

A YEAR WITHOUT FOOD



Proven Energetic Nourishment

RAY MAOR

About the Author

After years of spiritual development and in search for a higher understanding of our path, Ray Maor decided to take the ultimate consciousness leap and pass through a Breatharian initiation process that has completely transformed his life.

As a Breatharian he sought to share his deep experience in order to promote the human understanding about the spiritual mental connection to our physical body and our ability to transcend above our standard abilities. Therefor Ray volunteered to be tested in a television medical experiment done on an investigative reporting show. In the show he went eight days without food or water and was blood & medically tested daily to prove that as a Breatharian, his blood work will not change and his physical state will not be altered.

In the book Ray Maor gives us his personal exposure story and shares information that he has investigated and collected about the energy of Prana and the multiple benefits of the Breatharian lifestyle along with some life changing tips.

Introduction

It is both an honor and privilege to bring out this book full of information about the Breatharian journey - a journey that more and more people are choosing to undertake every day. Since the beginning of my own Breatharian initiation, I had an inkling that my journey would bring me to shed light on subjects that are rarely conversed about over the Saturday dinner table.

To date, there are only two other books known to me that are serious in discussing the Breatharian lifestyle and initiation process. Even so, I have been disappointed to find a lack of discussion that satiates the more scientific and logical thinkers among us.

In order to open the conversation with these initial skeptics, I set out to prove what is possible. On September 2013 I volunteered myself for a television experiment that put me in lockdown for eight days under constant video surveillance. During this time I ate no food and drank no water. Each day I was visited by a doctor who took samples of my blood and tested them. The results were very confronting to many. Not only did I not die from this experiment, but my bloodwork stayed within the normal range throughout the experiment.

Following this experience, it has been my goal in writing this book to share my knowledge as a Breatharian and offer some answers to the many questions invoked by this experiment.

A little about me...

Ever since I can remember, I was a thrill seeker. As a child living in the desert of South Israel, I had a lot of time to ponder the meaning of life, who we are, what we are, and what our purpose is. Throughout my adolescence I achieved high scores in mathematics, physics and other sciences. Then, at the age of eighteen I was mandatorily drafted into a special IT unit in the IDF (Israel Defense Forces) and signed a contract to remain in the IDF for a period of five full years (two additional years beyond the mandatory service). During this time, I became an officer in my unit and graduated in the rank of a lieutenant.

Coming to the end of the term of my service, I suddenly started to realize that I am a pacifist and a great call for self-fulfillment arose in my heart as I began a quest to understand all that is. At the age of twenty four I travelled for nine months in South America before returning to Israel to work as a consultant in the IT world. At twenty nine I decided to go travelling for another year - this time it was a trip around the world and it well and truly changed me, opening my mind and inspiring me to go in a completely new life direction.



A picture of me taken in late 2014 next to one of the natural locations we use to guide the 10 day process.



The first group of amazing people to pass the 10 day process initiation

How this book came to be...

Many years ago I heard of people who gaze at the sun (known as “Sun Gazers”) in order to relieve themselves of the dependency on food. In those days however, I was skeptical, leaning on a very left-brain perspective. I knew that the sun to be great source of energy, but did not believe human beings have the right “equipment” to be nourished by it, like plants and trees through photosynthesis. It just was not logical or even imaginable to me. I had to see things in order to believe them. Evidence lacking, I regarded Sun Gazing and other superhuman phenomenon to be misguided internet rumors, and quickly gave up my investigation.

Everything changed when I came back to Israel after my year-long trip around the world. I quickly got involved with a community of spiritual activists formally known as “The Love Revolution”. The Love Revolution really opened my mind and heart as it introduced me to many interesting spiritual people, new concepts and belief systems. Among them was a special man named Tal and since then he has become my dear friend and brother. As our friendship developed, Tal began to share with me the truths of his Pranic lifestyle. Needless to say it blew my mind. Here was living, breathing proof of the Pranic lifestyle in action that I could not ignore. My curiosity peaked. I wanted to know more, and so began my quest to more fully understand this rare human ability.

Of course, I could not completely understand what it really meant to be a Breatharian at the time. I still had a lot of questions that needed to be answered. However, the seed had been planted in my mind and I knew right there and then that I would become a test subject and pioneer for this alternative new way of being. It was as if my future self was calling me and saying “Ray, you have already completed this process with success. This is your path and it will bring you great understanding”.

Having Tal as a friend gave me an insider’s perspective into the Breatharian lifestyle. We spent a lot of time together at parties and festivals, and I soon had to accept the truth: Breatharian life is possible! It was especially important for me to see that this can be a functional lifestyle within the Western world, and that to be a Breatharian, one does not have to be a recluse, live like a hermit or be as holy as an Indian yogi. Today our little Breatharian circle of friends has much expanded. My closest Breatharian friends live in Tel-Aviv.

My point in presenting our “normality” is for you to understand that this is not something miraculous and exclusive. Anyone can do anything if they focus and put their mind to it. One thing you, me and Tal have in common is that we each have a burning desire to maximize our potential in life. This is what drives us to read books on self-realization and practice meditation. Outside of that, we work, travel, have relationships and enjoy the pleasures of life. We are not monks that renounce all earthly possessions or a reclusive Indian yogi who meditates 24/7 on a Himalayan peak.

Throughout this book I will elaborate on my personal story, the preparations for the process and my after life as a guide and real-life example of this lifestyle.

I know that you seekers will enjoy the book, otherwise it would not have had found its way to your hands. Just remember one thing – this is a story. Each story has many variables and requires a higher hierarchy of conscious understandings. What I mean by this is that not everything will make sense right away, in fact some things might seem quite illogical at first as they will likely conflict with your current set of belief systems. That is completely all right and I leave it up to you to decide which parts of the story “feel” right to you. All the answers you seek are already inside of you and the only two words that you should practice to completely integrate this information with your higher mind are surrender and allowing. Surrender control to your higher, smarter self that knows who you are better than you know yourself, and allow that part of yourself to lead you as it has done so many times without the resistance of our egoic fears.

Short summary

In **chapters one two and three** I discuss the life force of Prana (also known as Chi), our ability to use it and raise it in our body via conscious belief systems. I also explain about the people who chose a Breatharian lifestyle, what defines them and why this knowledge is not known to all.

In **chapter four** I go on to explain why Breatharians chose this lifestyle and concentrate on their health and spiritual benefits. I discuss the different aspects of being a Breatharian and the variant advantages I have seen in my friends over the years.

In **chapter five** I discuss my personal story and initiation. My challenges and my inner call to make this public knowledge.

In **chapter six** I go into the television exposure where I volunteered to be eight days without food or water, under video surveillance and medically monitored each day. It is this exposure that has made me well known and allowed me to be exposed to many curious souls that seek knowledge in the spiritual realms. (The show can be viewed online at my website)

In **chapter seven** I explain the most commonly known methods of becoming a Breatharian, including the method that I developed (you can read more about it in www.10dayprocess.com).

In **chapter eight** I discuss mind-mastery which can be used to actively further one's personal development. Here I share a collection of tips and tricks that assist in understanding the way our mind works, how to control and manipulate it, how to reprogram it and how to become more consciously aware of oneself.

In **chapters nine through twelve** I discuss the different challenges of being a Breatharian from my own point of view and collective information from Breatharians that I have initiated. I also give theories, scientific facts and some additional thoughts about the different subjects discussed throughout the book.

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A message for those who want to leap forward and go through the 10 day process initiation in your country:

I am looking for partners who can assist in the logistics of the 10 day process by building a group of seekers and finding a suitable location in their area. If you feel that you are such a person, are involved with a new age center \ yoga center or have the social capabilities to arrange evening skype sessions with me so others will be able to understand, ask questions etc', please contact me for additional details.

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Chapter 1 - What Is Prana?

Prana is the energy that animates and connects all living beings. You may be familiar with this energy by another name, such as Life Force, Liquid Light, Chi, The Force, Oregon, Cosmic Particles, etc. The essence we try to convey with all of these names is “Universal Life Energy”. It is important to understand that with each inhale, we are taking two things into our body: air and Prana. Prana is the energy that drives all life and is essential to our existence, even more so than air.

Prana is the Sanskrit word for "life force"; in yoga, Oriental medicine, and martial arts, the term refers to a cosmic energy believed to also come from the sun and connects the elements of the universe. The universal principle of energy or force, responsible for the body's life, heat and maintenance, Prana is the sum total of all energy that is manifest in the universe. This life energy has been vividly invoked and described in Vedas, And in Ayurveda, Tantra and Tibetan medicine.

For the record, Prana is not only found in the air; it exists everywhere. It is within me, inside of you, in plants and animals, in the earth and all the elements that create our planet. In fact, there is no place where Prana does not exist. It exists even in the spaces we perceive to be empty void.

Pranic energy is closely connected to the energy one might describe as “the soul”, and life cannot exist without it. There is an old saying that a man can live forty days without food, three days without water, five minutes without oxygen, but without Prana, not even one second! Prana is invisible to the human eye and is not measurable by our current scientific instruments. Despite this, as spiritual individuals, we can feel the truth of its existence all around us.

Prana moves throughout the body via an energy tube that is about the size of the circle between your index finger and thumb. This tube begins about ten centimeters above the head (or above the crown chakra) and continues down through the seven chakras finishing under the perineum (between the anus and genitals). Prana is a subtle element which pervades each cell of every living tissue and fluid in an organism like electricity through atoms in a battery.

Every person naturally maintains a different level of Prana, which also varies from day to day. Generally, when we are in a place where we feel comfortable and “in the present moment” we do not eat out of emotion or habit. For example, when you are happy, content or in love, you may notice your appetite tends to decrease. This is because with these higher vibrational states of being, the percentage of Prana in our body rises. In contrast, lower vibrational states of being, such as melancholy, frustration, fear and dissatisfaction in life, can cause a person to eat much more than necessary. As their percentage of Prana decreases, they seek comfort in the pleasures of taste and texture.

Our Prana percentage also depends on our environment. With the increase of air pollution, as found in many big cities, the percentage of Prana in the air decreases. Nature, on the other hand, provides an abundant resource of Prana, which is why you may also find yourself naturally eating less in natural settings.

Prana (also known as Chi) is often discussed within martial arts philosophy and many claim it provides conscious individuals with “superhuman” abilities. In India, the yogis are also known to practice Pranayama – specific sets of breathing exercises designed to draw more Prana into the body with the breath. Raising your own level of Prana is not so difficult and can be achieved through a regular practice of meditation, deep breathing exercises, and conscious intention.

Prana is an important discovery as we try to piece together the missing links in our human evolution. Because our current scientific instruments cannot measure Prana, its existence is largely either ignored or

misunderstood. This is one of the reasons I have decided to write this book after years of personal research on the subject.

For more information on Prana and the Breatharian way of life, I have included a list of external resources in the end of the book.

Chapter 2 - The Scale of Human Nutrition

As you will find in life, there are many different groups of people who distinguish themselves from others according to their diet. Some choose their diet consciously, others not so much! Some diets are based on philosophy and religion while others are maintained purely for health and other physical reasons. To help put things into perspective, I have put together a scale of human nutrition

Let's start with the **Omnivore** – what today's society has deemed “normal” for the human diet. The Omnivore will consume both plant and animal materials, **often without** a specific eating philosophy. Sometimes the Omnivore will refine their diet in an effort to control their physical appearance or health, e.g. to build muscle, lose weight or lower cholesterol.

Next comes the well-known **Vegetarian** who chooses not to eat any animals. Often this is a religious or philosophical choice, demonstrating compassion for animals subjected to the industrialized meat industry. However, over recent years, studies such as *The China Study* (reference) have proved that the excessive consumption of meat (more than three meals a week) is not as healthy for the human body as once was thought. This has provided new motivation for people to go vegetarian. Taking this a step further is the **Vegan** who chooses to consume neither animals nor their products (including honey, dairy, eggs, etc.).

Then there is the **Raw Foodist** who eats mostly fruits, nuts and vegetables in their natural, raw form. This food philosophy encourages that food not be heated above 40°C. This is because the heat of cooking damages the delicate nutrients and enzymes that nourish the body and aid indigestion. Some Raw Foodists choose to go even deeper into the mechanics of the digestion process by following the rules of proper food combining.

Following the raw food movement are the lesser-known diets such as the **Fruitarian**, who chooses to get nourished solely from unprocessed fruits, and the **Liquidarian**, who completely blends their raw food into soups and smoothies. Of course individuals will follow each diet to varying degrees. Some Vegetarians eat fish and some Vegans will consume honey, just like some Raw Foodists will enjoy a cooked meal from time to time. The level of commitment is entirely up to the individual.

In general, the further along a person is on this scale, the easier their digestive system works and the cleaner and healthier their body becomes. This frees their energy up to perform other activities. In truth, most diseases are caused by bad nutrition and body toxicity. Until about 150 years ago, the human race was into quality, fresh food. It is our more recent inventions like pesticides, chemical preservatives, high sugar concentrates and chemical sugar replacements, fast food and the increase of food processing that has thrown the alkaline/acid dietary balance way out of proportion. In a nutshell, our body needs an 80:20 (or at least 60:40) balance of alkaline to acid compounds in order to thrive. For the most part, fruits and vegetable are alkaline while meat, bread and other wheat/grain products, dairy and sugary foods contribute to the acidity and toxicity of your body.

Interestingly many spiritual seekers naturally feel called to climb higher along this scale of nutrition towards the Vegetarian/Vegan/Raw Food/Fruitarian/Liquidarian way of life. While the initial motivation may be to accept responsibility for the mistreatment of animals, it soon becomes a deeper understanding. Our body is our temple, and what we allow into the body has a certain impact on the mind-body-spirit connection. In other words, the more you take care of your body, the easier it is to progress along your spiritual path.

The above scale describes most of the human race; people who consume food to satisfy both hunger and nutritional need. There is no judgment here, just a declaration of the facts which most people tend to take for granted. For most people “food equals survival”; there is no choice. The daily intake of vitamins, minerals,

proteins, carbohydrates, and many other nutrients must be in balance to provide a sustainable energy source for the body. This makes sense, though, the consciousness is pushing more and more towards greater health. Over recent years, more people are choosing to become Vegetarian and Vegan, and it is important to recognize how this goes hand in hand with the growth of our collective consciousness.

Perhaps the two most common types of “light eaters” are the **Breatharians** and the **Sun Gazers** (who focus on the rising and setting sun to collect their Pranic nourishment). In contrast to the aforementioned diets, **Breatharians** get their nutrition from a source other than food, and therefore exist on a completely different scale where they do not need to take in physical food for nourishment. Instead they directly live off the life force of Prana. Some Breatharians even reach a state where they live 100% off Prana, thus they do not even need to drink water! Currently I am aware of two people who live this way.

Perhaps you have heard of other Breatharians that live in India or Brazil, following a much disciplined spiritual path. Let it be known that there are also Breatharians, such as myself, who live in urban cities and maintain a regular, modern, day-to-day lifestyle.

In order to further understand the differences, I have created a small table that describes the main differences between the two scales.

Nourishment from Food	Nourishment from Prana
Feels the sensations of <i>hunger</i> and <i>thirst</i> which arise when the body requires energy.	Does not feel hunger or thirst out of nutritional need, though one might feel such sensations arise if they are bothered by a negative emotion.
Requires a nutritious diet of balanced vitamins and minerals.	Does not require any balance. The Prana automatically provides the body with the nutrients needed for optimum functioning. As long as one is nourished by Prana, they do not require anything external to balance the body and will mostly drink \ eat according to his/her taste in flavor or social requirements.
Has a very large variety of food and tastes to choose from and consumes an average of three meals a day.	Will usually limit themselves drastically according to the <u>personal rules of their game</u> .
<p>Weight changes according to their diet and health habits. Most people have excessive fat in their body.</p> <p>Consider the body to be like a convenience store. A regular store will have a supply room in the back. A supply room should be just the right size and hold just the right amount of supplies. Having too many supplies or having too big of a supply room will make finding individual items harder, will require more hands to do the work of finding, getting, storing etc., and will generally require more people to work there. The body does not require the supply room to be too big or too small; it just needs to be perfect. If your supply room is too big you will need extra work to maintain it; if it is too small you may run out of stock prematurely.</p> <p>In comparison to the human body, this means keeping just the right amount of additional supplies (fat), and nothing more.</p>	<p>Weight is ideal according to what is best for the body. The Pranic energy will “fill” whatever is missing.</p> <p>This is considering he\she do not start eating a lot, in such a scenario the body will get accustomed to receiving its nutrients via food and will stop the pranic intake (at different levels).</p>

*There are many additional differences that will be discussed throughout the book.

Chapter 3 - Who or What Is A Breatharian?

A Breatharian is a person who chooses to live mostly or completely from **Pranic nourishment**. A Breatharian **does not need food** to survive, however they will probably choose to continue playing the tasting game for pleasure, but no longer for reasons of survival.

There are two types of processes currently known to me that allow one to become a Breatharian. One is called Sun Gazing (or solar watching) and the other is known as Pranic Nourishment via the 10\21 day processes. These processes of transformation will be discussed more thoroughly in the oncoming chapters. Each of these processes naturally increases the percentage of Prana in one's body to a higher degree and if the individual persists, will continue all the way to 100%. In contrast, a regular person tends to have a percentage of Prana below 10%. Metaphorically, the regular person runs on electricity, needing to be plugged into food for energy. A Breatharian, on the other hand, runs on wireless solar power.

Currently, there are about 50,000 (estimated) people who have undergone the 21 day process. Unfortunately, due to the associated challenges this lifestyle often entails (See chapter: The Challenges of Being a Breatharian), many people do not persist in the Breatharian way of life. There are currently just a few thousand Breatharians in the world. Despite this, the 21 day process itself can be a very positive, life-changing event whether you continue with the Breatharian lifestyle or not. However, the subject has an increased attention as more and more people are becoming seekers of knowledge and are looking for ways to be healthier and experience life to its fullest.

To be clear, a Breatharian has escaped the hunger-compensation cycle completely and is **free from food dependency**. Most do choose to eat or drink in smaller quantities and not regularly. This is not based on a *need* to eat, but the desire for taste, texture or social needs. In addition, I calculate that a Breatharian will consume between zero and one-third of their originally recommended calorie intake. Remember, they do not need to balance the body with nutrients as before. The process they went through has changed and balanced their four bodies: the physical, mental, emotional and spiritual. For them it is mostly a game of taste rather than a dependency on food for survival.

Contrary to what might seem logical, a Breatharian does not feel the normal sensations of hunger or thirst. Now take a few seconds to imagine how living like that must feel. A Breatharian is free from a dependence on food as a means for survival. With conscious transformation, one is able to change the source of their energy from physical food into Prana. That being said, the sensation of hunger can arise occasionally, and is usually triggered by a negative emotional state. While the Breatharian way of life is an option that is open for whoever is willing to take on the challenge and receive the many advantages that come with it, it is generally not suitable (or appetizing) for the vast majority of people alive today.

On my television exposure, I have proven to the surprised doctors, that contrary to current scientific belief, my blood tests will not change if I stop eating or drinking. I will not feel weak nor will I be grounded to bed. More about this in the chapter 6.

Why is it not Common Knowledge?

An Uncommon Lifestyle

Because the Breatharian population is made up of only a few thousand people scattered across the globe, the social proof of its existence remains mythological. Many of those who do not know a Breatharian personally have a much closed mindset to the possibility of their existence. In other words, they refuse to believe anything they cannot see with their own two eyes. In my own personal experience, when I tell someone new that I do not eat, we initially both laugh, because that does not make much sense. Only after a few minutes when he

can see that I am still sane, can I actually let him know that I was not joking. It is always interesting to see how the conversation continues.

After the television exposure it became much easier for me to explain to people about this lifestyle. I also started eating two or three meals a day – which made the subject much easier to explain. To most people I just say that the body can learn how to live on very little. To those that seek a higher and more complete understanding, I explain more thoroughly just like I do in this book. The television exposure turned the "Is it possible" questions into "how it is possible" questions.

Not Enough Scientific Research

Let's face it; science does not like to address things it cannot explain. Even when concrete scientific data on the Breatharian way of life is produced, it is unlikely that it will make headlines. Why not? Because proof of the existence of Breatharians would call for a complete overhaul of the way that science perceives and explains the functions of the human body. Thousands of books would have to be re-written to acknowledge the amazing abilities of human consciousness. For this reason alone, scientists and doctors generally prefer to put the subject aside as if it was a joke.

Science, let's not forget, is missing a lot of information. It is hard to ignore that there is a big missing link in our ⁱ*theory* of evolution, or the fact that we have not yet discovered the origin of the first self-cloning biological cell. In actuality, we have no idea how it all began. Science cannot even tell us if our thoughts are created in our brain.

That being said, there have been some studies conducted on the Breatharian way of life. The most famous one is on an elder Indian man called Prahad Jani. Another scientific study was conducted on me and is described in chapter 6. You can also see it online at www.10dayprocess.com.

The Breatharian Character

Most Breatharians will not seek an audience; they just want to be left alone and enjoy life. This is a key reason as to why the Breatharian lifestyle is not better known. Furthermore, most Breatharian personalities are introverted, seeking comfort in nature and distance from society. When one knows themselves as intimately as the process encourages, one becomes humble and there is no egoistic need to prove themselves to others.

In addition, most people do not understand (and sometimes do not *want* to understand, for they find it too confronting) the truth – even when faced with a living, breathing example! Perhaps they will accept it if they spend several consecutive days with a Breatharian, watching them live and breathe (or more accurately, not eat) with their own eyes. However, even then, their logic may still refuse to accept Breatharianism as a real possibility. In this case, their mind will work hard to build alternative excuses or reasoning as to why it is impossible. As a Breatharian, you will come to understand that there are many different levels of acceptance and understanding for each individual.

For precisely these reasons, I have decided to share my experiences and make this subject more public. I realize that I may be called a heretic or a liar, but I also know that I am strong enough to deal with initial ridicule that this subject will bring to Western society.

As a Breatharian, it is my intention to demonstrate to others the fullness of our human potential and what is possible. Unfortunately we live in a society that highly underestimates our capacity for greatness as human beings. The truth is our body is a vessel for something that is much greater, stronger and ominous than society would have you believe. Yet, we cannot even begin to understand this until we transcend the illusions

that keep us living in survival mode, limited to society's very low expectations of what it means to be human. Know this: you are a soul (not a body) and with the power of the mind you have the opportunity to create your own reality.

Chapter 4 - The (Many) Benefits Of A Breatharian Lifestyle

Becoming a Breatharian brings a great and exciting challenge to the spiritual seeker. It is a lifestyle choice that is not to be taken lightly and should only be pursued by people who feel a genuine “**inner calling**”. If you can accept that the Pranic lifestyle is possible and you have a desire to connect to your higher calling and push your own potential to the maximum, you might be ready to become a Breatharian. However, understand that such a journey will require you to appreciate a power greater than yourself (whether you call it God, Spirit, Higher Self or any other name that describes faith in a greater power).

It is also important to recognize that becoming a Breatharian is not the same as committing to an endless fast. This is what many people fail to understand when they first hear about it. – Breatharians have simply transformed their nutritional source (food) for a purer one (Prana). This might sound daunting and difficult, but from my own experience I can say it is much easier than you think. Don't let your imagination get the better of you! Most people are afraid of fasting without ever having experienced it. Afterwards, those who try it often recount it was much easier than expected – as long as their mind was set in the proper manner.

