

**LIGHT
AMBASSADRY
RESEARCH**

**PRANIC NOURISHMENT
Living on Light
Inedia**

**Presented
On behalf of M.A.P.S.
by JASMUHEEN**

JANUARY 2001

**On behalf of the Light Ambassadors,
The international M.A.P.S. Ambassadry
invites you to distribute
the following information
freely with the world.**

**We share it with the intention
To apply what we have discovered
to eliminate all
world health and world hunger
related challenges by 2011.**

Full details of our work can be found in the books

**“Living on Light – Nutrition for the new millennium”
by Jasmuheen**

and

**“Ambassadors of Light –
World Health & World Hunger Project”
by Jasmuheen**

Before we go on to share details of the fascinating research that has been gathered in this field, let us briefly explain what prana is.

I call prana DOW power, where DOW is the Divine One Within, an energy force that creates cells and gives life.

A force without which we could not exist.

A force that is known by metaphysicians to be all powerful, all knowing, and everywhere.

This effectiveness of the use of this force, and how we experience it, is a direct result of holistic education.

**This force can be increased or decreased at will.
Our research has revealed that we are the ones
who can control Its presence.**

**We do this via a specific lifestyle that we call L.L.P.
the Luscious Lifestyles Program.**

**L.L.P. sensitises us to the DOW channel
which is like a computer cable that hooks us into
a cosmic computer which religions call
GOD, Allah, the All That Is or Supreme Intelligence.
In quantum it is the Singularity.**

**DOW power is also known as RA power, Chi power
and prana power and its essence is simply love.**

**DOW power is also called Cosmic Energy
and its proponents are called C.E.O.'s
Cosmic Energy Orators.**

**It is our assignment to share of this Higher Light Science
So that it can be applied as a solution to
World Health and World Hunger
Related challenges.**

Research included in this report:

1. **Dr Karl Graninger**
2. **Bigu & Qigong**
3. **Prana Power & Qi Emission**
4. **Pranic Healing – Dr Choa Kok Sui**
5. **Dr Barbara Ann Moore**
6. **Dr Juergen Buche**
7. **Prana Power – Pranayama – Ancient Vedic information**
8. **Mitochondria – Dr Charles Mills**
9. **M.A.P.S. Light Ambassadry Research – 2 year study of 100 light eaters.**
10. **Micheal Murphy – author “The Future of the Body” founder Esalen Institute**
11. **Hira Ratan Manek – Jain fasting 411 day scientific study**
12. **How the above is possible – the Luscious Lifestyles Program.**

I have chosen to include the following fields of research here for various reasons. Firstly, because living from prana is not new, and secondly, because there has been a lot of research done with this over many years.

- ♣ From 1920 to 1949 **Dr. Karl Graninger** conducted extensive research on post war victims who survived not eating for long periods of time.
- ♣ The Pranic Healing Association headed by the **Master Choa Kok Sui** has done extensive research in their own field with prana power.
- ♣ The qigong ‘bigu’ phenomena and the work of Dr Yan Xin and Nuclear Physics Professor Lu ZuYin
- ♣ Even people who’ve never heard about living on light - like **Charles Mills** - have ‘stumbled’ across some interesting ideas through their own separate research.
- ♣ **Dr. Barbara Ann Moore's** journey came to my attention from **Dr. Juergen Buche** who also writes for us more on what he feels is good pre-process preparation. Juergen is an observer of our work in this field, is currently training his body into pranic nourishment, and as a natural therapist for many years is very interested in the phenomena of fasting and nutrition.
- ♣ Prana Power is best known as **pranayama** and so we explore this and various breath techniques before moving on to
- ♣ share the results of the 3 year research study of 100 light eaters that was conducted from 1997 – 2000 by Jasmuheen on behalf of the **International M.A.P.S. Light Ambassadry.**
- ♣ More recently we were sent the research of **Michael Murphy** from his book “The Future of the Body” where he talks of the light eaters ‘inedia’ and eph then magically we were
- ♣ Sent the research data regarding **Hira Ratan Manek**, the Indian Jain who was studied for 411 days. Ending his fast early 2001, he was studied by a team of Indian doctors and scientists whom I have recently been in communication with. Their initial fax is attached to this report.

All their research and stories have magically found their way to the Light Ambassadry, and we take this opportunity to say thank you to everyone who has taken the time to be involved with our work and research in this field. We recommend that readers also do their own research into this work if it interests them.

I think it is great to benefit from what others have discovered and so I am guided to guide you to look at the practice of Kriya Yoga as it was through this that Giri Bala was able to exist without food. Kriya Yoga is not something that I have personally studied, and like numerology and astrology, it is a science in itself that you may wish to study further.

The website: <http://www.kriyayoga.com> provides details on ***The Metaphysical Physiology of Kriya Pranayama*** - “Kriya Yoga is called a ‘scientific method of self-realization’. Scientific, because it can be practised by anyone and if properly done, everyone will achieve the exactly same results: God-union and self-realization.

“Devotion to God, Love for God, opens the door to Divine energy, bliss entering through your soul into your spiritual body - even purging into your physical body and providing you with health and strength. But that is just a side-effect of Kriya Yoga never the purpose of it.”

Research of Others

1. The work of Dr. Karl Graninger

As many familiar with our work are aware, since I began my personal journey with this, I have become fascinated by research. Over the last few years I have discovered so much since I wrote the first book 5 years ago which I would like to share in this next section.

The ability to live without physical nourishment from food is nothing new. As we now know, yogis have done this for millennia but so have many others throughout the world. Although at this point it could hardly be called a common lifestyle choice, everywhere I travel I hear stories about people who survived for long periods of time without taking any nourishment from food.

Because the body is an amazing biocomputer it seems that we can exist on very small quantities of nourishing food even without tapping into prana. Millions of junk food addicts attest to this as obesity reaches epidemic proportions in the Western world. However the quantity and quality of life is definitely affected by lack of proper nourishment unless one is getting it from an alternative source such as prana. Or is it?

When I first toured Germany in 1996, I began to hear amazing stories from people regarding their war experiences. In Frankfurt I met a woman who said that as a post war baby she and her sister had lived for months on just water as there was no food. Their mothers' milk lacked the necessary strength to nourish them and while her sister died at 6 months, 'miraculously' she survived.

Then I heard a story told by a man who lived close to an orphanage post war. He had rung my organizer and said, "Yes I know what Jasmuheen is saying is true!" When asked how he knew that, he replied that he used to visit the orphanage and they discovered some very interesting facts. Out of the groups of children who were slowly starving to death - as again there were very few rations available - one group stayed healthy. Upon investigation it seems that every morning the woman who looked after this particular group of children, sat with them as they all held hands and prayed to Jesus and Mother Mary asking to be kept safe and healthy through this time. It seems their prayers were answered and this testifies to the power of our belief and faith.

Can I prove these stories? No? Are they true? I believe they are. Still, let's read on to cases that have been documented and researched more 'credibly'...

In 1998, a journalist called Stephen Janetzko gave me an article that I believe was published in November 1976, by Germany's *Esotera Magazine*. It contained an in-depth article called "Sei wurden zu menschlichen Pflanzen" (or "They Changed to Human Plants") and it appears to have been written by Von Dr. Albert A. Bartel.

Focusing on the work of Dr Karl Graninger, it also reports on Maria Furtner from Frasdorf in Bavaria who lived 52 years drinking only water from the mineral spring near her home. Maria underwent a three week observation period in Munich University Hospital to prove she didn't need to eat. When released from the hospital she walked the 60 km home in three days without problem.

Then there was Resl - Theresa Nuemann, who I mention in my first book. She lived in the Bavarian Forest in Konnersreuth. Her only food each day for 17 years was a consecrated wafer. X-rays showed her bowels to be pencil thin.

Then there was Anna Nassi, who was the child of a farmer from Deutenhofen in Bavaria. Her teacher told the researchers for the article that Anna lived for 6 years on only water.

After the first world war in Europe, Austrian specialist Dr. Karl Graninger noticed that although people had become prisoners of war, not all returned from the war camps unhealthy. For some the fasting, fresh air, meager diets and non-smoking was very beneficial physically.

The idea that some had starved and were quite ill after imprisonment while others were healthier, fascinated him. Consequently from 1920 to 1940 when he died, Dr Graninger conducted research into the phenomena of "inedia paradoxa" - or living without food. Finding 23 cases in the west of Europe, his test subjects were mostly women and children who were observed to live without food for both long and short periods of time. ***All subjects were found to have character attributes of patience, devotion and godliness.***

While Dr Graninger and his colleagues did tests on their own subjects, these were abandoned after 12 days due to weight loss, fevers and weakness. They decided that the success of being able to survive only on water without these problems had a metaphysical link.

They concluded that the 'inedia-problem' had to be treated using set points:

- ♣ The mental-emotional attitude
- ♣ The physical relation
- ♣ The religious behavior
- ♣ The other cultural circumstances and reasons.

Comparing the experiences of the Ambassadors of Light from our own findings, with the research done by science and medicine, regarding what happens to the body with prolonged periods of fasting, I would definitely agree with the points above.

It is the very attributes of godliness and devotion that allow this phenomena to exist as it does. The key to this is the lifestyles that people follow each day that brings many 'miracles' beyond just the ability to go for long periods of time without food.

So before we begin to look in-depth at our findings, let us digress to the research of some others who have also been studying this phenomena. While the path chosen is different, the outcome appears to be the same.

2. Bigu & Qigong Scientific Studies

In this chapter I would like to elaborate a little on the qigong phenomena of 'bigu' which first came to my attention via a transmission that was posted on the Living on Light Forum in the C.I.A. website. It seems that in the U.S., hundreds of people who have attended specific lectures given by a qi master became "breatharians" or "went into bigu" to use Chinese qigong term.

I would like to now include a little research on qigong for those unfamiliar with this practice. It comes from the website <http://www.qigong.net/>

"A long time ago in ancient China, people gradually realized through their struggle for survival that certain body movements, mental concentration and imagination, along with various ways of breathing, could help them to adjust some body functions. This knowledge and experiences were summarized and refined with time, and passed down through generations... shaping what is known today as the Traditional Qigong.

"Qigong was involved in various life aspects of the ancients, harmonizing the relation between man and heaven. The emergence of great masters and various qigong achievements of the ancient times helped to form the basis for the formation of the Chinese culture, including the creation of the written language, the discovery of herbal medicine, and the emergence of various forms of art.

"A common characteristic of qigong is the simultaneous training of the body and the mind. The dual cultivation of personality and essence is the main content of traditional qigong. Its style consists of both movements and stillness, and its method is characterized by the combination of the mind (consciousness), qi (bioenergy), the body, and the spirit.

"Traditional Qigong is based on the principle of Virtue. Only by emphasizing virtue, being virtuous, and maintaining virtue, and with benign virtuous heart, virtuous character, and virtuous action can we achieve harmony with our surroundings and meet the three required states for practicing qigong: calm, tranquil, and natural. Virtue is the golden key to enter the gate of qigong."

