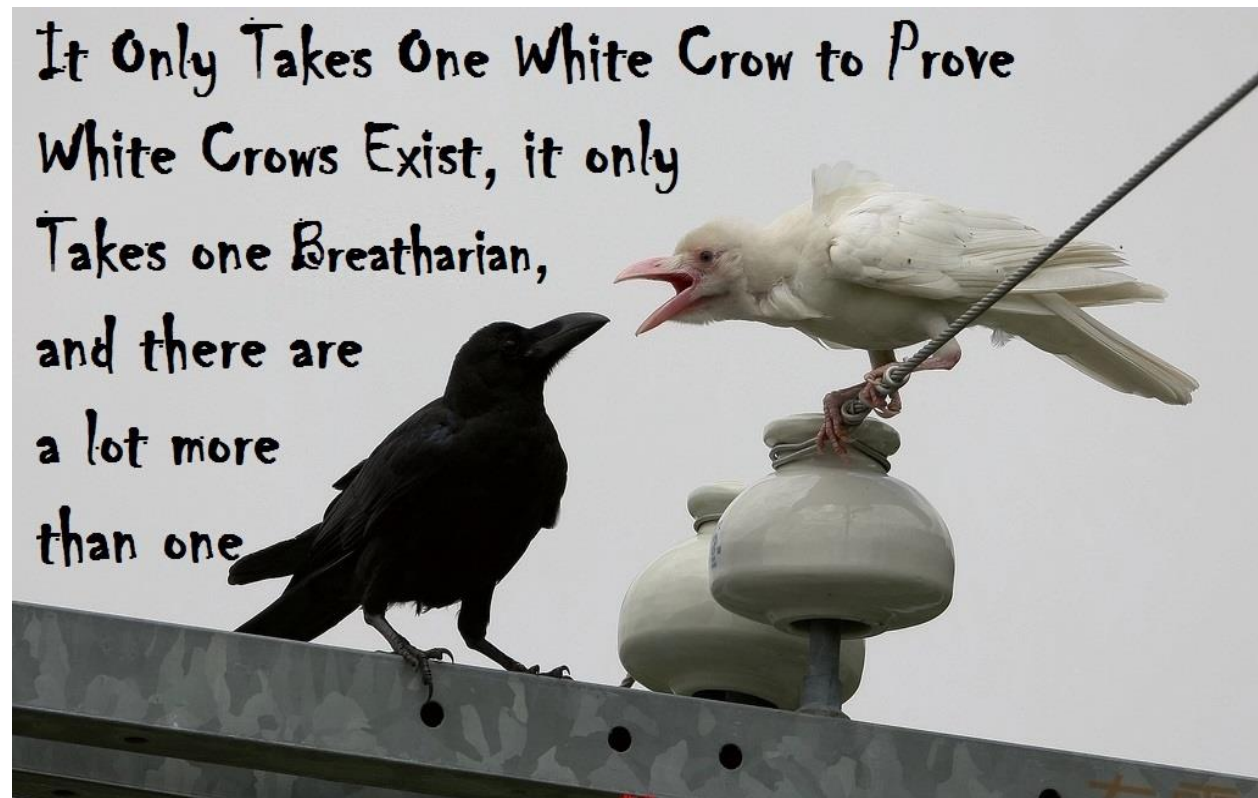


# BREATHARIANS

**Inedia** (Latin for "[fasting](#)") or **breatharianism** [/brɛθ'ɛəriənɪzəm/](#) is the belief that it is possible for a person to live without consuming [food](#). Breatharians claim that food, and in some cases [water](#), are not necessary for survival, and that humans can be sustained solely by [prana](#), the vital life force in [Hinduism](#). According to [Ayurveda](#), [sunlight](#) is one of the main sources of *prana*, and some practitioners believe that it is possible for a person to survive on sunlight alone. The terms *breatharianism* or *inedia* may also refer to this philosophy when it is practiced as a [lifestyle](#) in place of the usual [diet](#). Watch <https://youtu.be/wlpwXk8Lp0Q>