Many Breatharians undergo the 21/10 day processes just for the experience and go back to eating soon after. Remember, this is not a one-way track and no one is requesting a lifelong commitment. The transformation process itself has enormous benefits for one's personal development, so if you are still interested in undergoing the process, I recommend you read continue your own research and see if it is something that you would like to experience and then find a guide or a group. Becoming a Breatharian is sometimes a challenge, but it also brings many gifts! I have categorized these gifts into three separate categories – Health Benefits, Individual Benefits and Spiritual Benefits.

Health Benefits

Longevity – Enjoy A Longer, Better Life!

The iiCaloric Restriction (CR) studies show that mammals who decrease their food intake by one third to one half can expect about a 20%-30% longer life span. In addition, they have reduced cardiovascular risks and improved memory.

Here are some citations from CR studies:

CR in Primates - A study on rhesus macaques funded by the National Institute on Aging began in 1989 at the University of Wisconsin–Madison and is still ongoing. Results published in 2009 showed that caloric restriction in rhesus monkeys slows aging and significantly delays the onset of age-related disorders such as cancer, diabetes, cardiovascular disease, and brain atrophy. 80% of the calorie-restricted monkeys were still alive, compared to only half of the controls.iii

Rodents - Seventy years ago, C. M. McCay et al. discovered that reducing the amount of calories fed to rodents nearly doubled their life spans. The life extension varied for each species, but on average there was a 30–40% increase in life span in both mice and rats. CR preserves a range of structural and functional parameters in aging rodents.iv

Activity level - Laboratory rodents placed on a CR diet tend to exhibit increased activity levels (particularly when provided with exercise equipment) at feeding time. In one study, animals on a conventional diet "showed little activity" by early middle age, while those on CR were observed to run around the cage and climb onto and hang from the wire cage tops throughout their life spans. In fact, the longest surviving [CR] mouse was observed hanging from the top of his cage only three days before he became moribund.v Monkeys undergoing CR also appear more restless immediately before and after meals.vi

Reduced DNA damage - Calorie restriction reduces production of reactive oxygen species (ROS).viii ROS cause several types of DNA damage including 8-hydroxy-2'-deoxyguanosine (8-OHdG). The level of 8-OHdG is often used as an indicator of the general level of oxidative damage in DNA. Sohal et al. observed that caloric restriction decreased 8-OHdG damage in the DNA of the hearts, skeletal muscles, brains, livers and kidneys in mice. The levels of 8-OHdG in the DNA of these organs in 15 month old mice were reduced to an average of 81% of that in the DNA of mice fed an unrestricted diet.ix

In rats aged 24–26 months that had been fed a calorie restricted diet, the level of 8-OHdG in heart, skeletal muscle, brain and kidney DNA was, on average, 62% of the level in rats fed an unrestricted diet. In mice, after being on a caloric restricted diet for 24–26 months, the level of 8-OHdG in heart, brain, liver and kidney DNA averaged 71% of the level in mice fed an unrestricted diet.x The scientific explanation for this is that the body knows how to minimize its energy expenses, and to reuse, recycle and work more effectively and efficiently while using its resources more accurately. There are a few genes that get turned on to alert the body of this change it is required to do.

Living longer does not have to mean we will grow old and senile. Rather, it allows for an ageless life of vitality and good health. Because Breatharians do not waste energy on digestion, the body undergoes less stress, promoting stronger and more efficient use of the internal organs. Imagine that for every week in your caloric restricted life you get to live an extra two days. Now is not that worth something?

Furthermore, research today shows that diseases are usually derived from the build-up of toxins that enter the body with the modern human diet. Toxins can be small molecules, peptides, or proteins that are capable of causing disease on contact with or absorption by bodily tissues interacting with biological macromolecules such as enzymes or cellular receptors. Toxins vary greatly in their severity.

Our body is a machine that takes what it needs from our food and tries to get rid of what it does not. Due to the contemporary changes in our eating habits and the decrease in the availability of quality food, our body often does not know how to process or get rid of all the toxins that we ingest daily. Diets based on convenience and processed foods, particularly those with added sugar overthrow the body's natural alkaline balance. This in turn creates the perfect acidic environment for disease.

Being a Breatharian tops calorie restriction multiple times as one's body is preserved in a highly clean state all the time. The body no longer has to deal with the daily struggle of pushing these toxins out. As there are significantly fewer toxins going into the body, it is not so difficult for the body to keep everything clean and easier to fight potential intruders such as viruses.

The body has an amazing cleaning power when it is not preoccupied with the process of digestion. Ideally, each cell works like its own little power plant. It consumes energy, cleans itself, and "spits out" the garbage so the body can excrete it. When we fast, one of the first things the body does is start to detoxify itself from the excess dietary remnants.

To better understand this longevity, think about comparing our body to a car. A car has mileage like your body has a lifespan. The car's inner fuel and oil filters can be compared to the body's internal organs – they also have a mileage on them. A car's filters need to be replaced after a certain mileage; however with our body we still cannot replace our internal organs so easily. Instead, they slowly deteriorate with this process we call "ageing". This means that generally the more I use my filters, the more dirty they will become and my car will not run to its full potential and not reach the longest mileage it can reach.

Furthermore, when one looks to the animal kingdom, you will notice that humans are the only species on the planet that continues to eat during sickness. Look carefully now at nature, look at your pets! **When they feel**

sick, they do not eat! Instead, they allow their body to clean itself with a fast because it encourages faster healing. Our children often have the same instinct, yet it is often with the encouragement of their parents that they are taught to ignore this natural reflex. You may notice that when you feel sick, your appetite decreases too.

Life Itself Is A lot Healthier

To be a Breatharian is to be almost completely free of toxins, resulting in a much stronger immune system. Most of the toxins that accumulate in the body come from our food (the way it is grown and/or processed), the quantity of food we eat (too many ingredients, larger portions and poor food combinations can also create toxic chemical reactions in the gut), and environmental pollution. As described above, without the need to digest much, the body has more time to clean itself and recycles energy in a much more efficient way.

Prana itself is the purest and cleanest source of nourishment available to life on earth. In fact, it is THE original source of life on earth. When we eat food, we eat Prana in its secondary and third forms as it is filtered through the plants and animals we consume as food. In addition, the quantity of food we eat also has a big impact on the toxicity and energy wasted on digesting. Even if you are eating the best, fresh, organic produce, large portions put a big strain on the digestive system.

Analyzing data from three national surveys involving more than 60,000 Americans, researchers at the University of North Carolina at Chapel Hill found that serving sizes have grown over the past 20 years, not only at fast-food places, but at other restaurants and even in homes. The data revealed that over the past 20 years: Hamburgers have expanded by 23 percent; a plate of Mexican food is 27 percent bigger; soft drinks have increased in size by 52 percent; snacks, whether they are potato chips, pretzels or crackers, are 60 percent larger. Not surprisingly, the prevalence of adult obesity in the United States has increased from 14.5 in 1971 to 30.9 percent in 1999. The problem is no matter if you want so much food or not, the more you're served, the more you eat. In truth, most people can cut their diet in half by reducing their meal portion sizes and will feel an improvement of vitality and energy levels within a week. The problem is, many people are addicted to the sensation of feeling "full" and do not know when to stop until they hit this limit.

When digesting different foods, our digestive system requires a large percentage of the energy stored in the food itself just for the digestion process. *"Of all the food categories, the digestion of proteins is the most time consuming. It takes over three hours to break down and assimilate proteins. The reason for this is simple: protein molecules are long chains with well-soldered links, and to break down their resistance requires the combination of good chewing and the simultaneous attack of various gastric, pancreatic, and biliary juices. This long process of calorie extraction taxes the system; it has been calculated that to obtain 100 calories from a protein food, the system must use 30 calories. We can say that the specific dynamic action of proteins is 30 percent, while it is only 12 percent for fats and just 7 percent for carbohydrates."* ^{xi}

My own blood tests, taken **before** and **after** the pranic initiation process show a significant and stable health improvement. Other Breatharians who have exited the process and undertaken blood tests before and after also show similar health developments. This supports the notion that as Breatharians, we no longer need to consider the nutritional balance of our food; nor do we need to supplement our diet with expensive vitamins and food supplements. Instead, the body gets everything it needs from the Prana directly.

Many times, people eat and then need to rest (down) in order digest. Since today's societal standard is to eat three meals a day, the cycle quickly returns upon itself. Poor food combinations also ensure that the digestive system takes a long time to digest. For a Breatharian, there is no "down time" after dinner or lunch, since there is no dinner or lunch. There is just an abundance of energy that is not disturbed by the

digestion process, and there are no “oh, its noon and I have not eaten yet” events so you are free to need nothing and enjoy everything.

Ideal Weight

This is perhaps the most important of all the health benefits Breatharians experience. Living from Prana, the body is able to balance itself at its ideal weight. Achieving this perfect balance is far more difficult with the distraction of food. I am currently standing at 10% body fat. That is a body fat percentage that mostly only athletes have (FYI I am not an athlete, although I do keep in shape). A lower percentage of body fat is usually connected with a healthier body.

In nature, the body of the animal becomes perfectly aligned with its needs. In your mind's eye, try to imagine an obese cheetah. It is a very bizarre image, is it not?

As humans, we have been given the beautiful gift of being self-conscious and having a free will system that enables us to use it for the best and the worst. Unfortunately, most of us get distracted by food, and we step out of the balance that nature has provided us with.

Body Control

As a Breatharian you will find your temporal limits expand, meaning you can feel more comfortable in extreme temperatures. You may also find an increase in your tolerance for pain. In my personal experience, I experience such conditions from an external perspective. For example, sometimes I do not notice I am cold until I look at my arm and see that I have goose bumps.

Other Physical Body Issues

Without eating, the lack of bacteria and food remnants mean less dental issues. In my experience, the process solved various skin issues like dandruff and acne. In many cases the skin also becomes smoother and softer. In addition, body odor becomes significantly reduced.

Being Light

Imagine feeling good, energetic and free, 24/7. This has to do with being light, eating well and your mental attitude. Generally a Breatharian will feel optimistic, “light”, and full of energy. Without digestion to stress the body and muddle the mind, daily existence feels so clean and pure. This pleasurable feeling becomes your new baseline and is maintained throughout the day, despite any problems life may throw at you. Being lighter means you have a general feeling of being refreshed and things seem to be going smoothly and in a general positive direction. It can be compared to the feeling one has after a good workout or a good night's sleep, only it stays with you throughout your existence.

No Digestion Issues

Almost all of us suffer from occasional constipation or a case of the runs, some more than others. Some of us simply eat too much too fast until we feel like we want to explode and must stop. Poor food combinations can also contribute to discomfort in the stomach. When you take food out of the equation, you liberate yourself from this uncomfortable cycle.

Benefits for the Individual

Happier Life

Knowing that you are living mostly from pure energy really changes your perspective on life. You begin to better understand the way the mind works and master your own self-control. You also receive a deeper understanding of reality; that you are playing a game, and in that game, you are the creator. This allows you to choose how to perceive your life, and life becomes what you perceive it to be. Choose happiness, choose fitness, and choose to believe in your own inner strengths. When one understands they are the creator of their own reality, one discovers heaven on earth.

For the Challenge

Life is full of challenges, and this is a gift. Think about it: without challenges there is no growth. Each challenge teaches us more about ourselves and pushes our limitations higher and higher. It teaches us patience, self-discipline and provides us with more self-confidence.

Our memory system is directly connected to our senses as well to as high or low emotional states. You will not remember what you did at 6pm on a regular Tuesday two weeks ago, but you will remember breaking your own bowling record since it is directly connected to a **feeling** of achievement. I like the expression “*life is easy for those who live it hard*”, because I believe one has to endure in order to appreciate. This is why over-spoiling our children can be a hazard for them when they grow older. The feeling of your first hard-earned, money-bought item is better when you know you have worked hard for it.

The challenge of being a Breatharian can be a great one, especially due to some of the difficulties (mentioned in a later chapter). Facing challenges and overcoming them teaches us persistence and gives us the ability to continue persevering. This builds a stronger character. A person that gives up quickly or one that changes his mind all the time is considered less strong and will have more difficulties in their life. If we want to trust ourselves, we need to trust that we will persist when required and we will give it all we can before we decide to give up.

Appreciation

A Breatharian discovers how to really appreciate sensory input. One learns how to appreciate even the tiniest flavors in a drink. Your sensitivity to the rest of your senses becomes dramatically amplified. Those who go back to eating describe a newfound appreciation for the flavors and textures of food. Appreciation also goes toward the physical body that can endure, because it is this physical vessel that gives us such a great experience here and you learn to appreciate it and its amazing abilities.

Less Sleep

This is my personal favorite! The basic rule of thumb for a Breatharian is that their need for sleep becomes reduced to about two thirds of their original sleeping hours. The most logical explanation for this is that the body requires less energy to digest and therefore requires less sleep. There is also a more complex theory that I have come up with, which has to do with the actual reason why we sleep. In sleep, our minds sync with higher vibrations and the higher self. As I understand it, Breatharians require less “sync-time” as they remain connected to their higher self throughout the waking day.

I now sleep between three and five hours a night. Another reason is that there is less preoccupation with food – you do not need to shop as often, prepare food, or wash the dishes. All this allows for additional time

which you can use for spiritual growth, learning and self-fulfillment in whatever way you see fit. I personally started watching movies, taking long walks, reading more and learning to play the guitar. Having more hours for ourselves provides the opportunity to reach a higher level of self-fulfillment.

What changed my routine the most was finding many more hours every day? A normal human being either goes to sleep late and wakes up late or goes to sleep early and wakes up early. Research shows that only 4% of the population sleeps for about 3-4 hours a night. I used to envy that four percent; now I am one of them.

Sleeping less became a wonderful gift. I started to go to sleep between 1am to 3am everyday while waking up early in the morning around 6am or 7am to meditate and be the first one in the office (I love my job). As my morning became longer, I took up frequent meditations and had more time to read online, do basic exercises or read a chapter from an inspiring book.

Additional personal time came in many other formats, one of which is not having to eat, cook or wash dishes. In addition, shopping became occasionally going to the nearby store and picking up some juice or basic fresh fruits for a tasty smoothie. In this way, I adopted a simpler life and without feeling thirsty or hungry or needing to nourish myself with food, I began to seek out exciting new taste experiences.

Financial Independence

Although this is not one of the main considerations we should think about before we become a Breatharian, it is true that food is one of our highest living expenses, whether it is at the supermarket, eating out, ordering in, etc. There are also many indirect expenses that have to do with food. For instance, driving to the store becomes more occasional, and you spend far less time cooking and washing dishes. Saving money in this way makes us **less dependent** on the system and allows us more money to spend on the things that ultimately make us happier. The key word here is **independence**.

Don't Think About Food

Eating is a habit that we partake in every day, often without any due consideration as to whether the body is hungry since the last meal or not. The fact is, most of us eat by the clock. We wake up and we eat; it is one o'clock at work, so we eat; we come home from work and we eat. Some of us have serious eating issues and lot of self-judgment is involved in it. We judge ourselves by what we eat and how much of it we eat. We get to a negative or positive emotional state and either celebrate or console ourselves with food.

All of this hinges on our own perception on body image - how we physically look versus the way we think we look and the way we think others think we look. Our personal relationship with food is a complicated one. Whether we are a body builder or a high school student, there is a lot of thinking and emotional energy involved with food. As a Breatharian, it is a great advantage not having to deal with any of this mind-play. This makes life much simpler (which is the basic building block of happiness). Besides that, if you were overweight, the Breatharian lifestyle will bring you to your ideal weight. For most people, this means that they will become thin and can stop worrying about how they look and accept that they are at their finest.

Spiritual Reasons

Helping Mother Earth

Did you know that it takes between 5,000 and 20,000 liters of water to produce 1 kilogram of beef? This number sounds seriously wrong but it is seriously true. The calculation considers the whole process, beginning with the irrigation of the animal's food crops, all the way to what the animal actually drinks. But

it is not just the Omnivores that are impacting Mother Earth; did you know that over 30% of the average household garbage bag is bio waste that compostable? Furthermore, there are lot of direct and indirect types of pollution that are generated from the trucks that move the merchandise, manufacturing plants that create the watering pipes and many other examples.

The key environmental issues for the food industry include the following:

Wastewater - The primary issues of concern are biochemical oxygen demand (BOD); total suspended solids (TSS); excessive nutrient loading, namely nitrogen and phosphorus compounds; pathogenic organisms, which are a result of animal processing; and residual chlorine and pesticide levels.

Solid Waste - The primary issues of concern include both organic and packaging waste. Organic waste are the rinds, seeds, skin, and bones from raw materials, and the results from processing operations. Inorganic wastes typically include excessive packaging items that are plastic, glass, and metal. Organic wastes are finding ever-increasing markets for resale, and companies are slowly switching to more biodegradable and recyclable products for packaging. Excessive packaging has been reduced and recyclable products such as aluminum, glass, and high-density polyethylene (HDPE) are being used where applicable.

Fruit and vegetable food-processing sector

Wastewater and solid wastes are the primary area of pollution control within the fruit and vegetable food-processing industry. Their wastewater is high in suspended solids, organic sugars and starches, and may contain residual pesticides. Solid wastes include organic materials from mechanical preparation processes such as rinds, seeds, and skins from raw materials. For the most part, solid waste that is not resold as animal feed is handled by conventional biological treatment or composting. The total amount of material generated is a function of the amount of raw material moved through a facility; for example, for a given weight of apples processed comes a set amount of peel and seed waste.

Meat, poultry, and seafood sector

Meat, poultry, and seafood facilities offer a more difficult waste stream to treat. The killing and rendering processes create blood by-products and waste streams which are extremely high in BOD. These facilities are very prone to disease spread by pathogenic organisms carried and transmitted by livestock, poultry, and seafood. Waste streams vary by facility, but they can be generalized into the following: process wastewaters; carcasses and skeleton waste; rejected or unsatisfactory animals; fats, oils, and greases (FOG); animal feces; blood; and eviscerated organs.

This subject barely scratches the surface when it comes to pollution, misuse and waste. Just imagine the food chain from the source all the way to our plates. Take into account the trucks used to transport, the packaging, the store that houses them (supply room, staff), and you can see that for everything we eat there is a long trail of "impurity" for Earth.

When we really look objectively at today's process of food production, even for our fruits and vegetables, we find that it is not done with complete love and consciousness. Particularly with Monsanto's worldwide monopoly, there is a lot of chemical waste that runs off into the earth and damages the delicate biodiversity that used to make this planet run so harmoniously. By being a Breatharian you can rid yourself of much of the "bad

karma” associated with how your food got to your plate (and we all know there is a lot that happens behind the scenes that we are not aware of).

Providing a Life-Sized Example

Long ago when I began my crusade to “change the world”, as some new-agers would call it, I was naive in the belief that I could talk “sense” into people and tried to change them. I have since come to realize that the only way one can truly change things is by setting an inspiring example. Becoming a Breatharian has really allowed me to set a personal example for breaking down the illusions that keep us locked in this sub-human form!

Leading by example can bring about great changes in consciousness, as it has really demonstrated to me that anything is possible. It also allows me to illustrate to others that as humans, we do not really need anything; we just want stuff, and in the wanting there is beauty. This is a very liberating insight to understand, because it means that any human being is able to reach their highest potential and highest levels of happiness. It assists in shattering myths and opening one’s mind to new possibilities.

Happy For No Reason

You do not “need” anything in order to be happy, however we keep forgetting that. As a Breatharian, one lives this truth. I have been living a “happy for no reason” philosophy since 2007, when I first joined the controversial Raelian philosophy.

This “happy for no reason” philosophy explores and destroys our dependence on external fantasies to be happy. In other words, you might think a new cell phone, a lover or a good grade at school will make you happy, but when you actually achieve these things, more often than not your mind remains unsatisfied. To cope it will instantly go seeking the next big distraction. The result? Sustainable happiness remains elusive.

Furthermore, most people will not allow themselves to be happy without **a reason to be happy**. This sets one up for failure, so to speak, because then you base your happiness on an external reason, and that reason can be taken away from you. Your partner might break up with you, or you might lose your job, your money or your health. Then you stop appreciating the new car, / cell phone / or apartment that you have.

One of the best ways to retain a high level of happiness is to have no specific reason for your happiness. If everything in your life is fine and nothing is severely negative, why not just be happy and content with what you have at that present moment? Ideally, to maintain personal happiness one should cultivate an attitude of gratitude. Remind yourself daily of all the beauty in your life – the little things and the big things; the relationships you share with friends and family; the comforts you are blessed with; the smells and visual poetry that surrounds you every waking minute.

Secondly, don’t take bad things too seriously, as everything that arises passes eventually. Be grateful that you are healthy, that you have people that love you, that you are alive in an amazingly complex body, that you have time for self-realization (otherwise you would not be reading this book...). Be grateful that you have options in life and that you have freedom of choice. There are so many good things we should be grateful for. If you make a list of what you should be grateful for, it will not end quickly and you will find yourself sitting around for a long time with a huge smile.

Mind Over Matter

We understand mind over matter intuitively, but so many people fail to grasp the fullness of the fact that there is nothing stronger in this world than the human mind. In the process of becoming a Breatharian, you really prove to yourself that the spirit transcends the physical world and the mind is the key to creating your own reality. Furthermore, a Breatharian understands the power of faith more than anyone. Faith or trust (relinquishing your power to other greater forces) along with our own personal belief system is what builds our reality.

When you become a Breatharian you truly understand that if you can imagine it, it is possible. If one does not need food to live, perhaps there is also no need for water. Likewise, perhaps there is no need for us to get sick, age and even^{xiii} die. The power of faith is a big subject and it can cure diseases (as discovered with the placebo effect). When you come to understand this fully, your world will change for the better.

Greater Connection to the Higher Self

Without food, there is less matter to keep you grounded. This amplifies your connection to the higher self, to the superego and to the astral planes (this will be better understood by those with experience in meditation). This point is the **most powerful one**, because when our connection with our higher self becomes stronger, we feel more empowered in our lives. We also become more peaceful, intuitive, knowing and we feel more. In this way, we better understand the unity of life and our connection with all other living beings.

Chapter 5 - My Personal Story

Preparations for the Process

Four months after first hearing about Breatharianism, I contemplated a lot about undergoing the process myself; sometimes I even had dreams about it. I also talked to as many people as I could who had experienced the process first hand. I wanted to reassure myself that I was ready for it and what to expect. Then one day I simply decided to go for it. Thinking about and understanding this lifestyle is one thing, but I wanted to really know it and feel it in my own body. Besides that, I have always loved a good challenge and I was never really good at cooking...

The day you decide to set the date for your process is the day you actually start your process. I decided to set my date for mid-January 2013. I chose this date because it continued on from the 21st of December, 2012. I had been researching this auspicious date for many years, as it signified a change in the frequency of our collective consciousness. Of course, I was expecting something big to happen, yet the 21st of December 2012 came and went without event. Later I realized that this “something big” was up to me, and so I decided to become a Breatharian.

