air element brings clarity of thought and effective communication. However, too much air can lead to nervousness, anxiety, or a tendency to talk excessively, while too little air may result in difficulties in speech or slow thinking.

### **5. Jupiter (Brihaspati)** – The Guru

Jupiter is the planet of wisdom, expansion, and prosperity. It is primarily associated with space (Akasha), but air facilitates the spread of knowledge and ideas. When air is balanced, Jupiter gives wisdom, optimism, and a broad-minded outlook. If air is excessive, it may cause unrealistic expectations or an overly philosophical mindset. A deficiency of air can lead to rigid thinking and an unwillingness to embrace new ideas.

### **6. Venus (Shukra)** – The Planet of Love and Beauty

Venus governs love, relationships, beauty, and material comforts. Air is key in attraction and charm, enabling social interaction and artistic expression. A well-balanced air element enhances Venus's gifts, making one charming and graceful. Too much air, however, may result in fickleness or superficial relationships, while too little air can lead to difficulties in expressing love and appreciation.

### **7. Saturn (Shani)** – The Disciplinarian

Saturn represents discipline, patience, and endurance. It is associated with the elements of earth and air. Air's movement helps Saturn's teachings reach us, reminding us of life's lessons. When air is balanced, Saturn gives focus, responsibility, and deep thinking. Excess air may cause overanalyses, fear, and hesitation, while a lack of air might result in rigidity and difficulty adapting to change.

### **8. Rahu** – The Shadow Planet of Desire and Illusion

Rahu is a mysterious force representing illusions, ambition, and sudden changes. It is closely linked with air, as it governs unpredictability, much like the wind's ever-changing direction. A balanced air element allows Rahu to bring innovation and out-of-the-box thinking. However, excessive air can lead to confusion, deception, and instability. A lack of air may result in missed opportunities and slow progress.

### **9. Ketu** – The Shadow Planet of Detachment and Spiritual Growth

Ketu represents detachment, spirituality, and inner wisdom. It is associated with the element of air, which governs intuition and transcendence. A balanced air element enables Ketu to offer profound insight and spiritual clarity. However, too much air can lead to aimlessness and a tendency to drift away from reality, while too little air may cause difficulty in understanding deeper truths.

In the following section, we will analyse and understand how controlled breathing can balance planetary influences. This will be intriguing, as many of us are curious and sceptical about whether these celestial bodies can impact our lives in any way.

## **Balancing Planetary Influence through Breathwork**

Breathing is essential to life, yet most people rarely notice it. Ancient wisdom teaches us that the way we breathe affects not only our physical health but also our mental and emotional well-being. In Vedic astrology, the nine planets, known as the Navagraha, influence various aspects of our lives, including our thoughts, actions, relationships, and even our destiny. By practising conscious breathing, we can create balance within ourselves and harmonise the effects of these planetary energies.

Each planet represents a unique force in nature.

The Sun (Surya) governs vitality and self-confidence, the Moon (Chandra) affects emotions and intuition, and Mars (Mangal) controls energy and drive. Mercury (Budh) influences communication and intellect, while Jupiter (Brihaspati) guides wisdom and growth. Venus (Shukra) shapes love and creativity, Saturn (Shani) teaches discipline and patience, and the shadow planets, Rahu and Ketu, bring transformation and spiritual evolution. When these planetary influences are in balance, life flows smoothly. We may experience stress, confusion, or difficulties when we are disturbed.

Controlled breathwork helps regulate these influences by restoring inner harmony. When we feel overwhelmed or restless, focusing on slow, deep breathing helps calm the mind and emotions, counteracting excessive lunar energy. If we struggle with low motivation or lack of direction, breathing with awareness can strengthen the qualities of the Sun and Mars, energising us and bringing clarity.

Our breath also affects how we interact with others. When Mercury's energy is imbalanced, we may struggle with communication—speaking too quickly, feeling misunderstood, or overanalysing situations. By practising steady breathing, we can develop more apparent expression and a calmer mind, making our conversations more thoughtful and practical. Similarly, deep and rhythmic breathing enhances Jupiter's expansive influence, allowing us to approach life with wisdom, patience, and gratitude.

Venus governs relationships and harmony. Shallow or irregular breathing can create tension in our emotions, making us reactive in personal interactions. When we breathe smoothly and thoroughly, we feel more balanced, which in turn improves our ability to connect with others with love and understanding. This also helps in artistic and creative pursuits, which Venus influences.

Saturn, known for its strict lessons, often brings challenges that test our patience and endurance. Under its heavy influence, we might feel burdened, stuck, or anxious. However, mindful breathing helps us embrace Saturn's lessons with resilience rather than resistance, reducing stress and fostering acceptance of life's cycles.

The shadow planets, Rahu and Ketu, bring unpredictable changes and spiritual lessons. Rahu's energy can lead to restlessness and excessive thinking. At the same time, Ketu may lead to detachment or confusion. Conscious breath awareness helps us stay centred amidst uncertainty, allowing us to navigate these transformative energies with clarity and trust.

## Conclusive Thoughts

By developing a habit of mindful breathing, we align ourselves with the natural rhythm of life. We gain control over our emotions, sharpen our focus, and maintain stability even when planetary influences shift. Breath is the bridge between our inner world and the universe. Learning to regulate it enhances our well-being and brings harmony to our lives.



## Part- 6- The Air Element and the Yogic Practices

*"The breath is the bridge between the body and the mind; in its rhythm lies the key to harmony, balance, and awakening." Yogi Priyavrat Animesh*

This section is sure to be exciting and engaging. Before we proceed and explore how air and Yogic practices are integrally linked, understanding what yoga is and who is considered a Yogi won't be inappropriate. Many of us have heard these terms frequently and are often confused about their meaning.

We begin with an excerpt from **Letters on Yoga -I by Sri Aurobindo, page 322**, where he says,

*"Yoga is not a thing of ideas but of inner spiritual experience. Merely to be attracted to any set of religious or spiritual ideas does not bring with it any realisation. Yoga means a change of consciousness."*

The sentence that strikes us here is 'a change of consciousness'. Usually, when we are involved in the physical dimension, performing our everyday chores and duties, we are primarily engaged in ordinary consciousness, characterised by a scattered and unregulated mind, as well as a diffused clarity of intellect and reason. This is enough for our survival mode, where only existing and exhibiting worldly duties are prioritised. In yoga, one has to have a fixed mind, be undeluded, be centred, and be purposeful.

A Yogi faces problems in life through knowledge of reality. The only way to overcome life's maladies is to establish contact with the ultimate truth, and the only way to make contact with it is through yoga, which awakens and enables one to access higher dimensions of life and living. By forgetting to approach and immerse oneself in this reality, one creates spiritual blindness and eventually spiritual bankruptcy, the root cause of all the sufferings and maladies of life.

A person with such transformative direct perception is called a free soul, a yogi who has risen above all notions of convention and tradition, attachment and aversion.

We have a typical mindset when it comes to matters of spirituality. We aspire to be like Yogis, Sadhakas, or individuals of high spiritual acclaim, with whom we can meet, discuss our specific life problems, and seek their blessings. We don't want it for ourselves, and we don't desire to endure the grind, toil, and hardships of becoming one; we are content with our present style of life and living.

