<http://www.ntskeptics.org/2002/2002december/december2002.pdf>

**The Breatharians by John Blanton (ntskeptics.org)**

Finished with Thanksgiving dinner? Good. Now take a deep breath.

That’s all.

If you are a Breatharian you know you could have skipped the dinner and gotten

by on the deep breath. You know eating and drinking is a cultural addiction

passed down from generation to generation. Your parents got you hooked on food

and drink early on by force feeding you until you have no choice but to continue

this absurd ritual just to keep the rotting foodstuffs moving on through your body.

American Wiley Brooks seems to be leading the Breatharian cult in this country,

but the idea of forsaking food and drink for life and health is not a new one. A

search of the Internet turned up several notable instances of the practice:1

Judah Mehler, Grand Rabbi, 1660-1751, ate and drank sparingly one day a

week (Ripley’s Believe It or Not).

In the 19th century Marie Frutner, a Bavarian girl, lived on water without

food for 40 years (Hilton Hotema of Health Research).

Teresa Avila, a Bavarian peasant, born 1898, took no food or water and

did not sleep since 1926 (described by “Aberee 1960").

Caribala Dassi lived for 40 years without taking any food or water (India’s

Message, 1932).

Yand Mel, age 20, did not eat for nine years (Dr. T.Y. Gan, according to

Jones H. B. et al, Am. J. Cancer, 40:243-50, 1940).

Therese Neumann, a German nun, who passed away in 1952, did not eat

for 40 years, no food, no water.

Danalak Shumi of Marcara, India, age 18, for over one year took no food

or water (the *Bombay Press* August 1953).

Balayogini Sarasvati of Amma, India, lived on water only for a

period of more than three years (*Rosicrucian Digest*, June 1959)

A woman named Giri Bala of Bahar, West Bengal took no food

nor fluid since she was 12 (described by Paramhansa

Yogananda, in his book “Autobiography of a Yogi”)

Before we get on to Wiley Brooks we need to talk about Ellen Greve.

Greve is a former Australian business woman who now calls herself

Jasmuheen. She is a New Age guru promoting avoidance of food. Her

cult is said to have a following of 5000 world wide. At least one wiseacre

has conjectured these may not be the same followers from one year

to the next. Her followers tend to be claimants of the famous Darwin

Awards.2

Australian follower Verity Linn succumbed while attempting to follow

Jasmuheen’s guidelines near Cam Loch in Scotland in September

1999. Prior to that in the summer of 1998 Lani Morris of Melbourne

breathed herself to death, and Timo Degen, a German kindergarten

teacher, did the same in 1997.3

Jasmuheen spells out her recipe for everlasting life in her book “Living

on Light.” As described on Amazon:4

The book “Living on Light” offers the possibility and maintained

by the Universal Life Force also called Prana. Some saints

and sages have done this before, but now the time has come,

when everyone can do this for themselves. The Australian author

Jasmuheen has not eaten any food for 5 years. This book describes

how this came to her and a special 21-day process to convert

the body to the new way of being sustained. It explains in

details from a metaphysical view, how the body works and methods

for self healing, regeneration and rejuvenation. Breatharians

get nourished from the purest source, the Universal Life Force

which contains all bodily needs. It is not necessary to have a certain

religion or belief system to do the process. The process is at

least a way to listen and connect with the inner voice.

Prior to her death Verity Linn had announced her intent to follow the

Breatharian quest, and a copy of Jasmuheen’s book was found near her

body. However, it is not apparent the notorious demise of Jasmuheen’s

followers resulted in major hit on her popularity. Besides “Living on

Light,” she has two other books, “In Resonance” and “Our Camelot,”

listed on Amazon.

More publicly Jasmuheen has been debunked on Australia’s version

of *60 Minutes*. She agreed to be tested for the program, and the producers

put her in a hotel room with a 24-hour guard to prevent any possibility

of cheating. They stopped the debacle after four days when

Jasmuheen began to exhibit symptoms of malnutrition and dehydration.5

Anyhow, there are more where Jasmuheen came from.

“Internet health-consultant” Ahmen Heaven promotes his “Jesus

Diet.” “Stop Eating” is the name of his Web site promoting his tax-deductible

“Christian Health Research” in Keaau, Hawaii.6

Stop Eating is the name of this web site, to convey its

main point, which is quite literal, but it doesn’t mean to

stop eating for good. It just means that we should be

more aware of how eating is in many ways more harmful

rather than beneficial to health. The food industry is

one of the largest industries in the world, and the barrage

of advertisements advocating the “good” things in

food, is testimony to its power. However, eating food,

quite plainly, is often the route to ill-health, sickness, or

pain, yet there are few, like myself, who are suggesting

that food may not be that good for you, and that we need

to be really careful, because eating food is like playing

with poison.