My own preparations for the process really bought me face-to-face with some of my fears, the first of which was a week-long dry fast (without water). Science tells us that a person will die after four days without water. To overcome this, I decided to test the water a little before diving in and so I undertook an air fast for a few days, whilst maintaining my own routine of working and exercising, etc. That went rather smoothly and I was happy to find out that it wasn't as difficult as I anticipated.

Another exercise I did with myself was to slowly let go of my favorite foods when I went shopping. This is by no means a mandatory exercise, but I wanted to experience the “loss” of certain tastes to see how I would cope with it. I released one flavor at a time before the “big bang”. The first thing I stopped purchasing was cheese. Okay, so I would still allow myself pizza and other cheesy foods when I went out with my friends or when I really wanted them, but it was no longer a routine item in my fridge. Over the course of two months, pending my process, I began to slowly relinquish my attachment to other favorite foods.

Setting the date was one thing, but I also had some organizing to do to ensure the process would run smoothly. This included finding a suitable location for the process, subletting my apartment and organizing leave from work so that the rest of the world was ready for my three-week long absence. I also had to appoint a “care-taker” to look after me during the process. This was a position my sister was happy to fill. Most people do not get to have a family member as a care-taker. Most parents and siblings get scared when their family member embarks upon the process. They worry, thinking he or she has lost their grip on reality in all their “new age” experimentations. I was lucky to have my sister's support from the beginning.

Tal naturally became my Breatharian guide and we met a few times before the process to ensure that I was mentally ready and that I was doing it for the right reasons. It was during our last meeting in Tel-Aviv, right before my ride came to take me to my 21 day location, that Tal told me something I will never forget: “What you are about to do is not taken for granted. I am proud of you”. It wasn't until he spoke these words that I truly began to feel the fullness of my commitment. As his words echoed in my ears I asked myself one last time, “Am I really going to stop eating?!”

My 21 Day Process

Preparations

Knowing that you are going into the process is a preparation in itself. Even though I wanted to mentally and physically prepare myself for the journey, my guide insisted that all would be done in the process itself and there is no need for any additional pre-process tasks, except, of course, the one week raw food diet. The raw food diet is not mandatory but it helps release toxins that would have otherwise been released during the process itself and might make the process physically harder for the individual.

Since I already had a good seven year practice of a one day fast on a weekly basis, I already knew what happens to the body during fasting and knew what to expect. The only practice that was necessary was a mental one: letting go of favorite food and letting go of any social expectations and standards. The last thing was to train myself to be judged and perhaps ridiculed from time to time. As Breatharians were unknown to the Western world, I knew that most of the difficulties would probably be social. As I have a wonderful, supporting, semi-hippy family, I expected full support from them. Some of my friends, however, were a different matter altogether.

To best prepare myself, I did everything one must do to close the open issues in his life, as if I was going for a long jungle vacation. It came at a perfect time in my life, as the start-up company I was working for had been bought by another company. So since the company acquisition was “in between”, I took the liberty of notifying them I would be taking a long vacation. I rented out my Tel-Aviv apartment, paid all the bills, left a message on my email and let the important people in my life know that I would not be available for the coming three weeks.

Since I did not know the outcome of my process, I decided not to tell everyone where I was going. Most of my inner circle were not even aware that this life option is real, and I wanted to let them know only after I went through the process so that their negative remarks would not stain and affect my sub-conscious during the three weeks I was there. I did decide to tell those that were closest to me: My spouse at the time, my parents and my sister who was also happy to take the job of being my care-taker (which will be described in Chapter 7 – “How to become a Breatharian”). It was important to tell them that after the process my body would take additional time to recover in which I would be quite skinny. The importance came from preparing them for my own journey as I would require their understanding (or rather their lack of judgment).

I was driven to my selected location and I had unpacked many things I thought would be important for me for that time. The process itself began at midnight, so my spouse had some time to tell me good bye and spend some time with me in the location. For my last meal I decided to have a persimmon. I remember I just took one bite of it and immediately I felt it must have gone bad. So I spit it out and understood that my lesson there was a lesson of absolute release from solid food and was happy that the fruit had went bad; one less thing to think about.

I could write an entire book about what happened in the process. I have released my personal journal as it was written at the time on my website. For those of you who wish to know more, I suggest to use Google translate and read the whole thing as many have already done. I will try to provide the best highlights here.

The first three days of the process are days of cleansing. The cleansing and detoxification is done automatically by the body. Since I did not allow any water in the first week, the body had to use its supplies by taking water from the muscles, organs, fat etc. Remember – this is the process of becoming a Breatharian, so in the beginning before the transformation it is still just a long dry fast.

The cleansing was both emotional and physical. Water, as many new researches suggests, contains information. As I understand, our toxins and emotional state is saved inside the water in our body. This is why a dry fast is so good for releasing and cleaning. The body is using its “old” batteries and energy sources; it is forcing itself to utilize old cells and break apart cells that are no longer at their prime for energy. In addition, water

is finally being brought "out" of the darkest areas of the body. The body resets itself to be more energy smart, and thus lowers the blood pressure and saves energy while it cleans itself.

Since there were absolutely no normal things to do, I started developing my own schedule. I had a lot of art to do, especially sacred geometry, painting, puzzles, drawing board, etc. I tried to get into the habit of doing stretches on a daily basis. Every sunrise and sunset I spent time outside, gazing at the sun and meditating with it. I read an average of half a book a day. Most books were spiritual or scientific. I was following my intuition that whispered to me that knowledge that was obtained during the process would integrate deeper within my subconscious.

During the first three days I felt like I was actually just waiting and building my happy state of being for the rest of the process. Those days are days of belief and nothing more. They are days of fasting and days of acknowledging where you are concentrating on what it is you came to do. Those are also the days that many define as the days of small amount of doubt. That is because you are still in the beginning of the process and do not yet have the one hundred percent assurance in your abilities.

Starting on the night of the third day, something special started happening. If you read the guidelines of the 21 day process in the book "Pranic Nourishment – living on light", you will understand that going through this process is actually reactivating ancient knowledge that we used to have and was lost to us. To achieve this, one must make three interval sets, two hours each, from the fourth day and until the end of the first week. During these intervals it is recommended that you do not move and that you will lie down in the same position.

The intervals can get boring, after all it is like a 6-hour meditation on a daily basis. The purpose of the intervals is to allow "them" (contract holders and process observers) to work on your body, fix energy tunnels, detoxify and balance the four bodies. I was quite amazed with the sensations that went through my body; it was the first time that I felt another presence "touching" me. I felt wavy energy all over the right side of my face. I could manipulate and control it with meditation and breathing. I also felt a concentration of energy shifting wherever I had a scar on my body. It was as if the energy that was stuck before was released and was able to flow freely. Since then I have heard of many different physical sensations from the different people who underwent the process with me as their guide. Those four crucial days are what I call "the surgery" and are the highlight of the process. After these four days we are just in "recovery", allowing to body time to integrate the new (or should I say ancient and forgotten) technology and beliefs into itself.

When the seventh day had finally arrived I was relieved. My guide had physically come for the first and only time during my process for my first water drink. The water ceremony is short but exciting: I read a small prayer and acknowledged water as purifying, mesmerizing and allowed it into my body for the first time in my new life. Imagine being without water for an entire week. During that week you are not allowed to swallow any water at all, not even a drop. I took showers and brushed my teeth, but only held water in my mouth. Not drinking even a drop is crucial for the success of this process. Without water, one would fear dehydration, especially for such a long period of time, but nothing bad really happens to those who believe. I remember clearly that during the third and fourth day I became weaker, mostly due to lower blood pressure. This caused some minor dizziness from time to time, especially if I stood up too quickly.

Lacking water had a great psychological effect on me. I missed water a lot, and I learned how to again appreciate this fine element from an entirely different point of view. Even my subconscious had missed it so much it became the subject of many dreams at the time. In some dreams I watched a glass of water continuously elude my grasp while in others I just felt a deep need to drink. I remember I was really surprised that I did not get thirsty at all. The only thing I physically felt about being in that state was that my throat was always dry. It is a constant reminder that you are in the process and it never goes away during the first week. Even when I

washed my mouth with water I had half a minute of relief and then it quickly went back to being completely dry. Amazingly enough, through the first week I continued to pass urine. It was dark and orange and had a strong odor. The first few days the color and smell was stronger, but after it became more pure and watery. I understood that the kidneys continue to clean the body even when the body is not taking in any new water.

After my first glass of water I felt naturally high all the time. I had stopped meditating deviated from my daily schedule on purpose. I had come to a realization that anything I did out there was in a meditative state, so no intentional meditations were required. Time had shifted for me and it seemed I had more actual present moment time in every second of whatever I decided to do at that moment. I took pleasure in almost everything. I took much longer to enjoy stretching, showering or just gazing at the sky or smelling a flower. One time I even followed an ant (and some of her friends) for a few hours! It was an incredible sensation of oneness with all that is.

The days turned into nights and I had slowly forgotten about the outside world and intensified my process. I had only talked to my care-taker and my guide, and those were ten minute conversations each time. I had not yet missed the outside world at all and was incredibly happy with my isolation. The second and third weeks were easier than the first. During the process my guide had given me different exercises and some meditations. Some were contemplations or mind games, and were games of mindfulness, thankfulness, forgiveness and others. Some were good to keep me busy while others were meant to assist me in shifting my consciousness to a higher state of being while releasing parts of my education and my past. I will refrain from describing the actual exercises and meditations as they are kept secret for those that choose to become Breatharians. I will say that I enjoyed all of them and each one had a goal, whether it was to clear my mind, to shift my current understanding about our world or to simply “let go” of some parts of my past that were no longer necessary for me.

The third week is defined as integration week and it is the first time that you can start leaving your habitat. I started walking a little more each day until walking was about five or six kilometers a day by the final days. I have found that I had more and more energy each passing day. Other sensations also started changing. Since I did the process in the middle of January it was wintertime and it was cold outside. During my short hikes I found that my behavior changed differently. I started walking more upright, my mind felt more clear and sharp, and my general sensations were more in “control”.

Allow me to elaborate using the body temperature as an example. Before that time, I had a normal sensation of what is considered to be cold \ warm, however now I feel as if my body is allowing me less negative sensations. This means that I still understand that my body is cold, but it is as if I am watching it from outside to see the “symptoms” of being cold instead of having the sensation of being cold. It is as if I have been given more control over my temperature. This goes both ways; I feel more comfortable in lower and higher temperatures, as if the range of temperatures that I feel good in suddenly expanded. The same happened with pain; it feels like my endurance for pain had grown overnight.

Even though there is plenty more to say about what happened out there in my process and the changes that happened during and after it, I have decided not to elaborate more at this time. Perhaps one day I will have my personal journal translated and edited and will release it for more to understand this hidden but most important and interesting process.

Post-Process Life

Life just is not the same after the pranic initiation. You cannot ignore the changes that occur both internally and externally. Your behavior is different, your perspective is different, and perhaps even your character is different. Of course, you are who you always were, but it is easier to express yourself. In a nutshell, there is less ego and more soul.

I can split life after the process into two main parts: mental changes and the sensory changes. Firstly, I came to fully understand that this idea of living from “light energy” is no longer just a theory. I was walking the streets of Tel-Aviv with boundless energy. I was amazed at the capacity of the human body, I was smiling, feeling high and on top of the world. Life was once again exciting and new.

Seeing people in the street was different. I suddenly had an urge to explain to them what I had discovered. I wanted to explain to them that we are not just our physical body, that we are in fact so much more than that! I wanted to explain this newfound connection to spirit, that **we are spiritual entities in search of a human experience – not the other way around** – and that we can transcend almost anything. I could now clearly see how our physical body becomes a part of a very complicated, self-created illusion. Sadly, most people were not ready to hear it. Nonetheless, a remarkable feeling of self-discovery came with this sensation of achievement and I was radiating. It all felt so good, so *right*.

Over the next few months I also rediscovered my body from another perspective. I soon learned that these months are the most critical ones. My Prana-percentage was high, but not perfect. My body was still learning how to thrive off Prana and I was still losing weight. For my own sanity I found myself re-examining my faith constantly.

Post-process I also was feeling many different sensations in my body. For instance, right after the process I was weak. I knew that it would take some time for me to get back into shape, but I wanted to begin immediately. Now I am not an athlete, but I do like to stay in shape by exercising on the beach a few times a week. I also like to take long walks and play with xiiipoi. The first few exercised times were the hardest. I found myself exhausted after only 15 minutes of activity. In addition, walking up stairs, either to my apartment or to my office, made me really feel my muscles working.



My teeth also became more sensitive to hot and cold drinks and I became much more enthusiastic about sweet drinks. In fact, post-process, my whole taste experience has changed – and it continues to change! I tend to fixate on one particular taste at a time for several weeks on end. In the beginning I only wanted sweet drinks, mostly the synthetic, tasty ones. I did not care so much about what went in my mouth, since I figured it did not really matter anymore; I get whatever I need from Pranic nourishment.

About two and a half months after the beginning of my process, my body stopped losing weight and I have since reached a new balance. I was happy to reach this point rather quickly in comparison to my friends and the experiences documented in other Pranic books. Less than three months is amazing! This allowed me to overcome one of the biggest challenges in undergoing the process - looking like a walking skeleton (see Figure 1 below). I continued to gain weight over a course of another 2-3 weeks until I reached the weight that I am at now (which is about two kilos under what I used to be). This is what I consider to be my ideal weight. Soon enough, exercising became easy like before and I went back to my exact

weights and exercise timings. I actually find that I have more energy and want to exercise two times a day occasionally.

Taste

When a person eats regularly, they rarely think about a time when they will not eat or how much they would miss taste. Taste is an amazing sense we need to appreciate and give the respect that it deserves. Too many people eat without paying much attention; people often focus on the next bite before even finishing what they have in their mouth. Research shows that after about the third mouthful of food we stop tasting. Autopilot kicks in and most of us continue to chew until our plates are empty.

Being a Breatharian has taught me to re-appreciate taste with a different approach. Since one of my game rules at the time (see

Chapter 10 - The Rules of Your [Game](#)) was to only take liquids, I allowed myself to bend the rules with things that can melt in my mouth like chocolate or ice-cream. In such instances I closed my eyes and allow my senses to take over.

In the past, if I bought a drink and it was not that good, I would still drink it thinking that I spent good money on it and it serves a purpose in providing me with liquid nutrition of some sort. Today I would just throw it in the garbage. If it does not provide me with a good tasting experience, it is not worth anything to me. I also take my time and try not to drink too fast so that my taste experience lasts longer. I use a straw to make the taste last longer and every sip count. I also overheat my tea so it will take longer for me to drink it. I choose what I drink carefully and only drink what I want and tastes good to me. I use a wine glass to drink a shake, because I want to give even the simplest of drinks its well-deserved honor and to give myself a sensation of being a king.

It seems that most Breatharians develop a sweet tooth. One of the reasons is that it does not really bother them when they eat something that is full of sugar, like ice cream or chocolate. They know they get fed from another source. The other reason is that the body makes everything taste so much better! So your inner child is calling out: I want sugar!

Water

My relationship with water has also completely changed. Even though I appreciate water a lot, it has no taste to me. Before my process I used to drink the recommended two liters of water each day. I had mineral water and carried a bottle everywhere. Today I hardly drink any water. Why? I stopped believing in the two liter rule. I understand deeply that it was just a part of the illusion. During the process, especially after the fourth day of dry fasting, I kept passing urine even when I wasn't drinking anything and the color of the urine drastically changed from dark orange to lighter. Something in the mechanism of being a Breatharian allows us to not need so much water.

Now I will mostly take water if there is nothing else around. I will drink a little water to wash my mouth or if I feel that it is a warm day outside. Since I no longer have any sensation of thirst, and since I did not choose to be a rare ^{xiv}Breatharian that stops drinking water, I still take care of my physical body. I sometimes check my boundaries to see how little water I can take. I once walked three days in the desert and only drank one liter a day (it is recommended to drink between four to five liters a day under those circumstances). My urine was completely orange, but I felt great and did not have any difficulty or felt dehydrated.

My relationship with water is yet to be concluded. I feel that someday in the future I would like to take the challenge of stopping water as well for at least one month. I would like to know if I can do it and what it will feel like. I used to think that food grounds me, and now I know that water also grounds a person. The sensation of being on an air fast is slightly "higher" than being on a water fast. The sensations of cleanliness and connection to the divine come faster and are stronger.

Relationships

Coming out of the process I had a deeper connection with my feminine side. This made me feel complete in so many ways. It is important to understand that within each of us there are masculine and feminine energies at play. The key to living in harmony within one's self is to embrace both sides in proportionate balance with your sexuality. Ideally, the balance of these energies is like yin and yang – a balanced man will have a dominant masculine essence whilst still retaining some intuitive feminine qualities and vice versa for women. When these energies thrive in harmony we become complete human beings, however today's society does not illustrate many balanced role models. This has created much confusion and separation between the sexes, causing people to look externally to the opposite sex for "completion".

I was in a relationship when I entered the process and during the process I had a lot of time to contemplate our relationship. On the one hand, I was in love and I missed my girlfriend a lot. I really wanted to see her and let her know what I was going through during my process. I had also started to plan so many cool and exciting things for us to do together, and I was so looking forward to feeling her in my arms once more. However when I finished the process, I realized that I had changed and some important aspects of our relationship were not working out for the new Ray. It took us just a few weeks to go our separate ways. This was a blessing as I needed time alone in the world to understand the new me. I found that being alone provided a new balance in my feminine and masculine sides: I became gentler and was motivated by less ego. My intentions also became clearer and I had less dependence on women to feel loved. This opened me up to sharing love with all of creation.

When I just finished my process, my libido was also lacking its usual presence. I felt complete and therefore wasn't looking for external happiness outside of my own unity. In addition, physical factors such as still feeling weak and having a lower blood pressure contributed to not wanting to have sex or masturbate. Three months later, my libido went back to normal. This was also when I regained weight and my fitness level improved. Interestingly, there was a big change in the type of women I am now interested in. I became less superficial about external looks and started looking for a more spiritually aware person. I found that lying was difficult and I had a natural desire to be my natural self, living my own truth, while respecting the "whole-package deal", boundaries and free will of the person with whom I become involved. I find that I can no longer even think in the category of meaningless sex or a superficial one night stands - these days it is about a deeper connection.

However, with these benefits, some challenges also arose. Imagine that you are going out with a guy that does not eat - there are no more "dinner-and-movie" dates. My cupboards are sometimes embarrassingly empty when guests come over; at least now they know not to expect anything. There is also less socializing around food, which for many people is an important aspect of being in a relationship. It also means having to provide constant explanations and endure the over-concerned judgments and misunderstandings of friends and family.

That being said, do not give up hope too soon. While at first you might find this new distance a little challenging, as your frequency changes, you will find more interesting and understanding people come into your life. For instance, I recently had a relationship with a girl that was very supportive of my Breatharian way of life. The bottom line is this: Do you want to be in a relationship with someone who is *inspired and supportive* of your choice or *threatened and confronted* by your commitment to pursuing your fullest potential? In this way, Breatharianism becomes a great filter for finding partners that are more open-minded, spiritually aware and accepting of you as a "whole-package deal". After all, in order to have a truly satisfying relationship, we need partners that are willing to help us grow and genuinely wish for us to succeed in our endeavors.

People & Society

For the first few months after the process you will continuously think about your new way of life. Most people only have an inkling of the extent to which food is embedded into our day-to-day life. You will find constant reminders and perhaps even temptations reminding you of your choice. After all, cities are centered around restaurants, diners, cafes and supermarkets. Wherever you go you will see people eating: walking and eating, driving and eating, cooking and eating. Smells will saturate your senses. People may also get curious and inquire about your new extra-skinny physical appearance. Depending on how you choose to react, you will often have to deal with misunderstandings, ridicule and a general lack of belief. In the new 10 day process, this phase is very small as the new breathing exercises help bring the weight balance quicker.

In this way, socializing becomes a different game for you and you may begin to perceive it from another perspective. You have changed; the world has not. As you realize this, you will discover new social boundaries

in regards to how much of your lifestyle you share with others. Some people will be genuinely curious, others will want to argue. This is why many Breatharians choose to remain anonymous in their choice. You may also encounter awkward situations where a generous host will offer you food, saying "You have got to taste this pie, I made it myself!" It is important to develop your own way of dealing with this situation. Some will just say that they do not eat sugar or give another excuse. Others will even eat a small portion in order to avoid explaining their lifestyle choices. Personally, I find that the best way is to tell them that I am fasting – after all, this is partially true and fasting is becoming more accepted these days.

Dealing with social rules and standards usually becomes your biggest challenge. You may feel left out in some situations and have to work a little harder to break through this illusion. Some friends who know I am a Breatharian still continue to offer me food (out of politeness or habit). To a lot of people, Breatharianism is so rare and strange that it just does not make sense to a lot of people and so they forget.

Furthermore, some people do not feel comfortable eating next to me. They ask me time after time if it is "okay" for them to eat something. I find it funny, but take the time to reassure them that I bear no judgment on their choices. In fact, I love the challenge and the smell of food around me, so I appreciate it when people eat next to me. It is really just those moments when everybody is eating and the conversation lulls that I feel a little left out.

After about a year into my Breatharian experience, I decided to go back to eating a meal once in a while. The first year was amazing, but I did notice the social difficulties and I needn't prove to myself anything anymore. The shift was amazing and retuning to solid food taste was incredible. Today I have balanced myself upon two or three meals a week and some snacks if I feel like it. There is no more self-judgment in the subject and I feel that I enjoy both worlds.

Why Me?

The question "Why me?" is actually the question of "Why should I be the one to try and get the word out?" There are hundreds of other Breatharians that can do it, but it seems they are not interested in sharing it so much, or they have just been burned by ridicule and misunderstandings.

I have asked myself this very question many times. In the beginning there was no answer, but after a while I understood that I am not a normal Breatharian. I come from a scientific world. My father is a physicist and a researcher. I myself learned and mastered many understandings in science before I chose to combine them with a spiritual way of life. I think that what distinguishes me is my balance. I am a very extreme individual, seeking adventure and challenges in everything. Even though most people think that science and spirit are on two adjacent corners of the room, I see them as one beautifully aligned truth that will one day in the future become our new way of understanding our illusion (life). I am both right brain oriented (intuition, emotion, creativity) and left brain oriented (logic, memory, thinker). One of the many reasons I went into my Breatharian experience was to understand it from a logical point of view (even when there is not always a way). I do not seek money or fame; I do, however, feel a great urge to share knowledge that will allow others to open up their mind to the infinite possibilities our illusion allows us. Understanding that a man does not require food (or requires a ridiculously low amount of food) opens us up to understand what and who we truly are. It shows us the triumph of the human consciousness over physical reality and makes us second guess ourselves. The truth that I have come to understand is not something that I would share here; I will only just say that the greater truth is far more complicated than any of us can imagine. Being a Breatharian opens you up to accepting more possibilities. Information can be found in science, philosophies and in our ancient history, but the greater and only truth can only be found within ourselves and in our intuition. God (^{xv}prime creator), as far as I see him, has put a part of himself into every one of us. Just like a seed of a tree that contains all the information of the tree in order for the tree to grow, and just like one human cell contains all the DNA required to duplicate that human being's body,

so are we the essence, the seed of GOD ("GOD has created man in his own image"). We are him and he is us. He is not external to us! We are all together GOD in his godly experience. The one in the one's path of expression. There are so many explanations and text I can add here about this, but I truly want to focus on Breatharianism in this book and not disperse into other subjects.