It seems that the state of 'bigu' occurs spontaneously in some qigong practitioners without obvious preparation apart from their daily lifestyle choice - in other words, they have not done any specific process. It is interesting that those who practice qigong are the only group that I have found who have done advanced studies on the state of living without food. Most of the research has been done in Chinese and finding out more has been difficult due to the language problems and also because these qigong practitioners wish to avoid controversy.

The qi masters have said that the present time is not yet appropriate for the widespread 'bigu' and that the West overall is not quite ready for this yet, even though lately the situation has improved markedly. They have also said that the reason they do not encourage people to seek the 'bigu' experience at this time, is that when one is in the 'bigu' state, one becomes very sensitive and, therefore, easily disturbed by the negative thoughts and wishes of the people who have difficulty - to put it mildly - accepting this phenomenon.

While bigu is once again an openly discussed topic in some qigong circles, according to my research source, one man was in bigu for over 3 and a half years, until the controversy started and practitioners were urged to come out of it. As I have said in previous chapters, you cannot hide the fact that you don't need to eat from people.

These qi masters have said not everybody handles this state gracefully; that they know of a few people, "Who became almost psychotic because of the extreme sensitivities on one hand and inappropriate reactions to the various phenomena to which they became exposed, as the result of their bigu state. On the other hand they were especially exasperated by the conflicts at work or with family that focused on their bigu status. On the plus side, they have spoken about incredible lightness and energy and need for very little sleep when in that state. Even now, all those who are officially not in bigu in certain qigong circles now eat very, very little."

This is totally different to what we have experienced as the Ambassadors of Light are generally people who are focused on self mastery and do the prana program intentionally, while those who come into bigu do so almost accidentally. If unprepared for the power of the DOW, some individuals in the prana program can also become emotionally and mentally unstable, but this only occurs when they have these problems initially as the prana process can exacerbate this.

From my dealings with those who move in the 'bigu' circles, I am told that generally "people do not advertise their bigu status. One guy complained that he was in bigu 3 times, each time 3 weeks only and that each time he came out the day after he 'bragged' about it. A number of listeners nodded in agreement when he said this. Another person said that the moment he got angry was the end of his bigu experience."

Apparently the benefits of qigong practice are so varied that the organization involved does not want to attract any more attention regarding the 'bigu' phenomena and I know how they feel.

All over the world I hear people saying, "Have you heard about these people who don't need to eat?" I never hear them say, "Have you heard about these people who are *so tuned to DOW Power*, that they no longer need to eat?" There is a huge difference.

Throughout history there have been many radiant masters on earth who have done, and can do, many amazing things, including qi emissions. The modern day equivalent would be pranic healing as put forward by the Master Choa Kok Sui.

Yes, we can receive energy emissions from wonderful masters or alternatively - with self-responsibility, daily discipline and a very particular lifestyle choice - we can find the master within (our DOW) and allow it to sustain us, teach us and guide us to experience our own highest potential as we are, after all, spiritual beings here to have a human experience.

To discover the Master within, one needs to be in daily silence as per meditation, and treat the body (and our environment) as a temple so that the Divine One Within (DOW) can radiate through us more powerfully. We need to also exercise mind mastery and choose to be aware of our thoughts, words and actions in each moment of every day.

There is no doubt that the living on light journey can be difficult unless one is physically, emotionally, mentally and spiritually fit - for which not everyone has the courage, dedication and discipline or even interest to be. Yet the results are well worth it and allow us to be independent from the need to be in the Presence of both physical and non-physical masters. Many of the M.A.P.S. Ambassadors feel that it is time to exhibit our own mastery on earth - right here, right now.

To many, it is a time of self-mastery and pragmatic living and being an effective force for positive progression in this world. We envisage a world where all are in their mastery, rather than all seeking a taste of the power and benefits of being in the presence of the few known masters in this world.

Finding, then experiencing the Divine One Within (DOW), has always been a challenge, and the living on light journey is just one small initiation to do with trusting our DOW enough to allow it to sustain us on all levels. Like any initiation, it can take years of preparation which often has little appeal to those seeking quick fixes from pills and potions to the challenges in our modern-day world.

Our work is thus focused on preventative medicine by experiencing the radiance from within and allowing our DOW to emit Itself throughout our own lives.

As shared previously, enough research has been done now to prove the power of qi or prana. On page 286 in the book "Scientific Qigong Exploration" by nuclear physicist Lu Zuyin, he shares further about the state of *bigu* and also about the experiments conducted on people who have not eaten for up to 6 years. "*Bigu* is a state in which a person maintains a normal life without taking any food. Standard *Bigu* means very little or no intake of water. Basic *Bigu* means only drinking water and juice. Non-standard *Bigu* means ingesting water, juice and occasionally juicy fruits and vegetable soups."

I have personally experienced all three states of bigu by choice over the last 6 years. As the work of these qi masters is focused on other areas of health, they discourage publicity about bigu as they feel society is not ready to accept the bigu phenomena.

I first found out about bigu and the work of these wonderful qi practitioners via our website, the "Cosmic Internet Academy" which was created for two reasons. One as a library of free information that anyone can access and secondly, as a central place for networking services and information that focuses on positive personal and planetary progression as per the M.A.P.S. agenda. To achieve this we have five forums including the Living on Light Forum which the above information on bigu was originally posted into. It is probably our most active forum as many people are fascinated by human potential.

It seems to me from doing this research about 'research that has been done by others', that we are all agreed on a few basic things:

- ♣ Firstly, that being able to live free from the need for food requires a good degree of virtuous thoughts, words and actions.

- ♣ Secondly, that in order to be fed by ‘divine energy’; we must experience its existence via our prayers, programming or faith and devotions.
- ♣ That these DOW emissions can be interfered with by less virtuous external or internal forces - disbelief, anger, ego, etc.
- ♣ That without mind mastery and a strong DOW connection, people can become mentally unstable in the ‘bigu’ state as well as in the prana program.
- ♣ That whether we cease to need food via bigu or the prana program, all are still sometimes faced with difficult social adjustments.

To me, the practice of the qigong lifestyle and many other spiritual lifestyles, including the Buddhist Four Noble Path, can be likened to the Light Ambassadors practice of DOW matching.

Some of the most powerful work being monitored within the field of prana is that of the Master Choa Kok Sui.

3. Prana Power and Qi Emission Research

Update 3 October 1999: from the book “Scientific Qigong Exploration” by Prof. Lu Zuyin and Independent Experiential Research by Jasmuheen with the Ambassadors of Light.

While science continues to see spirit and matter as separate they will not be able to fully understand the complexity of the quantum field. Qi is the essence of this field and qi emissions defy normal scientific study which requires the observer to be detached from the experiment. Because of the nature of qi, the observer and the observed are one and the same.

In-depth research has been done on external qi emissions but not enough on internal qi radiation, except we do know that virtuous living, meditation, prayer, programming, diet and exercise directly influence internal qi and its external radiation or emissions. Qi can also be termed prana power or DOW Power.

In my research, qi emissions relate to the field of advanced bioenergetics and the higher light science, which I will cover in greater depth in my new book “The Wizard’s Tool Box”.

In the meantime it’s great to now know that enough studies have been done to prove that magnetic field measurements coming from internal organs increase greatly when qi is increased through the above lifestyle.

Research has also been done on the effect of qi in improving and regulating the function of the digestive system; how it improves the function of the endocrine system; how it affects our capacity to create changes in the muscular and skeletal systems; how it improves the functions of the respiratory system and the circulatory system; plus how it improves and regulates the functions of the nervous system, as well as the power that qi has in adjusting skin temperature and controlling the body temperature center.

In Eastern philosophy qi is also called prana and it is known that the body’s natural production of prana increases through the raising of the kundalini energy via meditation and a yogic lifestyle. Because qi or prana runs on the neutrino level, it is very difficult to detect as qi is what fills the 99% of space in each atom.

Qigong healing is also not just psychological. It has objective effects independent of the psychological dimension. For example, x-rays of a bone fracture before a qi transmission, then an x-ray of a bone fracture after this transmission, shows how the fracture has been completely healed in a matter of hours or even minutes. Also it is known that qi emissions do not lose their intensity over distance and can be directed by mind, will and intention, hence their effectiveness in distant healing. By moving their inner vision into the magnetic field of a patient, a qi master can provide accurate diagnosis without actually seeing that patient, or being in the presence of that patient.

Traditional qigong theories hold that all things in the universe originate from qi, that everything contains qi, and that it fills the entire universe. This concurs with the Christian idea that God is omnipresent and omnipotent.

A qigong master’s qi emanations and power is closely related to his/her own physical, mental and emotional state at the time of the qi transmission. Similarly, the Light Ambassadors’ ability to be constantly fed by qi or prana depends on the same thing, which is why only those who maintain a high level of physical, emotional, mental and spiritual fitness can live on qi alone for long periods of time.

According to the book ‘Qigong Scientific Exploration’ page 245: “One may question how a person can live without food? First, the gastric and intestinal fluid of Qigong practitioners contain many nutrients. Second, everyone has nutrients stored in the body; yet most people do not know how to transform and utilize them. Third, twenty or more days may pass without eating food, yet one can still be energized by absorbing self transformed high energy substances. It is not a question of eating, but rather of absorbing nutrients in a different manner. One can utilize the body’s accumulated nutrition and transfer it to gastric and intestinal fluids for high quality nourishment. This also improves the digestive system.

“Qigong practitioners do not merely absorb nutrients through their mouths and noses. They can use many other ways to absorb high energy substances for nourishment. Water, for instance, does not have to enter only

through the mouth. Light does not have to enter only through our eyes (Like a plant that requires light photosynthesis, light also has a function in our body.) A Qigong practitioner absorbs high energy substances from the universe that are unavailable to others. In this manner one can eat less, or even not eat for a length of time and still maintain a high energy level. When the absorption of high energy substances is enhanced, one may go without food for a long period of time. That is why Qigong is an ideal way to improve the digestive system of the body.”

Traditional qigong concerns itself with the effect of consciousness on an object and how the observer and the observed are connected, which is something traditional science has not yet accepted. Hence the qigong phenomena raises many questions for science which cannot be answered by current scientific theories. It has become my understanding, from my parallel research to the qigong studies, that until scientists begin to experience their DOW, many answers to the mysteries of life, evolution and creation, will remain hidden from them.

According to the scientists measuring qigong emissions and studies on the bigu state, many people in bigu live on less than 300 calories per day for years without any damage to their physical bodies. In October 1987 Ding Jing, aged 10, went into the bigu state and stayed there for over 6 years with a calorie intake of between 260 and 300 per day. We have found the same amongst the Light Ambassadors, and many continue to live very healthily on calorie intakes that are continuing to defy and challenge modern medical and scientific belief. Personally I have become healthier through bigu and have proved to myself beyond doubt that some other power is nourishing my body.

