

Whether we observe it or not, our breath goes on in waking, dream and deep sleep states of consciousness. We live most of our life without the consciousness of our breath, our heartbeat and the blood flow in our body. They are the indicators of life and our consciousness. By observing them we can understand the true nature of consciousness. Observe your breath for a few minutes without diverting your mind to anything else; it is called Pranayama by Maharishi Pathanjali. That is expanding our life force called Prana. Be regular with the practice and increase the time by a minute a day. You can realize what Turia is.

Keep an eye on breath  
It carries the energy, Prana  
That shines in and out  
~Rama