My one and only reason to "get the word out" that this type of life is available to all who seek it is to open our minds, even just for a bit. To make us question what we have been taught and who we truly are. To make us understand our inner strength and the true power that we have as sentient beings. For me, being a Breatharian is a part of a long-term search for living with a higher truth. I am also a seeker of excitement and challenges. I actually enjoy it when things get rough, so not having some flavor in my life is not that big of a deal. When I really think about it, **the taste of flavor disappears after a few minutes while the advantages and gifts of the Breatharian way of life remain constant.**

I try to question my life choices and my ideals a lot, so I can always remain objective and never allow myself to think that I know something that is absolute. Everything changes ultimately, including scientific discoveries and my own character and will. One of the thoughts that crosses my mind when I think about these life choices is what I would do if God had given me a choice before I was born between two options. The first would be a life of a variety of food, and in that life I would use one of my six senses much more than the others. I would be dependent on that sense and enjoy it a lot. However, this life comes with a shorter life span, the possibility of having more diseases, less time for me and a weaker connection with the divine. The second life would be the opposite of the first: I would have to give up my dependency on food and miss out on lots of flavors and textures. However, I would live a longer and a healthier life. I would have 20% more time, sleep less, be almost disease and toxin free and have a stronger connection with the divine. Which one would you chose?

I want us all to question our life and to find that amazing wonderful all-knowing soul inside of us and to never forget the frequent illusion that we are stranded in that covers our eyes from the absolute truth. **We are not humans in search of a spiritual path, we are spiritual beings in a temporary human experience. We have chosen to forget, but our ultimate goal is to remember.** So let us all wake up, my brothers and sisters.

Chapter 6 – The Television Exposure

Introduction

In late September of 2013 I was invited to go on a well-known Israeli investigative reporting show. Their researchers had found me while researching alternative nourishment methods via the internet and watched a few of my online lectures. At the time, I had an inner knowing that I would soon expose myself on the public media for the world to see. There were only two "serious" Breatharians in Israel- myself and my guide. My guide was extremely spiritual, and exposing this delicate subject to the mainstream required a man who is somewhere between the spiritual world and the scientific world. I was a perfect candidate for the job. Under normal social standards I was considered as "normal" as one can be. Therefore, the inner objections people would have had on the subject would not be about my abnormality, and those who would be exposed to the subject would have to search within for their own understanding and answers. For my part, I felt it was a great responsibility and a great honor to be the one to represent this subject, especially due to many previous misunderstandings.

The whole show can be viewed on my English web site: www.10dayprocess.com. I recommend watching it to understand a little more about society's amazement with the Breatharian lifestyle. The web site also contains other videos, links and information on the Breatharian lifestyle.

Other Existing Experiments

Before my own scientific experiment there were only two other Breatharians in the world who exposed themselves on television. The first and most famous one is an Indian man called Prahad Jani, who I have brought up in previous chapters. His experiment took place in India and included ten days of dry fasting under medical supervision. This was done inside a hospital. It was followed and acknowledged by twenty different doctors and was published mainly in the east. The normal Westerner did not take it too seriously because it was "made in India". The second experiment was a failed one and was performed by the known Australian Breatharian called Jasmuheen. It took place on the show "60 Minutes". Jasmuheen is famous for being the writer of the book "Living on Light", which gave Breatharian lifestyle seekers a framework and guidelines for the 21 day process. Her experiment failed after a few days of dry fasting. From my own understanding from correspondences with Jasmuheen, the failure was a setup arranged by the investigative reporter and his team in an attempt to give Breatharians a bad reputation, and to discourage the Breatharian lifestyle while marking it as fraud.

The show that I appeared on was literally called "True Face" and its host is a famous journalist in Israel. He is known to be very skeptical and a difficult man that usually finds every loophole in his researched guests' stories. Therefore I was mentally preparing myself for a lot of criticism during and after the show.

Preparations for the Show

Prior to the experiment, the team and I spent a few months planning the logistics and the setup required by all sides. This included finding a proper location that was close enough to the country center so they could come visit me on a daily basis. We found a doctor that would perform surveillance and manage the scientific aspect of the experiment, and took care of a few other less important logistical matters. There was a third party to this event, a wealthy businessman that had started up an internet chat with me a few months prior to the experiment. He declared that Breatharians simply cannot exist and we arranged a one-sided wager over one hundred thousand US dollars to see if I could undergo this experiment successfully. At the time I did not think about the TV people approaching me so I did not really take it too seriously. After all, it was only a guy on a Facebook chat trying to tease me. Lucky for me a good lawyer friend of mine pushed me into "checking the subject out". So I finally decided to meet with the businessman and show him I'm a real person and not some fake identity behind an internet wall. We met up and decided that we would like to conduct a real experiment including scientific research and an objective doctor, and was documented by a serious television show. At the

time none of it seemed to have any likelihood of manifesting, so I did not really take it seriously. As a student of manifestation and having a deeper understanding of how life and our consciousness correspond with one another, I placed many positive intentions into the experiment. To that I added unselfish reasons of raising global consciousness into my will and persuaded myself that life would show me a course that would eventually lead me to the prize, not because I deserved it or because of greed, but because I somehow knew it was in my life's path, both the exposure and the prize.

A normal person does not place such a serious bet for no reason and out of nowhere. None of us, until this day, truly understand why he had placed that bet. Eventually he did and we signed a legal document two days before the beginning of the experiment that described a few criteria and the definition of the success of the experiment. Mainly the criteria were that I would survive, that my blood work would not change even against the estimations of the doctors, that I would not suffer any dehydration symptoms and that my mental and physical conditions would be fit. In addition we decided on making the experiment eight full days without food **or water** (which I was not accustomed to).

As you can probably imagine, finding a doctor that was willing to partake in the experiment was an issue. All doctors that we interviewed said what I was going to do was impossible and probably life-threatening and they would not participate in our experiment for fear of their license being revoked over non humanitarian behaviors. The first doctor that approved his participation had received a notice from his medical association stating they did not approve of his participation in the experiment. He immediately and without hesitation resigned. We went through a few more candidates until we ended up with a well-known senior cardiologist from a main hospital in Tel-Aviv, and he stayed with us until the end of the experiment.

Before the experiment I had to explain to the television crew that I am not a 100% Breatharian (meaning I still drink) and that I do not wish to be. There are only two in the world at this time that only live off air. Most Breatharian are like me and we drink \ eat real small quantities out of choice. I explained to them that I was going to lose weight due to not being able to drink, but unlike a person who has not gone through the spiritual process, I would not suffer weakness, dizziness, headaches, dehydration or any other expected symptom, nor would I become hungry or thirsty. The message was understood and preparations continued. I told them that the only thing that would probably bother me was being harassed by continuous interviews and blood tests, which I always had an issue with. For me the feeling of draining my blood makes me feel incomplete, like someone is disturbing my energetic field by taking something out of it, so I usually have issues when someone gives me a blood test.

Even though I lived on a few hundred calories a day at the time, and even though I have already done a seven day dry fast by myself, I did not want to take any chances. Representing something as significant as Pranic energy to the public for the first time was something completely new, and I wanted it to be as perfect as possible. I felt a big responsibility being the one to carry it out. For months I knew that I was the one that was supposed to bring it to the public, I felt it coming ahead of time.

To make sure that all went extra smoothly I decided to have Pranic "workouts". Every week I had a two day dry fast without resting, meaning I had my regular schedule of working out, working, making love and everything a normal person does without consideration for what I consumed. I wanted to make sure that my body would raise my Pranic intake to its maximum potential. I know sometimes it takes the body a while to get used to it, so in order for the process to go smoothly it was better to get it used to it ahead of time rather than during the experiment itself. I also adopted sunset sun-gazing and Falon Gong exercises. It was a very energetic time for me. I only slept about four hours each night, waking up naturally with lots of energy. In addition to that I felt excited, like something great was about to happen.

Even though I knew that I would have no problem doing this long dry fast, there were a few unknown factors. The main one was how I would deal with the stress, the constant provocations and interviews, and the pressure of appearing in front of hundreds of thousands of people and \ or the materialistic significance of winning one hundred thousand dollars. Dealing with different emotional pressures alone can cause unknown outcomes, especially when you are a Breatharian. Any emotion can create unknown consequences as your emotional body becomes out of balance with the rest of the bodies (The Physical, The Spiritual, and The Mental). The second factor was the blood tests. I personally have always had an issue with blood tests, and in addition to that, no one is supposed to do any blood tests during a dry fast as it torments the body and reduces the amount of liquids. This time they did not only want one blood test, they wanted them on a daily basis.

Apart from those two issues, I felt great. I even felt an inner guidance that the spirit wanted me to do it. Too many good things happened synchronistically for me to ignore. I felt I was getting assistance from above, so I did not really have anything to worry about. I trusted the universe and I felt obligated to myself and fellow human beings to bring some more ancient understandings and knowledge out of the closet.

I myself had different motivations, some egoistic and others altruistic. Simply put, the money was the egoistic and trying to raise global consciousness and awareness to our unique abilities was the altruistic. I am both spiritual and normally materialistic, and I have found my own balance. I am not ashamed to say that I was interested in the money; however I can only say that the money was not the goal, it was the bonus. A few days before the experiment, the businessman did not really want to go through with it and the producer of the show asked me if we should continue in our preparations. I told them clearly that the bet was not the reason we were doing it and we should continue with or without the third party. Luckily for me he changed his mind at the last minute. Until this day I don't know why he did what he did. An idea has come to my mind from a higher perspective that the money was used to make a stronger impression on the public that is still mainly materialistic in this day and age. I understood that more people would take the subject seriously if they understood that an unknown contributor took it seriously enough to fund a scientific study and place a large amount of his own cash into it. Once a large sum is involved, people become more interested, and in this day and age of reality shows they take notice.

Another thought was that I would eventually invest some of this money for the better good. I live in a world of abundance and therefore I have invested a large part of the prize money into the development of two free energy devices that will better the rest of us when the time comes.

The Show

During the show itself I was monitored by eight cameras and was living in a bungalow rented by the production for the purpose of constant observation. I was not allowed to leave the general area of the bungalow. I had eight cameras around and within the bungalow. I had to be monitored by at least one camera at any given time. The camera visibility boundaries were shown so I could know my boundaries when I stepped outside. I also had a camera in the shower, in the toilet and in the bedroom.

The rules were simple: I was not to eat or drink for a duration of eight complete days. I was not allowed to put my head under the water in the shower or wash myself above the neck at all. I was to always be visible by the cameras, sleep with the lights on and not step away from my marked limited area which included the bungalow and its close surroundings. Every day I was to provide the designated doctor my blood for testing and diagnosis, perform some basic motor function tests and give a urine sample.

When I brushed my teeth, I used a marker to draw a horizontal line in a water glass and fill the water up to the line before I washed my mouth, and then I spit the water back to the cup. I displayed it to the camera

before and after to prove that I had not consumed any of the water during the mouth wash. There was even a small pool outside where I was allowed to enter up to my waist and under supervision.

Prior to the experiment the television crew documented several interviews with specialist doctors about the expected results of the experiment. From their expertise they said that they expected me to last for three days before giving up. One of them expected to take me by force in a stretcher four days in. They said that I would be seriously dehydrated, have a dry tongue and have serious and problematic blood tests, mostly in electrolyte count and other such factors (they described it in detail in the show). They also said that it could not be done, that I was risking my life and that my internal organs would not handle the pressure.

The first three days of the experiment were the easiest; I wasn't bored yet and my motivation was high. It was never about physical weakness and mostly about my mental attitude. Having previously done the 21 day process, I came prepared and had a good idea of how I was planning to spend my time. In addition, unlike the earnest 21 day process, here I could have access to the outside world. I took my laptop, I pre-downloaded documentaries and had my cell phone with me at all times. In addition I was allowed to have a friend come by if I wanted, but I only used that option twice. I had a fixed schedule. Every day I woke up and did some Falon Gong exercises to get more energy flowing through my system first thing in the morning. Every sunrise and sunset I did about twenty minutes of sun-gazing followed by a half hour meditation. After that I retreated and did some artwork, drawing mandalas, making small copper trees or other creative work. During the day I watched a movie or a series, did plenty of meditations and listened to online lectures.

Almost every night I had two appointments. The first was the skeptical doctor that came to do my blood work and try to talk me out of it. The second was the television host who came to interview me, always with an attempt to create some sort of drama to raise viewer interests. I liked both occasions because it made my days more interesting, but I was also very grateful when it ended and I knew that I had the night to myself.

After the fourth day I suddenly started getting really appreciated by the show host. Neither he nor the doctor thought I would ever make it this far and they started realizing that something special was going on. The doctor immediately started speculating on his own terms and by his own world view of how this could be. He wasn't happy that the blood work did not change over time and that no great changes had taken place as he had initially predicated. In his praise, I must state that he accepted the situation with scientific objectivity and did not try to explain or change his initial opinion.

From the fourth day onward everything went smoothly until the end of the experiment. I had my daily visitations from the doctor who ran a few tests and took my blood and urine samples to immediately send to the lab. I had additional visitations from the host and the television crew who were still astonished with how everything went so smoothly (they really wanted some more drama and action!).

When the last day came I was already very excited. Over the last two days I actually counted the hours as I really wanted to get back to the real world and outside of my solitude. Everyone came and we held a small water drinking ceremony. I was so excited that I cried in front of the cameras. It was a pleasure! The whole experiment is documented and English subtitles have been added to it. It can be fully viewed at www.pranalife.co.il/Breatharians-ray-maor-tv-project/, or in www.10dayprocess.com.

In the end, there were three sets of motivations for doing the show. My own was to open up people's understanding and skepticism about how our bodies work, and how the universe and our consciousness and belief systems influence our bodies. The show's motivation was nothing more than making an interesting, dramatic show that would bring them more viewers. And the businessman was all about the science. The only one that truly got his way was the show. I still feel today that we did not focus enough during the show on the

deep understanding about what this actually means. What does it mean that food is not really necessary? What does it mean about us? About our "spirit"? About our current belief systems and how this could deeply impact the world as we see it?

Retroactively, I must say that I did not have a clue how much that show was going to change my life, and it sure changed it a lot. People started recognizing me on the street, asking to take photographs and give signatures, etc. I felt like the survivor of a reality show. It has opened up many doors for me and has given me motivation to write this book, since knowledge is still missing in the world.

Chapter 7 - How to Become a Breatharian

Known Methods of Light Nourishment

There are currently four more common known methods of becoming a light nourished individual. The first two are from Pranic nourishment and the last one is Sun Gazing. The methods I am most familiar with are the 10 day process and the 21 day process. The 21 day process is explained in the book "Living on light" by Jasmuheen. I should also state that Jasmuheen has told me several times that this method is **no longer the recommended method**, and that the chances of success at remaining a Breatharian after undergoing the 21 day process are about 10%. This is probably because the shock to the individual both mentally and sometimes physically are significant, and you really turn your world upside down in a matter of weeks. So the challenges here are great and only the really strong survive.

The second method, which is also written about in a book by Jasmuheen, is called "The Food of the Gods". It is a longer method that takes several years. It combines a slow reduction of caloric intake, eating healthier and going up the ladder beginning with being a vegetarian, followed by vegan all the way up to a higher level. This method also brings in many different meditations and the emphasis here is "take your time, do it right". I have personally read the book and felt that for me the quicker "wham, bam, thank you ma'am" is more suitable. The second method involves more integration into your life as a Breatharian, even though technically I'm not sure there are enough people out there that have completed it as it takes many years to achieve.

Other methods pop up here and there. Some of them discuss the possibility of simply reducing the amount of food we take in. Some are quick and some are slow. The latest one I have heard is an eight day method to reduce about 80% of your caloric intake. I am not sure that one qualifies as living on energy.

The 10 day process was developed by me and a colleague in our search of perfecting the other processes, giving the participant more chances of success via support. We are currently delivering it in multiple locations around the world. For further details: www.10dayprocess.com.

Sun Gazing

Many books have been written on Sun Gazing and it is even more well-known in the world than Pranic nourishment and Breatharians. I will try to summarize what I know in this small section.

The Sun Gazer changes the way his body works to receive more light energy from the sun. He does this by gradually staring at the sun in a process that takes up to several years. The Sun Gazer stares at the sun, either in the one hour before the sun sets or in the one hour after the sun rises. They begin with just 10 seconds and gradually increase their stare to 45 minutes (this means they spend a total of 270 separate sessions, reaching over 6000 minutes of staring at the sun). They do this while being barefoot and staring directly at the sun. The overall process takes about a year and a half, depending if the individual has time to see both the sunrise and the sunset, the type of climate where they live, and many other factors.

The 10 Day Process

I developed the 10 day process in 2014. I decided to develop it after I have gathered much information and saw the challenges most people have in adapting to the Breatharian lifestyle. The 10 day process is the time when the body transforms in order to become nourished by Prana. There is a lot of information that can be written on the process, but for various reasons I will not list that information here, especially since morally I do not want to encourage anyone to go through this process without an experienced Breatharian guide.

Most people that go through this process do not have their mind set up to completely stop eating (although they can if they truly wish to). They are more the type of people that would like to enhance their spirituality, their

Pranic intake and their life experiences. Most that have gone through the process have cut back drastically on food and really enjoyed the 10 days when the group is together. **The primary goal of the process is to enhance your Pranic intake and reach a Pranic state (independent), and the reduction of food is just one of many byproducts we are given as gifts.**

It occurred to me, as a guide of the 21 day process (in the next section), that the 21 day process is truly extreme and not suitable for most individuals, no matter their commitment level. In response, I made a list of all the difficulties and came up with multiple solutions. Therefore, the 10 day process was developed to answer the call of a rising human frequency for ease and comfort. The secret to the process is the combination of a short dry fast with special breathing and meditation exercises that assist in the physical body and consciousness promotion. After experimenting with this, we have seen that the participants go through a much shorter period of weight loss and physical weakness and get back to their normal selves quicker than ever.

Since all Breatharian processes detox the body, we ask the participants to have a week of raw food before the process, and a single day of water fasting about four or five days before the beginning of the process. During the process itself, the participants begin by eating fruits for one day, having three and a half days of dry fast and the rest of the process is with small amounts of fresh, diluted fruit juice. There are two mandatory activities that we request the participants to always be present in: the morning and afternoon breathing \ meditation activities. Between those activities there are many added valued lectures \ workshops on various subjects like learning how to manifest, achieving happiness, different arts, yoga, Falon Gong and many more.

After the process we recommend at least two months of drinking fruit juice in small quantities. The process raises the individual to a higher vibration and makes their Pranic nutrition jump to the 60%-70%, but to complete it one must embrace the Breatharian lifestyle for at least a few months. From what we have seen so far, a participant that passes through the first two to three months has made the conscious "leap" and afterwards usually chooses to eat about twenty percent of his former amount. Some (like me) decide to take it to the extreme and do a whole year of minimal physical nutrition, just to enhance the experience.

Throughout the process there are two guides and a minimum of two helpers who have passed through a Breatharian process themselves. The big improvement here in comparison to other processes is that we focus upon the success of the individual once he steps out of the process and back into real life. This is because we have seen the percentage of people that have emotional difficulties or social challenges after the process and we decided that it is better to prepare someone well for their journey with additional support, tools and further meetings afterwards. Another big difference is the fact that this process is done in a group and not as individuals. The process contains several long silence exercises, reminding us of the connection we have to our higher self and to our future and past selves. The process also contains a half day "Karmic cleansing" which I uniquely developed for it. It involves a beautiful experience of self-remembrance, thankfulness, forgiveness and gratitude that, when done in a group, amplifies the experience and connects us to self-love.

It is often said that every day in the process brings a different experience, and therefore one cannot really know how it will end. If you have any experience in other methods of "spiritual processes" like dark room therapy, vipassana, vision quests or other types of long fasts, I can say that the 10 day process is pretty much a combination of them all multiplied by several factors. It does not mean that it is difficult, just that your "jump" into a deeper understanding and your regular knowledgeable "download" suddenly become more clear and intuitive. During the process the body undergoes various transformations, depending on the stage you are at.

Generally one of the greatest and most important things we need to understand when we go into the process is that the "spirit" within us guides us. In the Pranic book Jasmuheen calls it the DOW (divine one within), but here I try to take a less spiritual approach and call it our intuition or higher self \ sub-conscious. This is what

guides us, motivates us and sets our path in life. It is always there, whispering words of wisdom and truth in our ear. We just need to learn how to listen to it.

If I summarize the whole mental process of the 21 days into a single sentence it would be "I do not require physical nutrition because I do not believe so anymore". This sort of attitude is the one you step into the process with. **Your belief in yourself and in your ability to self-persuade, to autosuggest and to be a builder of your own reality is crucial to the success of your process.** The power of our faith combined with this simple phrase, just as it is, embraces and explains the whole world of challenges, inverters, strengths, etc.

The biggest mental challenge is to bypass the common sense we grew up with and were raised by. This can be done by having a strong faith in our abilities as co-creators of our existence and our control over our body. This belief is based on exercises and personal challenges we experience before and during the process. My personal game is having my logical mind setup and to deal with this controversy via different means (useful tips and tricks are described in later chapters). But that is just me and everyone has their own tools and understandings. Most Breatharians are clearly more right mind oriented and do not come from the scientific world and perspective. They might have different opinions and different approaches to dealing with mind games and belief systems.

The 21 Day Process

The 21 day process was once the only breatharian initiation process and it is the one I underwent. This is the process I will focus on in this chapter. To further read about the process, please see Chapter 14 in the book "Living on Light" by Jasmuheen (from here on, we will refer to this book as the Pranic book). For those not interested in its details, I recommend you completely skip this chapter and go to the next section called "Some General Recommendations".

I will describe the process in general but I won't go into the small details of which meditations are required to be done or when. The purpose of this chapter is to give the reader information about the process, not information on how to pass it by himself, as having a guide is mandatory. It is vitally important **not to try to do this by yourself**. Please be humble and follow the rules. There are several reasons that a Breatharian guide is required here and it is considered dangerous to do it alone. In addition I must clarify that the author of the book has recommended that individuals not do this process anymore. There are different processes (like the 10 day process) that are easier on the body and on the mind.

The majority of information transferred during the process will be given to you by your Breatharian guide before and during the process itself. This is only the case if you have met your guide and feel there is a match between the two of you, and if your guide has felt that you are ready to go through the process. The guide must be a person that has passed through the process already, with a preference to one that is still living a Breatharian lifestyle. This process is done in a solitary state.

Process Phases

The process is generally divided into **four time periods** starting with the highest degree of difficulty and gradually getting easier and easier.

- **First Week**

This is the air fasting week, no food or water intake. This is the most difficult period of adjustment. This is also the highest period of your persistence being tested.

- **Days 1-3** – You pretty much just feel that you have stopped eating and drinking. There is nothing special about these days but your own expectations of the rest of the process.