Dr. Yan Xin is one of the most respected and widely recognized qi masters in China and it is with his co-operation that such in-depth studies have been conducted and shared with the world. Many people have spontaneously entered into the bigu state as a result of being in his presence, and much research has been documented in the Chinese language. In fact over sixty books have been written covering his research into the power and benefits of qi emissions.

Professor Lu Zuyin’s book is one of the first to be published in English and was only released in 1997 after a ten year period of research and experimentation. In 1987 I also began to record in my journals my conscious study and research on a) the power of internal qi radiation, b) how our lifestyles can alter the levels of this radiation, and c) how to control our external fields of reality by controlling our qi emissions internally and externally.

The difference between the experience of the Light Ambassadors and those in the bigu state is that we have sought this experience consciously by the practice of meditation and lifestyle choice that promote our becoming fit on all levels.

Like myself, Dr. Yan Xin, who I have not had the pleasure of meeting, has been guided to share this information with the world because of its benefits in the arenas of world health related challenges.

Both of us recognize that major research still needs to be done into the bigu phenomena and trust that as humanity focuses more on DOW Power, that this will naturally come to pass. We present our research to the interested parties in the fields of science and medicine and trust that relevant studies will be done in time and the benefits will then be more widely shared.

After completing the “Ambassadors of Living on Light” book I was given the “Scientific Qigong Exploration” manual, and hence the addition of this as a final comment.

Also, since I completed my research, another person has died from exposure to the elements and slight dehydration while undergoing the 21 day process. Some would say she died as a result of not adhering strictly to the guidelines in my first book on this matter, “Living on Light”. Others would say that her work was complete and she had come to the end of her contract and need to be here. Regardless of the ‘why’s’, I cannot stress enough that we will continue to encourage all beings to take responsibility for their every thought, word and action in dealing with their own lives and others.

Yes, it is part of my blueprint to bring this information to the world. Yes, it is true that I am free from the need to live on food (as we know it) and that my DOW does, has and will feed me. Yes, it is also true that I was led into a field of research, as a result of my experience with my DOW, that may have many wonderful global benefits for health and hunger related issues.

Yes, it is true that whether people believe this or not, there are those who have experienced the power of the Divine enough to know, that when we truly have experienced something we cannot deny it, even though many others may not believe. I have no desire to convince the world of anything, only to share what I feel to be some most interesting research as it is my divine service to do so.

One final note; described as a contemporary sage by former president George Bush, Dr. Yan Xin’s focus of research has long been on the benefits of applied qigong into the areas of cancer and AIDS. As a result of attending his lectures, thousands of people have been cured of many major illnesses. Like the Ambassadors of Light, Dr. Yan Xin encourages the respect for the old and care for those in need, while emphasizing the importance of a virtuous lifestyle and the value of love for others.

Compassion, love and selfless service are key factors in the establishment of personal and global paradise as we enter a new millennium on earth, as is the respect and honoring of all life.

May we all enjoy our chosen journeys and may these benefit us all.

4. Prana & Healing - Choa Kok Sui

“A time will come when science will make tremendous advances, not because of better instruments for discovering and measuring things, but because a few people will have at their command great spiritual powers, which at the present are seldom used. Within a few centuries the art of spiritual healing will be increasingly developed and universally used.”

Gustaf Stromberg, Astronomer

We include the work of Choa Kok Sui here, as the Global Pranic Healing Association has been involved in testing the effects of pranic energy in healing for some time. The following is an excerpt from his book “Miracles through Pranic Healing” which he sent to me last year along with his other wonderful book “The Ancient Science and Art of Crystal Healing”. Both books are well worth reading for anyone interested in the healing power of prana.

PRANA or KI

“Prana or ki is that life energy which keeps the body alive and healthy. In Greek it is called *pnuema*, in Polynesian *mana*, and in Hebrew *ruah*, which means “breath of life”....

“Basically, there are three major sources of prana: Solar prana, air prana, and ground prana. Solar prana is prana from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure to sunlight for about five to ten minutes and by drinking water that has been exposed to sunlight. Prolonged exposure or too much solar prana would harm the whole physical body since it is quite potent.

“Prana contained in the air is called air prana or air vitality globule. Air prana is absorbed by the lungs through breathing and is also absorbed directly by the energy centres of the bioplasmic body. These energy centers are called chakras. More air prana can be absorbed by deep slow rhythmic breathing than by short shallow breathing. It can be also absorbed through the pores of the skin by persons who have undergone certain training.

“Prana contained in the ground is called ground prana or ground vitality globule. This is absorbed through the soles of the feet. This is done automatically and unconsciously. Walking barefoot increases the amount of ground prana absorbed by the body. One can consciously draw in more ground prana to increase one’s vitality, capacity to do more work, and ability to think more clearly.

“Water absorbs prana from sunlight, air, and ground that it comes in contact with. Plants and trees absorb prana from sunlight, air, water, and ground. Men and animals obtain prana from sunlight, air, ground, water, and food. Fresh food contains more prana than preserved food.

“Prana can also be projected to another person for healing. Persons with a lot of excess prana tend to make other people around them feel better and livelier, however those who are depleted tend to unconsciously absorb prana from other people. You may have encountered persons who tend to make you feel tired or drained from no apparent reason at all.

“Certain trees, such as pine trees or old and gigantic healthy trees exude a lot of excess prana. Tired or sick people benefit much by lying down or resting underneath these trees. Better results can be obtained by verbally requesting the being of the tree to help the sick person get well. Anyone can also learn to consciously absorb prana from these trees through the palms, such that the body would tingle and become numb because of the tremendous amount of prana absorbed. This skill can be acquired after only a few sessions of practice.

“Certain areas or places tend to have more prana than others. Some of these highly energized areas tend to become healing centres.

“During bad weather conditions many people get sick not only because of the changes in temperature but also because of the decrease in solar and air prana (life energy). Thus, a lot of people feel mentally and physically sluggish or become susceptible to infectious diseases. This can be counteracted by consciously absorbing prana or ki from the air and the ground. It has been clairvoyantly observed that there is more prana during daytime than at night. Prana reaches a very low level at about three or four in the morning.”

Exercises to draw energy from air, ground and trees are also covered in this book and he says: “Pranic breathing energizes you to such an extent that your auras temporarily expand by 100% or more. The inner aura expands to about 8 inches or more, the health aura to about four feet or more, the outer aura to about two metres or more.”

According to Master Choa Kok Sui, pranic breathing is done by:

- ♣ Connecting your tongue to your palate
- ♣ Doing abdominal breathing (*through the nostrils*)
- ♣ Inhaling slowly and retain for one count
- ♣ Exhaling slowly and retain for one count before exhaling which is called ‘empty retention’.

- ♣ You can also inhale for 7 counts and retain for one count then exhale for 7 counts and retain for one count, or do 6 and retain for 3.

“In doing abdominal breathing, you expand your abdomen slightly when inhaling and contract your abdomen slightly when exhaling. Do not over-expand or over-contract your abdomen.”

In later chapters Choa Kok Sui goes on to say:

“Although science is not able to detect and measure life energy or prana, it does not mean that prana does not exist or does not affect the health and well being of the body. In ancient times, people were not aware of the existence of electricity, its properties and practical uses. But this does not mean that electricity does not exist. One’s ignorance does not change reality; it simply alters the perception of reality, resulting in misperception and misconception of what is and what is not, what can be done and what cannot be done.”

Note from Jasmuheen: A description of prana as the universal life force energy is in my first book “Living on Light - Nutrition for the New Millennium”.

5. Dr. Barbara Ann Moore

The fascinating story of Barbara Moore, M.D. of London, a modern-day "breatharian", is a prime example of a person who has the conviction that breatharianism is a fact and not fiction. Here is the story, as quoted from Viktoras Kulvinskis' hard-to-find 1975 book "Survival into the 21st Century"...

"A heroic figure is Barbara Moore, M.D. of London. A news release by the London Sunday Chronicle dated 17 June 1951 reads:

"Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice.

"Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice. She says, 'There is much more in sunlight and air than can be seen by the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food'.

"Each year she goes to Switzerland for the better air and climbs mountains on a diet of water from the streams. 'You see', she explains, 'my body cells and blood have changed considerably in composition. I'm impervious to heat or hunger or fatigue.'

"She continued: 'Winter or Summer, even in Switzerland, I wear only a short sleeved jumper and skirt. In cold weather people stare at me. While they shiver in furs, I am warm. I'm as strong as a man and need only 3 hours sleep for mental relaxation. As my body is free of toxins, I'm never ill. I had to advance slowly from vegetarianism to uncooked fruit and then to liquid. Now I'm working towards Cosmic Food (Air).

"I've passed the eating stage and could not eat if I desired as my alimentary canal has changed considerably. It is no longer a filthy tube and is unable to handle any fibre. Instead of thinking my life will end in ten years, I'm growing younger. Anyone can do the same if they try. The tragedy is that eating is one of the great pleasures of life. To stop eating is to experience discomfort only when the body is adjusting itself to the new course which was the original course. I now find even the odor of food nauseating."

"Viktoras Kulvinskis continues writing in "...21st Century" "In 1961, Dr. Morris Krok of Durban South Africa, published "Conquest of Disease," where he reproduced a part of a speech by Dr. Moore, which was written up in: "Life Natural, Ganeshganar, Padukottai, S. Ry, India. Nov. 1960".

This is an extract:

"By experimenting on myself, I've found that neither energy nor body heat come[s] from food. It's a fact, paradoxical, yet true, that I spent three months in the mountains of Switzerland and Italy eating nothing but snow and drinking only snow water.

"I was climbing mountains daily, not just fasting and sitting down and reading a book or gazing at the sky. No, I was hiking daily from my hotel to the mountains, often 15 miles, climbing up to seven or eight thousand feet, then coming down and walking another 15 to 20 miles to my hotel.

"During my fasting, I climbed mountains daily; and if I could not on account of bad weather, I'd walk 30 to 40 miles. That proved it to me. Year after year I've done the same thing to find out whether it is true or not. For one year it may work and the next it may not work with the same body. So, I've done it year after year and find that neither energy nor heat of the body comes from physical food.

"When I discovered this, I went a step further; I wanted to see whether I could live without food at all; not for two or three months, but for a longer period. I found this also possible, but not quite on an ordinary level, as it were. I can do that in the mountains, but it is more difficult when I come down to an ordinary level [sea level? J.B.]. I find the air is different. I hope in time to live entirely on air... I'm a very busy person and have little time to sleep. I'm never tired or hungry."

Here is an update to Kulviskas' report after Dr. Buche wrote to Dr. Krok to find out more information on Dr. Moore....

"Dear Juergen Buche,

I do not think Barbara Moore is still alive. The article which appears in Kulvinskas' book first appeared in late 1950's or early 1960's. The path to a healthy life or breatharianism is first to learn to live on one meal a day - sometime around midday but not later than 4 p.m. But if one is not hungry then this one meal can also be skipped.

