



# THE SCIENCE OF PRANAYAMA

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## THE ADHIKARI (THE QUALIFIED PERSON)

One who has a calm mind, who has subdued his Indriyas, who has faith in the words of the Guru and Sastras, who is an Astika (i.e., one who believes in God) and is moderate in eating, drinking and sleeping and one who has an eager longing for deliverance from the wheel of births and deaths—is a qualified person for the practice of Yoga. Such a man can easily get success in the practice. Pranayama should be practised with care, perseverance and faith.

Those who are addicted to sensual pleasures or those who are arrogant, dishonest, untruthful, diplomatic, cunning and treacherous; those who disrespect Sadhus, Sannyasins and their Gurus or spiritual preceptors and take pleasure in vain controversies, or of a highly talkative nature, those who are disbelievers, who mix much with worldly-minded people, who are cruel, harsh and greedy and do much useless Vyavahara, can never attain success in Pranayama or any other Yogic practice.

A Pranayama practitioner should always speak kind and sweet words. He must be kind to everybody. He must be honest. He must speak the truth. He must develop Vairagya, patience, Sraddha (faith), Bhakti (devotion), Karuna (mercy), etc. He must observe perfect celibacy.

—SWAMI SIVANANDA.