- **Days 4-7** – The Breatharian transformation process takes place.

These are the most special of days in the process. You are required to sit or lie still for a total duration of six hours a day. You have three sets of two hour intervals each time with an hour break in between. During the intervals you are not to move much. You can meditate, sleep or listen to quiet music. You are to stay in the same position during each interval and try to make the intervals at the same time each day. The point of the intervals is to allow the bodily change to take place. Most Breatharians report different sensations during these times. Some have a similar experience to a ^{xvi}kondoliny burst. There is much time to experience these energy bursts and deeply understand them within yourself. This is the time to release any doubt you previously had. It is normal to go into the process with a small amount of doubt. In the first three days, thoughts like “Am I really suitable to go through this process?” and “Perhaps my body is not strong enough” go through your mind, even if you do not feel hungry or thirsty.

Once the intervals begin, and most likely in the middle of the third night, the sensation make you truly and deeply realize that a greater power than you can understand is at work here. Call it what you will, guardian angels, light workers or God, something is at work here that one cannot simply explain in a normal way. You can feel it all over your body and you learn to trust it and to let go. I call these four days the **operation period** (as in a medical operation), since this is the time when your “engine” is being upgraded to be able to be nourished by a higher percentage of Prana. It is also the time that your four bodies are being balanced in order for you to be able to use Pranic nourishment.

During this time you still do not take any water. This time is also funny because, scientifically speaking, you are supposed to die. But you wake up on the fourth and fifth day and you feel well. After these four days are over, you meet your guide and have a small first glass of water ceremony to celebrate the end of the air fast week. You are only allowed to drink one glass of water per hour, as your body needs to relearn how to take it in. There is a story about a woman that did not listen to the simple rules of the process and had a liter of orange juice and died as a result. This is a very important lesson and another reason why people should always listen to their guide and to the general process rules. We are playing with extremities here.

- **Second Week**

This week is considered the **healing week** for recovery and you can start drinking some fluids. The majority prefers water or tea; you can also drink very low concentrated juice (up to 20% fruit). You are still not to move much from your location and if you have any residual energy, keep it for your body to heal from the operation that occurred in the first week. The healing process is already occurring and you will start feeling differently.

- **Third Week**

This is called the **integration week** where you experience the continued recovery of your physical strength. You start feeling the different changes and upgrades made to the body and to your spirit. You start feeling better and stronger as Prana has been replacing your nourishment needs, but you still need to let your

body adjust to it, a process that can take several months. At that time one can start taking short walks according to their strength and their guide's recommendations. You can now drink a slightly higher concentration of juice. You can leave the location more and even watch a "feel good" movie once a day.

The 21 day process is not simple and requires a long mental preparation before setting your target date. There are very few people who chose to do the process immediately after hearing about it. Even after you have started the process, there is no guarantee that you will complete it, although statistically speaking those who start it will usually complete it as they go into it mentally prepared and in the right state of mind.

Finding the Breatharian Guide

Depending on how we found the information, where we live and several other parameters, a Breatharian guide is necessary when going through this process. In Israel there are currently two guides (including myself and hopefully more will decide to be guides soon). Not every Breatharian is suitable to be a guide and not every Breatharian wants to be one. Think about it like a priest: Some people just want to have faith, while others want to teach faith. I have had an inner feeling of wanting to be a guide from the beginning. It simply felt right to pass on knowledge that can change peoples' lives for the better.

The Breatharian guide helps and assists us through our personal challenges. They explain and assist in the understanding of our personal changes and tell us of the various exercises that we need to do throughout the process and in due time. **Our guide is in no way responsible for us.** A person that decides to go through this process is making that decision on their own and by the trust of their inner guidance. The purpose of the guide is to show you the door, not to walk you through it.

A guide can be any person that went through the process themselves and has completed it successfully. It is preferable if the guide is still living a Breatharian lifestyle, although it is not mandatory. It is also necessary for the guide to have already completed several months as a Breatharian and not be a fresh Breatharian. One can also go through the process in Brazil, for those who want a chance to get out of the country and meet a small community of Breatharians. After all, this subject is fairly new in Western society and consequently there is less experience with it in the west. Being surrounded by a small village of people who have went through the process themselves can be a great assistance for someone wishing to go through the process.

Before a guide and a Breatharian "apprentice" begin their process, they will conduct several meetings to make sure the apprentice is mentally prepared for this process, to make sure they are doing it with the correct motives and to ensure compliance between the guide and the "trainee". A relationship of complete trust and truth must be established between the two.

If you are in a country outside of Israel, there might be Breatharians that are willing to guide you there. I know there are some famous Breatharians that will probably charge more money (anybody hear "spiritual ego"?), but I'm sure that you can find other Breatharians or people that went through the process to guide you. From my understanding, this subject is known mostly in India and Brazil, and in the west mostly in France and Germany. Of course you can always come to Israel for a few weeks and have me or someone else be your guide for that time.

One generally meets the guide a few times before the process and one time during the process (this might change in the future if we open up a Breatharian academy here), and during the first water drinking ceremony that takes place at sunset of the 7th day (at the end of the air fasting week). Each night, you and your guide will talk on the phone about your day, your emotions, difficulties, tasks and advice for that day and for the next day to come. During the process we take it one day at a time. In the first week there is emphasis on talking absolutely every day. After that it really depends on both of you. From the second week and on, deeply

understanding that this process is up to me and my higher self, I asked my guide to talk with me every second day. There is a great fulfillment in absolute silence.

Letting go and trusting your guide is absolutely necessary. Truth and honesty about your sensations, difficulties and challenges needs to be known and discussed. You have chosen to undergo a life-changing process, so this is not a good time to temper with it or have ego issues. There must be **absolute trust** between the both of you. Your guide needs to be aware of every aspect of your process for them to be able to give you the best advice. To be a Breatharian is to follow one's inner guidance, since we intuitively know some things. Going through the process also gives you additional "mental strength", as you are doing something so wonderful that is considered to be in the realm of the souls and light, and works as an unselfish act and one that raises the frequency of oneself and entire human kind. So do not worry – you are in safe hands and are being carefully watched and loved (you will feel this).

Finding the Care-taker

The care-taker is a person that takes care of your physical requirements during the process. They usually come on a daily basis and stay around for a small duration of time, taking care of things like the laundry, cleaning up your environment or making some juice. Even though you can do these things by yourself, the job of the care-taker enables the Breatharian apprentice to constantly stay in the present moment and to preserve their energy and attention for the transformation process. Being in the moment is the key here, and the care-taker assists you to get there.

If this is the first time the care-taker is taking on this responsibility, they will receive a detailed briefing from the Breatharian guide. This job comes with a responsibility and a role of great importance to the process. It is also an honorific role, since the care-taker is part of the process and grows with you while he observes the changes you go through from an objective point of view. Every person and every process is different so it is impossible to define the details of the care-taker.

The care-taker is not the one that you discuss your process with! Their job is to help you stay in the moment, not to allow you to share or express your emotions or what you are going through. If you need to share, you do so with your guide. You can, of course have small conversations with your care-taker, as they are your window to the outside world. Just remember that you are alone and you go through the process alone. You do not need to know what goes on out there (unless it is vitally important).

The care-taker will probably ask you simple questions like if you are missing anything, or if there is anything special you need. They are the ones that will bring you water (from the second week), books or missing art equipment. Don't feel bad if your care-taker is doing things for you that you know you can do by yourself; it is their job and they know it. Even if you are a clean freak or you feel uncomfortable asking someone to do things for you, get over it! The issue at hand is not your independence; it is about staying in the moment as much as possible and allowing for your body and spirit to make a large leap in your personal evolution and spiritual path.

Preparation for the Process

Like when going traveling, one should prepare for the process. The preparations take place on every level: Mentally, physically and logistically. The preparation can take months or just a few weeks. I personally do not know anyone that just did it one day without any sort of preparation and was successful at it. I do know a few that decided to ignore most of the recommendations by doing it completely by themselves and in their own city apartment. All have failed to complete the process or went back to eating exactly one day after the process (which I also consider as a sort of failure from my point of view).

The preparations are required to take place consciously and knowingly. The process begins even before it begins. When you start day 1 of the process, you have already mentally “been” there. This is why, for example, I did not feel hunger or thirst even from the first day. It is probably due to the fact that I was already mentally ready to go through it, having known my guide and good friend and knowing what to expect. When preparing for your process, you must think about what type of issues you personally are going to face. You must imagine how you are going to deal with those issues during the process and to see whether they will be a problem. Your guide will be there with you to consult with you, but not to hold your hand. You are going to do this by yourself.

Main Process Guidelines

Beyond the preparation any individual does with themselves before they set their starting date, there are many guidelines for the process. Most of these rules can be found in the “Living on Light” series book and I will quote some of them here.

- **Be prepared for three weeks out of your normal world**, no phone, no internet connectivity, no technology, no job, no social life – these are the most important factors in order for you to get the full potential of this process. Following this rule requires surrender to the process and humbleness. Trying to cheat will only make things harder for you.
- Release all thoughts and projections from the outside world; step into yourself and connect with your higher self.
- You cannot worry about anyone else in the process - the only concern is yourself. Mothers, fathers, children, family members, spouses and pets are not allowed to visit or call.
- Once you've started the process, you cannot worry about business meetings, payment of bills, watering the garden, pets, etc. You will have to take care of these things as if you went abroad and disconnected. It is best to find someone to take care of your personal affairs and to make sure that you have closed any potential loop holes.
- It is time to surrender and hand over control to your inner guidance. For the majority this presents a challenge. Don't forget that wherever you think your challenge may be – that is where you will be challenged!
- There will be no sexual activity of any type, including self-pleasuring.

Some General Recommendations

Here are some general recommendations for those deciding to do any of the processes.

▪ **Music**

Music is always fun and I do not know of anyone that does not enjoy some type of music. Take mostly **peaceful** music to your process: chill out, classical or whatever makes you feel at ease. If hearing house \ electronic \ trance music makes you feel comfortable no worries, that also works. It is really up to you. My recommendation is that if you only listen to loud music, take some soft music with you as well; you might be surprised that you connect with it. Sounds like ocean waves, meditation music or Zen style music work great to get in the moment. Take a speaker or a good headset. If you bring a speaker or a sound system, it is better to have a remote control because at certain time periods in the process we should keep the body still and movement is required to be minimal. A remote control will come in handy at those times.

- **Musical instruments**

This is quality time to connect with your musical side or to start learning a new instrument. It is recommended to do so from the second week onwards. Bring everything you need to use this instrument (lyrics, tuners etc.). Instruments that require too much strength or breathing like a didgeridoo aren't recommended at first. Consult your guide as necessary.

- **Painting \ drawing**

Whether you have an interest in painting or not, there are always things to do with some paper and colors. I am not gifted in any way with drawing but I decided to make large geometrical shapes that turned out wonderfully. I especially focused on the flower of life and other figures from sacred geometry. Don't forget everything that is required for your painting including brushes, cleaning materials, paper towels etc.

- **Carving** – up to you.

- **Juggling**

If you ever wanted to learn how to juggle or any other type of performance art now is the time. This is not for the first week but for the following ones. There are many types of juggling to choose from- balls, pois, devil sticks, and staff; look it up online.

- **Books**

It is best to take as many books as possible, as your mood will change and you do not know what will please you at any given moment. You can see the list of recommended books at the end of the book. In general it is better not to take "heavy" reading books which will make you think too much. It is highly recommended to bring inspiring books or spiritual books, the type that keep you in the moment. When you read an inspirational book during the process, your sub-conscious catches more subliminal messages.

- **Accessories**

Paper, writing instruments, colors, a ruler, scissors, glue, wood and anything creative you can think of. After a while creativity simply jumps out of you! Be prepared ahead of time, as it will be more difficult to find these things when you are there.

- **Other ideas**

Balloons animals, origami, cards (playing with yourself or learning tricks), etc.

- **Empowering elements**

If you are a new-ager consider taking crystals or any other healing and empowering source, depending on your belief system. Bringing some plants into the room or mascots or amulets that have a personal connection with will assist you.

- **Camera**

For the photography enthusiasts among us and perhaps for those that wish to keep track of how their body changes.

Chapter 8 - Mind Mastery

Our Comfort Zone

When dealing with spiritual growth, we really need to define what a comfort zone is. A comfort zone is where we draw back to when a challenge arrives. It is where we are more comfortable and it is where we are less likely to grow mentally, physically and spiritually. Our comfort zone is full of excuses; it is usually derived from our personality, education, social standards, friends and so on. For example, an individual that chooses not to keep any type of a fixed workout is choosing to be in his comfort zone. It is more comfortable to be there and it is not necessarily a good place to be in, especially for one's future. To constantly choose the comfort of your television set over books, magazines or other imaginative stimulus is also staying in our comfort zone.

Being in our comfort zone is also noticeable with small things. For example, if students sit in a particular chair in the first class of the semester, they will usually go back to that particular chair because it is where they “already know” where they are and it is where they are most likely to feel comfortable because of this knowing. There are many small “comfort zones” that we build in our lives. The purpose is to know them and know that we are not dependent on them. Good growth comes from exiting our comfort zone. Do so consciously! Recognize where your comfort zones lie and fight them.

If you get completely cranky when you are tired, it means that tiredness has bitten you. Can a sensation or a feeling be stronger than we are? We choose to feel, not the other way around. We choose and assume responsibility for every emotion we feel. When someone insults us and we get offended, is it his or our fault? Of course it is our responsibility. It is just words that have been thrown in the air and out of that person's mouth. It is easy to blame someone else for our own emotional state. **Blaming others is being in our comfort zone.**

The truth of the matter is that we need to accept full responsibility for every emotion that we feel. It is ok to feel negatively, but we must understand that it is of our own choice. We cannot blame others for what we feel. They have no control over it – we do! Understanding this might take some time, but when we assume responsibility for every emotion we have, we also learn that we can **choose** to feel positive emotions, and we learn how to get rid of the negative emotions quickly and efficiently as they are of our own creation and responsibility.

Learn how to recognize your comfort zones. When you deal with them, do not try to battle them all at the same time. Try to see them and work on them one by one. If one of your comfort zones has to do with food like emotional eating, try to observe it from a third person's point of view. When we become conscious that we are eating out of emotions (loneliness, broken heart, boredom), we tend to do so less and less. Consciousness is the key. Be strict but forgiving with yourself. Allow yourself to have rules but also allow yourself to bend some of them. After all – we are not perfect. Self-love is the primary goal, only after that can we truly love others unconditionally.

Understanding Mind Mastery

Mind mastery is a great topic. It is achieved when one masters the observation of thoughts and learns to manipulate and add several “layers” of understanding to how their mind works. With mind mastery we can achieve character changes, a high degree of optimism, gratitude and happiness and many other necessary tools to reach our maximum potential as human beings. We embrace the fact that we are creators of our own reality and we take the reins for our life. Mind mastery assists us in solving the different mind games that can come up in life in general and in the process in particular; games that are created by the ego, or games that want to keep us in our comfort zone, and the games that make us less confident of our divine intuition.

To be a mind master, one should first understand that **our emotions and our thoughts are our own responsibility and are of our own creation**. Everything we feel and think is a choice that we can make with our consciousness. It is true that most of the time we allow our thoughts and emotions to run wild and free and have no control over them. But when we are mind masters, the wheels turn in our favor. Just as anything in life, there are different levels of mind mastery. I cannot say that I am perfect but I can say that I have reached a high enough level of understanding that I hardly allow negative emotions to reach me, and if they do they are usually resolved in a matter of a few seconds. This is not a level that I assume everyone will reach, and it is enough to remain conscious and observe yourself from the outside as you feel \ think.

There are some things we need to understand to become a mind master. Different people take different approaches. There are so many different methods of dealing with our mind, our feelings and our sensations. I will try to list a few thoughts on the subject and allow each reader to embrace whatever feels good to them. Each one of us is unique and therefore we tend to see things differently and experience the world differently.

Achieving mind mastery is a goal I think everyone should strive for, especially because it touches so many fields in our life. It allows us to perceive reality in a better way, to choose how we decide to envision life, and to take control and responsibility for our own thoughts, emotions and manifestations. Learning some mind mastery is not enough; one needs to truly practice and make it a way of life. It starts just like every hobby and practice makes perfect. Mind mastery is not just about reading it in a book. Our mind is built like a cloud of connections between axons. Each connection can be strong or it can be weak.

The mind works like a muscle and the best way to describe it is “use it or lose it”. If a mind does not use a certain belief system then it will degenerate just like muscle tissue degenerates if it is not used for a certain amount of time. Our purpose is to have the mind use a certain belief system so much that it passes it on to the subconscious, and from there it becomes completely “automatic”. This is what we call a character change or a change in perception. You become what it is that you planned to become.

We are talking about “positive brain washing” such as autosuggestions, affirmations, imagination, guided meditations, etc. All these have one thing in common: they slowly and steadily convince the subconscious that something is true. This can be done way outside of yourself, which is the whole point of commercials, social rules and standards, what you perceive to be “normal” in our world. With mind mastery you become an observer. You become the intersection police officer that allows certain emotions \ thoughts to go in while avoiding others consciously. It is a matter of **understanding and of choice, clarity and persistence**.

To get our subconscious “in on it”, some book writers write the same exact message over and over again using multiple examples and different words. The best known book \ movie that uses this is “The Secret”. You can summarize the whole book in just a few short sentences, but the writers \ producers use a technique taken from different worlds of repetition so that the reader \ viewer will subliminally comprehend it. It is a slow and steady “positive brain wash” that teaches the reader \ viewer about the law of attraction via multiple examples and multiple speakers.

It is not my way to repeat myself and therefore I want you, the reader, to be conscious enough to understand that if you like something that you read here, any technique that “speaks to you”, you should assume responsibility for it. You can read it again, practice it, give yourself examples, tell it to others and use any technique that best works **for you** in order for you to “digest” it and pass it on to your subconscious.

This whole book is about assuming responsibly and understanding the power that we have as individual creators. I am not the type that will chew your food for you; I am the type that will show you your own inner strength and will believe in your ability as a king or queen of your domain! We are all magnificent, ominous, multi-

dimensional beings that have reincarnated here for a short period of time. I trust you to do the right thing for yourself. Assume responsibility for your life, your thoughts, your emotions, everything! Trust that you have an inner guidance that is bigger and stronger than anything external to yourself. **Know that you are guided** in any situation and know that everything that happens happens for a reason, which at times is more than our ability to comprehend.

Your Subconscious Mind

Our subconscious is called many things. It has different characteristics and is both complicated and simple. When we say “subconscious” we actually mean the layer that we are not aware of. The book “The Power of the Subconscious” is crucial to deeply understanding the best methods for working with your subconscious. Think of your mind as a flower and your subconscious as the ground that holds flower seed. One can only see the flower, but the roots are where all the flower’s nutrition comes from. What we decide to feed our roots is very important, and our subconscious plays an important role in that.

A first basic understanding of the difference between our conscious and subconscious is that the subconscious does not “understand” like we do. It has no logic; it is a place of symbolism, shapes and intuition, and not a place that knows how to “analyze”. A simple repetition of an affirmation before we go to sleep will cause that affirmation to “sink” in, **even if we do not believe it consciously**. Try this for example: Take two minutes of your time and simply say to yourself “I am feeling better and better” in repetition. Say it slowly and do not change your tone (be monotonic). Let the message subliminally sink in. Give it a try right now; don’t postpone it! Really give it a try right now if you want to internalize this lesson. Say it out loud and commit to the full two minutes, do not do it half way (you would not bake half a cake). Don’t let your ego think that you understand the lesson when you have not followed its rules. There is a reason for everything.

Let’s analyze what just happened here. Your conscious mind does not really believe that what you simply “say” comes true, “Those are just words tossed in the air”. But what is your sensation after saying “I am feeling better and better” for two full minutes? Don’t you feel better? This is just the tip of the iceberg. There are many NLP (neuro linguistic programming) methods that directly touch the subconscious. This is not even one of them; it is just an example of how an affirmation, **without even placing intention**, can change your mood instantly.

This example shows us a very important lesson: **what we put there is what will sink in**. The words we choose and our intentions all go through! This is why mind mastery is so important. Imagine how many things we go through in our daily lives. Imagine how many commercials we see, and how much violence and negativity we get exposed to and eventually even get used to. It is so much that we cannot distinguish it any longer from our regular lives. Become a mind master and see what is attempting to go through your mind, and choose what you allow through. Choose positivity and optimism. Choose positive thinking instead of negative. Choose to see the good things in people before you judge them on their bad qualities.

There is an effect called the “cocktail party effect”: When you are sitting in a cocktail party, and around you are many different people distributed in different groups, some couples, some small groups but they are all spread around sitting in different locations in the party. Each group is engaged in a discussion, just like you are probably engaged in one with someone. Suddenly you hear your name coming from a different group. How can that be? Your attention was fully focused on the conversation you are engaged in. What actually happens in reality is that **your brain “listens” to everything all the time**. Your subconscious is much stronger than the credit we usually give it. Your brain is like the NSA, screening phone conversations for the word “bomb”. If it hears something familiar a red flag immediately comes up. If you hear your name, a meaningful word (meaningful to you) or the name of someone important to you, the brain will listen closely. The cocktail party effect is used in marketing. For example, stores have music playing because when we shop they prefer that our brain does not

“think” too hard about what we buy. For them, it is better that a small part of the brain be used to analyze the music subconsciously so we become an easier and dumber shopper.

I have given this example to try and show you how strong our subconscious is and how important it is for us to create filters for it. The main words here are “conscious choice”. Choose your music wisely, as your brain will flag all words it hears with their associations (which can be negative ones, like in rap music^{xvii}). Choose the movies you decide to watch, as your subconscious mind will always try to identify with all the different characters. Choose your friends and the people you hang around with. Learn how to use the subconscious in the best way. Learn that it is a part of you, it is stronger than you are and it can be used to plant new “seeds” if you want to change something inside yourself. **The subconscious is the ground in which we plant our seeds; it is the land that our flower eventually grows upon. Don’t feed it with bad nutrition!**

The Power of Words

When we are babies, we do not yet think in words and our world is completely abstract. Words add a frame to our world. When we grow up we slowly change the way we think from “pure thinking energy” into “inner dialogs” that use words. This means we lose some of our imagination and some of our uniqueness but gain the ability to communicate with others. When you say a word, you release its “energy” to the outside world. The outside world is built from the physical world that we know and other much more sophisticated energetic existences.

Our intentions, emotions, expectations and our worlds are used to create our world, whether we are aware of them or not. Learn how to choose your words wisely, as they have a strong symbolism to your subconscious. Regular usage of negative words like “hate” and “fear” has an effect your brain and goes into your subconscious. Choose your words wisely and train your brain to reduce the usage of negative words. Learn how to be a “yes” person that sees things optimistically.

Our words build our world and our perspective. Use words like “yes”, “abundance”, “pleasure” or any other positive words. Using negative words will bring you exactly that. When we are using the language of intentions, imagination and manifestation (which are all one thing) we are currently mostly limited to only use words. Giving compliments is also a great exercise in choosing the right words. There are so many compliments that we can give when we learn to appreciate the small things. And who does not like a compliment from time to time to provide our small or large ego some food?

