

Should you breath through the pores of your skin?

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The techniques and theories connected to Yogic breathing are confusingly manifold. In this lecture we shall follow the history of one hardly known idea connected with Yogic or rather meditational breathing, namely breathing through the pores of one's skin. The idea is not widespread in literature, but has a curious reception history, since it crops up over a long span of time. It is encountered in early Yogācāra Buddhism, reappears in late medieval Yoga and even in a wide-spread German work on Zen meditation from the 20th century.

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