



Pitfalls of Pranayama

SEVERAL PLACES
HE HAS TOLD / THAT
SO MANY PITFALLS
IN PRANAYAMA —
DANGEROUS — NOT TO
DO.
PRANAYAM has landed
people in
(1) MADNESS
(2) INCURABLE DISEASES
(3) SIDDHIS
REQUIRES HIGHLY EXPERT
YOGI GURU & ONE HAS
TO LEARN IT for 3 years.
Nobody else.

He has told in several places so many pitfalls in Pranayama – dangerous – not to do.

Pranayama has landed people in:

1. Madness
2. Incurable diseases
3. Siddhis

Requires highly expert Yogi Guru and one has to learn it for 3 years.

Nobody does.