



# **THE SCIENCE OF PRANAYAMA**

**SRI SWAMI SIVANANDA**

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# THE SCIENCE OF PRANAYAMA

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**VAIRAGYA**—Indifference, disgust for worldly things and enjoyments

**Vajra**—Firmness, thunderbolt

**Vak**—Speech

**Vasana**—Subtle desire

**Vayu**—Wind, vital air, Prana

**Vichara**—Enquiry into nature of Self or Truth

**Virya**—Seminal fluid

**Visuddha**—Laryngeal plexus

**Viveka**—Discrimination

**Vritti**—Thought-wave, mental whirlpool

**Vyana**—All-pervading Prana

**Vyavahara**—Worldly activity, phenomenal, relative world

**YAAMA**—A period of three hours **Yajna**—Sacrifice **Yatra**—Pilgrimage

**Yoga**—Union with God

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