He also hawks his various publications: “Jesus’ Diet: For

your Sins! ($10), Urine: The Fountain of Youth! ($7),

Breatharianism: The Secret You’ve Been Looking For! ($3),

Stop eating: Fasting and Elimination More Important! ($12).”

Then there is Stephen Arlin who only advocates eating less

and places more emphasis on his “Raw Food” philosophy.7

Some people consider The Raw-Food Diet the next step

past a vegetarian or vegan diet, but it really transcends

all diets. It is simply the natural way to nourish your

body. A raw-foodist is not something one becomes; a

raw-foodist is something that all living creatures on

earth already are. We are designed to eat raw foods.

Food in its raw, natural state cannot be nutritionally improved

upon, especially not by cooking it.

Raw-foodists take all their nourishment from raw,

fresh, natural foods—unadulterated by cooking.

Back to Wiley Brooks. He heads up the Breatharian Institute

of America in Santa Cruz, California. Brooks claims priority

to Breatharianism over Jasmuheen, having called himself a

Breatharian for more than 20 years. He now finds himself upstaged

by Jasmuheen, but is quick to defend her.8

Brooks offers an ingenious explanation for the death of

Jasmuheen follower Verity Linn and for Jasmuheen’s

own embarrassment on *60 Minutes*. If you’re relying on

air for your nourishment, he points out, you’re going to

have to depend on the quality of that air—a risky proposition

in modern times.

“The less food you have in the body, the more air is circulated

through the body, which replaces the food,” he

says. “Which means a Breatharian, instead of taking in

110 lbs. of air a day, is probably taking in 1,000 lbs. a

day. Now in that 1,000 lbs. of air is a percentage of pollutants.

So you see that for a Breatharian the air is so

deadly that we have to take something not to increase

energy but to decrease the sensitivity to the air. We take

food as you would take a drug or a medicine — to reduce

the sensitivity.”

Brooks is more like a regular guy than you would expect

from a Breatharian. He explains his Breatharian philosophy in

an interview on the Breatharian Institute Web site.9

Breatharianism is philosophy based on the exploits and

knowledge gain by God experiencing itself in the flesh

as the personality, Wiley Brooks, A Breatharian, on a

planet that is on a fast track to annihilation. My job or

purpose for the past 30 years has been to seek out the

causes of this destructive phenomenon or system and

re-direct its forces to manifest more positive and constructive

effects in the world. A Breatharian is just another

way of saying “God in the flesh.” A Breatharian is

also another way of saying any Human Being who

breathes. A Spiritual Being sustained by the breath of

life. As you can see from my perspective all people are

Breatharians or God in the flesh.

For 30 years I have known the truth about who I am and

what I am. I have also known the truth about who everybody

else is as well. The truth is that “I am God, You are

God,” so get to used to it. Until people experience

themselves as the God they truly are, they will not able

to comprehend the fact that “we really are all One.”

From and of the same Source.

The information I have gathered during the past 30

years, as a Breatharian, is vital to the survival of this

planet and my intent and priority is to get this information

to the masses as soon as possible by whatever

means available and appropriate. I have definite plans

and knowledge that will be needed to help the world

prepare itself for much higher levels of consciousness.

These rapidly increasing levels of consciousness and

spirituality reacting with the many poisonous gases polluting

our environment and the deadly effects caused by

electro-magnetic fields from electric power cables, Radio,

TV and telephone transmitting towers are creating

dangerous levels of heat that could end life on this

planet as know it. The prevention of this kind of thing

from happening has been the sole purpose of

Breatharianism.

For a cult leader Brooks displays an uncommon touch of

candor, as when he was asked when he last ate.10

Wiley: 2 hours ago.

Bruno: What kind of food did you eat?

Wiley: A Double Quarter Pounder with cheese and a

Diet Coke from McDonald’s. Some people would call

this junk food.

Bruno: Why did you eat it?

Wiley: It is the perfect food that has the necessary poisons

and pollutants to harmonized my blood stream

with the frequencies of a poisonous and polluted environment…

Brooks may be on to something there.

Besides the references already cited, a number of other interesting

URLs turned up in the Web search for this article. Here

are a few:

“Breatharianism” on the Apologetics Index Web site at

http://www.gospelcom.net/apologeticsindex/b12.html

“ A Light Lunch” on the Internet Infidels Web Scan. A delightfully

comprehensive treatment of Breatharianism with numerous

links.

http://www.infidels.org/infidels/web.scan/1999/scan11.html

“Wiley Brooks,” he gives his explanation of Breatharianism.

Http://www.fruitnut.net/html/FamousB/Wiley.htm