However, when it comes to other aspects of our work and living, we are very competitive and greedy; we pounce on every little thing as our own. Over the years, this dilemma and slack have taken a significant toll on our attitude. Every day, this floppiness is gradually increasing manifold and, sadly, taking a heavy toll on us.



Let's hear what 'The Bhagavad Gita' has to say about a Yogi-

*"As a lamp in a windless place does not flicker---that is the figure used for the disciplined mind of a yogi practising concentration on the Self."- The Bhagavad Gita, 6.19*

We will now elaborate on how air aligns with yogic practices. We will start with Pranayama, the practice of regulating breathing patterns.

***However, before beginning, a brief disclaimer is necessary—some of the techniques to be discussed will be covered in detail. Still, it would not be advisable to practice those without the proper guidance and mentorship of an expert or guru adept at providing these teachings. Refrain from any experiments, as that may be harmful.***

## **Pranayama: Breath Control for Energy Balancing**

### ***Defining Pranayama as a Yogic Concept***

According to Raja Yoga, the spinal column contains two nerve currents, the Ida on the left and the Pingala on the right side, and a central passage called the Sushumna. When the kundalini, the primordial energy source, is aroused, it ascends the Sushumna, bringing about specific, life-defining spiritual experiences.

The object of Pranayama is to arouse the kundalini and thereby control the prana, the vital energy. Prana, as has been mentioned, primarily manifests itself in the function of breathing. Therefore, control of the prana can be achieved through breathing exercises.

Pranayama is one of the proven ways to calm the restless mind and invoke the right mood for concentration, which is necessary for practising meditation and, thereby, for engaging in higher dimensions of living.

## **Why Regulated Breathing is Important**

We inhale and exhale air when breathing. The average length of the column of air we regularly exhale is 9 inches. When one sings, the current is about 12 inches long; it measures about 15 inches when we eat. During sleep, we exhale a column of 22 ½ inches, and this volume increases even more during physical exercise and heavy work. By decreasing the length of the column of exhaled air, we can prolong our life. In ancient times, humans breathed 12-13 times a minute and lived for over 100 years. In the present day, the rate is 17-18 times a minute, and consequently, the lifespan is shorter.



## Philosophy of Pranayama

The sacred texts of Yoga and Vedanta say creation is a cyclical process of evolution and involution. At the beginning of a cycle, all material entities of the universe emerge from Akasha, the all-pervading and all-penetrating space; after enduring for a long time, they dissolve again into Akasha. The driving force behind this evolution is prana, which is the primordial energy. The Prana begins to vibrate at the beginning of creation, initiating a particular cycle that causes Akasha to evolve.

The ultimate goal of pranayama practice is to awaken the dormant spiritual consciousness. It aims to arouse and activate the source of energy. When it is done, it travels up the central channel, and when the centre of the crown chakra of the head is reached, individual consciousness becomes united with cosmic consciousness. As the kundalini rises from centre to centre, layer after layer, the mind opens up, and the aspirant perceives the play of the entire universe in its subtle and causal forms. By reaching the top, the seeker attains samadhi or union with the absolute Pure Consciousness. This union is yoga's goal, and prana is essential in materialising this.

## Psychology of Pranayama

As we know, the restlessness of the mind is reflected in the restlessness of the body, speech, and especially breathing.

The Yogic system does not depend entirely upon discriminatory reasoning to attain its goal. Its methodology is to strengthen willpower. The roots of delusion and contrary habits and tendencies, which affect our hormones, glands, blood and nerves, cannot be destroyed simply by intellectual analysis. The whole person—physically, mentally, and spiritually—must rise to accomplish this task. Pranayama is a natural process; regulating breath to control the mind is nothing exotic or unnatural.

For example, when we read an interesting book or concentrate intensely on a mathematical problem, our breathing becomes very slow, with much of the breathing being retained within the lungs, and the effect of pranayama is achieved unconsciously.

When we practice it consciously to cultivate a lasting friendship with our mind, helping us attain the goal of self-realisation, it becomes pranayama.



## **Types of Pranayama and their Functions**

### **1. Nadi Shodhana Pranayama (Alternate Nostril Breathing)**

#### ***How to Practice:***

- ***Sit in a comfortable position with your spine straight.***
- ***Use your right thumb to close your right nostril and inhale deeply through the left nostril.***
- ***Close your left nostril with your ring finger and exhale through the right nostril.***
- ***Inhale through the right nostril, close it, and exhale through the left nostril.***

#### **Function and Benefits:**

- ***Cleanses the nadis (energy channels) in the body.***
- ***Improves lung function and balances the left and right sides of the brain.***
- ***Reduces stress and anxiety and improves focus.***
- ***Helps regulate blood pressure and enhances mental clarity.***





### **3. Kapalabhati Pranayama (Skull-Shining Breath)**

*How to Practice:*

- *Sit in a relaxed posture and take a deep breath in.*
- *Exhale quickly through your nose while contracting your stomach.*
- *Let the inhalation happen naturally.*

#### **Function and Benefits:**

- *Removes toxins from the lungs and body.*
- *Improves digestion and boosts metabolism.*
- *Enhances mental focus and clears the mind.*
- *Increases oxygen supply to the brain and energises the nervous system.*



#### **4. Anulom Vilom Pranayama (Controlled Alternate Nostril Breathing)**

*How to Practice:*

- *Similar to Nadi Shodhana, but focusing more on controlled inhalation and exhalation.*
- *Breathe through one nostril, hold the breath for a few seconds, and exhale through the other nostril.*

#### **Function and Benefits:**

- *Balances the nervous system and reduces mental stress.*
- *Improves lung efficiency and cardiovascular health.*
- *Enhances emotional stability and focus.*

## **5. Ujjayi Pranayama (Ocean Breath or Victorious Breath)**

### ***How to Practice:***

- ***Inhale deeply through your nose, slightly constricting your throat.***
- ***As you exhale, maintain the same throat contraction, producing a sound similar to ocean waves.***

### **Function and Benefits:**

- ***Increases oxygen flow and builds stamina.***
- ***Helps calm the mind and reduce anxiety.***
- ***Improves concentration and deepens meditation practice.***
- ***Enhances thyroid function and strengthens the respiratory system.***



## 6. Bhramari Pranayama (Bee Breath)

*How to Practice:*

- *Close your eyes and take a deep breath in.*
- *As you exhale, make a humming sound like a bee.*
- *Focus on the vibrations in your head and throat.*

### Function and Benefits:

- *Reduces stress, anger, and anxiety.*
- *Helps in dealing with insomnia and improves sleep quality.*
- *Calms the nervous system and enhances emotional stability.*
- *Supports vocal health and improves concentration.*

In the concluding part of this section, we will delve even deeper into the relationship between prana and the heart centre (Anahata chakra). But before that, we will understand what a chakra, or energy point, is, why it is essential in yogic parlance, and how it influences our living.