There are two very important factors when choosing the correct phrasing and affirmations. The first is that we want to request it in the present form. Imagine the difference between saying “I’m going to have a beautiful day” and “I’m having a beautiful day”. It is basically like the difference between saying “I want to have a beautiful day” and “I know I’m having a beautiful day”. When we affirm in the present form we signal our subconscious that this is the one and only reality, and it makes it so. Our life is perceived through our own two eyes; if one “convinces” the subconscious of what they wish to happen in the now, it will be received as a command as simple as that.

The second rule is to not request things in the negative. The subconscious receives words “as is”. If, for example, you have a weight problem and you wish to give yourself positive affirmations to deal with it through intention and the usage of the correct words, you will not say “I do not want to be overweight”, as the subject of your affirmation will be “overweight”. You will say “I am healthy”, “I am in shape” or “I am losing weight”. The focus and the subject of the sentence is no longer the weight issue.

There is a good method I learned from a great master of happiness, and it is simple and it works. Every morning, just when you wake up and **before you get up from your bed and put your legs on the floor**, say to yourself “I am having a wonderful day” and give yourself a big morning smile. Do not say “I’m going to have a great day” or “This day is going to be wonderful”. **The emphasis here is on the present moment and the knowing.** When you know, you simply know. When you attach this affirmation to your smile (even though you have just woken up...), the brain makes the connection and starts perceiving your day with a positive attitude. As we all know, a great start to the day usually brings a great continuity to your day. Try it for a few days and see how you feel with it. Understand that the power of words and positive affirmations (both inside and outside of the body) is a great instrument for mind mastery and self-improvement.

Manifestation

Understand how strong your mind really is. In the book “Reality Transurfing”, the Russian author explains how our mind sends out signals that are accepted by our reality on different levels. Those signals are not different from peptides or hormones signaling the cells of our body to function in a certain way. The stronger and more frequent the signal is, the stronger the inner cells’ reactions will be to the request. When we want to manifest we can use many different methods. Some of these methods are known and were already understood a long time ago. They were used by various religions and some of them are used today, however not necessarily for the betterment of the human race.

For example, a prayer is a way of signaling to the universal spirit (call it whatever fits your belief system) what we want. Using our imagination to further describe to ourselves what we want in extra detail is another. The strongest aspect, however, is our intention. Placing our intention into the thought, into the prayer and into the imagination will emphasize it and will send out the signal that will be caught by our reality and manifest it or raise the chances of it happening. This is why group meditation, group prayer and anything else done in a group create a **strong ripple in the space of variations and attracts and creates a stronger potential future in the direction the intended thought was aiming for.**

Know that words already have strong associations in your mind. When you think of a certain word or hear it, immediately neurotransmitters start running all over the place in an attempt to “close a circle” and thus bring up a memory by association. Think about the word “terrorist” and see what associations you sense from that. Think about the word “nature” and see how you feel about that. By knowing that everything in our mind works via word associations that connect to emotions, sensations and feelings, we can choose to unlearn and relearn these associations as we see fit and in the perspective we would like to have and have consciously chosen to have.

If you live in a prejudicial society where minorities receive many racist comments, try to see what the media or society has placed in your mind as association with connection with that minority using social standards. You will probably find many generalizations and prejudice. See what the “social standards” are, and try to see how many of your current associations are there as a conscious decision you have made and how many are there due to your education, religion or social expectations and standards. You will find that most have associations that you have not chosen to place there.

This is where the process of unlearning should take place. Unlearn as much as you can, go back to the point in time where those associations were created and make your own decision. If the word “school” comes back to you as a traumatic memory, imagine a new association for it, and this works for everything. In order for the new associations to take place, you will need to repeat them and to try to “catch” the previous association as it happens. Here is where mind mastery comes into play as well as initial determination. Remember that you are

a mind master. You need to catch yourself thinking negative thoughts and have good and positive thoughts instead to create the right set of associations in your mind.

The good news is that it only requires a little bit of consciousness and attention to get started. Once you get started, you are on a roll to change your perception of everything. My former boss once told me: "Life is like a bee hive; you need to know exactly where to look in order to see only the honey and never the bees". Make this sentence active in your life. **Choose your perspective and change all brain connections around in order to be perceived as what you have chosen for them to be perceived as.** There is so much we can look at and appreciate. There is more complicity in a single leaf than in our most complex super computers. We are all surrounded by amazing human beings that share life and love with us. We have health, nature, loved ones and so many other things. Everything we have we can perceive with wonder, amusement and joy (or at least we can try). It is simply a matter of choice.

Practice makes perfect. We are who we think we are. Deleting old connections can be done just as easily as making new ones. When you get good enough with these methods you will find that a simple intention and decision to change a thought is enough to make it happen. It is enough to tell yourself "I am happy" to create that sensation immediately all over your body and understand that you truly are happy. When you are a Breatharian, you will want to change certain connections. You will want the ability to change the way you perceive food and remove old mind dependencies. You will want to remove some old connections and create some new ones.

21 Times – The Magic Number

It is known that a new habit can be gained by repeating it ^{xviii}21 times. The same approximate number is used to learn a new word. One must use that word approximately 21 times in order for it to be embedded into the "automatic" brain dictionary and you will be able to use it accurately in context. By knowing this rule, we can set up a new healthy habit for ourselves by focusing only on the first 21 times. For example, suppose that I do not really like exercising, but I have decided that it is time to get back into shape. I will focus myself on exercising for the first 21 times alone. When I get close to that number (after about a month or a month and a half) I will notice that I am already exercising on "auto pilot". I will notice that I already have regular days and that I am not suffering or "forcing" myself to do so anymore. From here on out, it just becomes my habit. This can be used in many forms in our lives. It can also be used to change our habits. Say I have an issue with money and that I am cheap (know thy self!). If I "fight" my cheapness by giving to charity or inviting my friends out, paying for others more often or any other "anti-cheap" actions 21 times, suddenly I will embrace this new me and will actually step into this new figure. It is all a point of releasing our objections that are derived from the fear of long range commitment to change.

We are usually afraid of long term commitment. When a person wants to make a new habit in their life like taking up meditation, the first resistance comes from a place of long term commitment for most people. This means that you want to do it for the long term, but getting yourself started is simply a hassle and then all the ego \ mind excuses \ comfort zones start taking place: "I do not have the time", "There are more important things that I need to do", "It will take me too long to reach the high level that I want to achieve", etc. We humans are especially bad with commitment issues but generally a human being likes to keep their options open. When we focus just on the initial 21 times and do not try to make a long term commitment with anything new, we feel less stressed. Divide your world into two until you reach the 21 times point and beyond it. Get to the 21 times point and only then see how you feel with it. Feel the change from the inside and see if you would like to continue whatever it is that you are doing.

It is important that if you have decided to do something 21 times, persist until you have achieved the 21 times. This will help you build a better and stronger character and self-belief. In life we should be able to trust

our own decision making processes. We should rely on ourselves to make a decision and stick with it most of the time. Committing to just 21 times is not a big request from ourselves and should be considered a gift from our present self to our near future self. Reaching the goal we have set for ourselves makes us feel good and provides us with a sensation of achievement. This raises our self-confidence and makes the next attempt to do anything else even easier, as we already have a live example of our success. It is a great key for personal development.

Using Our Ego Against Itself

This is one of my favorites. We have an ego, some of us more than others, which is fine as everyone learns at their own pace and each lesson is learned in due time. I used to have a larger ego before my process and I am happy that it was reduced. This does not mean that I am without one, but I'm definitely working on it. It allows me to see things more objectively and to care even less about others' opinions of me. I am not saying we should all achieve the highest degree of Buddhist monks; we all have a lot of work to do if we even want to come close to that. The process definitely gave me quite a push towards humility and provided me with some insights which I try to share in this book.

Using the weakness of having an ego to our advantage means knowing and accepting that we have an ego, as well as observing it from an external point of view and counting on certain behavior patterns to persist. Allow me to explain through an example from my Breatharian game. At a certain point in my game, just prior to beginning the process, I wanted to be a Breatharian that only took in water and tea, which meant keeping the absolute bare minimum of taste. It sounded to me like the right thing to do, as at that point in time I did not really understand the dependency that a normally eating person has on taste, flavor and texture. Those aspects are completely taken for granted. Even today I still have an inner feeling that I have traded one dependency (food nourishment) for another dependency (taste). This is why I keep a steady workout of dry fasting days or water fasting days to make sure that I keep remembering that one of my main goals in becoming a Breatharian is to be **independent of all things**, just as the monks choose to separate themselves from any material possessions and any dependencies on the outside world. So, say I wanted to take a taste independency challenge (even though I have already put myself through many of those, I am bringing it up as an example) and I go one week only on water (again) to remind myself of my independency.

The thought of challenging myself will go through my mind often, just like every person planning a potential future. Many times when we think about taking on a challenge we eventually end up just "thinking" about it and not "doing" anything about it. In such a case, saying it out loud to someone else, someone that you appreciate, someone other than yourself, will force you to try and do it or give you an extra push. If I tell my good friend, whose opinion I appreciate and a person that my ego wants to continue thinking highly of me, that I am planning a water fast for a week beginning this Sunday that will motivate me to do so in some way.

Of course it does not really matter in the real world if I end up doing it or not. The point is that I have an ego, and when I say it out loud and then go back on what I said, my ego will get slightly unhappy. I will feel as if I expected something of myself and eventually let myself down, and perhaps even disappointed myself. Going back on my decision is no different than saying "I am simply not strong enough" or providing myself with a comfort zone excuse.

We all have an ego and we know it, so why not use it to our advantage? Why not give ourselves more reasons to grow, why not bind ourselves to a better future and not allow ourselves the easier, more comfortable ways out? The example I gave is just one of many methods of using our own ego and pride for the betterment of the self. Try to find some of your own. It can be in admitting your mistakes and assuming responsibility even when you do not really want to, or it can be in telling our friends and family our goals and milestones and setting a high bar for ourselves and expecting our ego to give us motivation for success. It can be many things.

Choose To Let Go

When something bothers you, there is no need to dwell on it. What happens to most people is that they keep thinking about it over and over again and dig their emotional grave even deeper during that time. Take, for example, the process of solving a riddle or puzzle. The solutions for these things are tricky and not straightforward, and you need to think outside of the box. When dealing with a riddle, most people will start searching for a solution in the most straightforward of ways, since that is their comfort zones and that is what makes sense to them. They will continue running around in circles returning to the same thoughts and same possible solutions, which will get them nowhere. The idea here is to stop thinking completely or to start thinking outside of the box.

The idea of letting go, however, is beyond riddles. It is to understand that if a solution should offer itself, it will. Sometimes before we go to sleep we are bothered by something, and when we wake up in the morning we have a solution for it. Letting go is understanding that instead of letting ourselves think consciously about something, we should make room for the subconscious \ higher-self to work on it. Even a ten minute walk outside without too much thinking helps. When you do let go, remember to place your intention on finding a solution. Don't forget to trust that a solution will come to you in one of many different ways. Be clear in your intention. If it helps, say it out loud. And if a solution comes up, be grateful and appreciative.

Controlling Emotions

The emotional body is one of our four bodies. Even though we cannot see it, it is real and functions as a part of our whole. An individual that has a strong emotional body is one that has control over his emotions and not vice-versa. Controlling our emotions does not mean that we become senseless robots, it just means that we add an additional layer of consciousness between us and them. Emotions are great and they are a part of our soul's experience here. It is our goal as humans to maximize positive emotions and minimize negative ones, but in the overall soul perspective, an experience is an experience and there is no duality \ polarity; all is accepted.

Most of us have "ups and downs" in our emotions and most people are not completely emotionally stable. We allow our emotions to control us, instead of having control over them. For example, if a person curses you in the street, even if you did something to offend him, if you get offended by him, who is to blame? Is it really his fault that he cursed you, or did you **choose** to be offended? We can always blame someone else for the way we feel, but in truth, we are **completely** responsible for our emotional state.

Take the Dalai Lama for example: can you imagine him getting angry? At anyone? For any reason? You can only imagine him becoming more understanding, accepting and, if necessary, having compassion for lack of love. Another example is getting pissed off on the road. Is there anything we can really do about a traffic jam? Will it matter to our emotional state if we are late when there is nothing we can do to change it anyway? Is there anything we can do to control other drivers' behaviors? Contemplate that for a minute.

Adding consciousness to our emotional state is a key factor in balancing our emotional body, being aware of how we feel and truly understanding it from an **outer perspective**. When we embrace the feeling that we are feeling from a place of understanding, suddenly the feeling does not feel so bad. When we admit to ourselves, placing the ego aside, of how we feel, we begin the process of healing the negative emotion. If I am completely aware that I am jealous of my friend, I can further investigate what is lacking within me and the reasons for it. It helps us learn and grow. The more we grow spiritually and the more we understand we are kings \ queens of our castles, we will have less of these "situations" to deal with. Our karma will cease to provide us with situations we no longer grow from and we will ascend to higher levels of challenges.

Here is a simple method to teach you how to oversee your emotional state or deal with it after an event. First, imagine yourself in the situation that you were in. Take a minute to try to feel, hear, see and use all your senses to really step into that emotional state. Now imagine looking at yourself going through your emotional state from the outside. Imagine it really carefully. Try to use all your senses just like before. Describe to yourself exactly what you feel, hear and see. Remember: you are describing the **observer** looking at the supposed “victim”. Now, do it one more time, but this time as the observer looking at the observer. Imagine how they feel, what they hear and how they see things. The farther away you are from the source, the less emotionally connected and more rational you will become. The closer you are to the source, the more emotional you will get. Try to practice this in different scenarios in your life.

When we become the observer, we become less uptight, we admit sooner when we are wrong and we become more rational and stay away from meaningless arguments. Knowing when we are emotional is also a good time to self-reflect and gain more control. For example, a good couple will stop fighting after a few minutes and will take a break. It is said that when our heart beats over 90 BPM in the middle of an argument, we are no longer thinking rationally and we should take a break. This break is great for calming down and trying to rationalize the situation.

There are a few ways to have a strong emotional body by supervising our emotions:

1. **Assume complete responsibility over our emotional state.** This goes without saying. We are unique individuals and our life journey and manifestations are our own doing and our own responsibility. This doesn't mean become a robot, it only means assuming responsibility while allowing our-selves to be in the feeling experience.
2. **Learn and grow** from an emotional state. The second time around is only easier if we completely understand the source of our emotional state in the first time.
3. **Monitor when our ego is involved.**

Chapter 9 - Challenges of Being a Breatharian

As mentioned before, being a Breatharian comes with its own set of challenges. To truly understand these challenges, we need to imagine how it must feel like to stop eating. How will our parents take it? What will we do when it is lunch time at work? How should we go on a date? I've specified a few of the bigger challenges that I have witnessed myself and other Breatharians go through.

▪ Food

This is obviously one of the big ones. There are many things people who eat take for granted. Most people eat three times a day, and this habit is obviously taken for granted. Even a person that eats once a day cannot imagine how it feels like to go for a long duration of time without any solid food (If that is what he chooses). Most people do not even fast for one day through their entire life. Some religions like Christianity, Judaism and Islam have built in fasting, but most of those come from a place of "suffering" and not from a place of a higher connection with god. Even those examples will only be single day of fasting and when an individual experiences them, some of them really crave food. Once again – that is only a single day. Imagine going for months without your "favorite" food texture, flavor or taste.

For a Breatharian, they are missing food not as a source of energy but more as the "forbidden" flavors that he has decided to leave behind. Some cope with this challenge easily while others struggle. The first few months are always the hardest, because the brain connections simply seem to break and disappear after some time. It is like becoming a vegetarian: Suddenly many food sources disappear from your life, and you go to the supermarket and you have less selection. You see people eat meat, fish or chicken and you have some recollection of what it used to taste like, but you just know that you have chosen not to eat those things anymore. For a Breatharian it is just like that, only a thousand times more.

In addition, food is constantly all around you. People make everything about food: Meetings, dates, studying, absolutely everything. So you have a constant reminder of what you are "missing" in life for social reasons. This is probably the reason why some Breatharians are loners and one of the main reasons most Breatharians go back to eating after a short period of time. How would you like it if you started a brand new relationship in your life (Prana) but your ex-girlfriend (food) is always there next to you to remind you of your old habits? You want to move on and live your life peacefully but she keeps showing up and rubbing it in your face☺.

Obviously when you reach a balance with food in your life all this becomes much easier, but reaching that point takes some time of getting used to.

▪ Social Acceptance

Before we enter the subject of social challenges, I would like to place an emphasis on the social acceptance of the whole subject of living from Prana. Different people have different levels of acceptance. The adaptation time is individual. Most people just aren't able to comprehend what it means due to social programming. I can confess with a clear conscience that before I met my guide I

had great doubts about the existence of Breatharians as more than just a rumor. Obviously after the television exposure it became much easier for me to be socially accepted. Ridicule became curiosity and sometimes even admiration.

There are generally three types of responses to the subject from a person that has never heard about it before. The first and most common is disbelief. It is not logical after all and it goes against everything we have been taught. This response makes sense for most people, even if they do not want to take a second and think outside the box. This response will usually come with a type of ridicule and an expression that says “I think you are either delusional or that you are lying”.

The second response is the people who understand the concept, perhaps in a superficial way, but comprehend that this type of life is possible. The responses here usually contain more questions and are an attempt to further understand what I am explaining throughout this book. The third and most rare responses are the future Breatharians. They want to know and experience everything. They believe it the minute they hear about it and already you can see in their eyes a change that is beginning to take place.

I usually see that there are certain “degrees” of understanding when I lay this type of truth on someone. Sometimes a person will be completely fine with the fact that a Breatharian can take only liquids and cut his caloric intake down to the bare minimum. But it will be hard for that person to comprehend that a person can survive completely on water, or even without water. Each consciousness has its own limits and its own time to expand and understand. If I notice that a person needs to understand step by step, I try to do my best to go up the ladder slowly. Sometimes it is hard for me because if I go up the ladder too quickly I get a big “that is not possible” resistance, as you might imagine. There are smaller levels of understanding and different approaches.

The best approach for a left-brained logical person (like me) will be to show the numbers and scientific facts. I simply state the facts and let him do the math. If my body used up 3000 calories a day before the process and was in balance, today it still uses 3000 calories a day, but it only receives a few hundred. The logical conclusion is that the extra energy comes from another external source. After understanding this source (which we call Prana), I give another example of a Breatharian girl that lived here and went on one year with only water, occasionally containing mint. This usually breaks them. ☺

So when explaining to someone about Breatharianism, I would highly recommend taking your time and try to clarify all the different aspects, including the science and the spirituality. You should expect some people to really resist what you are telling them, and that is also completely ok. It is completely natural and understandable. Don't forget – you are trying to break down a mind that is holding onto logic that they have been taught. You cannot have a complete understanding in just a few seconds. You are bringing down the house of cards, and for some people it is just too much to take in.

▪ Social Challenges

The social challenges are considered to be the **greatest obstacle** in your life as a Breatharian. In the process itself you are by yourself and nothing really affects you. You are alone with your thoughts. The real social challenge starts when you go back home and try to readjust your new you to your former life. There is a great change that takes place inside yourself when you shift to a no food mentality. It is like going travelling around the world – you simply do not come back the same as when you departed.

Every change that happens is for the betterment of yourself and they are all blessed, but incorporating your new habits might be difficult when others are concerned. You come back from the process different and people around you that do not really know what you are going through and do not really understand your quest for a higher goal judge you for it. Society has a preconditioned understanding of the world of food, nutrition, diet, etc.

One cannot simply understand a Breatharian from a one minute explanation, and therefore you do not really want to explain all the time. This is especially the case when you notice that most of the explanations end up facing judgment, disbelief, misunderstanding, etc. From experience, a good two to three hour lecture might cover some of the basics of Breatharianism, something that cannot really be reached in an elevator conversation.

It is not only people that you do not know that judge you; it might also be close family and friends that worry about your health. It does not matter to them that you feel great, that you have more energy than they do, that your blood tests show normality and that there is nothing lacking. Your mother and father might be old-school and they want to see you eat! Saturday dinner with the family and during the holidays become an unknown adventure when you have to tell a cousin that has not seen you for a long time what you have been up to. This of course depends on the consciousness level and open-mindedness of your friends and family. I know an ex-Breatharian that only went back to eating because her parents did not accept the way she looked in the first month of her Breatharian lifestyle. They forced her to see a doctor, forced her to weigh herself, and she had to show her mother that she was consuming fruit drinks to make them understand that something was going into the system. This is not an easy place to be in for most people.

For me this wasn't a great challenge. I come from a very open minded family on all sides. Both my parents accepted my decision when I told them about it. We have a lot of trust in my family. I'm not saying that my mother was extremely happy to see that I'd lost almost 10 kilos in under a month, but she knows I'm a grown man constantly seeking adventures and challenges, and we have a mutual agreement that I can be trusted. My sister is a new age hippy just like I am and she had heard about Breatharians before my process. We both knew in our hearts that it is possible, so if it is possible – why not one of us? I still think that one day she might take this adventure with me.

The social challenges usually occurs in the beginning of our Breatharian lifestyle when we are in a phase of limiting ourselves. For me, this phase lasted for the first year, when I chose to remain on really small amount of liquids and had no solid food. Today, after a few years have passed, I generally eat in social situations such as those described above.

Explaining Breatharian lifestyle to others can be tricky, especially for people who do not yet know you. This situation comes up many times, especially in a social eating environment like dinner or going out with friends. Sometimes people just push food into your mouth and tell you “you’ve got to taste it, I made it myself!” Each Breatharian deals with these situations differently. Some just say “I’m full”, some might say “I’m fasting today, thank you very much”, and some cannot take the pressure and do not really want to lie so they just take the bite and deal with their conscience later. Everyone has their own method, and most do not bring up the full explanation. The simplest and truest method would be to simply say that you do not feel hungry at the moment...

We are so used to being surrounded by social events and almost every social event has something to do with food. I guess this goes way back in the history of the human race: Family dinners, a business meeting, a date, a birthday party, anything and everything are surrounded in some way by food. Being a vegetarian or a vegan was once a topic of conversation when they refused to eat some of what was offered to them, but explaining a complete refusal to eat anything is something new to most people and they would have difficulty understanding it. Since most of them are not able to understand it, they will judge and misunderstand. So it is better to just not get into the subject with just anyone and under every circumstance. Many Breatharians find this to be a challenge, mostly because it keeps coming up, even several times a day depending on your life. My personal life is full of these scenarios, especially because I’m in the IT world, surrounded by normality.

Most challenges in life are coming and going, but the social challenge will always remain. You will need to solve it with yourself and accept that you simply cannot explain your life selection to everyone, and if you do explain it, you won’t always be understood. Even if you eat occasionally, since it is not your habit to eat much, you will find it necessary to occasionally say no or feel a little alienated when others eat and you do not participate but still around.

It is our wish to be understood in life, to be accepted and to feel normal with our friends and family, and this is where some of this challenge lies. If you are a loner like the holy Indian nomads that choose this lifestyle, alone on your mountain and in nature, away from civilization, you do not need to worry and you will have no one to tell you differently. One must be mentally strong and know themselves in order to resist social standards and the need to feel “normal”. One must accept their way of life, stand up to ridicule, and persist in their inner knowing, even at the price of public ridicule or loss of friendship.