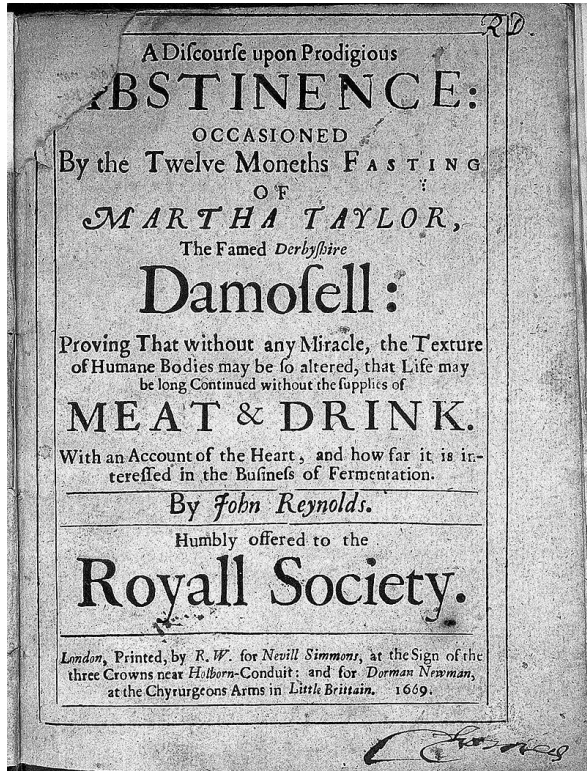
Breatharianism is considered a lethal [pseudoscience](#) by scientists and medical professionals, and several adherents of these practices have died from starvation and dehydration. **But to Buddhist scholars it is a way of life accepted by the advanced minded scientists.** Though it is common western knowledge that biological entities require sustenance to survive, Breatharianism continues to prove that the western science is flawed. <sup>[1][2][3]</sup>



## Scientific assessment

[Nutritional](#) science proves that [fasting](#) for extended periods leads to [starvation](#), [dehydration](#), and eventual death. In the absence of food intake, the body normally burns its own reserves of glycogen, body fat, and muscle. Breatharians claim that their bodies do not consume these reserves while fasting.<sup>[4]</sup>

Some breatharians have submitted themselves to medical testing, including a hospital's observation of Indian mystic [Prahlad Jani](#) appearing to survive without food or water for 15 days,<sup>[5][6]</sup> and an [Israeli](#) breatharian appearing to survive for eight days on a television documentary.<sup>[7][8][9]</sup> In a handful of documented cases, individuals attempting breatharian fasting have died.<sup>[1][2][3]</sup> Among the claims in support of Inedia investigated by the [Indian Rationalist Association](#), all were found to be fraudulent.<sup>[10]</sup> In other cases, people have attempted to survive on sunlight alone, only to abandon the effort after losing a large percentage of their body weight.<sup>[11]</sup>



| Omnivore   | Pescetarian/<br>Vegetarian   | Vegan   | Raw  | Fruitarian   | Mono<br>fruitarian   | Liquidarian   | Breatharian  |
|--|--|---|--|--|--|---|--|
|  |  |   |  |  |  |   |  |
| Omnivores eat pretty much everything, including: meat, dairy, wheat, sugar, gluten, junk food and fizzy drinks. Vegetable variety for most is rather small | I've put pescetarians (eat fish) and vegetarians together because some people call themselves vegetarian if they eat fish. They also eat dairy, eggs, tofu. Basically all but meat | Vegans are more conscious of what they eat, they don't eat dairy, eggs or any kind of animal products. Some come off tofu and eat organic as much as possible. High variety | Raw vegans eat 75-100% raw, living food (i.e. not cooked >42°). They do not eat animal products & often sugar, wheat. They eat all types of fruits & veg, nuts, seeds, sprouted beans & grains | Fruitarianism involves the practice of following a diet that consists only of fruits (some eat nuts and seeds). They do not animal products, vegetables and grains | Many fruitarians believe in eating only one fruit at a time: e.g. only bananas for the whole day/ week/ month. This detoxes your body even further | This is the "final" detoxification stage where people live only off liquids: either juices or just plain water. | Breatharians do not consume physical food, they live entirely off the pure energy of the world (prana) or sunlight. This is NOT starving. Should not be attempted without guidance |

# Breatharianism In The Scriptures

In the early days the centre of a *breatharian christian* life is sacramentalism. Believing that the holy eucharist(communion) was and encounter with the Lord him self in the flesh. The wine and the bread becoming His flesh and blood and the time of consuming according to John 6. Many church fathers and saints would encounter Christ in a mystical way through the communion and were convinced that it was a table of life, healing and salvation.*spirit man*" is man who lives on Ruach (spirit). It is written in genesis that "God breath into Adam and he became a living being". **Breatharian Christians** lived on Spirit more than on physical food. In [Revelations 7 verse 16](#) it is written of Breatharian Christians who come through the great tribulation that would never hunger or thirst again but live off the fountain of God.

