



HOLISTIC HEALTH Series

Many a time we come across people who seem to be blessed with infectious vibrancy - a certain kind of vitality in their eyes, body language and attitude. All things being equal, how is that some people are more *alive* than others?

That brings us to the the yogic concept of *Prana* - the primary motive force of human existence. It is the ability to manifest one's higher self. The research note and Sadhguru's video explain the building blocks which can help to achieve that elevated state of being.

Warmly,
[The Editorial Team](#)



[Video Case Study](#)
Prana - The Universal Motive Force



In his inimitable style, the Sadhguru holds forth on the many manifestations of *Prana*. He elaborates on how different energies translate into unique personality traits in different people. He also reveals a contemporary ring to the physiological and psychological dualities of existence. [More](#).



Holistic Health Series
[The Concept of Prana \(Vital Energy\)](#)

Prana is the cosmic energy that upholds life by maintaining the harmonious and unified functioning of various elements of the body and mind.

So, how does one understand *Prana* in its most fundamental form? This note explains the five core components of *Prana* and the interplay between them that leads to the manifestation of an individual's potency and power. [More](#)

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