## Understanding Chakra/Subtle Energy Points-

To understand this, we have to once again take refuge in the words or realisations of Sri Aurobindo in his Letters on Yoga-I, page 231-

*"One can speak of the chakras only in reference to Yōga. In ordinary people, the chakras are not open, it is only when they do sadhana that they open. The chakras are the centres of the inner consciousness and belong organically to the subtle body. So much as is active in ordinary people is very little---for in them, it is the outer consciousness that is active.*

*The centre of consciousness, the chakras. It is by their opening that the yogic or inner consciousness develops---otherwise, you are bound to the ordinary outer consciousness."*

With such profound insights, there is no further room to explain or elaborate.

## Relationship Between Prana and the Heart Centre (Anahata)

Anahata chakra, the seat of prana, is the main centre of the psychic or central being. It is where the first stroke of divine inspiration occurs, and individuals seeking a higher life and journey begin their ascent from here. It is often called the emotional centre because it is here that the prana and the mind converge and agree to orient and shape an individual's upward travel.

In the Tantrik School of Philosophy, the centre exhibits actual human elements or nature (Manushya bhava) and prepares an aspirant towards the divine leap. In that way, it is also a preparatory energy point where human desires and emotions, so long obscured and tainted, find a harmonious tune, a gentle respite from the inglorious influence of the three lower chakras.

Let's take a detailed and analytical view of the chakra. We refer to Sir John Woodroffe's renowned book on tantra, The Serpent Power, on pages 382-383, where the Anahata chakra is explained in meticulous detail. The excerpt may be a little lengthy, but it is exhaustively elaborate, making it easier to understand the nuances.

*"The Heart Lotus is of the colour of the Bandhuka flower, and on its twelve petals are the letters Ka to Tha, with the Bindu above them, of the colour of vermilion. In its pericarp is the hexagonal Vayu Mandala, of a smoky colour and above it Surya Mandala, with the 'Trikona lustrous as ten million flashes of lightning within it. In the middle of the 'Trikona is Shiva in the form of a Bana-Linga, with a crescent moon and Bindu on his head. He is of a golden colour. Below him is the Jivatma (individual consciousness) like Hamsa. "*

The Vayu bija 'Yam' in the middle of the centre of the Anahata chakra influences the arousal of the first divine connectivity, ushering in a life-transforming change in an aspirant's perspectives, outwardly and inwardly. Once the connection is firmly established through Japa, meditation, and pranayama, the human element reaches out towards the divine—possibilities take over, and the science of human possibilities starts to flourish and excel.



We have often seen a picture of an ascending and descending triangle converging at a common point. That common point is the Anahata chakra, where the first seed of divine aspirations germinates to take an individual on an upward flight. The upward-moving triangle represents human inspiration and aspiration. In contrast, the downward triangle represents divine consciousness, the divine will descending to guide and carry us to our abode, where our human excellence finds its ultimate manifestation. That is why the Anahata chakra is called the place of 'unstruck sound. We inhale the subtle sound of 'ham', and during exhalation, 'Sa' is revealed. When conjoined, they represent the individual consciousness, depicted as a white swan or flamingo in Yoga.

It is directly connected to the part of the brain responsible for all creative sciences and fine arts, such as dance, song, poetry and painting. The second psychic knot, the Vishnu Granthi, is located here. Once the knot is untangled, the tendency to live by making decisions based on ordinary feelings and emotions rather than spiritual quests and awakening is overcome. As the knot harmonises and embraces an individual, living in opposite pairs, such as good and evil, happiness and sadness, etc., slowly give way. Instead, joy and a profound sense of belonging to one's deeper aspects follow naturally.

## Insight of Yogi Priyavrat Animesh

This section examines the interplay between air and the Navagraha, illustrating how each celestial body influences the air element to shape human experiences. The introduction effectively sets the stage by emphasising air's unseen yet powerful influence.

The breathwork section is particularly engaging, offering a practical approach to balancing planetary influences. The conclusion effectively ties everything together, reinforcing the idea that air, both as a physical and metaphysical force, serves as a bridge between individuals and the cosmos.

This section also provides a compelling exploration of the deep connection between air and Yogic practices, beginning with a thoughtful introduction to the meaning of yoga and the essence of being a yogi. The excerpts from Sri Aurobindo and the Bhagavad Gita effectively emphasise that yoga is not just intellectual but a transformation of consciousness. The discussion on Pranayama is particularly engaging, breaking down its significance, techniques, and benefits with clarity, reinforcing how regulated breathing can enhance both physical and spiritual well-being. The emphasis on the Anahata chakra as the seat of prana is insightful, illustrating how it serves as the bridge between human emotions and divine consciousness.

The references to classical texts, such as *The Serpent Power* and Sri Aurobindo's *Letters on Yoga*, lend credibility and depth. Overall, this section weaves together profound spiritual insights with practical applications, making it both informative and transformative, as it seeks a deeper connection between breath, consciousness, and higher living.



**Section-IV- Channelling Air for Spiritual Elevation**  
**Part 7- Harnessing the Power of Wind: Movement and Flow**

*"The wind teaches us that movement is life—unpredictable yet freeing, ever-changing yet constant. When we embrace its flow, we discover resilience, clarity, and the power to soar beyond fear."*

**Yogi Priyavrat Animesh**

The Air is invisible yet always present, moving around us in the form of gentle breezes or strong winds. Many cultures and spiritual traditions believe air represents movement, freedom, and change. It carries energy, refreshes the mind, and connects us to the world around us. Air flows through nature and can also guide our thoughts, emotions, and well-being.

But have you ever considered air as a force that uplifts your spirit and brings inner peace? By understanding the movement and flow of air, we can cultivate a life with greater clarity, flexibility, and inner strength. So, let's take a deep breath and begin this journey towards spiritual upliftment, letting the power of air guide us to a calmer and more meaningful life.

## **How Physical Movement Aligns with Air's Energy**

In this journey of spiritual elevation, air teaches us important lessons. When we breathe deeply, we calm our minds and achieve a sense of balance. When we let go of unnecessary burdens, we feel as light as the wind. And when we embrace change, we move forward with ease, just like a flowing breeze.

Air is always in motion. It flows, swirls, and dances around us, shaping the world in ways we often don't notice. Just like air, our bodies are meant to be in motion. Whether walking, stretching, or dancing, physical movement connects us with the natural flow of energy, bringing balance to our minds and bodies.

Have you ever felt refreshed after a brisk walk in the open air? Or experienced relief after taking deep, slow breaths during exercise? This is because movement aligns with the energy of air, creating a rhythm that clears our minds and refreshes our spirits. Air symbolises freedom, change, and vitality; when we move, we embrace these qualities within ourselves.

We will break down the conventional pattern into a few possibilities where the energy of air influences us almost daily.

## **Breathing and Movement: The Perfect Pair**

Every movement we make is linked to our breath. When we take deep breaths while stretching or practising yoga, we allow fresh air to energise us. This deep breathing fills our lungs and helps us feel calmer and more focused. The steady flow of breath, like the movement of air in nature, supports our body's natural rhythm and enhances our overall well-being.

On the other hand, when we are inactive for too long, our energy feels stuck, just like air in a closed room. Lack of movement can lead to stiffness in the body and a cluttered mind. But simple activities like stretching, dancing, or even taking a few deep breaths can restore balance and bring a sense of lightness, much like a gentle breeze refreshing a warm day.