In place of the evening meal drink only water so as to ensure that one goes to sleep on a clean, empty stomach. Replace breakfast with more water. The meal that is eaten can include some of the more concentrated foods such as nuts, a little dried fruit and some sprouted grains; fruit can be eaten half an hour before eating the concentrates, some green leafy vegetables and root vegetables such as carrots.

One must experiment with this meal by reducing the number of items eaten; for instance by just having nuts with some grated carrots. But what is eaten is a personal matter as there is no magic in any food. The magic is in the vitality and inherent intelligence of the body and mind which knows how to process and convert what is eaten in its own time and way.

It is my belief that more nonsense is spoken about health and nutrition than religion and the rituals one should follow. When one realizes that persons have attained long lives on a variety of foods, one can only infer from this that food is only a catalyst to stimulate the body's energy which never becomes part of tissue and bone. But too much food can deplete one's energy."

With regards, Morris Krok
essence@iafrica.com ; P.O. Box 1129 Wandsbeck 3631
South Africa; Phone 31 864521 Fax 31 2670600

Juergen told me recently that he discovered that Barbara had been killed by a car while attempting to walk across the USA and also asked that if you know more about Barbara to contact him - Jasmuheen.

The above information came from Dr. Juergen Buche:
e-mail at drbuche@bigfoot.com

<http://www.odyssee.net/~expodome/moore.htm>

6. Affirmations and Pranayama Dr. Juergen Buche

Dr. Juergen Buche is a physician of natural medicine (Heilpraktiker - N.D.) with 15 years of experience in alternative cancer therapies, fasting and nature cures. Interested in the breatharian journey, he writes for us here on pre-process preparation.

"It is not enough to try to go without food. You must have a pretty good idea concerning the underlying reasons why you want to go without food and live on air. Are you doing this to gain notoriety or fame? Are you doing this because you are ill and want to heal, to regenerate, to rejuvenate? Are you properly prepared to actually draw from the great Universal Source the required sustenance to not only stay alive but to thrive in exquisite health and abundance?

"To begin with, I found that daily affirmations are an absolute necessity in order to reinforce the paradigm of self-sufficiency with the SELF being the almighty I AM resident within you. I use the following: "I AM limitless Love. I am the perfect manifestation of the omnipotent, loving, divine and infinitely benevolent power of the universe which sustains me, nourishes me and heals me on all levels regardless of whether I eat or not. I AM continually renewed on all levels and I AM spiritually, mentally and emotionally balanced. I AM the perfect expression of divine and limitless Love.

"The above affirmation will sustain you and tune you. Be prepared to be pruned somewhat. Have no fear and dare to be different.

"One other important ingredient, in my opinion, is to practice 'Inspirational Pranayama' in conjunction with the above affirmations. This is a simple breathing exercise that allows you to consciously tune into the *Universal Cosmic Supply* and withdraw, at will, all the sustenance you wish. I call it 'square breathing'. It is extremely powerful to tune into the Universal Substance, prana, and consciously utilize this invisible, all-pervading, life-preserving, rejuvenating, primordial substance.

- ♣ Sit comfortably, straighten your back and empty your lungs completely
- ♣ Start by inhaling completely to the count of four (seconds)
- ♣ Retain your breath to the count of four
- ♣ Exhale completely to the count of four
- ♣ Keep your lungs empty to the count of four
- ♣ Repeat 2-6 ten times once a day or more often if desired.

- ♣ Increase the count by one second each week (don't be in a rush even if this appears simple)
- ♣ When the going gets rough (maybe at 10 seconds a leg) stay at that level until it is easy
- ♣ When taking a breath chant "Sooooo"
- ♣ When exhaling, chant "Hummmmmmm" .

"So, now you are on your way to become an accomplished Breatharian. Good for you! Can you estimate how much time, effort and money is wasted day in and day out - on eating and preparing food? Hardly! Eating is a very bad habit, it seems. People simply eat themselves to death. Experiments with rats have proven beyond a shadow of a doubt that halving their food intake doubles their life span.

"The pranayama exercises I explain in my web site, if diligently conducted, can help in a large way to oxidize the catabolic cell refuse that inevitably results from rapid cleansing. The intake of large quantities of water in the morning are necessary to cope with toxic intestinal elimination which, by the way, will go on for months! Why burden the body's eliminative channels when you can accomplish the same in one quick daily 'flush' ? Most people who give up becoming a Light Eater don't do this because they can't handle the Breatharian effort - they give up because of too rapid detoxification and the unpleasantness of the toxic side-effects.

"For this reason, I advocate that the aspiring Light Eater work up slowly to the stage where, over a period of several months, he eats less and less cooked and altered food and frugally ingests more and more LIVING foods, not necessarily in terms of quantity but of QUALITY. Even too much LIVING food can be toxic. Read Arnold Ehret's treatise "Rational Fasting" and you will know. The disciplined approach of asking "Is this food still ALIVE?" can progressively cleanse the bloodstream and every cell and tissue in the body. This takes time, more than 21 days I am afraid, but the chances of the aspiring Breatharian staying with the program, having success, suffering less traumatic side effects, are vastly better.

"One way, I have found, is a very good way to progressively allow the body to ADAPT to a new set of circumstances such as eating less and less. Withholding food from the body is fine for a short fast but indefinitely - that's another story. Try withholding opium from an opium addict. He will DIE! Therefore, consider this alternative - it leads to the same goal - INEDIA (living on air)...

- 1) Start by eating every alternate day, i.e. one day on one day off food. Switch to living on raw foods and eat frugally. Do this until you are perfectly comfortable with this regimen and have overcome major cravings.
- 2) Every three months, add a day of non-eating. Therefore, during month 4, 5 and 6 you will not eat for two days and eat for one. At this stage, stick to fruits on your third day, the eating day. You can mix fruits but not at the same meal. If you eat two days in a row for any reason (oversupply of ripe fruit for instance), then fast for the next three (3) days (not four). Do this for three months or until you are perfectly at ease with this regimen. Overcome all addictions and food cravings. Simplify your life - be in a survival mode.
- 3) Every three months or so (depending on your success and your body's rate of adaptability) add another non-eating day until you eat only once every seven days. Stick to one kind of fruit only on that eating day and eat frugally. Maintain the affirmations and pranayama. You need not drink much but if cleansing processes are extreme, cut back one fasting day and stay there until you can easily do it. During cleansing reactions you need to drink a lot to help with eliminations.
- 4) When you can successfully not eat for six days and only eat frugally on the seventh then you are ready to take the plunge into Breatharianism. You are ready to stay on being 'fed by the light'. Don't think of it as food. Think of this sustenance as LIVING LOVING SUSTENANCE."

Thank you Juergen.

For readers interested in finding out more, Juergen's website is:

<http://seasilver.threadnet.com/Preventorium/> or

Breatharianism: <http://seasilver.threadnet.com/Preventorium/breathar.htm>

It is a gold mine of helpful information for cancer patients. Juergen altruistically has helped thousands with free naturopathic Internet advice for the past three years, however, he will not diagnose nor prescribe. He can be reached at drbuche@bigfoot.com or at awesys@seasilver.threadnet.com

I would like to add to Juergen's approach of asking "Is this food still alive?" For many, the practice of dieting to lose weight consumes many waking hours for many people. Over the years I have personally found that the saying "if it is not raw don't eat it" to be a very powerful rule and a great way to lose weight and detox the body simultaneously without feeling as though you are going hungry as in normal fasting. The stomach shrinks more slowly and detox is not as extreme. This is a great short-term or long-term 'diet' technique.

7. Prana Power - Pranayama

"For the rhythm of thy breath is the key of knowledge which doth reveal the Holy Law."

People often ask me if it is necessary to practice pranayama or Kriya Yoga in order to be nourished by the Divine. I say that as long as we are firmly connected to DOW Power and are free of toxic thinking, then nothing is necessary as it happens automatically. However, as some of the Light Ambassadors seem to go in and out of this zone of power day to day, the stronger our spiritual practices, the easier pranic nourishment is to maintain.

Personally, I love to breathe deeply and consciously every day. I breathe deeply when I am in the shower, or in the car, or in the shopping centres - I breathe deeply everywhere, all day, in one long meditation. I love to sit in the sun in the early morning or late afternoon and breathe, breathe, breathe. When I have been doing bioenergetics and opening up all the lightbody grid lines, sitting in the sun, breathing deeply and visualizing the energy of Lord Helios fill these grid lines with an amazing blast of RA power, it is exhilarating. It's like a cosmic petrol pump to recharge my batteries!

When we squint our eyes we can see prana sparkling in the air. Prana is everywhere, and as we mentioned earlier, some sources say that the majority of our nutritional needs can be fulfilled by the way we breathe. Pranayama involves controlling the breath which in turn controls the effectiveness of many of the functions of the body. Long slow breaths slow the heart, deep breathing warms us; oxygen eliminates pain, slow breathing promotes health and longevity.

In the Encyclopedia Britannica, it is written: "Sanskrit PRANA ("breath"), in Indian philosophy, the body's vital "airs", or energies. A central conception in early Hindu philosophy, particularly as expressed in the Upanishads, prana was held to be the principle of vitality and was thought to survive as a person's "last breath" for eternity or until a future life."

In this chapter I wish to look at ancient practices that boost personal power and increase the radiation of our qi emissions. The first is a more detailed look at pranayama, then we offer a few breath techniques including diaphragmatic breathing with raw foodist David Wolfe. Then finally in the next chapter we look at the techniques of the whirling dervishes and touch on Kriya Yoga.

1. Prana and the Vedas

The following information comes from the website <http://www.sit.wisc.edu/~fmorale1/prana.htm>, and we include it here as it provides more detail on the subject of prana in yogic tradition.

*"All that exists in the three heavens rests in the control of Prana.
As a mother her children, oh Prana, protect us and give us splendor and wisdom."*

Prashna Upanishad II.13

"There is an old Vedic story about Prana that we find in various Upanishads. The five main faculties of our nature - the mind, breath (prana), speech, ear and eye - were arguing with each other as to which one of them was the best and most important. This reflects the ordinary human state in which our faculties are not integrated but fight with each other, competing for their rule over our attention. To resolve this dispute they decided that each would leave the body and see whose absence was most missed.

"First speech left the body but the body continued though mute. Next the eye left but the body continued though blind. Next the ear left but the body continued though deaf. Mind left but the body continued though unconscious. Finally the Prana began to leave and the body began to die and all the other faculties began to lose their energy. So they all rushed to Prana and told it to stay, lauding its supremacy. Clearly Prana won the argument. Prana gives energy to all our faculties, without which they cannot function. Without honoring Prana first there is nothing else we can do and no energy with which to do anything. The moral of this story is that to control our faculties the key is the control of Prana.

"Prana has many levels of meaning from the breath to the energy of consciousness itself. Prana is not only the basic life-force, it is the master form of all energy working on the level of mind, life and body. Indeed the entire universe is a manifestation of Prana, which is the original creative power. Even Kundalini Shakti, the serpent power or inner power that transforms consciousness, develops from the awakened Prana.

