

importance of breath

gift from god

same for poor & rich

ultimate freedom

can not live without breath

source for vital energy

VOLENTERY & NON VOLENTERY

its rule, anybody can access it.

we want change in our life

we want to be better in life

how it become

we have to live differently

we have to breath differently

breath is so primal & basic

ACCEPT YOURSELF AS IT IS

increase love

practise everything