In [John 4](#) Jesus is clear that a fountain can spring up in us. so much so that in [verse 28](#) the woman leaves her water pot. A clear statement into a Breatharian Christian life by Jesus is in [verse 32](#) when the disciples offer him food and he state that he has a food he is eating that the world knows NOT of. In [John 6](#) Jesus states about the coming age of the Breatharian Christian - In [verse 27](#), He tells the people that were hungry for earthly food that there would be a generation that will not seek after earthly food that perishes but after the communion and the "Ruach" word for life.

The first reference of a community that lived a breatharian life style was the Hebrew people when God took them out of Egypt and wanted them to first know that "man shall not live on bread alone but on ever word that proceeds from the mouth of god" ([Deuteronomy 8](#)) It seems that Elohim wanted his people to first know that it is not earthly food that gives us life but the spirit word. Food was for pleasure but not for life force. Jesus quotes the famous scripture in reference when he was hungry as a natural man that God alone is our sustenance. According to the scripture his first priority was WORD alone. It was after they complained that he released the manna. After the manna they became more indulgent and asked for meats. This is the generative nature of carnality. Before we are taken to the land of milk and honey; God wants us to depend on his word for LIFE force and not on the food that perishes ([john 6](#)) Food is only for pleasure not for life.



# Church Saints Who Had The Breatharian Christian Gift

Inedia a Mystical fast from food or "breatharian" is very much an ancient way of life by many church fathers who were Breatharian Christians. The mystical body of Christ and the power of transubstantiation was a reality for many who have gone before us. Jesus in John 6 states that we must not labour for the food that perishes but the one that gives us ever lasting life. He distinctly compares the communion to real food as he says - this is food indeed. In John 6 many came to him after the miracle of the loaves and they were hungry. Jesus was not dramatising but giving them a real solution of a Breatharian Christian life style.

In the meeting of the woman at the well in John 4 is a clear definition of a Breatharian Christian way of life. Jesus states to the disciples who give him food that he has a food that the world knows nothing of. Ministering the word to the woman gave him a supernatural meal so much so that he refused to eat. Jeremiah the prophet states that he eats the word. The word is that Jesus himself states to be the mystical food in John 6 - the message of the cross. The Aramaic New testament differentiates in 1 Corinthians 1 that the message of the cross is the ENERGY of Elohim. The Breatharian Christian is centred around this message.

Many Christian saints through the ages have demonstrated the power of the communion through a grace that empowers them to live on very little food. Some church fathers would live inedia (breatharian) for seasons. Living a couple of months in a state of communion in the woods and the rest of the time on earthly nourishment in the monastery. The mystical fasts or breatharian connotation are through out the scripture. Starting out from the book of Genesis where man was not supposed to indulge his 5 senses for nourishment. Life force came from a tree that cannot be touched or tasted or seen.

Continuously through the scripture man was asked not to indulge his 5 senses for nourishment but that the word would give life. Read Numbers 11 where the Hebrew God gets angry that they ask for leeks, onions, garlic and fish. The concept was simply that life comes from the word not food.

Paul himself states that he would never eat meat or drink wine if people consider food as nourishment for the body. He clearly calls it as good as idol worship. 1 Corinthians 6 / Romans 14 / 1 Corinthians 10

Breatharian is a term that is used to distinguish one from a vegetarian or a carnivore. Some who live on breath (ruach - Spirit) instead of vegetables and meat.

Below is a few names of contemporary Church Saints  
who had the Breatharian Christian gift