"On a cosmic level there are two basic aspects of Prana. The first is the unmanifest aspect of Prana, which is the energy of Pure Consciousness that transcends all creation. The second or manifest Prana is the force of creation itself.

"The human being consists of five koshas or sheaths: Annamaya kosha; **Pranamaya kosha**; Manomaya kosha; Vijnanamaya kosha; Anandamaya kosha.

Pranamaya Kosha:

“The Pranamaya Kosha is the sphere of our vital life energies. This sheath mediates between the body on one side and the three sheaths of the mind (outer mind, intelligence and inner mind) on the other and has an action on both levels. It meditates between the five gross elements and the five sensory impressions.

“The best English term for the Pranamaya kosha is probably the "vital sheath" or "vital body," to use a term from Sri Aurobindo's Integral Yoga. Pranamaya kosha consists of our vital urges of survival, reproduction, movement and self-expression, being mainly connected to the five motor organs (excretory, urino-genital, feet, hands, and vocal organ).

The Five Pranas

“Pranamaya kosha is composed of the five Pranas. The one primary Prana divides into five types according to its movement and direction. This is an important subject in Ayurvedic medicine as well as Yogic thought. (Prana; Apana; Udana; Samana; Vyana.)

“The Vedas say that mortals eat food with Apana, while the Gods eat food with Prana. The mortals are the physical tissues. The immortals are the senses. These take in food via Prana itself. Right food sustains Apana.

“While all Pranayama aids in this regard, the most important is alternate nostril breathing, which aids in the balance of the right and left Prana currents. Regular alternate nostril breathing is the most important method for keeping our Pranas or energies in balance...Indeed as the Vedas say we are all under the control of Prana. Prana is said to be the Sun that imparts life and light to all and dwells within the heart as the Self of all creatures. Prana in us makes us live and allows us to act. This is one of the great secrets of Yoga.”

Full details of the Koshas are provided in the website mentioned.

2. Techniques and Effects of Pranayama

From: <http://www.lavecchia.com/pranayama2.html>

- ♣ **Note:** Pranayama training demands mastery over the asanas and the strength and discipline arising from them.
- ♣ Before starting pranayama the bowels should be evacuated and the bladder emptied.
- ♣ Preferably pranayama should be practiced on an empty stomach.
- ♣ Light food may be taken half an hour after finishing.
- ♣ The best time for practicing is in the early morning before sunrise and after sunset. According to the *Yoga Pradipika*, pranayama should be practiced four times a day, in the early morning, noon, evening and midnight.

Ujjayi Pranayama (victory breath)

- ♣ Sit in any comfortable position.
- ♣ Keep back erect and equal pressure on the seat bones.
- ♣ Stretch the arms out and rest the back of the wrists on the knees.
- ♣ Join index finger and tips of the thumbs. (This is known as *Jnana Mudra*, the symbol of knowledge. The index finger represents the individual soul and the thumb the Universal Soul, union = knowledge)
- ♣ Close the eyes and look inwards.
- ♣ Exhale completely.
- ♣ Take a slow, deep steady breath through both nostrils. The passage of the incoming air is felt on the roof of the palate and makes a sound (saaa). This sound should be heard.
- ♣ Fill the lungs up, be careful not to bloat the abdomen in the process of inhalation.
- ♣ The entire abdominal area from the pelvic wall up to the sternum should be pulled back towards the spine.
- ♣ Hold the breath for a second or two.
- ♣ Exhale slowly, deeply and steadily, until the lungs are completely empty. Keep the abdomen tight for a few seconds, relax the diaphragm slowly. The outgoing air should brush the upper palate making a (ha).
- ♣ Wait a moment before drawing in another breath.
- ♣ Repeat the cycles for 5-10 minutes keeping the eyes closed.
- ♣ Lie on the floor in *Savasana* (corpse pose).

Effects

This type of Pranayama opens the lungs, removes phlegm, gives endurance, soothes the nerves and tones the system. Ujjayi without the retention of the breath and reclining position of the body is ideal for people with high blood pressure or coronary troubles. *Be sure to consult your acting physician.*

3. Pranayama - Breath Technique with David Wolfe

From his book “The Sunfood Diet Success System” page 316, David writes, “First and foremost, the breath controls the energy level in the body. We know that everything is energy - matter is just a form of frozen energy.

The more oxygen available to your cells, the more energy you have to accomplish your goals and the less food you desire. Many people overeat because they are not breathing properly.

“If you feel hungry, sick, tired or worn out, a good way for you to quickly rejuvenate yourself is to go outside and take 30 deep diaphragmatic breaths.... In my opinion, the best pattern for deep diaphragmatic breathing, which I have used daily since age 19, is the following 1:4:2: ratio:

- ♣ **Breathe in** (through the nose), for a multiple of 1 count. The nose simultaneously filters and humidifies the air we breathe. The cribiform plate above the septum in the nose also regulates the temperature of the air entering the lungs.
- ♣ **Hold that breath** for a multiple of 4 counts. This fully oxygenates and stimulates the body.
- ♣ **Breathe out** (through the mouth), for a multiple of 2 counts. The outbreath releases toxins.
- ♣ An example of this ratio: Breathe in for 6 seconds; hold that breath for 24 seconds; breathe out for 12 seconds. Also try this yogic breath technique:
- ♣ **Breathe in** (through the nose), for a multiple of 1 count.
- ♣ **Hold that breath** for a multiple of 1 count.
- ♣ **Breathe out** (through the mouth), for a multiple of 1 count.
- ♣ **Hold the lungs empty** for a multiple of 1 count. this creates a vacuum suction which draws toxins out of the tissues on the following inhalation.
- ♣ An example of this ratio: Breathe in for 6 seconds; hold that breath for 6 seconds; breathe out for 6 seconds. Hold lungs empty for 6 seconds.

‘Breath power’ is well known in meditation circles, as I wrote in my book “In Resonance” in the chapter called “The Breath of Life”: “It has been said that if we were to change nothing - not our eating, exercise or thinking patterns and habits - except our breathing pattern, we could radically alter our life span..... if we reduce the number of breaths that we breathe per minute from say 15 to five, we will triple our lifespan....

“Apart from aiding in maintaining and restoring health and vitality and increasing longevity, the main benefit of seeking to experience the ‘breath of life’ (the energy that sustains us) is that, due to Its very pure and perfect nature, when we contact and experience It, we are given a range of experiences from deep inner peace, total complete relaxation and better sleep, to the overwhelming feelings of joy and bliss of nirvana or Samadhi.”

As Choa Kok Sui says, “We get most of our ki or life energy from the air we breathe... We constantly drain our life energy or ki by our every thought, every act of will or motion of muscles. In consequence replenishment is necessary, which is possible through breathing and other helpful practices.”

8. Mitochondria Research by Charles Mills

“Dear Jasmuheen,

My name is Charles Mills.

Last year (1998) I completed a Bachelor of Social Science degree with a major in Psychology (7 units out of 18). Also, one third of the units which made up this degree were taken in Philosophy, with others in statistics and sociology. During the course of my studies I formulated a theory regarding cellular energy generation, which I describe as follows:

A: Whilst studying a biology course as part of the Psychology major, I came across two interesting points in a textbook: That the producers of energy within the human cell are (currently recognized to be) the Mitochondria. That the Mitochondria have different DNA to the cellular DNA (the mitochondrial DNA is passed solely from the mother unlike that of cellular DNA which is a combination of the DNA from both parents), and that therefore Mitochondria are an organism which has been introduced into the cell at some time in the past.

B: From the second point above, it occurred to me that:

Mitochondria seem to act much like parasites.

That there would appear to have been a time (i.e, before the "parasitic infection" by mitochondria) when human cells (I don't know anything about animal cells) functioned without mitochondria.

C: From points A.1. and B.2. it follows that:

There would appear to have been a time (i.e, before the "parasitic infection" by mitochondria) when human cells produced energy without the use of mitochondria. That there are at least two different ways that cells can acquire energy (one via mitochondria, one without mitochondria).

D: It seems to me that those who might want to take a position regarding the above aspect of cellular energy acquisition might be divided into three camps:

- 1 Those who simply reject the textbook assertion that cellular energy can be acquired without mitochondria.
- 2 Those who have no idea how cells acquired energy prior to the introduction of mitochondria.
- 3 Those who have specific views on how cells acquired energy prior to the introduction of mitochondria.

E: It would seem that those in D.1. would have a healthy portion of the scientific community arguing against them.

F: Those whose views fall into D.3. (e.g. Breatharians who believe that cellular energy can be derived from cosmic energy) would probably have historically experienced scathing criticism from those in D.2. (as seems to be typical of "scientific" criticism of those who operate outside of the physical sciences). However, those who fall into the D.2. camp would appear to have no grounds for disparaging those who fall into the D.3. camp as they both agree on C.1. and C.2.

G: From the above, it seems that Breatharians have as much of a case for their position as anyone else, based on the available scientific evidence and rules of logic and argument.

H: From a new-found Breatharian-friendly point of view I wonder if: Humans originally acquired cellular energy from some form of cosmic energy, and did not eat at all (the "garden of Eden" age). By eating (the metaphorical "apple"), humans ingested the mitochondria "parasite". The ingestion of the mitochondria parasite caused the cells to change the way energy was acquired by the body (and humans were thereby "cast out of the garden of Eden"). Each generation receives the curse of the parasite ("original sin") from the previous generation. Individuals can be cleansed of the parasite ("original sin") by specific rites ("baptism"). When scientists attempt to destroy the mitochondria in the cell, the cell also dies. However, I wonder if the Breatharian practices are a way of destroying the mitochondria without fatally harming the cell.

I: It is fascinating how the ideas in H. fit so neatly with the biblical and religious stories regarding the garden of Eden, original sin and baptism.

J. It should be fairly easy to determine if there is any compelling scientific evidence to support this theory: Perhaps a blood sample from a Breatharian could be analyzed by a Pathology Laboratory to see if mitochondria are present within the cells or not. If a Path Lab is unable to perform such an analysis, I noticed on the Internet that the James Cook University, North Queensland, has a Transmission Electron Microscope (in their Advanced Analytical Centre, I think) which they suggest can be used to investigate mitochondria.

Well, the above is a basic run-through of the theory. I am sure that with more work it could be presented in a more readable and interesting way and with the logic tightened up. There are a number of angles (such as the parallels with religious metaphor) which add additional interest to the basic issues.

I would be very interested to hear what you think of this theory, and whether you are interested in further investigation along these lines.

The point is that there may be ways of causing cells to revert to their earlier method of generating energy. It would be simpler if this involved killing off the "parasitic" mitochondria, as this would be relatively easier to detect. However, the reversion could theoretically only require the "switching off" of the mitochondria energy generation reliance and this would be more difficult to confirm.