## The Wind's Lesson: Flow and Flexibility

Air teaches us the importance of flow. The wind moves effortlessly, adjusting its path as needed. When we move our bodies, we learn flexibility—not just in our muscles but also in our thoughts and emotions.

Dancing, for example, is a great way to embody the energy of air. When we dance freely and without restriction, we mimic the wind's natural motion. We let go of stress, express ourselves, and feel connected to something larger than ourselves. Even simple movements, like swaying or stretching, help us tap into this energy.

Similarly, mindful walking encourages us to move quickly, allowing our energy to flow smoothly. These practices teach us to be present, like air, which is always moving but never stuck in one place.

## Embracing Lightness and Change

Air also reminds us to release heaviness—both physically and emotionally. When we engage in physical activity, we shake off tension and create space for new energy. Think of how you feel after a good stretch or a deep breath outdoors. The body feels lighter, the mind more transparent, and the heart more open.

By moving with the air's energy, we welcome change instead of resisting it. We learn to adapt, to let go of what no longer serves us, and to embrace life's natural rhythm.

So, whether through deep breathing, stretching, or simply walking, remember that movement is more than just exercise—it's a way to align with the flow of life, just like the air around us.

The subject in the next part of this section, one way or another, has come back and continues to influence us during our lifetime is the unpredictability factor of life. We are usually subdued, stressed and fearful contemplating this one factor that seems all but menacing and even devouring. Now, we will explore whether the essence of wind and life's unpredictability carries any metaphoric relation.

## The Relationship between Wind and Life's Unpredictability

The wind is one of nature's most formidable yet unpredictable forces. It can be a soft breeze that gently cools a warm day or a sudden gust that changes everything in its path. Just like the wind, life is full of surprises. It moves in unexpected ways, bringing change when we least expect it. Sometimes, it carries us forward effortlessly; other times, it challenges us to stand firm.

The Ever-Changing Nature of Wind and Life

Wind never stays still. It shifts directions, changes speeds, and freely moves through open spaces. Life is much the same. Things don't always go as expected, no matter how much we plan. In one moment, everything seems calm and steady; in the next, we face an unexpected turn of events. These unpredictable moments can feel overwhelming, but like the wind, they also bring new opportunities. A sudden change in life might seem difficult initially, but it often leads us to something better—just as a strong wind clears away the old to make space for the new.



## **Learning to Move with the Wind**

When the wind changes direction, birds don't resist; they adjust their flight. Trees bend rather than break. Nature teaches us a valuable lesson: when faced with uncertainty, we must learn to adapt to changes instead of fighting them.

Life's challenges are like strong winds. They can feel uncomfortable and unsettling, but they also shape us. When we embrace uncertainty, we grow stronger, more flexible, and better prepared for whatever comes next. Instead of fearing change, we can see it as an opportunity to learn, adapt, and move forward.

## **Wind as a Symbol of Freedom and Letting Go**

The wind is free; it cannot be controlled or held back. In the same way, some things in life are beyond our control. Holding onto the past or worrying about the future makes things more complicated. Just like the wind carries away leaves, we must learn to let go of what no longer serves us.

Letting go does not mean giving up. It means trusting that life will take us where we need to go, even in the face of uncertainty. When we allow ourselves to move with life's flow, we experience greater peace and freedom.

## **Finding Strength in the Storm**

Not all winds are gentle. Sometimes, life brings difficult storms that test our patience and strength. But even the strongest storms eventually pass. The key is to stay grounded, like deep-rooted trees that withstand the wind.

When life feels uncertain, remember that just as the wind moves on, so will this moment. Every challenge teaches us something valuable and prepares us for the future.

## **Embracing Life's Winds**

Instead of fearing unpredictability, we can see it as part of the journey. Whether life brings a gentle breeze or a powerful storm, each moment carries a lesson. By learning to move with the wind, we discover resilience, freedom, and the beauty of life's ever-changing nature.

## A Final Thought

Life, like the wind, is constantly changing. Sometimes, it moves us forward quickly, filling our hearts with joy and excitement. Other times, it challenges us with sudden shifts, leaving us uncertain about what comes next. But no matter how strong or unpredictable the wind may be, it never stays in one place forever.

Instead of resisting life's changes, we can learn from the wind. It teaches us to be flexible, to let go of what we cannot control, and to embrace new directions with an open heart. Just as the wind shapes landscapes over time, the unexpected moments in life shape who we are, making us stronger, wiser, and more resilient.

Storms may come, but they always pass. Gentle breezes remind us to enjoy the present moment. By trusting life's flow, we free ourselves from fear and discover new opportunities.

So, when faced with uncertainty, take a deep breath and remember—like the wind, you are meant to move, grow, and embrace the beauty of change. The path may not always be clear, but if you move with life's winds, you will always find your way.

## Part 8- The Role of Mantras and Sound Vibrations

*"Through the air, sound becomes the bridge between the material and the divine, resonating with the pulse of creation and awakening the consciousness within." Yogi Priyavrat Animesh*

This section will be interesting, dissecting some intricate yet compelling truths about the subtle relation between air and sound. Understanding them will enable us to view the concepts, manifestations, and working dynamics of the air within us, empowering and enhancing our vision by improving our clarity.

The first breath of creation was initiated when vibrating energy, which we can call sound vibration, slowly started to intensify, gather momentum, and inflate in such a proportion that the energy burst forth with a huge bang. The cosmic projection, along with the solar system, was revealed. This intensification happened in three states, or, to put it another way, in three matras.

The first Matra contained the letter 'A', the second 'U' and the third 'M'. While the projection fell in perfect alignment, it is believed that the sound of AUM (OM) kept reverberating in full flavour. It is the first sound of a syllable from which the three Vedas, the Rig, the Yajur and the Atharva were born. From the three Matras, the three Lokas or planes of existence, the bhuloka (earth), the bhuvor loka (light areas) and the swarloka (heaven) were created.

In this entire process of creation and projection, when the source of the sound was in the unmanifest condition in the womb of the cosmic egg (Hiranyagarbha), the divine will engage the element of air to intensify the vibration, inducing it into a state of extreme inflation so that it finally materialised.

In the following subsections, we will further expound on these dimensions, even discussing the nuances of OM as a potent force of divine creation. Let us begin.

## How Sound Waves Travel through Air to Influence Consciousness

To truly grasp the connection between sound and consciousness, we must first understand how sound waves travel through the air, shaping our perceptions and influencing our inner state. Sound is not merely an audible phenomenon; it is a dynamic force that permeates existence, subtly affecting our consciousness and emotions.

Sound begins its journey as a vibration. When an object vibrates, it disturbs the surrounding air particles, causing them to move into motion. These oscillations create waves—compressions and rarefactions—propagating through the air. Each wave carries energy, reaching our ears and beyond, influencing our physical and mental states. This sound journey is integral to how we perceive the world, connect with others, and even engage with higher realms of awareness.

From a physical standpoint, sound waves are mechanical waves that require a medium to travel. As a vital life force, air becomes the perfect carrier of these vibrations, acting as a bridge between the manifest and unmanifest. Within our atmosphere, sound waves interact with our surroundings and, most importantly, with our being. The human body, composed mainly of water and air, naturally resonates with these waves. Specific frequencies that reach our ears trigger neurological responses, altering brainwave activity, emotional states, and even cellular function.

