A Presentation Of

The North Texas Skeptics

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The NTS Presents

The Breatharians
Background Prana

The Concept of Prana

• Sanskrit word for “life force”
• “All cosmic energy, permeating the Universe on all levels”
• In living things responsible for all bodily functions.
• Equivalent to Chinese xi
• Inedia (Latin – *starving*): another name for Breatharianism

https://en.wikipedia.org/wiki/Prana
Ellen Greve
Background Ellen Greve

- Australian, born 1957
- Background in business management and finance
- Involvement in New Age seminars, workshops, publications in 1992
- Changed her name to Jasmuheen
- Began advocacy of breatharianism
- Exposed in 1999 episode of Australia 60 Minutes
60 Minutes Exposure

• The supervising medical professional Dr Beres Wenck
• After 48 hours symptoms of acute dehydration, stress, high blood pressure
• Claimed it was result of “polluted air”
• Moved to mountain retreat
• Speech slowed, pupils dilated, lost 14 lb. weight
• After 4 days she acknowledged she had lost weight.
• Pulse about double, risk of kidney failure
• Dr. concluded that continuing would prove fatal
• Video taping stopped
Jasmuheen Fraud

• Claims to consume “maybe a few cups of tea and a glass of water”
• When she desires “some flavor” a piece of chocolate, a “mouthful of a cheesecake or something like that”
• Refrigerator stocked with food “for the stomach of her second husband,” a convicted fraudster
• The woman is gorging.

Ridiculous Claims

• Lived on “approximately 300 calories per day for past fourteen years”
• Maintains “full health through supplementing a fluid intake with "cosmic particles" or "micro-food“ (prana)
• Has “not yet mastered the ability to be fluid-free for more than short periods.

Breatharianism and Death

• The Breatharian movement sprang from Jasmuheen’s advocacy.
• Multiple deaths attributed to Breatharian practice
• Lani Marcia Roslyn Morris died in 1999.
• Verity Linn may have died of self-starvation while practicing Inedia in Scotland.
• Timo Degen died in March 1997 on Breatharian diet.

https://skeptic78240.wordpress.com/2017/08/01/dying-to-believe-64/
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The Book

• Pranic Nourishment, previous title: Living on Light
• Kindle Edition - No. 162,953 in Books
Typical of the book (1):

• Personally I feel that the only caregiver we need is the Divine One Within and as I keep stressing...

• According to Dr. Deepak Chopra in his book *Ageless Body, Timeless Mind*, every atom is more than 99.9% empty space and the subatomic particles moving at great speed through this space are bundles of vibrating energy which carry information and unique codings.

• Every thought sent forth is a never ending vibration winging its way across the Universe...
Typical of the book (2):

- Thus, science and religion can at last join hands and step into the spiritual realms of eternal progress and happiness together.
- When a Being is vibrating at a lower frequency, it permits many other forms of energies to mix and mingle with its pool of energy and its cycles.
- When one increases one’s frequency to that of the speed of Light, then the mastery of the process begins.

In summary: 256 pages of bullshit
Breatharianism, Ionized Water and Pranic Nourishment
Russell Symonds (Yogi Shaktivirya)
$2.99 Kindle edition
Other Books

• Pranic Nourishment. Another path to spiritual life Paperback – Unabridged, 2014 by Henri Monfort (Author), Dana Hajkova (Contributor, Editor)
• Lifestyle Without Food Kindle Edition by Joachim M. Werdin (Author)
• Ambassadors of Light - Living on Light Kindle Edition by Jasmuheen (Author)
• Breatharian Pathways - Memories & Motivations Kindle Edition by Jasmuheen (Author)
Summary

• Completely imaginative, no basis in fact
• Misconstruction of known science and factual experience
• Jasmuheen is a known fraud, evidenced by the *60 Minutes* episode
• Possibly exploitive, since none of the proponents actually practice.
• Known to be dangerous—people have died. Extreme risk to health.