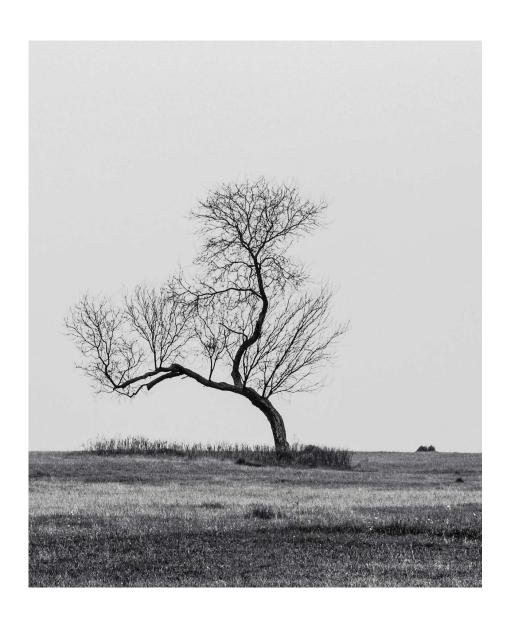
## Prana

Sarah Samaan



## Prana

## Sarah Samaan

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.

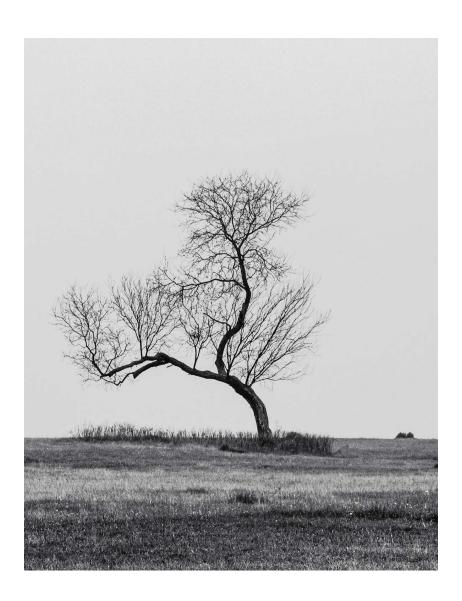
- Swami Vivekananda



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

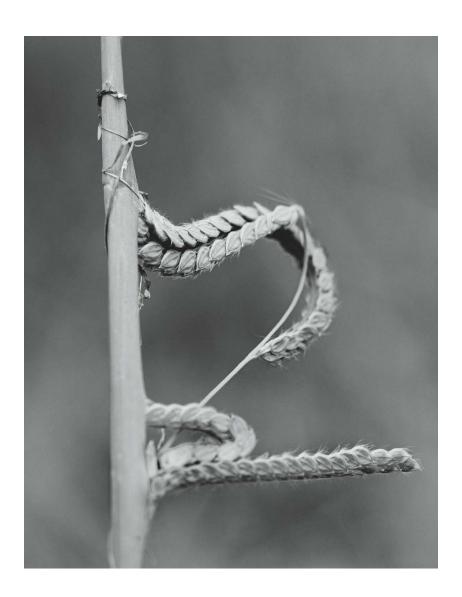


Rain, and then
the cool pursed
lips of the wind
draw them
out of the ground...
-Mary Oliver



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