With respect to accreditation, reference to my details as follows would be gratefully appreciated: Charles Mills (B.Soc.Sc.), who can be contacted at: catfish@catfish.com.au

So while Charles recognizes that more research needs to be conducted into this 'theory', perhaps readers interested in this field of research may wish to liaise with Charles directly.

9. THE M.A.P.S. LIGHT AMBASSADRY

Research & Statistical Analysis

"The greatest good you can do for another is not just to share your riches, but to reveal to him his own." Benjamin Disraeli, British Statesman and Author

Over the last year or so we have been gathering as much data as possible about people who have undergone the 21 day process. Using a specifically designed and very detailed questionnaire - as per the one in the appendixes at the back of this book - we sought to find out the following:

Please note we have listed only the yes answers.

1. ***Please state your initial reason/s for doing the 21 day process:***
 - a) 88% did it because it just felt right
 - b) 75% did it to experience the Divine One Within (DOW) more clearly
 - c) 21% did it for health reasons
 - d) 11% did it for dietary reasons
 - e) 3% did it for economic reasons

f) 12% did it out of curiosity

2. ***How did you do the process***

- a) 45% did it on their own
- b) 40% did it with friends
- c) 47% had someone overseeing them either daily or weekly

3. ***How much weight did you lose during the process?***

- a) 35% lost less than 2 kilos
- b) 23% lost between 2 and 5 kilos
- c) 27% lost between 5 and 10 kilos
- d) 22% lost more than 10 kilograms

BEFORE YOU UNDERWENT THE 21 DAY PROCESS

4. ***66% said that they programmed their body weight to stabilize before or during the process***

- a) 43% said that this worked to their satisfaction
- b) 16% of those who said that it didn't, said that they addressed their beliefs around not eating and subsequent weight loss

5. ***What other preparation did you choose to undergo prior to the 21 day process?***

- a) 58% said they researched all that they could on the subject of living on light
- b) 66% said they slowly refined their diet until it was very light and simple
- c) 37% exercised their body regularly to make it strong and healthy
- d) 18% said they had a full medical check-up - either a doctor or an alternative practitioner, or both to ensure they were healthy
- e) 32% said they had increased their meditation time
- f) 66% said they had been doing other spiritual practices
- g) 63% said they had been practising mind mastery
- h) 53% had learnt to experience the mind/body connection
- i) 30% had colonic irrigation therapy
- j) 40% underwent other specific detox programs
- k) 67% looked at their belief around the idea that 'we must eat to live'

6. ***Before the process I had been living on a***

- Vegetarian diet - 71%
- Vegan diet - 13%
- Fruitarian diet - 18%
- Raw food - 25%
- Other - meat diet - 12%

7. ***Before doing the process it was my intention***

- a) To never eat again - 40%
- b) To never eat or drink again - 17%
- b) To eat again for pleasure only - 41%
- c) To prove to myself that I did not need food to live, having understood the power of the Divine One Within in other areas of my life - 58%

8. ***Before undergoing the process***

- a) I was very healthy - 66%
- b) My physical body was fit and strong - 68%
- c) My weight was at a level I was happy with - 58%
- d) I considered myself to be underweight - 8%
- e) I considered myself to be overweight - 28%
- f) I experienced clear inner guidance - 60%
- g) I was well aware that I create my own reality - 83%
- h) I had good relationships with my family - 73%

- i) I had explained to them the dynamics of the 21 day process - 52%, and of these 51% said that...
- j) My family were comfortable with my choice to do the 21 days

AFTER THE 21 DAY PROCESS

9. *Since undergoing the 21 day process*

- a) Has your weight stabilized? - 71%
- b) Are you sleeping less? - 33%
- c) Do you find that your energy levels are very high? - 1%
- d) Do you feel as if you are operating multidimensionally? - 58%
- e) Do you feel as if you don't fit in when you socialize around food? - 43%
- f) Do you feel mentally clearer within yourself? - 78%
- g) Has your perception of the world changed? - 70%
- h) Do you cope better in life generally? - 70%
- i) Feel lighter, more focussed, yet more at ease? - 75%
- j) Have you become more inspired to be of service to others? - 71%
- k) Have your communication skills improved?
 - With others - 56%
 - With the Divine One Within (DOW)? - 52%
- l) Have you been able to manifest any changes more easily in your life? - 52%
- m) Has your service path / life mission become easier to recognize? - 61%
- n) Do you feel stronger and more confident? - 67%

10. *Regarding your inner communication with your DOW*

- a) Has it improved as a result of the process? - 75%
- b) Are you maintaining that communication? - 72%
- c) Was improved communication of temporary nature only? - 18%
- d) Do you encounter difficulty in communicating? - 23%

11. *Have you continued to stay with a 'liquid only diet' - 31%*

12. *If yes, do you ever have hunger pains? - 16%*

If yes, have you asked your DOW to feed you - 26% Does this work? - 18%

13. *Have you noticed any changes in your emotional state?*

- a) Do you feel emotionally stronger, have less tendency to overreact? - 68%

14. *Have you noticed any changes in your physical body?*

- a) Change in shape? - 43%
- b) Change in appearance? - 46%

15. *If you are no longer on a 'liquid only' diet, please list your reasons for returning to food*

- a) I got very bored from lack of flavor or variety - 26%
- b) I felt socially alienated; was tired of being different or missed participating in the social interaction around food - 17%
- c) Family pressure
 - They were concerned for my health - 20%
 - They do not believe it is possible to live without eating food - 16%
 - I found it too difficult to cook for them and not share meals - 6%
- d) I could not seem to stabilize my weight and felt too thin - 20%

16. *Stress - I often seem to want to 'nibble' when I feel stress in life. Those who said yes. - 22%*

17. *If at all, how often do you now eat? - 21%*

Said they ate either: daily; a few times a week; once a week; every few weeks

18. *Do you get cravings for*

- Sweet flavours? - 67%
- Spicy flavours? - 50%

- 19. How do you feel about yourself when you eat?**
- a) Do you consider yourself to be a failure? - 11%
 - b) Do you feel guilty? - 8%
 - c) Do you feel that in time you will overcome the habit and so there is nothing to worry about? - 25%
 - d) Do you feel like you achieved what you wanted from the process so no longer think about food and just eat when you feel like the pleasure of the flavor of food? - 23%
- 20. If you are still on liquids only do you find yourself thinking a lot about food? - 5%**
- 21. Do you feel that your emotional body is still addicted to the pleasure of eating? - 70%**
Is this a concern for you? - 55%
- 22. Do you feel that the 21 day process has affected your sexual energy?**
- a) Is it stronger? - 28%
 - b) Not as strong as it was before? - 20%
 - c) No change - 52%
 - d) I was celibate beforehand and will continue to be so - 25%
- 23. Your health**
- a) During the process I was hoping I may experience some healing - 50%
Did this, or any other, healing occur? - 23%
 - b) Do you feel that your health has improved since doing the process? - 66%
- 24. Since undergoing the process have you gone for long periods of time without water as well as no food? - 28%**
- 25. Do you feel that undergoing the 21 day process was beneficial for you? - 91%**
- 26. Information about my lifestyle**
- a) 85% had been meditating for between 1 & 20+ years
 - b) 87% had a good understanding of metaphysics
 - c) 55% said 'My spiritual beliefs that allow me to live a fulfilling and harmonious life'
 - d) 31% belong to a meditation group
 - e) 47% live in or mix in a strong spiritual community
 - f) 58% network regularly with like-minded people
 - g) 47% regularly attend their church / temple / synagogue
 - f) 45% said 'I am more of a spiritual warrior who chooses not to be in groups'
 - g) 50% have always been interested in physical immortality
 - h) 61% said 'I am in full-time service to positive planetary progression'

Summation: As my colleagues at S.E.A. compiled these statistics, we noticed a few interesting points

- a) The Germans were the best prepared
- b) Of all, 91% felt that undergoing the process was beneficial
- c) 71% were vegetarian pre-process including 25% raw foodists
- d) 71% stabilized their weight quickly
- e) 66% considered themselves to be fit and strong before they began
- f) 85% were meditators and 25% were celibate by choice
- g) 87% had a good understanding of metaphysics
- h) 61% were in full-time service

Post process

- a) 71% still felt emotionally addicted to food
- b) 77% felt mentally clearer
- c) 74% felt lighter, more focused and at ease in life
- d) 72% felt emotionally stronger (less over-reaction)
- e) 66% felt their health improved

- f) 75% said their DOW connection improved

Demographics

- a) 80 research subjects came from: Australia, New Zealand, Germany, Switzerland, France, Austria, Sweden, England, USA
b) 51 % were female; 49% were male
c) Average age was 47 with the youngest being 18 and the oldest being Hildegard in Austria at 93.

Obviously there are many conclusions one could draw as we continue to research the pre and post process preparation and personality types and the individuals' lifestyle practices of the Light Ambassadors. No doubt in time more exact physical body testing will be undertaken by medical and scientific research teams.

For those who would like more proof on this, they can research the qigong 'bigu' studies. While the 21 day process is a different method and takes personal discipline and training, perhaps the reason that these people spontaneously go into the 'bigu' state is due to their levels of devotion, godliness and patience just like those studied by Dr. Karl Graninger with inedia paradoxia post war.

So yes, we support that further studies be done in co-operation with those living on light, to check for both physical and psychological changes. Still, we realize that research departments are under-funded and suggest that these studies can also be done on a more low key level, if required, between the participants and their alternative or traditional medical practitioners in their various countries.

When concluded, we recommend that this information be shared with the relevant educational circles. We **know** that in time prana will prove itself just as vegetarianism, as even raw food has been accepted in society as a valid choice. In the meantime we will continue conducting our own research as guided and share it freely with the world via our website forums and "The ELRAANIS Voice" newsletter.

10. MICHEAL MURPHY'S RESEARCH

THE FUTURE OF THE BODY

Michael Murphy, Co-founder of Esalen Institute..... "The Future of the Body"

Explorations Into the Further Evolution of Human Nature..... ISBN 0-87477-686-4

In the oral and written histories of every culture, there are countless records of men and women who have displayed extraordinary physical, mental, and spiritual capacities. In modern times, those records have been supplemented by scientific studies of exceptional functioning.

Are metanormal attributes latent within everyone? What is the evidence that all humanity has unrealized capacities for selftranscendence, that the limits of human growth are not fixed? And are there specific practices that ordinary people can do to develop these abilities?

Michael Murphy has studied these questions for over thirty years. In *The Future of the Body*, he presents evidence for metanormal perception, cognition, movement, vitality, and spiritual development from more than 3,000 sources. Surveying ancient and modern records in medical science, sports, anthropology, the arts, psychical research, comparative religious studies, and dozens of other disciplines, Murphy has created an encyclopedia of exceptional functioning of body, mind, and spirit. He paints a broad and convincing picture of the possibilities of further evolutionary development of human attributes.

By studying metanormal abilities under a wide range of conditions, Murphy suggests that we can identify those activities that typically evoke these capacities and assemble them into a coherent program of transformative practice. Such practice, he believes, if embraced by enough people, would constitute a crucial next step in the world's evolutionary adventure.