- **Hunger \ Thirst**

As mentioned before, a Breatharian does not really get hungry or thirsty. A part of the process is to understand that hunger and thirst are both sensations that are controllable and shouldn't be felt. Since there is no dependency on food anymore, there is no need to feel hungry. However, a Breatharian can get hungry if they get emotional, feel bad for a while or generally start the process of getting back to eating. The general rule of thumb is not to drink or eat if you are hungry or thirsty in order to avoid the re-creation of the association between caloric intake of any sort with the sensation you are feeling.

- **Not Feeling Full**

This will be hard to understand for most people. Since a Breatharian is not hungry, they are also not full. This means that if they drink or eat something, they will need to recalibrate themselves on when to stop. The stomach stops signaling the brain using the "I'm full" pattern. It takes a while to get used to this "in between worlds" sensation.

- **Weakness**

The first few months of being a Breatharian might come with physical weaknesses while your body is learning how to adapt itself to this new energy. Each body is individual, and gaining back your weight and physical strength depends on many parameters including your physical health prior to the process, your mental attitude, genes and many others. A Breatharian that feels weak needs to remind himself that it is **only temporary** and that it eventually passes. It is usual to be completely back in shape between 2-12 months. I felt weak for the first 2 months but kept up regular exercise to force my body back into shape, and so it did and the feeling has passed. To the people that undergo the 10 day process, this process is **much quicker** and they regain physical strength faster. This is because of the breathing exercises and the special meditations.

In general, our body will always want to take the easier path, and its easiest path is going back to eat normally. So in the beginning it will make anything sweet taste really good (because it wants the immediate energy sweet things provide). Remember that this weakness is an ongoing feeling, so it might wear some people down and push them to give up.

- **Mind Games**

A mind game is a game that our ego \ mind plays with us. Our ego really wants to have control over us. There is no true spiritual growth when the ego is controlling our life. Mind games can include anything that made you change your mind quickly, anything that whispers in your ear "come on Ray, you do not really need this, give up, why are you doing this to yourself", etc. For me one of the biggest mind games was the "caloric game". I was counting every calorie that was going into my body, trying to understand how it was possible that I was still exhausting around 3000 calories a day and only allowing several hundred to go in, while gaining my weight back! My left-oriented brain was not satisfied at all and it was starting to get to me. Other mind games can be thinking that you are not suitable to be a Breatharian, thinking that your girlfriend won't love you anymore as a Breatharian, or anything else that comes from our lower self.

▪ **Learning To Let Go**

A great challenge is to let go of any concerns and allow a greater power than yourself to control your life. It is not easy for us humans to be humble and admit that we do not always understand what is going on, and that there are greater and much more sophisticated things in our reality. A good example is being challenged when it comes to your weight. Right after the process you lose some weight. You need to be aware of this ahead of time and be mentally prepared to look in the mirror and see yourself being skinny and for the comments you might receive. Even though you see yourself being skinny you also know that there is nothing that you can really do about it, and some force greater than you has control over it. This means that sometime in the unknown future, you might or might not receive some of your weight back.

Learning to completely let go of yourself, trusting a greater power and understanding that there is nothing you can really do about it is a challenge at first. After some time you understand that this rule can be generalized to many things in life, and that in the moment you truly let go, trusting the greater power and keep the mentality of “whatever happens, happens for the best”, things start changing for the better. Completely let go. Trust that you are constantly being guided by your higher self via your intuition. Take notice when a subject comes up twice in the same day. Take notice of the people you “randomly” encounter in your life. What can they teach me? What can I teach them? **See the lesson behind every door, even the ones you think do not exist.**

▪ **Developing A Spiritual Ego**

After the process one might think that their ego has been reduced due to some new insights that I will not elaborate here. So a new type of ego emerges: the “spiritual ego”. The spiritual ego is the one that tells you “Ha, you have now attained a higher level of consciousness and understanding on how the world works, you now know how to believe in something so badly and against any logic that you are a master of your own creation and the laws of the world bend to your will and desire”. So one might have just replaced their regular “know it all” ego with another type of ego; a spiritual one.

This is like religious people arguing about who knows best. The challenge here is to try and remain humble in front of this great power that you know nothing about, and to keep reminding yourself that we are all equal, we are all one. Each and every one of us is a soul on their journey back to the source. I could have been the other guy just as he could have been me. There is no real difference between any of us. We are no different from one another. There is no right or wrong, no absolute singular truth. In addition, developing a spiritual ego might place more distance between you and others, something that the social challenges already do.

A Breatharian will usually be humble, as he is required to completely let go and trust the universal spirit (inner god) to guide him on his path. But some of us do develop an “I know better” approach

when it comes to spiritual development (and some really do know better... they probably just need to be more humble and quiet about it).

“Those who know do not speak and those who speak do not know...”

Fear of Air Fasting for a Whole Week

This only happens in the 21 day process and not in the 10 day process. Even though I was a well-trained faster that had been fasting for six years for one day a week only on water, I have never air fasted for more than a day (when celebrating Yom Kippur as a child). So this fear will go into the category of “fears from the unknown”. In retrospect, I can say I was not hungry or thirsty because of the leap of consciousness as well as knowing my good friend and Breatharian guide that promised me that it would be a smooth ride. The only real physical aspect that annoys you is that your throat is definitely dry until the seventh day, especially because it acts as a reminder that you are air fasting which causes some mind games.

Boredom

Another possible challenge in some of the processes is being bored. Most people have never spent three weeks by themselves (like in the 21 day). This is not a normal state in our modern world. In addition, you cannot have any communication with the outside world, and no technology that connects you with the outside world. You can only talk with two people for short periods of time. Also, during the first two weeks you do not move much. One can get pretty bored under these conditions.

How can one not worry about three weeks just by oneself, without our regular escapes from reality through technology and entertainment in this era? It is basically like combining Vipassana and a health fast with the long mental process of connecting to a higher power of your choice, and triples the difficulty that each one brings with it. With unconditional love and a true understanding that one is born alone, dies alone and one is one's best friend, it is easy to get over the boredom.

It is wise to think ahead about what you may prefer to do in your time there and to equip yourself accordingly. In addition, do not think that you will sleep a lot. This process is the type where you actually get just a few hours of sleep. You mostly wake up before sunrise and do not require much sleep, as you meditate a lot and you are slowly becoming a Breatharian that does not require much sleep as it is. Any and all future concerns you may bring into the process with you that has been created by your mind will become an obstacle and a test.

Chapter 10 - The Rules of Your Game

Try to imagine yourself fasting for a few days through the family holidays, for example. To cope, every Breatharian keeps some rules; some dos and some don'ts that they keep in their mind. For some it is easy while others find it hard and go back to eating normally. This is why the success rate of being a Breatharian for a long duration of time is low and most people go back to eating within a few weeks of their process. In Israel, for example, we know of approximately 25 people who underwent the process, and only fifteen of which are currently living this lifestyle. From what it seems, if someone breaks through the first four to six months, they will probably remain a Breatharian out of pure choice and will not give up due to the various challenges.

As a Breatharian, one usually understands that they are playing a game inside the illusion of what we call life. A good example would be to look at the physical reality just like it is in the movie "the Matrix". When one achieves Self Mastery, **one understands the great illusion better than before.** You can compare this to being a player inside a computer game. This game is a part of The Vibration Theory and Our Great Illusion and the one that is pulling the strings is our very own ominous yet elusive higher self. When a Breatharian enters this game, he understands that the human body is just one of the existing bodies. It is the only body that is physically noticeable by our limited eyes (except for people who can see auras). In order to continue to play in this game, the player must build rules for themselves according to their understanding, consciousness level and inner strength.

Why are Rules Required?

Consider becoming a Breatharian as a challenge, like climbing a mountain. You take it step by step and you eventually get to where you wanted to get – the peak. Now you want to establish a base there and continue in your Breatharian way of life. Now, take under consideration that there are probably very good reasons why some of the people who go through the process of becoming a Breatharian go back to eating within the first two months of going back to society. It probably is not as easy as one initially imagined... Once they have climbed the mountain, most of them fall down the cliff from the other side of the mountain due to various reasons.

I have noticed several noticeable similarities in the ways some Breatharians go back to eating from my surrounding friends and others I keep in touch with. This can best be described with a metaphor of people who smoke cigarettes. A cigarette smoker will usually avoid cigarettes as long as they can. Sometimes their ego will tell them that they are a strong individual and that they can smoke just one cigarette for fun, for old time's sake, or because of being in a social situation that allows it or being under the effect of alcohol, etc. In that moment lies the beginning of the return to old habits. From that point it is all downhill. If you smoked a cigarette one day, then the next day you might tell yourself that you already smoked one cigarette and that it does not really matter if you smoke another, and that you have been completely over it, too much time has passed, and many other **mind games and excuses** will suddenly come up.

The same goes with food. One possible Breatharian perspective is that they were ^{xix}addicted to food nourishment for most of their lives, and since they are still playing the taste games via juice or other liquids, choosing to eat something solid might be "the first cigarette" for them. It is a good example of ego and not being humble enough to understand that we are simply not strong enough just yet. This is also one of the reasons it is recommended to not take any solid food in the first six months of your Breatharian life. The mind associations with texture are simply too great. **The rules are required especially in the beginning.** Some continue with them forever, and the rules will change with your own experience and development. Some strong individuals probably do not need them at all while others think that they do not need them and understand a little too late that they actually did.

Some Examples

You now understand why some basic rules of the game are necessary. Let's review some basic rules that I followed in order to strengthen my belief system when dealing with different challenges. Most of those rules apply to the way we perceive food. I will share a few short examples that apply to some of the Breatharians I know. A first basic rule will be to call drinking or anything that goes into your mouth "tasting" and not "eating". If I were to call it "eating" or "eating food", it would cause a strong old memory association that tells my subconscious I am actually "eating" and that will actually be connected with being nourished from it. This rule was created without any awareness and basically automatically by other Breatharians in order to avoid those associations. When a Breatharian plays their game, they must be aware of his "taste frame". This means that they know they are playing a game. Sometimes they will allow themselves to bend some rules, and at other times they will be strict. I strongly believe that having rules for the game is good for our discipline and self-belief, but some rules are meant to be broken because we are, after all, here for the experience and for the pleasures of life. So perhaps I have chosen a challenging journey with food and the world of taste as a Breatharian, but it does not mean that I have to be completely strict with myself. I am also just one Breatharian explaining his own "story" and others have different methods of coping.

Here are some basic examples for the rules I had in the first year when I was more strict. Some rules I still practice until the present day, even though I feel much less strict nowadays.

1. A minimum of one fasting day a week without water or any liquid. I usually do between one to two air fasting days a week. This rule is very important to maintain high discipline and is a reminder that you are living on light. In my pre-Breatharian life I used to water fast once a week for 24 hours to detox my body. I did this for six years and I took this rule from another philosophy which recommended it. This rule is also great in case I was too liberal with myself in the days before the fast, because it simply "brakes" everything. Once you stop tasting, your Prana percentage increases and you feel the connectivity to the universe once again. This serves as a great reminder of your choice of becoming a Breatharian in the first place.
2. Making taste last longer and distinguishing your taste experience from regular nutrition. You can do this by using a straw or overheating your tea, or many other things that will make you enjoy whatever it is you choose to drink for a longer duration of time. This simple rule makes you appreciate what you are drinking much more. It is simple yet it reminds you that you are nourished in other methods than by food. You can always bless your drink before you drink it or take some time to fully appreciate whatever it is that was given to you in the present moment. You can just close your eyes and taste and will feel the deeper experience of flavor.

Tips and Tricks

1. Learn how to forget!

Some of our friends deal in the stock markets. Did you ever think about why we usually only hear about the success stories and do not really hear about the ones that fail? Try to collect memories from your own success stories. When dealing with situations, challenges, emotions or anything in life, forget about the times that you have failed and remember the victories and triumphs. You will see that you will get only more. Choose consciously to forget. Don't think that you are fooling yourself; it is quite the opposite. You are smart enough to understand how you truly function and know how to use the brain's mechanisms to make the neural connection network work best for you.

2. Don't think about food

If you have decided to play this game, try to be completely into it and let go. A Breatharian who feels sorry for himself or that constantly thinks “Why can’t I eat now?” or “Why have I selected this way of life?” will probably go back to eating more quickly than others that have just decided to play the game all the way and truly let go. It is a great thing to question our decisions for us to continue in our progress, but there is no reason to linger in those thoughts. And besides, you can always eat or drink, just not in those huge quantities you were used to.

3. Remember that you are tasting

You do not depend on whatever goes into your mouth for its nutritional value. This is an important point in your game. We have a tendency to “eat” quickly and forget to appreciate what goes down there. Using a straw, for example, is a great method for taking your time to taste something properly. Placing intention using a short sentence before you drink with intention, like “Thank you for what I’m about to drink” or drinking slowly, help you remember that you have no dependency on your drink. I know a Breatharian that heats his tea to very high temperatures so he will drink it in small quantities each time. The main point here is that you are tasting, not eating! It is important to keep that in mind.

It is true to say that a part of what we eat or drink is digested and used by the body. The amount really depends on how much you chose to eat and how much your body is getting used to. If you have chosen to eat on a daily basis, your body will activate you “food” engine much more and will ask for food eventually. It also depends where you are consciously. However I cannot imagine someone being strong enough to eat all the time and remain in the pranic state.

4. Dealing with food-related sensations

If you get hungry, do not eat; if you get thirsty, do not drink! This rule is pretty basic. It is created so the connection between thirst and hunger with food or drink will not be re-established in the brain. As mentioned before, a Breatharian generally does not feel hunger or thirst. But these sensations, which are usually derived from the mind, could occur in the beginning of the process when the Breatharian feels negatively or for various other reasons.

5. Learn how to fake it till you make it.

At least in your own eyes! Our mind does not know how to tell the difference between imagination and reality. When you think and pretend you are something, you actually become that for a brief moment in time. A fake smile and a real smile are interpreted in the same way and will bring up the same associations (try it!).

Autosuggestion works in the exact same way. Autosuggestion is a method which relies on the belief that any idea exclusively occupying the mind turns into reality, although only to the extent that the idea is within the realm of possibility. For instance, a person without hands will not be able to make them grow back. However, if a person firmly believes that his or her asthma is disappearing, then this may actually happen, as far as the body is actually able to physically overcome or control the illness. On the other hand, thinking negatively about the illness (ex. “I am not feeling well”) will encourage both the mind and body to accept this thought. The main obstacle to autosuggestion is willpower. For the method to work, the person must refrain from making any independent judgment, meaning that they must not let their will impose its own views on positive ideas. Everything must thus be done to ensure that the positive “auto suggestive” idea is consciously accepted by the person; otherwise one may end up getting the opposite effect of what is desired. We are both our own worst enemies and our saviors.

6. Don’t compare yourself to others

One of the biggest problems we have is that we have this “normality” embedded into us. What is “normal”? Research done in social groups has shown that 60% of who we are is defined by the people that surround us, and the fact that we want to belong and be understood makes us become more like them. This is why obesity, for example, is contagious. We define ourselves according to others all the time. A “Who’s got the best grade” competition takes place from a person’s birth until their maturity that teaches us to compete with others at who is best. This is simply wrong. **The best is to compare yourself to your own highest potential and not to others.** Compare yourself to your super self. Comparing ourselves to others might cause self-judgment and not enough unconditional love for oneself, which is the key and a milestone to graduate to the higher levels.

7. Experience food in different ways

You can experience the sensation of the smell of food instead of the food itself. You can also experience food through others. Being a Breatharian brings with it a true and deep understanding of the “we are one” concept. To understand that we are one, you must understand that the experience of one is the experience of all. If my friends are eating next to me, I am actually eating. Sometimes I even convince my friends to eat something that I would have liked to have in that particular moment, since I am aware that I am experiencing taste through them.

“To be judgmental is to be disharmonious with perfection’s imperfections.”

Breaking the Rules

Being a Breatharian means that you have reached a certain level of self-fulfillment in your life in which you have consciously chosen to take up a challenge. You must also be in high appreciation of all of what the universe has to offer you. Having rules is in some way in contradiction to the freedom your soul wishes for you. Your soul wants you to be boundless, free and full of joy. Therefore having rules is a good thing, but it is also great to break some of them from time to time. A good example is the difference between a guy that eats raw food and becomes completely sick and tired of having that organic pepper time after time again. He is so into his world of rules that he does not even consider for one second how good of an experience it is to have a completely chemically created piece of chocolate.

It is always good to have rules because they keep you in your “frame”, but it is also a good idea to completely let go and allow yourself to experience things. Imagine having a task list of 10 items you would like to achieve that day. We should strive to accomplish all 10 items, but if we reach only six or seven, that is also a good accomplishment and we should be blessed for the ones we have managed to get done, while being forgiving and understanding of the ones that we did not finish. After all, imperfection is built into all of us and therefore we should try and accept it with love and not with self-judgment.

It is important to consciously choose the rules you break, depending on the circumstances, of course. A Breatharian should not choose to break a rule from a place of lower consciousness. For example, if you have been influenced by another person, or if someone is worried about how skinny you became in the first months of your Breatharian life, you might be making the choice that they wanted you to make and it is not one of your own.

I will give an example of my own rule breaking. It happened two month after my process and I was in my office. I work in a normal job as a computer programmer and the people that work with me are also considered socially “normal”. This is why I have decided to wait for some time before letting them know that I do not eat completely. On that particular day someone had a birthday and he was celebrating it with a beautiful chocolate

cake. The group invited me to celebrate with them. They knew that I do not “eat at work” and most of them thought I was just a health freak of some sort that eats really healthy and only what I make for myself, because they never actually saw me eat anything, just drink tea or hot chocolate while at work.

As I came to participate in the celebration I saw I liked the cake, it was appealing to me both in texture and color, and immediately many past memories and associations came to me. I knew that it was not in my rules to have some cake just two months after the process, as there is a general understanding that we must wait for at least six months before we *taste* anything close to solid and not liquid. I observed my mind trying to play a trick on me by rationalizing it using my ego, meaning my ego told me that I am “different”, that I am “special” and that I am “stronger” than others that have failed (remember that the focus should and always will be on not smoking the first cigarette after you quit!). Since I observed my ego \ mind playing this game, I immediately refused it and just waited until the celebration was over and witnessed and experienced the cake eating through their eyes and bodies (imagination is bliss).

I had passed my own test with success and was happy with the results. **Taste, after all, passes after a few minutes, while the benefits of a Breatharian lifestyle are numerous and everlasting.** After a meeting that took about an hour I came back to the office and saw that my colleague, with whom I share my office, had brought back the last piece of cake for me out of habit of food preservation. I looked at it mysteriously, sort of how a pirate would look at a golden treasure he had just uncovered. Immediately I understood that I could have the cake. **That particular challenge and right decision were already behind me.** I had already relinquished the “need” for it; I had already refused my ego. I had already observed the whole scenario from a third person’s perspective.

In addition, the real thing one should fear is the habit and not the joy a present moment can give us. If I were, for example, to bring the piece of cake with me to my everyday life by creating a new habit, I would not have allowed it. But due to the non-repeating coincidence of the birthday and due to the fact that I had already felt that I successfully passed the test, I granted myself this wonderful surprising in-the-moment gift. The cake was wonderful and I made every bite last for a minute. I took great pleasure in remembering what semi-solid texture tastes like, and the greatest thing is that it came as a complete surprise. After the cake I immediately added a new rule to my arsenal: no more birthday cakes until I am really ready. ☺

You might ask yourself why a strong person would build himself so many rules. What we need to remember is that in Western society, food is all around us at all times. It is a massively social tool. Most people have three meals a day. When you walk down the street you can be constantly reminded of food as it is so normal and taken for granted. This is not like being a recovering heroin addict, where you need to meet with other addicts or go into dark allies in the middle of the night to be reminded of “what you are missing”.

The rules are logic’s way of coping with the life-changing decision to become a Breatharian and most of them are used just in the beginning to keep yourself in the framework until you set your own new normality and balance with food, one that is free and detached from a necessity. Most of the “harder” rules are set for the first six months \ one year of being a Breatharian. Others will be set for life. You will notice, for example, that many religions or philosophical ways of life come with a given set of rules. It is just that in those places the rules are set for you and they are motivated by fear. In the Breatharian way there are no actual rules; we are the lab rats of the world, the pioneers in a currently unknown way of life, so we must set our own rules and learn. Different Breatharians have different rules.

I hope you understand now why it is so important to break our own rules. Not breaking the rules will give you a bad feeling that you are being too hard on yourself and develop inner resistance, but having rules keeps you in your Breatharian frame. It is easier to have rules than not to have them. In addition, “life is easy for those

who live it hard". Some Breatharians, however, really need to have more strict rules or keep up their game for longer periods of time while others chose not to have any at all. On my personal path I feel the need to change some rules or bend some in certain situations and I am less hard on myself. This is derived from inner trust and strength. I am not afraid of them. Each individual Breatharian is different. We play the same game with different rules. We have one goal: we do not wish to dive of the high consciousness peak we have reached like the others we saw on our way up.

Chapter 11 – Prana And Science

As of now, science does not accept that Breatharians exist. This is even after **several scientific experiments were conducted, including on yours truly**. There is a great German documentary on Breatharianism called “In the Beginning There was Light”. It comes highly recommended. The director follows a few people while they go through the 21 day process. In addition, he interviews a few well-known Breatharians. I am in contact with him as well and perhaps we will make a mutual project someday.

If you are looking for a completely scientific explanation on how Prana nutrition works, I have to tell you that you will not find one here. I myself, along with a few open minded medical doctors, am looking for the exact same thing. There is no scientific explanation for many unexplained bodily phenomenon. How can the body complete missing molecules by itself? Where are they coming from? How can one just drink juice without taking in any missing proteins, vitamins, carbons, etc.? How come one eats so little and still be this healthy?

Presently, we cannot have a scientific explanation. This is probably due to the fact that science is overlooking big portions of our reality: spiritually and the connectivity of the human consciousness with our reality. I’m sure that one day we will have more tools and a better understanding of some of science’s tougher to explain phenomenon. **Just because science cannot explain something does not make it unreal**. Let’s not forget that science keeps changing its mind, keeps finding new explanations and keeps finding out that it was previously wrong (remember the famous “earth is flat” discovery?).

Most people have the misconception that science can explain everything, which is simply wrong and misguided. We have **scientific theories**, but that is exactly what they are – *theories*. The Big Bang is an unproven *theory*, as is the *theory* of evolution. Some of us make the mistake of listening to our high school \ college \ university professors as they present us with these *theories* as if they were the absolute singular truth. Thus they seal most objections and some of our creativity and imagination. Bottom line, science cannot explain everything. They do not even know why we yawn or if our thoughts are actually created in our brains. They do not know the actual reasons why we sleep. Everything is a theory. Let us not forget that our science is also based on observation. One cannot argue with an observation. A theory may become stronger just because there are many observations to support it. If there is even one repeatable scientific observation that contradicts a theory, that theory needs to be rewritten, sometimes from scratch.