Ancient wisdom and modern science converge on the profound impact of sound on consciousness. The human mind responds to sound frequencies in unique ways. Deep, resonant sounds, such as the chant of AUM, synchronise with the brain's natural frequencies, guiding it into states of calmness, focus, or transcendence. Higher frequencies tend to stimulate alertness, while slower, rhythmic sounds can induce deep relaxation. It is no coincidence that meditation practices across civilisations have relied on sound vibrations to elevate awareness.

The sacred syllable AUM is a prime example of sound's transformative power. When pronounced correctly, each component—'A', 'U', and 'M'—creates vibrations that resonate through different body parts, aligning with various energy centres or chakras. 'A' starts from the base, vibrating in the lower abdomen, 'U' rises through the chest, and 'M' reaches the head, activating higher states of awareness. This process aligns with the fundamental principle of resonance, where specific frequencies interact with the body's natural vibrations, harmonising the mind and spirit.

Beyond its impact on the body, sound also remarkably affects thought patterns and emotions. Consider how music influences mood—soothing melodies ease stress, while rhythmic beats invigorate the soul. Sound frequencies can shift mental states, guiding individuals into meditative awareness or heightened creativity. Mantras and repeated rhythmic phrases serve as tools to channel focus, dissolving mental distractions and enabling deep introspection.

It is a force that transcends dimensions, influencing our very consciousness. The element of air, as the carrier of these vibrations, acts as an invisible conduit between the tangible and the intangible. When harnessed with intention—whether through music, mantras, or meditative chants—sound waves become instruments of transformation, refining awareness and attuning individuals to the deeper realities of existence.

## The Power of Om and the Vedic Mantras in Air-Based Healing

In the first part, we will discuss the power of Om and break down its various areas of influence to fully comprehend its significance. To bring this understanding to full fruition, we will even take the liberty of finding out what our sacred texts have to say about Om-

### As a Universal Symbol

The sacred word OM is the most universal symbol of the supreme consciousness. One cannot speak of anything without using a symbol; even our thoughts are symbolic. The symbol reminds us of truth. Generally, there are two types of symbols: images and words. The word OM falls under the category of word symbols, but it is also considered an image symbol when depicted in Sanskrit characters.

OM is unique because of its universal character. No other symbol represents all the different aspects of the divine (Brahma, Vishnu and Shiva) in one image or sound. OM is the essence of everything; it is more than just a symbol; it is Supreme Consciousness itself. As *Swami Vivekananda* says: "*Repeating OM is the only true worship. It is not a word; it is God himself.*"

### Link Between OM and Supreme Consciousness

OM comprises three letters, AUM, and is pronounced to rhyme with the English word home. It is like bringing the mind home to a place untainted, unobtrusive, and uncluttered, yet free, joyful, blissful, and magnanimously radiant and shining.

The seers perceived creation as the manifestation of the universe in the form of names and forms. The form is the outer shell; the name or idea is the inner essence. The universe perceived by our five senses is the form behind which stands the external, inexpressible Sphta, the essence of all forms and names designated by those seers as words, and the word is OM.

Furthermore, OM, as Nada-Brahman or Sound-Brahman, is not merely a concept. It constantly vibrates throughout the universe and becomes audible when one's mind is purified and aligned through long and steady spiritual practices.

By practising Naad Yoga, one can immerse all preconditioning and impressions carried for many lifetimes in the infinite belly of the divine. This yoga helps an individual activate the alimental energy and the vibrational effect to animate even inanimate objects. If the sound is consecrated, internalised and energised in a particular way, following a specific mechanism, it becomes Naad Yoga. Yoga is the union of energy, and all energies contain vibration; likewise, where there is vibration, there is sound. In this way, Naad Yoga is a potent practice and one of the oldest forms of yoga available worldwide. Only through Naad Yoga does the individual and Supreme consciousness become internally unified.

When an individual is trained to master this dimension in the proper alignment, his life not only remains seamless and orderly, but the inner geometry also blossoms to its fullest possible extent and immensity.

## OM and the Hindu Trinity

The letter A stands for the gross world (Brahma) we perceive in the waking state, U stands for the subtle world of the dream state (Vishnu) and M for the causal world as a mass of consciousness in the deep sleep state (Shiva). OM stands for absolute reality and is characterised by a resonant gong-like sound during pronunciation.

When the word is split into three letters, it produces the illusion of creation, preservation and dissolution. When it is not split up, it is like the monologue of the bagpipe, the transcendental note on which all variations depend. OM is like the ocean and its waves; the waves are seen only on the surface, and below the waves is the mass of waveless water.

## OM as the Pranava-Seed of all Mantras

The seed mantra (Bija), or the mystic syllable of all syllables, is OM. It consists of three parts: the main character, a crescent at the top, and a dot above the crescent. The word "OM," the Pranava, signifies a perfect vessel to navigate the tumultuous ocean of worldly desires. Pranava means 'there is no world' or 'that which leads to salvation'.

Pranava is two-fold: the short and the long. The short is of a single syllable, where the constituent parts are not differentiated clearly when pronounced. But the long one has five syllables, where all constituent parts manifest A U M, along with the Bindu and the Nada. The Nada is the gong-like sound, and the Bindu, a dot, is the basis from which the first principle of creation emanated, which is supposed to be connected with Supreme Consciousness.

Now, we will briefly see what the Vedas and Upanishads have to say about the word OM-

***The Katha Upanishad designates OM as the absolute reality or supreme consciousness-***

*"The goal which all the Vedas declare, which all austerities aim at, and which men desire when they lead the life of continence, I will tell you briefly: it is OM."*

***The Mundaka Upanishad exhorts us to meditate on OM as the means of highest self-knowledge-***

*"OM is the bow; the atman is the arrow; Brahman is said to be the mark. It is to be struck with an undistracted mind."*

Just see how well the above shloka aligns with the Sanskrit observation, "*Pragya Netra Loka.*" which means wisdom is the eye of the world. The following observation is even more profound when it states, "*Dhiranam Nischalam Manah,*" that is, the wise man's mind is always steady.

Without the steadiness of the mind and clarity of thought, all our actions that precede them will be hollow, tainted and brushed with the eclipse of a partial mind and half-baked knowledge and understanding that will bear no fruit in our journey towards ascension.

## The Power of Vedic Mantras in Air-Based Healing

Vedic mantras hold a profound place in the ancient wisdom of sound-based healing. These sacred chants are more than words; they are precise sound vibrations that, when carried through the air, can influence the mind, body, and spirit. The very fabric of our existence is intertwined with the breath; through the air, these potent vibrations reach deep within us, harmonising our inner energies.

Each Vedic mantra is composed of specific phonetic vibrations that align with the natural rhythms of the universe. When chanted correctly, these sounds create resonance within the body, activating energy centres and promoting balance. The repetition of mantras generates sound waves that travel through the air, penetrating the listener's consciousness and subtly shifting their mental and emotional states. Just as music can evoke emotions, Vedic mantras can instil peace, clarity, and even physical well-being.