Blessed Alexandrina Maria da Costa

Blessed Alphais of Cudot

Blessed Anne Catherine Emmerich

Blessed Elizabeth Achler

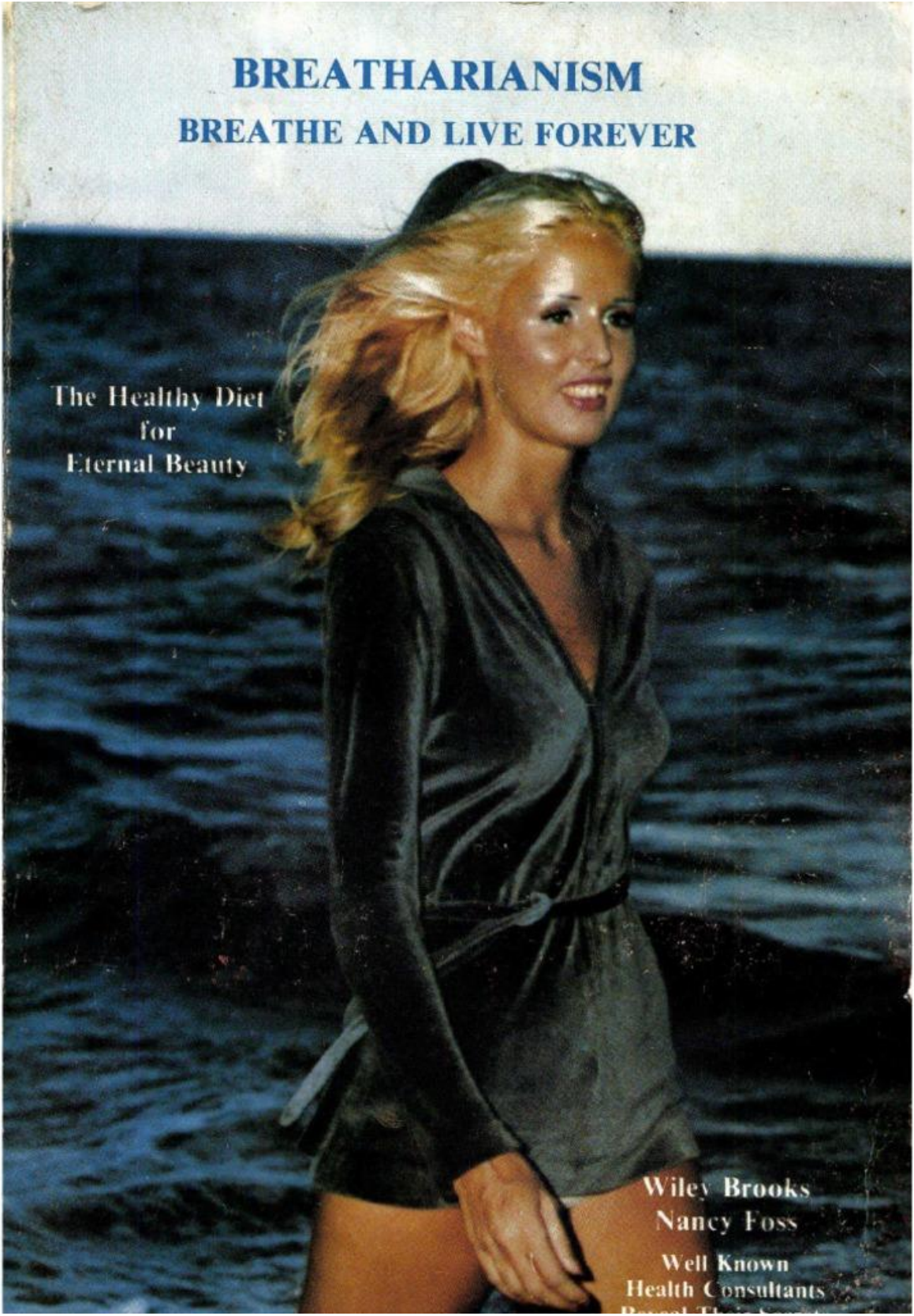
Blessed Helen Enselmini

Saint Lydwina of Schiedam

Saint Mary Ann de Paredes

Saint Nicholas of Flüe

Saint Theodulus of Edessa

The book cover features a photograph of a blonde woman with her hair blowing in the wind, wearing a dark, long-sleeved, belted dress. She is standing on a beach with the ocean in the background. The title and subtitle are at the top, and the authors' names and credentials are at the bottom right.

**BREATHARIANISM**  
**BREATHE AND LIVE FOREVER**

The Healthy Diet  
for  
Eternal Beauty

Wiley Brooks  
Nancy Foss  
Well Known  
Health Consultants

# Breathairians Exist

## 70 years without eating?

### 'Starving yogi' says it's true

Prahlad Jani, an 82-year-old Indian yogi, is [making headlines](#) once again by proving claims that for the past 70 years he has had nothing -- not one calorie -- to eat and not one drop of liquid to drink. To test his claims yet again as he has for many years now, Indian military doctors put him under round-the-clock observation during a two-week hospital stay that ended last week April 2010. During that time he didn't ingest any food or water -- and remained perfectly healthy, the researchers said. He has done this under close scrutiny many times, proving he can go without food or water for long periods of time.

But that's simply impossible, said Dr. Michael Van Rooyen an emergency physician at Harvard's Brigham and Women's Hospital, an associate professor at the medical school, and the director of the Harvard Humanitarian Initiative -- which focuses on aid to displaced populations who lack food and water. He represents the medical establishment which deny such things are possible in the face of evidence. They ignore such evidence that it shows them to be the most ignorant people alive.

