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A PDF version of Punya Havaachana Mantra is available at Nature-cure.org. Punya Havaachana Mantra, also known as the "Beautiful Breath Prayer" or "the Holy Swadhsya Pranayama of Punya Havaachana" has been compiled by Kriyastha Acharya Vishwaghidharatna and is published in the form of a PDF downloadable file for free on Nature-Cure.org. This Mantra is said to cure common diseases and relieve human suffering and tension, while purifying the mind and soul, maintaining health and prolonging life. According to Vishwaghidharatna, "This mantra is identical to that which our Vedic seers recited before the Vedic sacrifice." The name of this Mantra is punya havaachan or punya havachanadi veda. Kriyastha Acharya Vishwaghidharatna is a disciple of Maharshi Jnanadeva, the direct disciple of Swami Sri Yuktaketu who gave him all the teachings given to Swami Sri Yuktaswar. One clear message that he received from his master was that "When one feels any pain in his body, body-mind should come out through this mantra. When pain is over, one should come back through this mantra.". Punya Havaachana Mantra has been developed by the Swami Vishwaghidharatna after he had written innumerable letters to Swami Yuktaswar for almost 40 years. The Swami replied that the way to cure people's suffering was to repeatedly recite this Mantra, that it would bring about changes in their bodies and mind. (This Mantra is identical to that which our Vedic seers recited before the Vedic sacrifice.) He also wrote that the connection between body and mind could be brought about by chanting this Mantra. Swami Vishwaghidharatna wrote two poems: Om (Amarakirti) (in Tamil: Ambukirti) Punya Havaachana (in Hindi: Poonch-Havaachanadi) in Sanskrit:

There are real cases of incredible healing from this mantra. Some of these include Mr. B. R. Patel, a 35 year old engineer who had suffered from severe stomach ulcers for 14 years. After only 3 ½ years of chanting the mantra he was completely free of this malady. Former Vice-President of India, Mr. Bhairon Singh Shekhawat underwent open heart surgery at the age of 73 to correct two valve repairs that had also failed to function properly for many years. After just one week's recitation of punya havachan he completely recovered from post-operative fever and his heart was put back into circulation causing him to be able to leave the hospital within 15 days. Mr.

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