Scientific studies suggest that sound frequencies can influence brainwave patterns. Chanting mantras, particularly in deep, rhythmic tones, synchronises the brain with meditative states, fostering relaxation and heightened awareness. The vibration of mantras also stimulates the Vagus nerve, which regulates stress levels, heart rate, and overall well-being.

The power of Vedic mantras in air-based healing extends beyond the individual. When chanted in groups or sacred spaces, these vibrations permeate the environment, creating an aura of harmony and positivity. Ancient texts describe the chanting of AUM as a practice that purifies the air, elevates consciousness, and bridges the material and spiritual realms.

Vedic mantras, which are based on the element of air, serve as a conduit for healing, restoration, and transformation. By integrating these sacred sounds into daily practice, individuals can harness their vibrational power to achieve inner balance, peace, and a deeper connection to the universe.

## Chanting Practices to Elevate the Air Element

Chanting practices can significantly refine the air element within us, promoting mental clarity and emotional equilibrium. Since air is the medium that carries sound vibrations, specific chants enhance its presence, purifying both the mind and the environment.

AUM chanting is one of the most effective practices for elevating the air element. The resonance of 'A' opens the lower chakras, 'U' energises the heart and throat, and 'M' calms the mind, fostering balance. Repeating AUM harmonises the air vibrations within the body, bringing about heightened awareness.

Pranayama-based chanting, such as Bhramari (humming bee breath), combines controlled breathwork with sound vibration. The deep hum of Bhramari soothes the nervous system, aligns the air element, and clears mental distractions.

Chanting the Gayatri Mantra is another practice that enhances the air element, invoking clarity and wisdom. Its rhythmic repetition generates subtle vibrations that refine the breath and consciousness.

Chanting in open spaces, surrounded by natural air currents, further amplifies these effects. Whether practised individually or in groups, these sacred sounds uplift the air element, bringing serenity, balance, and deeper spiritual connection.



## Insight of Yogi Priyavrat Animesh

This section masterfully intertwines the symbolism of air with themes of movement, flexibility, and the unpredictability of life, offering a compelling perspective on spiritual growth. The flow between physical movement, breath, and the ever-changing nature of wind enriches the narrative, making it both introspective and practical. By drawing parallels between the unpredictability of wind and the uncertainties of life, it conveys a sense of acceptance and trust in the natural flow of life.

It effectively inspires mindfulness, adaptability, and inner strength. The section highlighting ancient wisdom with modern insights, illustrates the profound connection between air, sound vibrations, and consciousness. The explanation of AUM as the primordial sound and its alignment with cosmic creation is both poetic and intellectually enriching. The detailed exploration of Vedic mantras and their role in air-based healing bridges the gap between spiritual traditions and scientific understanding. The discussion on how sound waves influence consciousness adds depth, reinforcing the transformative power of mantra chanting. This section presents a blend of philosophy, mysticism, and practical application, offering a holistic perspective on the role of sound in spiritual and mental well-being.



**Section- V- Air as a Path to Liberation**  
**Part 9- Air and Detachment: The Secret of Freedom**

*"Like the air, true freedom is found in movement, not in attachment;  
in presence, not possession.  
To detach is not to abandon but to embrace life with lightness,  
flowing freely toward higher consciousness."*

**Yogi Priyavrat Animesh**



## What Can We Learn from Air?

### ***Air Moves Freely***

Air never gets stuck in one place. It continues to move, whether softly as a breeze or powerfully as a storm. Similarly, when we practice non-attachment, we refrain from holding on to past regrets, future worries, or unnecessary emotions. We learn to live in the present, flowing with life instead of resisting it.

### ***Air Adapts***

Whether hot, cold, dry, or humid, air adjusts to its surroundings. It teaches us to accept change with grace. In life, we often resist change because we fear the unknown. But we find peace in every situation when we embrace change like air.

### ***Air is Essential but Unseen***

We cannot see air, yet we know it exists because we feel its presence. Similarly, when we detach from things that do not serve us, we experience an inner lightness and freedom. True peace does not come from holding on but from letting go.

## How Can We Practice Non-Attachment?

- ***Let Go of Control*** – Understand that not everything is within our control. Learn to accept life as it comes.
- ***Enjoy Without Clinging*** – Appreciate people, experiences, and things, but do not become dependent on them for happiness.
- ***Stay Present*** – Do not dwell too much on the past or worry about the future. Live each moment fully. Live in the now.

## Final Thought

Air teaches us the secret of true freedom. When we stop clinging, we start living. Non-attachment does not mean emptiness; it means inner peace. Like air, let us move through life with lightness, grace, and an open heart.

The following discussion is crucial to understanding, as it is without which spiritual orientation and progression are impossible. One may be inclined towards spirituality, but that will not pay off well in the long run.

## How Detachment Leads to Spiritual Liberation (Moksha)

The essence of spirituality does not lie in the fact that one's goal should be to attain liberation (Moksha). Instead, it should be rooted in the firm belief and conviction that realising divinity is our life's sole intent and purpose. The three gunas (Qualities), Sattva, Rajas, and Tamas, are the primary deciding factors for spiritual growth. Let us quickly find out what Sri Aurobindo has to say on this in **Letters on Yoga-I, page 48-**

*"As the transformation increases, the gunas change more and more towards their divine equivalents, but when the supramental comes, there is the full change. The transformation of the gunas is necessary for the perfection of the nature, not liberation. Liberation comes by loss of ego and desire."*

The concept of 'supramental' is vast and requires an entire chapter and scope to comprehend, which may also be an iota of its true essence. Here, we may understand it as a descent of the divine, coming down from a very high plane of existence into life and matter to transform and uplift the lower material energy to its final shape.

He further says, *"When the consciousness and the action are free from ego and desire, there is always a fundamental calm. This calm remains whether sattva dominates or not. Sattva need not always predominate because sattva is not the ultimate goal of sadhana. Whatever guna predominates in the action, to be free, desireless, calm behind all actions, is the condition of the liberated man."*

In this journey of spiritual ascension and discovery, the aspirant must pass from time to eternity, from the bounds of ego consciousness to the limitless expanse of cosmic consciousness. Through spirituality and detachment, an aspirant is reborn and simultaneously dies to his old self. Character transformation through non-attachment and a desireless state measures one's spiritual rebirth and growth.

Once speaking of renunciation or detachment, Sri Ramakrishna Paramhansa says, *"There are two kinds of renunciation: intense and feeble. Feeble renunciation is a slow process; one moves in a slow rhythm. Intense renunciation is like a sharp edge of a razor. It cuts the bondage of maya (delusion) easily and at once."*

One living example of this intense renunciation or detachment is Swami Vivekananda. We must understand that going beyond these three gunas is imperative and essential for an aspirant to rise and ascend. That is why so much emphasis is placed on the aspect of 'Trigunatita', the concept of transcending all these qualities and shining as the self-resplendent consciousness, always connected and merged with the supreme cosmic consciousness.



## Practices to Cultivate an Expansive Mindset

An expansive mindset is open, flexible, and free from unnecessary limitations. It enables us to see beyond our current situation, embrace new possibilities, and move confidently through life. Just like air expands to fill any space, our minds can grow when we let go of rigid thinking and self-doubt. Cultivating an expansive mindset does not require drastic changes; small daily practices can make a significant difference.

