



A Presentation Of

The North Texas Skeptics

Working to help people avoid dumb ass mistakes since 1987

www.ntskeptics.org

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The NTS Presents



8/23/2017

The North Texas Skeptics



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



60 Minutes Exposure

- **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.

<https://en.wikipedia.org/wiki/Jasmuheen>



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.

<https://en.wikipedia.org/wiki/Jasmuheen>



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://en.wikipedia.org/wiki/Jasmuheen>

<https://skeptic78240.wordpress.com/2017/08/01/dying-to-believe-64/>



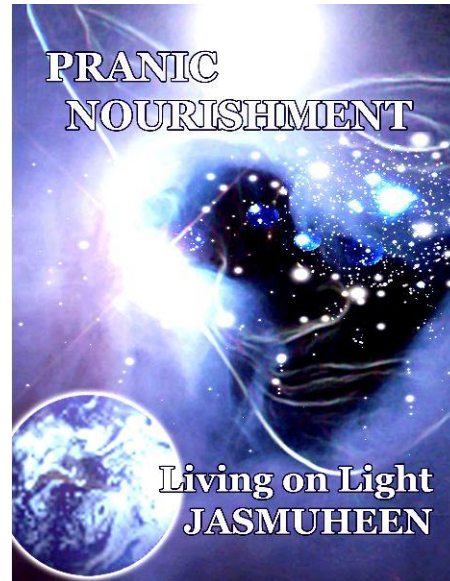
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The Book



- *Pranic Nourishment*, previous title: *Living on Light*
- Kindle Edition - No. 162,953 in Books



The Book Review

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...**



The Book Review

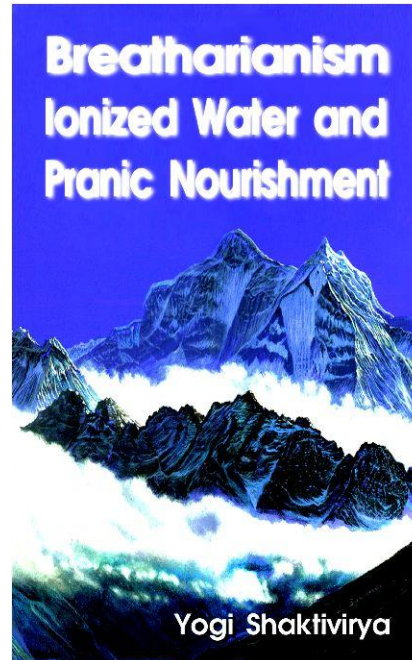
Typical of the book (2):

- **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



Other Books



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.**