MICHAEL MURPHY, co-founder of the Esalen Institute, the world's premiere human potential center, is the author of *Golf in the Kingdom*, *Jacob Atabet*, and *An End to Ordinary History*. He lives in San Rafael, California.

Here is an except of his book...page 502-505....[22.4]

INEDIA

Long abstinence from food and drink, or inedia, is a principal Catholic charism and has been attributed to countless men and women since Christian antiquity. Saint Lidwina of Schiedam (d. 1433), it is alleged, ate nothing for 28 years; Venerable Domenica dal Paradiso (d. 1553) for 20 years; Blessed Nicholas Von Flue (d. 1487) for 19 years; Blessed Elizabeth von Reute (d.1420) for 15 years; and Louise Lateau (d. 1883) for 12 years. The historians Caroline Bynum and Rudolph Bell have documented such claims, as well as the intermittent bingeing, or bulimia, that typically accompanies heroic fasting. Bell, for example, traced the stages by which Saint Catherine of Sienna gave up normal sustenance. In her late teens she lived - intermittently - on bread, water, and raw vegetables. At about age 23 she gave up bread, surviving on Communion wafers, cold water, and bitter herbs that she either sucked and spit out or swallowed and vomited. In January 1380, when she was about 33 years old, she abstained from water for a month in expiation for a crisis of the church in Italy. Her biographers described her restless energy and sleeplessness, which increased as she ate less and less. According to Bynum, "One might interpret as binge-eating her pattern of long fasts followed by eating several times a day or her practice of forcing herself first to eat and then to vomit."

Bynum and Bell have described other "holy anorexics" who intermittently fasted and feasted. Inedia, it seems, has typically been punctuated by eating binges. Nevertheless, it is indisputable that many Catholic men and women have gone without food, and sometimes without drink as well, for long periods, sometimes without loss of energy. This fact has been established by several ecclesiastical and medical groups that have studied heroic fasting with care, sometimes submitting their subjects to around-the-clock observation and chemical analysis of their urine, blood, and vomit. Here I will describe three women who were studied in this manner.

Louise Lateau, the Belgian stigmatic described above, did manual labor for a few years after her stigmatization, but lost strength and appetite as her ecstatic states developed. According to her family and confessors, she could not digest anything without acute suffering after March 30, 1871, often vomiting when she was forced to eat. As we have seen, the Belgian Academy of Medicine had formed a commission to study her stigmata, but by 1876 it was also involved in acrimonious debates about the reality of her fasting. The academy did not dispute claims that she went without food, however, as no evidence of fraud could be produced against her.

More recently, Theresa Neumann was alleged to have gone without food except for Communion bread for periods of several years, prompting doctors and priests to study her carefully and cross-examine her confidants. In 1927 the bishop of Regensburg appointed a commission to observe her. According to Thurston's account:

Four nursing sisters of Mallersdorf were chosen for the purpose, and a very strict code of regulations was drafted, to the observance of which they were required to bind themselves by oath. Relieving each other by pairs, two of the four were to be continually on duty night and day, never allowing the girl during the prescribed fortnight of observation to be out of their sight even for the shortest interval. Her weight, temperature, pulse, etc. were to be frequently taken. All excreta, whether in the process of natural relief, or by the flow of blood from the stigmata, or by vomiting, etc. were to be preserved, weighed, and subsequently submitted for analysis. Her room, clothes, bed, etc. were subjected to a thorough search, and she was always to be under close observation in her intercourse with her parents, family and all other persons. It cannot be questioned that these precautions were strictly necessary if any conclusion was to be reached which would be respected by those - mainly non-Catholics - who declared her to be a vulgar impostor.

The fortnight's observation of Theresa Neumann has proved to the satisfaction of all unprejudiced persons that she did not during that period take either food or drink. What is even more striking, the pronounced loss of weight which occurred during the Friday ecstasies was in each case made good during the two or three days which followed. On Wednesday, July 13, 1927, the day before the period of observation began, Theresa weighed 55 kilograms (=121 lbs.); on Saturday, July 16, she weighed 51 kilograms (=112 lbs.). On Wednesday, July 20, 54 kilograms (=119 lbs.) were recorded, but this again had fallen by the following Saturday to 52 kilograms (=115 lbs.), though on the Thursday, the final day, it stood once more at 55 kilograms, just as before the experiment. The extreme range of loss and gain was therefore about 8lbs. It is curious that on two occasions within the fortnight (the 15th and 22nd) there is record of natural relief to the amount of half a liter. There was also on the two Fridays some vomiting, not very considerable in amount, which seems to have been due to the blood from her eyes or forehead [of her stigmata] running into her mouth. No trace of food was discoverable in the matter thus ejected.

Alexandrina da Costa (1904-1955) lived in the town of Balasar near Oporto, Portugal. Crippled at 14 when she jumped from a window to escape a sexual assault, she was bedridden for much of her life and developed passionate religious devotion. On Fridays she experienced Christ's crucifixion in trance, often rising from bed to kneel or prostrate herself, overcoming her paralysis to some degree. As she grew older, her raptures, healing influence, and apparent sanctity attracted pilgrims from Europe and the Americas. According to her confidants and confessors, she ate and drank nothing but the bread and wine of daily Communion for the last 13 years of her life; and like Louise Lateau and Theresa Neumann, she was studied by skeptical ecclesiastical and medical groups. At the conclusion of one investigation, the directing physician, a Dr. Gomez de Araujo of the Royal Academy of Medicine in Madrid, issued a formal statement in which he said, "It is absolutely certain that during forty days of being bedridden in [our] hospital, the sick woman did not eat or drink." Nurses and attending physicians also testified to Alexandrina's total abstinence from food and drink. Dr. Araujo's medical report was accompanied by a certificate with this declaration.

We the undersigned, Dr. C. A. di Lima, Professor of the Faculty of Medicine of Oporto and Dr. E. A. D. de Azevedo, doctor graduate of the same Faculty, having examined Alexandrina Maria da Costa, aged 39, born and resident at Balasar, testify that the bedridden woman, from 10 June to 20 July 1943, remained in the sector for infantile paralysis at the Hospital of Foce del Duro, under the direction of Dr. Araujo and under the day and night surveillance by impartial persons desirous of discovering the truth of her fast. Her abstinence from solids and liquids was *absolute* during all that time. We testify also that she retained her weight; (that) her temperature, breathing, blood pressure, pulse and blood were normal while her mental faculties were constant and lucid; and she had not, during these forty days, any natural necessities.

The examination of the blood, made three weeks after her arrival in the hospital, is attached to this certificate and from it one sees how, considering the aforesaid abstinence from solids and liquids, science has no explanation. For the sake of truth, we have prepared this certificate which we sign. Oport, 26 July, 1943.

Conceivably, the body has access to super ordinary energies that can be triggered by religious passion. Though most people who have fasted for long periods have been sedentary or bedridden, some have been physically active. Heroic fasting suggests that the body can reconstitute its elements in extraordinary ways, dramatically altering its habitual physiological activity

11. INDIAN RESEARCH WITH HIRA MANTAK FROM THE JAINS

[_http://www.timesofindia.com/today/30mahm7.htm](http://www.timesofindia.com/today/30mahm7.htm)

Times of India | 30 Dec. 2000

Engineer uses sun to claim victory over hunger By A Staff Reporter

AHMEDABAD: Can the human body turn into a photovoltaic cell and convert the rays of the sun into energy? Sixty-four-year-old retired mechanical engineer Hira Ratan Manek claims it can. For the past 364 days, he claims he has not swallowed a single morsel of solid, living only on some boiled water and the star closest from the earth.

"We humans live primarily on secondary solar energy as the plants which we consume depend heavily on the sun to grow," Manek, a Kutchi living in Coimbatore, says. "All you need to do is learn to absorb from the primary source of solar energy."

To ensure that Manek's story does not sound like a fairy tale, there are an array of doctors from the Health Care International Multitherapy Institute and the Jain Doctors Association who have been monitoring his health from two days before the fast started, which will last up to February 15 to complete 411 days.

The method of becoming a solar cooker is quite simple. According to Manek, you start by looking straight into the rising morning sun for only a few seconds. Slowly you increase the time to minutes reaching up to 30 to 35 minutes. "If you do it gradually, your eyes will not be damaged and help in charging your brain with solar energy."

Manek adds that once you go above 15 minutes, your desire for food slowly diminishes. "It is victory over hunger, not its suppression." At 30 to 35 minutes, the human brain starts developing the capacity to store solar energy. "All you need to do is take a walk barefoot for about 40 to 45 minutes in the sun everyday to recharge the energy." Claims Manek, "Only through this process can man achieve complete freedom or Moksha. You rid yourself from physical and psychological ailments. Psychosomatic ailments out of stress become a distant dream. But more importantly you develop a corona of energy around you. As this energy field becomes stronger, diseases don't harm you. Even your worst enemy will become harmless.

Eminent neuro-physician Sudhir Shah, who has been monitoring Manek's health with a team of doctors, says, "What we have is not 100 per cent science, but hypothesis. However, we believe that this is a chronic case of adaptation syndrome where the body reduces its demand for energy after 16 to 30 days of fasting. This is done by downing the regulation of receptors."

Shah does not rule out the possibility that the temporal lobe in the human brain, which is believed to control parapsychic activity like the sixth sense, may have been activated due to this process. All other parts of the brain including the hypothalamus, the pituitary glands and the medulla oblongata have shown no signs of changing.

For Manek, a Shwetambar Jain, the fast has both religious and scientific connotations. "All this search for a microchip to insert in the human brain to store loads of information and increase memory is ridiculous," he says. "We don't even use 10 per cent of it. But once charged, its capacity is increase manifold. In fact, enlightenment in spiritual terms is nothing but 100 per cent use of the brain!"

THE LIGHT AMBASSADRY'S RESPONSE TO THIS RESEARCH

Sent to The Hindhu and the Times of India – January 2001

4th January 2001,

To whom it may concern,

In response to the recent article in the *Times of India*, on the 30 December 2000, titled '**Engineer Uses Sun to Claim Victory Over Hunger**' written by the staff reporter, I would like to share the following information ...

Firstly, I was most fascinated to have this article sent to me about Hera Ratan Manek who, for the past 365 days, has not had any solid food and has instead existed for this time on prana and absorbing this energy from the sun.

I would like to share that this has actually been my field of research for the last thirty-five years. For the past seven of those years, I too have been pranically fed by light. Over the last few years, I have researched over a hundred people who 'eat' prana, and have also found fascinating research done by the Chinese qigong masters, the 20 year study done by Austrian doctor Karl Graninger, as well as the work done by my colleagues of the M.A.P.S. Light Ambassadry. All this data is in my book "Ambassadors of Light - World Health World Hunger Project".