### ***1. Embrace Lifelong Learning***

An open mind is always learning. We should be curious about new ideas, skills, and perspectives. We should read books, ask questions, and be willing to challenge our own beliefs. The more we learn, the more we expand our understanding of the world.

### ***2. Let Go of Fear and Doubt***

Fear often keeps us stuck. Instead of worrying about failure, view challenges as opportunities for growth. When we let go of fear, we free our minds to explore new possibilities.

### ***3. Practice Gratitude***

Gratitude shifts our focus from what is missing to what is already present. It helps one see abundance instead of limitations. Start each day by appreciating something—big or small—and notice how it changes our perspective.

### ***4. Stay Present***

An expansive mindset does not dwell in the past or worry too much about the future. Practice mindfulness by focusing on the present moment. Whether eating, walking, or working, fully engage in what one does.

### ***5. Surround Yourself with Positive Energy***

Our environment influences our mindset. We should spend time with people who uplift and inspire us. Avoid negativity and seek out experiences that encourage growth.

## A small Thought

An expansive mindset enables one to navigate life with ease, much like moving through air. Practising openness, gratitude, and courage creates space for growth, peace, and endless possibilities. Let us start practising detachment as the first step towards inculcating an expansive mindset, enabling us to orientate our spiritual journey and lives.



## Part 10- Sustaining Air's Purity for Future Generations

*"The purity of air is the foundation of life—protecting it is our promise to the future." Yogi Priyavrat Animesh*

Every breath we take connects us to nature, to one another, and to the generations that will follow. Yet, with increasing pollution, deforestation, and industrial emissions, the air we depend on is threatened. Protecting and sustaining clean air is an environmental concern that we all share.

Throughout history, nature has provided us with the resources to survive and thrive. Now, it is our turn to protect it. By making conscious choices today, we can ensure that our children and their children inherit a world where every breath is fresh, every sky is clear, and the future remains bright. Sustaining air's purity is not just a necessity—it is our duty.

### Conscious Living and Breath Awareness for Higher Purpose

Conscious living means making mindful choices in everyday life, while breath awareness connects us to our inner self, promoting clarity, health, and well-being. These practices can elevate our lives and help us achieve a higher purpose.

#### The Power of Conscious Living

Conscious living is about awareness of our thoughts, actions, and surroundings. It means making decisions that align with our values and well-being. Simple choices—such as eating nutritious food, reducing waste, being kind to others, and staying present in the moment—can lead to a more fulfilling life.

Many ancient philosophies emphasise living in harmony with nature and practising gratitude. When we become aware of how our actions affect ourselves and the world, we naturally develop compassion, discipline, and a deeper connection to life. By focusing on meaningful activities and relationships, we cultivate inner peace and fulfilment.

#### Breath Awareness: The Key to Inner Balance

We breathe unconsciously, yet it profoundly impacts our minds and bodies. In many spiritual traditions, breath serves as a bridge between the physical and the divine. Breath awareness, also known as conscious breathing, helps regulate emotions, reduce stress, and enhance focus.

Practices such as Pranayama (breath control) in yoga, meditation, and deep breathing exercises have been used for centuries to calm the mind and promote overall well-being. When we breathe deeply and mindfully, we activate the parasympathetic nervous system, which promotes relaxation and reduces anxiety.

By observing the breath, we develop self-awareness and presence. Breath awareness helps us detach from distractions and negative thoughts, keeping us centred in challenging situations. Over time, it strengthens our ability to live with greater intention and clarity.

## Connecting to a Higher Purpose

Living consciously and practising breath awareness leads to a more profound sense of purpose. Life becomes more meaningful when we slow down, reflect, and align our actions with our values. A higher purpose does not always mean something grand—it can be as simple as spreading kindness, contributing to society, or nurturing personal growth.

Many great leaders, sages, and thinkers have emphasised the importance of inner awareness. Whether through meditation, self-discipline, or acts of service, they found a connection between mindful living and a greater sense of fulfilment.

By practising conscious living and breath awareness, we move beyond routine existence and tap into a higher state of being that fosters peace, wisdom, and a positive impact on the world.

We will discuss this critical aspect of everyday life a little later. Before that, we should investigate the techniques used in ancient and modern times to purify air.

## Ancient and Modern Techniques to Purify Air

The air we breathe has always been vital to life. From ancient times to the modern era, people have developed various ways to ensure its purity. While ancient civilisations relied on natural and traditional methods, today's technological advancements offer more efficient and large-scale solutions. However, the core idea remains: clean air is essential for a healthy life and a thriving environment.

Let us look through the investigative window to discover what measures the ancient habitats took in their daily routines to keep the air purified.

### Ancient Techniques to Purify Air

Before industrialisation, air pollution was minimal, yet ancient societies understood the importance of fresh air and took steps to maintain its purity.

- **Burning Medicinal Herbs** – Many ancient cultures, including those in India, China, and Egypt, burned herbs such as frankincense, sage, and neem leaves to purify the air. These natural purifiers had antimicrobial properties, reducing airborne bacteria and refreshing indoor spaces.
- **Ventilation and Open Spaces** – Ancient architects designed homes with proper ventilation, allowing fresh air to circulate and preventing stagnation. Courtyards, large windows, and wind catchers were commonly used in places to ensure a constant flow of clean air.
- **Water Fountains and Gardens** – Many civilisations, including the Indians and the Romans, built water fountains and gardens to cool and refresh the air. Flowing water helps capture dust and pollutants, while trees absorb carbon dioxide and release oxygen, keeping the surroundings fresh.
- **Charcoal as an Air Purifier**—Early civilisations documented the use of charcoal for purification. Charcoal absorbs toxins and unpleasant odours, making it a natural filter for air and water. Even today, activated charcoal is widely used for air purification.

With industrialisation and urbanisation, air pollution has become a significant challenge. However, modern technology has introduced innovative ways to combat it.

## Modern Techniques to Purify Air

- **Air Purifiers and Filters**—Today, air purifiers equipped with HEPA (High-Efficiency Particulate Air) filters remove fine dust, pollen, and harmful particles from indoor air. Activated carbon filters further help eliminate odours and toxic gases.
- **Green Infrastructure**—Planting trees and developing green spaces in cities helps absorb carbon dioxide, filter pollutants, and improve overall air quality. Vertical gardens and rooftop plantations are modern adaptations of this ancient practice.
- **Electrostatic Precipitators** – Used in industries and power plants, these devices remove particulate matter from emissions by electrically charging pollutants and collecting them on plates, preventing them from entering the air.
- **Smog Towers and Air Ionisers** – Large-scale air purification systems, such as smog towers, are being developed in highly polluted cities to filter toxic particles and improve air quality. Ionisers release negative ions that attach to pollutants, making them heavier and causing them to settle.
- **Sustainable Energy Sources** – Transitioning to cleaner energy sources, such as solar, wind,

The journey of air purification has evolved from burning medicinal herbs to using advanced filtration technology. While modern techniques offer efficiency, ancient wisdom reminds us of nature's power to restore balance. Combining both approaches can help ensure a future where clean air is accessible.

