



# Prana

Sarah Samaan









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Prana is an element of energy.

Energy is a manifestation of a certain principle...they call shakti, or spiritual power.

Don't worry about the words too much.

-Frederick Lenz.



All motion, either in the body or anywhere else, is the work of this Prana.  
- Swami Vivekananda





Breathe and you know that you are alive.

-Annabel Laity



Tree...  
Through your leaves  
breathe out the sky.  
-J. Daniel Beaudry



We do not remember days, we remember moments.  
-Cesare Pavese



Maybe you are searching among the branches for what only appears in the roots.

-Rumi





Rain, and then  
the cool pursed  
lips of the wind  
draw them  
out of the ground...  
-Mary Oliver



When you realize how perfect everything is, you will tilt your head back and laugh  
at the sky.

-Buddha



You carry Mother Earth within you. She is not outside of you.  
...[It]is possible to have real communication with the Earth, which is the highest  
form of prayer.  
-Thicht Nhat Hanh



Prana is the power of God which comes through you with the air.

-Yogi Bhajan