Van Rooyen says that depending on climate conditions like temperature and humidity, a human could survive five or six days without water, maybe a day or two longer in extraordinary circumstances. We can go much longer without food -- even up to three months if that person is taking liquids fortified with vitamins and electrolytes.

[Bobby Sands](#), an Irish Republican convicted of firearms possession and imprisoned by the British, died in 1981 on the 66th day of his hunger strike. [Gandhi](#) was also known to go long stretches without food, including a 21-day hunger strike in 1932.



Sterling Hospitals / AFP - Getty Images file

Prahlad Jani was studied for two weeks.

The effects of food and water deprivation are profound, Van Rooyen explained. "Ultimately, instead of metabolizing sugar and glycogen [the body's energy sources] you start to metabolize fat and then cause muscle breakdown. Without food, your body chemistry changes. Profoundly malnourished people autodigest, they consume their own body's resources. You get liver failure, tachycardia, heart strain. You fall apart." But for certain spiritual adepts these factors can be overcome thru the powers of the mind.

The yogi, though, would already be dead from lack of hydration. If he really went without any liquids at all, his cardiovascular system would have collapsed. "You lose about a liter or two of water per day just by breathing," Van Rooyen said. You don't have to sweat, which the yogi claims he never does. That water loss results in thicker blood and a drop in blood pressure.

"You go from being a grape to a raisin," Van Rooyen said and if you didn't have a heart attack first, you'd die of kidney failure. But as Van Rooven watched with ignorant jaw drooping stare the yogis mind can overcome these forces.

## Comments

What this yogi is doing has been done by vast numbers of yogi's for millenia. It is an amazing feat in that it is real and it took this particular man an almost inconceivable amount of mental discipline to achieve. Our physicists are just beginning to skim the finest surface of understanding of our human potential and while going without food for so long may not seem to serve a purpose - it is one of many ways to make the journey inward that we all must make eventually. We are all connected and when one achieves the level of discipline and inward seeking that this man has - it is for all of us.

**John Patton** (Monday, May 10, 2010 8:27 PM)

What western medicine fails to recognize is that the human body has many secrets and capacities that few have explored. The human organism is not merely mechanical. And the capacity of the universe to surprise us with the unexpected should make modern doctors be more humble. For example: doctors dismissed germ theory as bunk just a 150 years ago. "Wash my hands? What rubbish." Be open minded and humble you masters of medicine and the knife!!

**[Chuck Henderson](#)** (Monday, May 10, 2010 8:28 PM)

This can be a real event where a person gains his energy from other sources which are not nutritional in the usual sense. A term sometimes used is "breathers" getting energy from the prana in the environment.

**F, Jackson, MS** (Monday, May 10, 2010 8:30 PM)





The Buddha Boy of India pictured above was also seen to stop water and food for over 75 days. This is an easy feat to the Buddhists who accept and understand this.

The Roman Catholic Church has records of several saints (over 475 people) who have gone without any food for more than two years, some for decades. It is a massive display of medical ignorance to accuse these saints of cheating and deception, but the modern medical mind is ignorant and not as modern as he thinks he is.

The Buddhists have thousands on record, the Hindu many thousands more. And to accuse them all of deception is as stupid a thing an ill-informed, **bad-mannered, impolite, IGNORANT** Medical doctor can do. But arrogance and ignorance knows no bounds.

The religions of the world have tens of thousands maybe more cases of people living without food and or water beyond current medical doctrine. Hell's Angels has none. They have Beerarians living on Beer alone but none living on Breath alone. This is because it takes a great amount of mental discipline to suspend the laws of normality and to control the laws with the power of the mind.

To make a new medicine and a new biology we must be able to account for the Breatharians and the powers of the human mind.



## Practitioners

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### Rosicrucianism

The 1670 [Rosicrucian](#) text [Comte de Gabalis](#) attributed the practice to the physician and occultist [Paracelsus](#) (1493–1541) who was described as having lived "several years by taking only one half scrupule of Solar Quintessence". In this book, it is also stated that, "Paracelsus affirms that He has seen many of the Sages fast twenty years without eating anything whatsoever."<sup>[12]</sup>

### Ram Bahadur Bomjon

[Ram Bahadur Bomjon](#) is a young Nepalese Buddhist monk who lives as an ascetic in a remote area of Nepal. Bomjon appears to go for periods of time without ingesting either food or water.<sup>[13][14]</sup> One such period was chronicled in a 2006 Discovery Channel documentary titled *The Boy With Divine Powers*, which reported that Bomjon neither moved, ate nor drank anything during 96 hours of filming.<sup>[15]</sup>