By now, we understand clean air is not just a necessity but a shared responsibility. Every breath we take connects us to the environment, making air quality a crucial concern for our health, well-being, and future generations. Ethically, we must reduce harmful emissions, adopt sustainable practices, and protect the planet's air.

Let's examine the details of how to do it.

## The Ethical Responsibility to Preserve Air Quality

Polluted air affects health, damages ecosystems, and contributes to climate change. While technological advancements have improved living standards, they have also led to rising emissions from industries, vehicles, and deforestation. Preserving air quality is not just a scientific or environmental concern—it is an ethical responsibility that affects every individual and future generations.

## The Impact of Air Pollution

Poor air quality has serious consequences. It leads to respiratory diseases, heart conditions, and reduced life expectancy. Children, the elderly, and individuals with pre-existing health conditions are most severely affected by air pollution. Beyond human health, air pollution affects wildlife, soil, and water sources, disrupting entire ecosystems. Smog reduces visibility, acid rain damages crops, and greenhouse gases accelerate climate change, leading to extreme weather patterns.

When people and industries contribute to pollution, they not only impact their own lives but also affect the well-being of others. Ethical responsibility means understanding these effects and making conscious choices to minimise harm.

## Our Duty to Act

Taking responsibility for air quality begins with individual and collective efforts. Simple actions, such as using public transportation, reducing energy consumption, and supporting clean energy sources, can significantly reduce air pollution.

Governments and corporations have a more significant role to play. Industries must adopt cleaner technologies, enforce strict pollution controls, and transition to sustainable energy. Urban planning should prioritise green spaces and better waste management to reduce harmful emissions. Policies that encourage tree planting, conservation, and responsible manufacturing should be supported for long-term benefits.

Educating people about air pollution and its consequences is crucial. When individuals understand how their daily choices—such as using fuel-efficient vehicles or limiting waste burning—affect air quality, they become more mindful. Raising awareness fosters a culture of responsibility, ensuring that everyone contributes to a cleaner environment.

## A Commitment to Future Generations

Ethical responsibility is about safeguarding the future, not just the present. Today's air must be clean for those who come after us. Just as we have inherited the natural world, we must ensure that future generations do not suffer from our negligence.

By making sustainable choices, holding industries accountable, and embracing eco-friendly habits, we fulfil our ethical duty to protect the air. A cleaner environment leads to healthier lives, balanced ecosystems, and a sustainable planet—ensuring that the gift of pure air remains for generations to come.

As we conclude, let's reflect on the key insights, how we can apply them daily, and the collective action needed to ensure cleaner air for all.

## Key Insights on Air Quality and Responsibility

Throughout history, ancient wisdom and modern science have emphasised the importance of clean air. Our discussion highlighted several key points:

- **Importance of Clean Air** – Clean air is essential for human health, biodiversity, and climate stability. Polluted air leads to respiratory diseases, heart problems, and environmental degradation.
- **Ancient and Modern Solutions**—Civilisations have developed ways to maintain air quality, from burning medicinal herbs and planting trees to using air purifiers and green energy. Combining traditional wisdom and technological advancements can help tackle today's air pollution crisis.
- **Conscious Living and Breath Awareness**—Living mindfully and practising breath awareness can improve personal well-being and deepen our connection to nature. A conscious lifestyle encourages sustainable habits, reduces pollution and promotes a healthier environment.
- **Ethical Responsibility** – Protecting air quality is a moral obligation. Every individual, community, and government must work together to reduce emissions, conserve resources, and adopt eco-friendly practices.

## Practical Application in Daily Life

Understanding these insights is valuable, but applying them is where real change begins. Here are some simple yet effective ways to integrate air-conscious practices into everyday life:

## Reduce Air Pollution at Home

- *Utilize energy-efficient appliances and consider switching to renewable energy sources whenever possible.*
- *Avoid burning wood, plastic, or waste materials that release harmful pollutants.*
- *Enhance indoor air quality by utilizing natural ventilation, air-purifying plants, or air filters.*
- *Adopt Sustainable Transportation*
- *Walk, cycle, or use public transportation whenever possible instead of driving.*
- *Opt for electric or fuel-efficient vehicles to reduce emissions.*
- *Carpool or work remotely to minimise unnecessary travel.*
- *Support Green Initiatives*
- *Plant trees and support afforestation efforts in your community.*
- *Reduce waste by recycling, composting, and minimising plastic use.*
- *Select sustainable products with a minimal carbon footprint.*
- *Raise Awareness and Take Action*
- *Educate others about air pollution and its consequences.*
- *Support policies and organisations that advocate for cleaner air and environmental protection.*
- *Encourage businesses and industries to adopt sustainable practices.*

## Call to Action: A Shared Responsibility

The responsibility to preserve air quality does not rest solely with governments and scientists—it is a collective effort. Every action, no matter how small, contributes to a healthier planet. Here's how each of us can take meaningful action:

- **Be Mindful of Personal Impact** – Every choice, from the products we buy to our mode of transportation, affects air quality. Making sustainable choices daily can create a ripple effect in communities.
- **Advocate for Change** – Support environmental policies, participate in clean-air campaigns, and encourage responsible industrial practices. Collective voices can drive stronger environmental regulations.
- **Practice Environmental and Self-Awareness** – Living with an awareness of how our actions impact the planet cultivates a sense of responsibility. Practising breath awareness and mindfulness can deepen our connection to nature and encourage sustainable living.
- **Inspire Others** – Lead by example. When people witness sustainable habits in action, they are more likely to adopt them. Inspire family, friends, and colleagues to take part in air-purifying efforts.

## Final Thoughts

Air is life, and its purity determines the health of our planet and the well-being of future generations. While air pollution poses significant challenges, solutions exist in both ancient wisdom and modern innovation. We can collectively preserve air quality by embracing conscious living, adopting practical eco-friendly habits, and holding industries accountable.

The time to act is now. Every step toward cleaner air—reducing emissions, planting trees, or supporting green policies—brings us closer to a healthier, more sustainable world. Together, we can ensure that future generations inherit a planet where the air remains pure, the skies remain clear, and every breath is a gift of life.



"यथा वायुर्निर्बन्धेन स्वयमेव प्रवर्तते।  
तथैव सर्वमप्येतद्ब्रह्मवायुं समाश्रिते॥"

"Just as Air moves freely without obstruction,  
so too this entire cosmos is held and moved  
within the breath of Brahman."



योगी प्रियव्रत अनिमेष  
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## Insight of Yogi Priyavrat Animesh

"Air as a Path to Liberation" effectively integrates philosophical, spiritual, and environmental perspectives, offering a profound exploration of detachment, consciousness, and sustainability. The analogy between air and detachment is beautifully articulated, making complex spiritual concepts accessible, while references to Sri Aurobindo, Sri Ramakrishna, and Swami Vivekananda add depth and authenticity.

The discussion on cultivating an expansive mindset and practising detachment is well-balanced, emphasising non-attachment without indifference. The transition from metaphysical reflections on air to the urgency of air purity effectively bridges the gap between ancient purification techniques with modern technological solutions.

Overall, this section is insightful as it successfully weaves together spirituality, mindfulness, and environmental consciousness.