There is now so much research to substantiate that people can indeed be fed by this alternative nourishment source that we call prana. Hence, this ancient ability has the potential to eliminate all world hunger and have a huge long term impact on our global resources. We have also discovered in our research that seventy per cent of our nourishment can actually come via our breath. The basis of this research comes from the yogis and the ancient Vedic tradition, as all who choose to live on light practise a very refined spiritual lifestyle which enhances the whole of our being. We estimate that there are at least ten thousand 'prana' eaters in the world currently.

I am coming to India on the 3rd of February 2001 to share my research and our solution to world health/world hunger issues, for as M.A.P.S. Ambassadors, myself and my colleagues have dedicated our time and our lives to the harmonisation of the systems on earth. Using a simple **Recipe** that also allows us to be fed by prana power, we envisage the elimination of all war, violence, social injustice, dis-ease, poverty and starvation within the next decade. We believe that provided our research is taken seriously, this is very possible.

Support is gathering for this work that continues on from Gandhi and all the work of the Holy Ones on earth. As eternal students of the Higher Light Science, we have discovered that this simple and free Recipe is not just easy to apply, but is powerful enough to achieve each of the above. Hence, I would be honoured to gift this Recipe to India and the world, via the media in your country. If you wish to interview me, I would be very pleased to freely share both my time and my research with you, so please contact our office at the above phone/fax numbers or e-mail me directly on jasmuheen@selfempowermentacademy.com.au. Also if you would like to find more information on the work that we actually do in the world, please go to our website called the C.I.A. - or Cosmic Internet Academy - at

www.selfempowermentacademy.com.au.

In kind regards

Jasmuheen

Founder of the Self Empowerment Academy, Facilitator of the International M.A.P.S. Ambassadry, M.A.P.S. Ambassador, international lecturer, metaphysical researcher and author of fifteen books. Editor of the on-line newsletter dedicated to positive personal and planetary progression: *The ELRAANIS Voice*.

12 .THE LUSCIOUS LIFESTYLE PROGAM – LLP

After 35 years of preparation including 7 years of experiential research I have come to the inclusion that it is the lifestyle that the light eaters live is what allows us to be nourished by DOW power. This lifestyle is comprised of things that are free yet simple and powerful enough to sensitize us to the prana, or DOW channel. I have come to call it the Luscious Lifestyles Program or L.L.P.

L.L.P. is an eight point plan to that has the potential to revolutionalise world affairs while also allowing people to tune into DOW power and thus be fed by it... .This 'plan' or lifestyle program has been based on research done by many including the Transcendental Meditation groups, Dr Deepak Chopra and many others. Each component is free and when applied improves health, longevity, vitality and attitudes.

The practice of LLL also has many other benefits that we list below.

Basically L.L.P. promotes the daily enjoyment of:

**Meditation,
prayer,
programming,
vegetarian diet,
service,
exercise,
time in silence in nature
and the use of mantras and chants and devotional song.**

So for those interested in Living on Light we propose the following approach:

PRANIC LIVING MADE EASY

**STEP 1. Get to know, and become best friends with your DOW,
the Divine One Within you! Learn to trust Its voice implicitly.**

**STEP 2. Become comfortable with the idea that we can all live on light.
Do your own research. Be open yet discerning of mind & heart.**

STEP 3. Get tuned to the Prana Channel - Use the M.A.P.S. Recipe 2000+ to do it!

**STEP 4. Get fit on all levels; physically, emotionally, mentally and spiritually - the use of the LUSCIOUS
LIFESTYLES PROGRAM - L.L.P. - will guarantee this! Prepare slowly and well - go vegan, raw, then fruit,
then liquids, then light. Use cellular nutrition as a transition tool to maximise long term resource
sustainability.**

**5. To inspire yourself to stay focused, become familiar with the environmental and global benefits of living
on light and also the karmic benefits for our animal life. Understand that by doing this we are also in service
as pioneers.
so it is .. so it is .. so it is**

**Remember - our body is a bio-computer, our mind is the software,
our life is the print out of the two.**

Break harmful habits create new routines hire a DISCIPLINE ANGEL

**L.L.P. - MEDITATE; PRAY & PROGRAM; EAT LIVE & LIGHTLY; EXERCISE;
SERVE WITH KINDNESS; BE IN SILENCE IN NATURE; CHANT & SING**

**Prana Proof: www.qigong.net "Scientific Qigong Exploration"
by Prof. Lu Zuyin - Nuclear Scientist & Qi Master**

CHI CHARM NO HARM ANIMALS AS OUR FRIENDS NOT AS OUR FOOD

PRANA POWER

M.A.P.S. WORLD HEALTH & WORLD HUNGER PROJECT

for optimum personal health & long term global resource sustainability - go vegan

PRANA RE-ROGRAMMING using DOW DOWNLOADS (THE DIVINE ONE WITHIN)

**I ASK MY DOW IF IT IS IN MY BLUEPRINT TO LIVE ON PRANA
IN THE NEXT FEW YEARS?
IF YES... I ASK MY DOW TO TUNE ME SO THAT**

THIS TRANSITION OCCURS WITH JOY AND EASE AND GRACE

I GIVE MY DOW PERMISSION TO OBTAIN ALL MY VITAMINS, ALL MY MINERALS, ALL THAT I NEED TO MAINTAIN A VITAL, HEALTHY BODY, FROM PRANA POWER.

I ASK MY DOW TO HARMONISE MY BODIES ON ALL LEVELS SO THAT I MAY EXPERIENCE MY PERFECT DIVINE POTENTIAL so it is .. so it is .. so it is

Other benefits to the Luscious Lifestyles Program are as follows:

The practice of these 8 points will make us healthy, happy and harmonised within and without and as we change so do our societies. By refining ourselves energetically we also release our highest potential and experience who we really are.

Now we know how to activate DOW power by frequency matching with it, which happens via our day to day lifestyle, then the next question may be 'What's in it for me?'

Apart from the Divine rapture, Divine revelation overwhelming joy and fulfilment, the practice of L.L.P. en masse will

- a) eliminate all war and violence and hence bring world peace, as inner peace brings outer peace
- b) eliminate dis-ease by acting as a system of preventative medicine hence it will
- c) save governments and taxpayers billions of dollars on traditional and alternative health care systems as L.L.P. delivers to each person improved health and vitality on all levels.

The benefits of global vegetarianism alone are enormous and are covered in detail in my 'Ambassadors of Light' book. (In the USA, after death via tobacco and alcohol, is death by meat consumption, but let us not digress)

d) The main benefit of the practice of L.L.P. is that people's needs and desires are satisfied on the deepest levels so that they naturally become more altruistic and caring towards their fellow men thus promoting global harmony.

e) L.L.P. increases communication with the Divine Self as the perfect inner teacher who will then guide each person to always be in the perfect place at the perfect time doing the perfect things for themselves and their planet.

f) L.L.P. activates the four-fifths of the brain we usually don't use which houses our higher mind and higher nature consciousness. Thus we move towards becoming Neitsche's superman.

g) L.L.P. is the lifestyle that people who live on light apply thus they are free to choose to eat food or be nourished by prana. This choice saves us lots of money, gives us lots more time and has huge benefits for our global economy and environment.

h) L.L.P. moves its practitioner beyond ego, pride, greed, materialism, power games and the baser nature of the lower mind. While humanity may lack the discipline or even the skill of a highly trained adept, all have DOW power which can be released at will. The practice of L.L.P. releases this power more effectively than we can imagine.

i) The sincere practice of L.L.P. will fulfil all our deepest needs and move us into a state of such satisfaction that we are free from all desires.

Further details on the work of Jasmuheen and the M.A.P.S. Ambassadry can be found at the C.I.A.

The Cosmic Internet Academy

www.selfempowermentacademy.co.au

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JASMUHEEN BACKGROUND

- 1957 - Born in Australia to Norwegian immigrants
- 1959 - Began focus on vegetarianism
- 1964 - Began to study Chi - the universal life force
- 1971 - Discovered the Languages of Light
- 1974 - Initiated into Ancient Vedic Meditation
- 1994 - Began periodic fasting
- 1974 - Discovered telepathic abilities
- 1975 - 1992 - Raised children, studied & applied metaphysics, had various business careers
- 1992 - Retired from corporate world to pursue metaphysical life
- 1992 - Met the Masters of Alchemy
- 1993 - Underwent Prana Initiation & began to live on light
- 1994 - Began 7 year research project on pranic nourishment
- 1994 - Began service agenda with the Ascended Masters
- 1994 - Received the first of 5 volumes from the Ascended Masters
- 1994 - Wrote 'In Resonance'
- 1994 - Founded the Self Empowerment Academy in Australia
- 1994 - Began classes in Self Mastery
- 1994 - Began 'The Art of Resonance' newsletter renamed later as 'The ELRAANIS Voice'
- 1995 - Travelled extensively around Australia, Asia & New Zealand sharing Mastery research
- 1995 - Wrote 'Living on Light - Nutrition for the New Millennium'
- 1996 - Invited by St Germain & Babaji to bring Pranic Nourishment research to the Global stage
- 1996 - Began re-education program with the Global Media
- 1996 - Set up the International M.A.P.S. Ambassadry with Kuthumi Established in 33 countries
- 1996 - Created the C.I.A. - the Cosmic Internet Academy - a free website to download data for positive personal & planetary progression
- 1997 - Began the Our Camelot Trilogy, wrote 'The Game of Divine Alchemy'
- 1997 - Formed the M.A.P.S. Ambassadry Alliance - people committed to global harmony & peace
- 1998 - Wrote 'Our Progeny - the X-Re-Generation'
- 1999 - Wrote the 'Wizard's Tool Box'
- 1999 - Wrote 'Dancing with my DOW'
- 1998 - 1999 Wrote 'Ambassadors of Light - World Health World Hunger Project'
- 1999 - Began contacting World Governments re Hunger & Health Solutions
- 1996 - 2001 - Travelled extensively to Europe, the U.K., the USA & Brazil with the Back to Paradise agenda
- 1996 - 2000 - Talked to > 500 million via the global media
- 1997 - Began to set up scientific research project for Living on Light
- 1998 - International tour to share the Impeccable Mastery Agenda
- 1999 - International tour to share the Blueprint for Paradise
- 1999 - 2001 - Began M.A.P.S. Ambassadors International Training Retreats
- 2000 - International tour to facilitate the election of an Etheric Government in 28 key cities & also shared the Luscious Lifestyles Program - L.L.P.
- 2000 - Wrote 'Life on the Road with the Masters of Magic'
- 2001 - International Tour to share Recipe 2000 ➡
- 2000 - 2001 - Wrote 'Cruising Into Paradise'
- 2000- 2001 - Launched the OPHOP agenda One People in Harmony on One Planet

M.A.P.S. Ambassador; author of 15 books; international lecturer, leading researcher on pranic nourishment ; founder of the Self Empowerment Academy ; co-facilitator of the C.I.A. - the Cosmic Internet Academy ; publisher & editor of the on-line M.A.P.S. Ambassadry Newsletter - The ELRAANIS Voice (TEV)