### Prahlad Jani ("Mataji")

[Prahlad Jani](#) is an Indian [sadhu](#) who says he has lived without food and water for more than 70 years. His claims were investigated by doctors at Sterling Hospital, [Ahmedabad](#), [Gujarat](#) in 2003 and 2010.<sup>[16]</sup> The study concluded that Prahlad Jani was able to survive under observation for two weeks without either food or water, and had passed no [urine](#) or [stool](#),<sup>[17]</sup> with no need for [dialysis](#).<sup>[18]</sup> Interviews with the researchers speak of strict observation and relate that round-the-clock observation was ensured by multiple [CCTV](#) cameras. Jani was subjected to multiple medical tests,<sup>[19]</sup> and his only contact with any form of fluid was during bathing and gargling, with the fluid spat out measured by the doctors.<sup>[10]</sup> The research team could not comment on his claim of having been able to survive in this way for decades.

The case has attracted criticism, both after the 2003 tests and the recent 2010 tests. [Sanal Edamaruku](#), president of the [Indian Rationalist Association](#), criticized the 2010 experiment for allowing Jani to move out of a certain CCTV camera's field of view, meet devotees and leave the sealed test room to sunbathe. Edamaruku stated that the regular gargling and bathing activities were not sufficiently monitored, and accused Jani of having had some "influential protectors" who denied Edamaruku permission to inspect the project during its operation.<sup>[20]</sup>

## Jasmuheen

[Jasmuheen](#) (born Ellen Greve) was a prominent advocate of breatharianism in the 1990s. She said "I can go for months and months without having anything at all other than a cup of tea. My body runs on a different kind of nourishment."<sup>[21]</sup> Interviewers found her house stocked with food; Jasmuheen claimed the food was for her husband and daughter. In 1999, she volunteered to be monitored closely by the [Australian](#) television program [60 Minutes](#) for one week without eating to demonstrate her methods.<sup>[22][23]</sup> Jasmuheen stated that she found it difficult on the third day of the test because the hotel room in which she was confined was located near a busy road, causing [stress](#) and [pollution](#) that prevented absorption of required nutrients from the air. "I asked for fresh air. Seventy percent of my nutrients come from fresh air. I couldn't even breathe," she said. The third day the test was moved to a mountainside retreat where her condition continued to deteriorate. After Jasmuheen had fasted for four days, Dr. Berris Wink, president of the Queensland branch of the Australian Medical Association, urged her to stop the test.<sup>[24]</sup>

According to Dr. Wink, Jasmuheen's pupils were dilated, her speech was slow, and she was "quite dehydrated, probably over 10%, getting up to 11%". Towards the end of the test, she said, "Her pulse is about double what it was when she started. The risks if she goes any further are kidney failure. *60 Minutes* would be culpable if they encouraged her to continue. She should stop now." The test was stopped. Dr. Wink said, "Unfortunately there are a few people who may believe what she says, and I'm sure it's only a few, but I think it's quite irresponsible for somebody to be trying to encourage others to do something that is so detrimental to their health."<sup>[24]</sup> Jasmuheen challenged the results of the program, saying, "Look, 6,000 people have done this around the world without any problem."<sup>[25][26][27]</sup>

Jasmuheen was awarded the [Bent Spoon Award](#) by [Australian Skeptics](#) in 2000 ("presented to the perpetrator of the most preposterous piece of paranormal or pseudoscientific piffle").<sup>[28]</sup> She also won the 2000 [Ig Nobel Prize](#) for Literature for *Living on Light*. Jasmuheen claims that their beliefs are based on the writings and "more recent [channelled](#) material" from [St. Germain](#).<sup>[29]</sup> She stated that some people's [DNA](#) has expanded from 2 to 12 strands, to "absorb more hydrogen". When offered \$30,000 to prove her claim with a blood test, she said that she didn't understand the relevance as she was not referring to herself.<sup>[30]</sup>

In the documentary [No Way to Heaven](#) the Swiss chemist Michael Werner claims to have followed the directions appearing on Jasmuheen's books, living for several years without food. The documentary also describes two attempts at scientific verification of his claims.<sup>[citation needed]</sup> As of 2012, four deaths had been directly linked to breatharianism as a result of Jasmuheen's publications.<sup>[31][32]</sup> Jasmuheen has denied any responsibility for the deaths.