Prahad Jani

Prahad Jani is one of the only well-known Breatharians on the planet. He has been a Breatharian for over 70 years, and he has reached 100% Pranic nourishment, so he does not require any water at all. He was tested under lab conditions, having two cameras on him at all times and a guard. He was there for over 10 consecutive days and the conclusions were simple. During his stay, he did not eat, did not drink, did not pass urine and did not have feces. His body has reached a state of perfect recycling. The doctors gave him two ultrasound tests each day to look at his bladder and their conclusions were that his bladder is actually gaining urine on some days and, amazingly enough, that same urine is getting absorbed by the body on the next day in a recycling mechanism. In addition, Mr. Jani does not sweat at all. Different sources covered the story including ABC News, and I recommend that anyone with interest in the subject search for the documentary online (even YouTube has some segments of it).

Chapter 12 - Some Thoughts and Theories

Since we cannot really measure Prana, we can only hypothesize about it. We have already been able to take photos of the “karmic field” around a person, and a Russian Breatharian has volunteered to be exampled. As expected, the results showed that her biofield is in perfect condition, which is equivalent to a person’s “aura”. She has shown that her biofield is perfect and amazingly balanced.

There are not many Breatharians that really want to deeply investigate this natural wonder. For me, it is very important to try and understand every aspect of creation, including how matter is created out of void. By matter I mean the nutritional needs that our body requires: Carbs, vitamins, proteins and anything else that is somehow created out of nothing when you become a Breatharian. I have added some theories here that my friends and I were pondering. These, as mentioned, are just theories. They are thoughts put into words. They are not scientifically proven nor are they scientifically unproven. The purpose is to try and understand how Prana “fills” in the missing gaps, and try and understand how it gives the body what the body is actually missing.

Here are some thoughts:

Water Via Humidity

I believe that when a Breatharians' body is completely under water stress, it will actually take the missing water out of the air. Almost all air has some humidity in it, unless you are living in a complete desert-like climate. This could be one possible explanation to how Prahad Jani can survive without having any water.

Perfect Recycling System

In Prahad Jani’s case, the scientific study has shown that his body has stopped sweating and the most interesting discovery is that his body is reusing his urine **from the inside!** They actually observed this on ultrasound. This is achieving recycling! Since Mr. Jani was enlightened at a very young age into this way of living (around eight years old), it might be that his young body learned to adapt to a new way. Younger bodies tend to learn and adapt quicker.

Increase in Body Efficiency

It is known from different *caloric restriction* studies that when an animal is given less caloric intake, there are a few genes that are used (longevity genes like Sir2/SIRT1) and the body starts working more efficiently. From initial measurements it seems that the body initially detoxes and cleans itself. It uses some of the collected garbage and its reduced nourishment much more efficiently. It is also known that the body preserves energy by not allowing all its systems to work at full capacity. For example, why should the body keep growing facial hair at the same rate if it is not a survival necessity? In humans, for example, once we start fasting, our blood pressure slows down in order to preserve energy. This is why people that fast get cold quicker, get a head rush when they stand up to quickly and generally start being “slower”.

The real question with body efficiency is how efficient can it really get? Can a single calorie replace 100 times itself in a body that does not consume absolutely anything? Where are the limitations and the individual borders? A normal body has a minimum level of caloric intake; consuming more than that amount will increase fat tissues for future usage, and consuming less than that will make the body use the fat previously stored (meaning we lose some weight). Naturally this explanation is much more complex, but this is the simplest form for it.

Filling In the Gaps

Since I personally know Breatharians who had no intake but water or herbal tea (zero calories) for over a year, I now know that Prana can fill in any gaps between whatever drink the Breatharian has decided to take and what is missing for their body. This means, hypothetically, that a Breatharian can go back to eating just a very low amount of food and Prana will fill in anything that they are missing. It will take the body an individual amount of time to get readjusted to every caloric intake change.

For example, during my first year I have measured and know that I take in approximately 500 calories per day via drinks (not including air fasting and water fasting days where I have nothing), and it has taken my body about three months after my transformation process to go back into shape and make up my missing weight in order to achieve my *Pranic ideal weight*. Knowing this, I supposed that if I completely stopped drinking anything but water, it would probably take my body another three months to get accustomed just to that and my Prana percentage would jump up accordingly. During that time, my body would probably fill in some gaps from wherever it can find it and I will go through another adaptation phase.

An exception to this hypothesis is in the case where I have nothing more to provide my body with, meaning if I am already completely under-weight and have no non-essential fat or muscle tissue for it to feed on. In that case, the Prana will fill in the gap immediately. A great example of this exception is a friend of mine who was 44 kilos when she went on the 21 day process. She lost only four kilos, and I assume that is due to the fact that she had already reached the bare minimum and so the Prana had to kick up to a higher percentage – it simply had no other choice.

Chapter 13 - How We Create Our Reality, and How Prana, Air, Water, and Information Flow

In this section I am going a little deeper into spiritual hypotheses. My knowledge and understanding are derived from many sources, some from the god within, some from science, others from different books I have encountered. My search for knowledge and a deeper understanding of how things really work started about 14 years ago. Since starting I can estimate I have read over 200 books on these various subjects, some scientific and some philosophical. I cannot say that I know everything; I can just share some conclusions. To really go into it I would recommend reading those books yourselves. This section of the book was created in order for the reader to understand how they can influence the world around them, to make them realize that the spiritual world and the scientific world are two aspects of the same ones of everything. I cannot describe all the information I have, since that would be a deviation from the subject of the book. I'll try to generally describe what I understand.

The Vibration Theory and Our Great Illusion

If I were to tell you that you are a prisoner would you believe me? If I were to tell you that the matrix is sort of real and we are trapped by the illusion of our physical senses, would that make sense to you? Our eyes are built to see a certain spectrum of light, which we call "visible light". Our ears can only hear certain frequencies from the electromagnetic spectrum, and the same goes for other senses. We perceive our entire world from our senses.

Did you know that a person sees about 25-30 frames per second? When we create a movie, we make sure that each second has 30 frames in it. Having more would not do anything. If a fly, for example, were to see one of our movies, he will see it frame by frame, just like us watching a movie in slow motion. This is because a fly has the ability to process many more frames per second than a human being does. So what happens between those frames? What is the commotion about 11 real dimensions in mathematics? What is the talk about oneness in quantum mechanics? If we take a single second and split it into a million equal pieces, where are we in between those "reality frames"? There are many questions that we cannot even begin to understand the answers to. And even when we do understand and our scientists try to dig in deeper, they become outcasts from the scientific community; their budget is sometimes reduced and they might even lose their position. Research subjects such as UFOs and unexplained mysteries are ridiculed in the scientific community, even when the mathematical probability of us being alone amongst the infinity of space is slim to none.

The vibration theory explains that we are actually inside a 3D world that is contained inside other higher frequencies organized in a consciousness field that is layered just like an onion. Each consciousness field contains and is "above" other lower frequencies and is "below" other higher frequencies. We belong in all lower and higher frequencies simultaneously, but our current 3D body and mind are tuned to a single television station frequency inside the great onion. In the astral planes we connect with parts of us that are already in the higher frequencies, which allow us to sense how different parts of us exist without time or space. Each frequency bandwidth (range) has its own uniqueness and rules.

Our rules are of the 3D world. This basically means we are playing a repetitive karmic game, having reincarnations and experiences in our (returning) path back to the source. Our higher purpose is **expression and creativity**. We perceive things here in **duality**: right \ wrong, positive \ negative, male \ female, giving \ taking, etc. We have **free will** embedded into our system to allow for maximum experience, flexibility and "unknown" factors to enter into our reality. We see our **separated-self** as the one reality, while in truth we each are just a single conscious cell working in a greater conscious body. We perceive time as moving at a constant, slow speed and we are fooled by our senses. In higher frequencies time is experienced as a single infinite moment (This is also the reason why we always search for a "beginning" and an "end"). This is the last frequency

of complete separation from one another. Our world and reality are considered a place of learning. Those in general are the highlights of our rules. The good news is, from here we can only climb up. ☺

You can imagine this world as a computer game and yourself as a player. There are other, higher dimensions of reality with different rules. Your soul is one of many who are holding the remote control to control your player (physical body). Your player still has free will, as this rule is mandatory for gaining experience of the individual and thus for the collective as a whole. You have certain selections as a player that you can make, but there are less options that your “soul” \ “higher self” will create, since it has one main path for you to follow – the path of your soul.

Those selections that we feel right in our 3D reality, the ones that come from our intuition, the ones that make us feel good or wake up in the morning with a huge smile. These are the choices that are guided by your higher self. We are all on a long journey on our way up the frequency ladder back to the source. To get there we must go through all the games that we have placed there ourselves for us to go through. We are not alone; there are others helping and guiding us. We are also not what we see in the mirror, rather much more than that. What we see in the mirror and what we call “I” is just a glimpse of our true, ominous, magnificent, multi-dimensional selves. Don’t let the physical reality illusion trick you. Connect with your inner senses and keep reminding yourself that what you perceive through your senses is just a part of the whole story (and a small part at best).

Everyone is on their way up the ^{xx}consciousness mountain, and each person has their own path and their own speed. Every day brings new lessons and every day when we wake up we are slightly different from the day before. Even on days that we did absolutely nothing we have learned something new, as we are not the same person we were yesterday. The same goes for our soul: each reincarnation teaches us specific, attained, preplanned milestones. After each reincarnation we absorb our lessons, good or bad, and set off on another journey, another “reset”. We do this consciously and out of choice, and with an understanding of how the godly hierarchy exists and in service of a higher purpose. Eventually we are done with the harder lessons in our lives and we start reincarnating into lives that are full of love, self-fulfillment and happiness. Slowly yet steadily we work on getting back to the source. The 3D reality is ^{xxi}soon to be completed on our planet and we are going to graduate and move up the ladder to a higher frequency. This frequency has its own rules, some of them similar to what we already have here and some different.

Manifestation, for example, is something that we control, consciously and non-consciously, directly and indirectly. When I say manifestation **I mean our unique ability to create our own world as we see fit, given the changing factor of time**, like in the well-known documentary “the Secret” which speaks about the “law of attraction”. It seems that the physical world and human consciousness are intertwined one with the other. Try to imagine that and deeply understand what this means. Can you imagine that if there were no sentient beings to observe the world, the world might not exist at all?

Have you considered that if a tree falls where there is no one listening, perhaps it did not really fall? Before we continue, let’s go back one second to our computer game allegory. As a computer programmer, this is easier for me to explain and understand. In a normal computer game, the player is inside a world created by the programmer (let us not go into who the programmer is right now...). Imagine our player is going into a hallway. He is walking down the hallway and he sees a door on his left and a door on his right. He turns left to face the door. Now the real question is as follows: Since the player is now facing and viewing the door on the left, does the door on the right still exist? It still exists in our minds, since we have just seen the door on the right, but the computer itself has removed it from memory (existence) as it is not being displayed in the current moment for the player to view. It will only be displayed if we (the player) choose to turn right again and see it. Do you get it?

This subject brings many complicated questions to our reality. Since it has been proven that reality is altered and changed by having an ^{xxii}observer in scientific experiments. Even in quantum physics one can only know either the velocity or the position of the particle, and that information is only attained by **measurement** (meaning observing). Let us raise some unanswered questions and ponder some unremarkable options. If indeed we are living in a unique and predesigned consciousness karmic game that we have all agreed to contribute and play in, and we choose to forget our true goodness for a small period of our endless lives, what happens when a person (a.k.a the player) closes his eyes for a brief second? Does the world around him continue to exist if he is not watching \ observing it? What is the world around us in between the frames we perceive? Where do electrons spend most of their time? What is time? Who are the other players? Do the stars and the sun really exist, or are they a live feed from the illusion? Are all scientific measurements actually just our expectations of what they should be or us to further understand the illusion that we initially created to experience creativity by free will?

Understanding manifestation and the creation of reality will assist some Breatharians on their path. Some do not know how it works; they simply intuitively know it does. The words we use, the thoughts we think and the emotions we feel all have a very strong impact on our lives and our reality. Choose your words carefully like you choose your friends, your music and even the movies you watch. They all have a deep impact on your life.

When we try to see our life as part of the great illusion, guided by our higher self, we stop fearing death, we start to understand the great illusion and we start going inside ourselves to seek our multidimensional higher selves. Our ^{xxiii}higher-self guides us, **he \ they \ we know[s]** more than we do and have planned our path for us. There is a higher truth that is hidden from our separated ego \ self. **Our higher self is in a place of unity and all-knowing.** There is no separation there. There is no division, there is no time and no duality. Here in our 3D reality, duality rules. Men and women represent this duality: Logic and emotions, separation, positive and negative. From the higher-selves' perspective, there is no duality, there is only oneness. There is no past or future, there is just a single everlasting present moment. For our higher-selves, we experience all our lifetimes on planet earth in the exact same moment. This means that a reincarnation in ancient Egypt happened in the exact same time as a reincarnation in the Second World War. There is no beginning and there is not end, they never existed and they are a part of our illusion.

On our way up the frequency ladder we have certain milestones, certain points in time when we “understand” things and change accordingly. Having problems and issues and solving them adds “points” to our game. Being static in our game is simply boring but a player can also go through life without doing anything in his game and have no progress. The real wonder happens when a player wakes up, sort of like experiencing a ^{xxiv}lucid dream. The player suddenly realizes he is actually playing a game. He understands that nothing really matters in the great illusion. He also discovers that the rules of the game are that he is an **active player and builder of the game reality.** He then further learns how the game reality works. Some of the rules of the game are the karmic rules. Whatever you give or take comes back to you in one way or another. How you “think” or perceive your life is how you will eventually get them back. Positive \ negative actions and thoughts will be manifested accordingly.

At this point I would like to discuss the great subject of manifestation. I would like to state a few things without going into deep explanations. It is somewhat known that we humans manifest our existence. The new age word “abundance” and the phrase “I am manifesting” did not arrive by chance. They are words used to create reality for the individual. A person that thinks of and is afraid of being sick will get sick. A person that lives in the lower frequency of fear will manifest what it is they are afraid of. Our thoughts are waves of potentials. The waves can be strong or weak; they can be many small waves or a few larger ones. In the past, manifestation used to take weeks to be created, but today with the changing winds of the frequency and the great change that started occurring at the end of 2012, manifestation occurs much faster, sometimes even in a matter of single

days (compared to much longer periods of time in the past). It does not matter if you believe in it or not, those are the rules of the game. You can only choose to be a conscious player and learn to control your manifestations with the rules of the game.

Your manifestations have some guidelines and it is always good to know them. A manifestation will be stronger for several reasons (these are some of them):

1. A strong **emotion** is attached to it.
2. It is a part of a **group manifestation**; in this case the manifestation power is synergetic, meaning it is more powerful than the sum of the original individuals of the group combined and this is probably how a **small group of people can influence and make great changes**.
3. An unselfish manifestation is stronger than a selfish one because it carries the high frequency of love.
4. The stronger your **faith** is in your ability to manifest and change reality; the stronger your manifestation will become (learn more about faith in the next section).
5. Your **belief in your inner strength and in your divine higher self plays** an important part. There is a greater power at play here that is bigger than any of us. You must trust it. You must start to know that there is a lesson in every scenario, there is a reason for everything and everyone you encounter in your life. Those reasons might be over your head and you might not always understand why things happen like they do, but there is a reason.
6. **Repetition, affirmation, intentions, prayers, and belief** all play a role in your manifestation. If you just say it once it will be like throwing a small pebble into a large lake. If you continuously throw small pebbles, you will create a wave of change. Your beliefs in your powers as a creator of your reality will increase more and more and you will find that you are jumping levels in your game much quicker than before.

In the next band of frequencies, which some of us are getting closer and closer to, manifestation occurs immediately. This will create an issue with having free will and those who are less conscious beings. If an individual is not conscious enough to control their negative thoughts they might cause a disaster there. Imagine a helicopter that is controlled by the pilot's thoughts with no actual manual controls. The pilot must be trained extensively to not think negatively. What if the pilot suddenly thinks "Oh damn, we are all going to crash!"? This is why we are going through an interesting consciousness shift in our 3D reality right now, and some people are already beginning to be born with a higher understanding of how things truly work outside of our little bubble. To enter the next spectrum of frequencies we must be "cleaner" in our intentions, we must have a higher understanding and a higher consciousness. We cannot enter there with a lower vibration of fear, as manifestation is immediate.

Science cannot measure our 3D world, as you cannot measure a frequency with tools that work in the same frequency. We cannot see our reality from the outside. This brings many issues to our reality and many unexplained phenomenon that have to do with the human mind, like certain telepathic abilities, telekinesis and other phenomena we hear about that have been removed from the public eye and have moved deep underground to be used as military resources or in the private sectors. What was discussed in this chapter is just the tip of the iceberg. There is so much more to fully understand our unique selves and the world we are a part of, but I have only brought the subject up to assist in understanding how to manifest reality and why Breatharianism even works. For those with an open mind and a quest for truth, I can recommend reading the list in *Appendix A – Recommended Books*.

Some other key factors to manifestation:

1. Our physical reality is merely a reflection of our strongest beliefs. The source of our beliefs is not always conscious, meaning it could be dependent on social standards, habits, family, etc.
2. Make sure you ask for the **end result** and not dictate the **path** to your manifested request. All the details will organize themselves accordingly on the path of least resistance and according to other people's manifestations.
3. Reality does not support you; you support reality! If you support your reality, reality will reflect what you give it. The power of manifestation is derived from within and not from the outside.
4. Any reality is possible.
5. The more you support your reality, the more it will manifest; the more you doubt it, the chances of it manifesting will decrease.
6. **You do not exist in physical reality – you are physical reality.**

Appendix A – Recommended Books

Prana \ Breatharian

Living on Light – by Jasmuheen

Food of the Gods – by Jasmuheen

Lifestyle Without Food – by Joachim Werdin

Initiation - By Elisabeth Haich

Other Inspiring \ Spiritual Books

The Power of the Subconscious – by Joseph Murphy

The Children of the Law of One – by The Children of the Law of One

The Seven Laws – by Deepak Chopra

Channeling Books

The Law of One (Spirit Names Ra)

Message from the Pleidiens

Seth Speaks

The New Lamoria (Series)

Appendix B – Additional Resources

Prana

- "Pranic Nourishment - Nutrition for the New Millennium" by Jasmuheen, Chapter 4.
- "Chariot - Drunvalo Melchizedek's teachings" by Bob Freecell, Episode 12
- www.10dayprocess.com (My website)
- www.pranalife.co.il (my Hebrew web site)
- Yoga magazine - <http://www.yogamag.net/archives/2009/haug09/Prana.shtml>
- Vedas, the sacred texts of Hinduism - <http://veda.harekrsna.cz/encyclopedia/Prana.htm>

Breatharians

- Breatharian Institute Of America - <http://www.Breatharian.com/wileybrooks.html>
- Jasmuheen's Breatharian web site (has many video links for interviews with different Breatharians) - <http://www.jasmuheen.com/living-on-light/Breatharians/>

NOTES

i It is only a theory, because it has not been completely proven with actual facts. However, in our school and colleges it is taught as facts. I am not arguing that some of it is true, but digging deeper, we find things are missing.

2 Caloric restriction is a field in scientific research where they minimize the biological entities' food intake usually by half to one third to check its impact on the organism. There is a group of people living in California that have decided to take this as a way of life. See the Wikipedia entry for calorie restriction for more information.

iii Wade, Nicholas (10 July 2009). "Dieting Moneys Offer Hope for Living Longer". New York Times. Retrieved 2009-09-10.

iv Mattson, Mark P. (2005). "ENERGY INTAKE, MEAL FREQUENCY, AND HEALTH: A Neurobiological Perspective*". Annual Review of Nutrition 25: 237–60.doi:10.1146/annurev.nutr.25.050304.092526.PMID 16011467.

v Means, L. W., Higgins, J. L., & Fernandez, T. J. (1993). Mid-life onset of dietary restriction extends life and prolongs cognitive functioning. Physiology & Behavior, 54, 503–508.

vi Vitousek, K. M., Manke, F. P., Gray, J. A., & Vitousek, M. N. (2004). Caloric Restriction for Longevity: II--The Systematic Neglect of Behavioural and Psychological Outcomes in Animal Research. European Eating Disorders Review, 12(6), 338-360.

vii Gredilla R, Sanz A, Lopez-Torres M, Barja G. (2001). Caloric restriction decreases mitochondrial free radical generation at complex I and lowers oxidative damage to mitochondrial DNA in the rat heart. FASEB J 15(9):1589-1591. PMID 11427495

viii Sohal RS, Ku HH, Agarwal S, Forster MJ, Lal H. (1994). Oxidative damage, mitochondrial oxidant generation and antioxidant defenses during aging and in response to food restriction in the mouse. Mech Ageing Dev 74(1-2):121-133. PMID 7934203

ix Sohal RS, Agarwal S, Candas M, Forster MJ, Lal H. (1994). Effect of age and caloric restriction on DNA oxidative damage in different tissues of C57BL/6 mice. Mech Ageing Dev 76(2-3):215-224. PMID 7885066

x Hamilton ML, Van Remmen H, Drake JA, Yang H, Guo ZM, Kewitt K, Walter CA, Richardson A. (2001). Does oxidative damage to DNA increase with age? Proc Natl Acad Sci U S A 98(18):10469-10474. PMID 11517304

1. xi Pierre Dukan, Nutrition & Dietetics, answered, <http://www.sharecare.com/question/why-digest-protein-fats-carbohydrates>

xii I'm currently investigating these subjects and I actually even heard of one person that doesn't need to breathe.

xiii A type of juggling play that you can also do as a fire performer.

xiv Currently only 2 Breatharians in the world are known to me to have completely stopped drinking water.

xv I call him prime creator because I liked this definition from the Pleiadians Awakening Message. There are many creators in the hierarchy.

xvi Kondoliny bursts are bursts of energy that begin with your root chakra and rapidly climb up to your crown chakra. They go all over your spine and can last between a few hours and a few days. I have had 2 kondoliny bursts in my life that have lasted for about 3 days each time. It is unknown to me why this happens but my intuition tells me that the frequency of the body is being elevated quicker than the nervous system just like some children's organs grow faster than they do.

xvii I love rap music melodies, there is no judgment here, but the choice of lyrics in rap music are usually not of the highest degree for our spirit.

xviii Notice that the 21 day process is built in that way for the exact same reason – to break the old habits that we have of eating food in a controlled environment.

xix Calling food an addiction is used here just to show one of the possible perspectives in understanding the light nourishment. I do not use this to judge anyone in any way.

xx Read the book "Children of the Law of One – Atlantis". There is a beautiful description there about the mountain of consciousness. We have all started in unity at the peak of the mountain. We have all chosen to jump off it to experience what it will be like to rediscover it. We have chosen to build our game \ illusion, wipe our memories and relearn it time and time again.

xxi Soon = relative. A minute can be a lifetime for a virus, while a year can be perceived like a second for larger, different type of conscious entities like the sun or Gaya.

xxii See "SSchrödinger's cat" paradox.

xxiii Our intuition is known by many names. Higher self, divine intuition, the god within, the subconscious, the field of unity, god, the light workers, guardian angels and many others. It is important to understand that we are all talking about the same thing.

xxiv A lucid dream is a dream that the dreamer becomes conscious that he is dreaming.