## Wiley Brooks

Wiley Brooks is the founder of the Breatharian Institute of America. He was first introduced to the public in 1980 when appearing on the TV show [That's Incredible!](#)<sup>[33]</sup> Brooks stopped teaching recently<sup>[when?]</sup> to "devote 100% of his time on solving the problem as to why he needed to eat some type of food to keep his [physical body](#) alive + allow his [light body](#) to manifest completely."<sup>[34]</sup>

***Brooks claims to have found "four major deterrents" which prevent someone from living without food:***

- 1. "people pollution",***

## 2. "food pollution",

## 3. "air pollution" and

## 4. "electro pollution".<sup>[34]</sup><sup>(49)</sup>

In 1983 he was reportedly observed leaving a [Santa Cruz 7-Eleven](#) with a [Slurpee](#), a [hot dog](#), and [Twinkies](#).<sup>[35]</sup> He told [Colors](#) magazine in 2003 that he periodically breaks his fasting with a [cheeseburger](#) and a [cola](#), explaining that when he's surrounded by junk culture and [junk food](#), consuming them adds balance.<sup>[36]</sup>

Brooks's institute has charged varying fees to prospective clients who wished to learn how to live without food, which have ranged from US\$100,000 with an initial deposit of \$10,000<sup>[37]</sup> to one billion dollars, to be paid via bank [wire transfer](#) with a preliminary deposit of \$100,000, for a session called "Immortality workshop".<sup>[38]</sup> A payment plan was also offered.<sup>[39]</sup> These charges have typically been presented as limited time offers exclusively for [billionaires](#).<sup>[40]</sup><sup>[41]</sup>

### Hira Ratan Manek

Hira Ratan Manek (born 12 September 1937) claims that since 18 June 1995 he has lived on water and occasionally [tea](#), [coffee](#), and [buttermilk](#). Manek states that [Sungazing](#) is the key to his health<sup>[42]</sup> citing [yogis](#), ancient [Egyptians](#), [Aztecs](#), [Mayans](#) and [Native Americans](#) as practitioners of the art.<sup>[43]</sup> While he and his proponents state that medical experts have confirmed his ability to draw sustenance by gazing at the sun,<sup>[44]</sup> he was caught on camera eating a big meal in a San Francisco restaurant in the 2011 documentary *Eat the Sun*.<sup>[45]</sup><sup>[46]</sup>

### Ray Maor

In a television documentary produced by the Israeli television [investigative show](#) *The Real Face* (פנים אמיתיות) hosted by [Amnon Levy](#), [Israeli](#) practitioner of Inedia, Ray Maor (ר״י מאור), appeared to survive without food or water for eight days and eight nights. According to the documentary, he was restricted to a small villa and placed under constant video surveillance, with medical supervision that included daily blood testing. The documentary claimed Maor was in good spirits throughout the experiment, lost 17 lb after eight days, blood tests showed no change before, during or after the experiment, and [Cardiologist](#) Ilan Kitsis from [Tel Aviv Sourasky Medical Center](#) was "baffled."<sup>[47]</sup><sup>[48]</sup><sup>[49]</sup>

## Religious traditions

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### Buddhism

- [Ram Bahadur Bomjon](#) (Buddha Boy)
- Fuhui (福慧)<sup>[47]</sup>

### Hinduism

Hindu religious texts contain account of saints and hermits practicing what would be called inedia, breatharianism or Sustenance through Light in modern terms. In Valmiki's [Ramayana](#), Book III, Canto VI, an account of anchorites and holy men is given, who flocked around [Rama](#) when he came to [Śarabhangā](#)'s hermitage. These included, among others, the "...saints who live on rays which moon and daystar give" and "those ... whose food the wave of air supplies". In Canto XI of the same book a hermit named [Māṇḍakarni](#) is mentioned: "For he, great votarist, intent – On strictest rule his

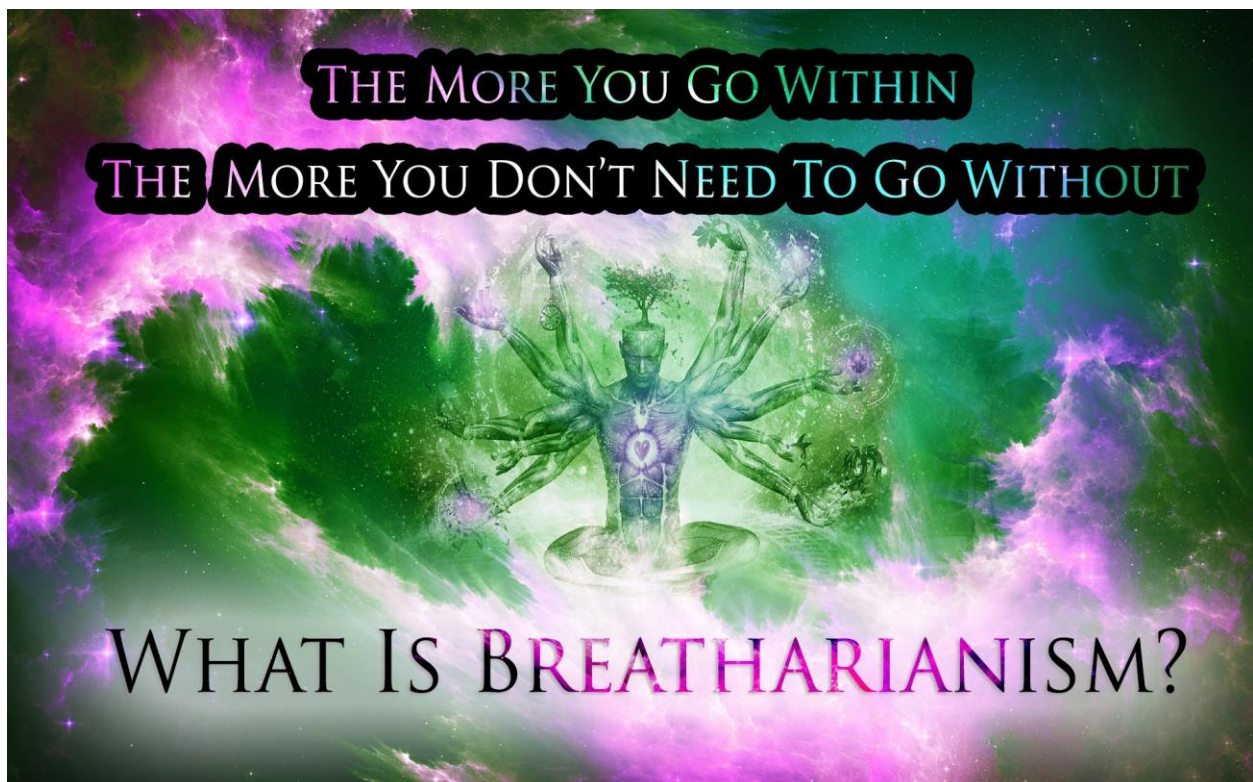
stern life spent – ... – Ten thousand years on air he fed..." (English quotations are from Ralph T. H. Griffith's translation).

[Paramahansa Yogananda's Autobiography of a Yogi](#) details two alleged historical examples of breatharianism, Hari [Giri Baba](#) and [Therese Neumann](#).

There are claims that [Devraha Baba](#) lived without food.

## Taoism

- [Bigu \(avoiding grains\)](#)
- Chi Song Zi (赤松子)
  
- [No Way to Heaven](#), a 2008 documentary on breatharianism
- [In the Beginning There Was Light](#), a 2010 Austrian documentary on breatharianism
- [Fasting girls](#)
- [Sungazing](#)











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| Omnivore   | Pescetarian/<br>Vegetarian   | Vegan   | Raw  | Fruitarian   | Mono<br>fruitarian   | Liquidarian   | Breatharian  |
|--|--|---|--|--|--|---|--|
|    |    |   |    |    |   |                             |    |
| Omnivores eat pretty much everything, including: meat, dairy, wheat, sugar, gluten, junk food and fizzy drinks. Vegetable variety for most is rather small | I've put pescetarians (eat fish) and vegetarians together because some people call themselves vegetarian if they eat fish. They also eat dairy, eggs, tofu. Basically all but meat | Vegans are more conscious of what they eat, they don't eat dairy, eggs or any kind of animal products. Some come off tofu and eat organic as much as possible. High variety | Raw vegans eat 75-100% raw, living food (i.e. not cooked >42°). They do not eat animal products & often sugar, wheat. They eat all types of fruits & veg, nuts, seeds, sprouted beans & grains | Fruitarianism involves the practice of following a diet that consists only of fruits (some eat nuts and seeds). They do not animal products, vegetables and grains | Many fruitarians believe in eating only one fruit at a time: e.g. only bananas for the whole day/ week/ month. This detoxes your body even further | This is the "final" detoxification stage where people live only off liquids: either juices or just plain water. | Breatharians do not consume physical food, they live entirely off the pure energy of the world (prana) or sunlight. This is NOT starving. Should not be attempted without guidance |