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Life without Food – an Ancient Tool for the Expansion of Consciousness

Through Breatharianism and the Light of Sound to Becoming a Medium and Cosmic Surgeon

Mira Omerzel - Mirit, PhD, has permanently lived without food since August 2000. She is nourished by cosmic energy, which means she has experienced at first hand both the benefits and possible limitations of this way of living. She wants to share with people, at least in summary form, her experiences, and she is also writing a more comprehensive book about these possibilities. Her first experiences, as well as the experiences and breatharian rituals of different peoples over several thousand years, especially those of the North-American Indians, are described in the first book in her Cosmic Telepathy series, titled Life without Food and the Eternity of the Spiritual Messages of the North-American Indians. Breatharianism, or living on ‘the soup of cosmic vibrations’ is miraculous. With it, humans increasingly become ‘galactic human beings’ with unusual abilities which greatly surpass the usual. But – are we actually ready for this unusual?



I have **embarked on this sacred experience** without food and liquid **four times** (each time in a different way): it **first** happened spontaneously, without my being aware, in **December 1994**; I simply could **not eat or drink for sixteen days**. The **second time** I dived into it fully **consciously in August 2000**, the **third time** was in **August 2001** (without food and liquid, coupled with great physical activity), and the **fourth time** was in **spring 2005 (this time in total darkness, ‘in the Kogi tradition’)**. Each of those experiences was unique and different from the previous ones; each has **sharpened my senses** and perceptions even more, each has fortified me even more in this life experience and **increased the flow of cosmic energies through me**. Year by year, I became **a more powerful and effective healer, as well as a cosmic telepath**, who perceives the vibrations of the Earth, the stars, planets and the flows in the Universe. In **2005**, I started to carry out the exceptional **cosmic surgery**, which is a rarity on our planet. And all of this underpins all of my activities – **from writing, performing music, giving advice and teaching to harmonising the disharmonious world**.

Humans draw only one small part of life energy from the all-pervading energy Ocean in which we actually and literally swim, or live, **from the cosmic energy Source. One part comes from usual food** (solid food and liquid). By cleansing and balancing all of our bodies (the physical, etheric, mental and spiritual ones) and **by raising the frequency waves of our consciousness**, we become increasingly

plugged onto **the flow of Universal life energy**, which pervades everything, both the Universe and life on Earth. And this is why **we need less and less ‘solid’ fuel (food)**.

For hundreds, even thousands of years, **almost all the spiritual traditions** of our planet have practiced **initiatory journeys lasting from a couple of days, weeks or even months – without food and liquid**. These journeys help people to **expand their consciousness and awareness and to connect them into a multi-dimensional whole**. Some peoples in tune with nature still revere and use them today.



Life without usual food is **an extraordinary experience**, which **expands our consciousness beyond the ordinary linear mind, time, space** and the three-dimensional reality. During this experience, humans can **attain the ability of cosmic telepathy and an ability to subtly listen** to the otherwise difficult to reach levels of consciousness, or **reality** in which we live. **Our existence is multi-dimensional**, whether we are aware of this or not. Through the experience of living without food, **humans can transcend their limitations**. This experience is **a trial of our devotion, courage and acceptance of the cosmic and non-material**, it is also a trial of our acceptance of the realms beyond death and the inaudible, invisible and intangible **worlds of spirit, of the worlds beyond**. Humans thus **expand into the Cosmos and return, more full and conscious, into the physical world, into their physicality**. A majestic (quantum) **leap into the expansion of consciousness** happens when humans – **cosmic children**, or essences on Earth, the embodiments of the spiritual contents of the primal life undulation, which is simultaneously inaudible sound, or **inaudible frequency undulation** –



consciously step into the fullness of the Universal Intelligence, or the difficult to perceive Logos, and when they completely embrace the possibility that the cosmic ‘soup’, the Universal life Field, the Source, the Field of all possibilities (samhita in Vedic tradition), can feed them. This is when they are able to accept this abstruse gift and awaken within themselves their as yet undiscovered abilities and insights into multi-dimensional reality, which is normally veiled to the physical eyes. And this enables them to consciously travel across these levels. They enter the subtle realm of barely perceptible sound vibrations, which create both the material and non-material. The inaudible sound undulation is shape-giving.



Breatharian experience is also a **mirror of human wholeness and connectedness to all the fields and forms of life, a reflection of their level of awakenedness, of enlightened cosmic consciousness.** This is why, in the past, it was an indispensable **tool for spiritual growth, a vehicle for the ‘journeys beyond’** the three-dimensional space and linear mind, **a tool for researching the subtle realms of consciousness. The Universe is Consciousness** (this is also what the physicists **Pribram and Bohm** claim). A Consciousness that gives birth to **the consciousness of all living beings**, that gives birth to our **understanding of the world, especially that of time and space.**

Before 1990, **the miracles of living on prana were reserved for saints and brave ceremony participants of certain peoples, for the devoted ones who had no doubt.** Other difficult to attain spiritual feats with similar extraordinary effects as breatharianism are: **levitation, bilocation, clear knowing, cosmic telepathy, the power of manifestation and the dissolving of visions and wishes, the shaping of sound laser, cosmic surgery etc.**

This way of living is at present still an exceptional rarity, but such feats will supposedly be ever more numerous and common in the future. **It is enabled by a state of connectedness to all the dimensions of our body, spirit, and to all the levels of reality, to all the dimensions of existence.** Yet, in the future (perhaps even in the approaching centuries and decades), it will perhaps be something commonplace. In times of great climate change, population growth and an increasing lack of food, it may even be **urgent.**

Just before Christmas in **1994 and in the first days of 1995,** I suddenly, for no identifiable reason, felt **an ‘aversion towards all food’.** I was in a special meditative state **close to trance for sixteen days.** As

if something was holding me by the throat: I simply could not put even the smallest bit down my oesophagus, not even a sip of liquid, which of course surprised me greatly. According to the medical doctrine and our usual humble knowledge, I should have been poisoned, dehydrated, even dead, or at least with kidney failure, during that time. But I was not! Just the opposite. I had the feeling that **I saw more clearly, that I felt everything more intensely, that I was finally truly alive etc. My expanded consciousness ‘saw, heard and perceived’ much more than before! A miracle, yet not at all a strange one in fact.** Months prior to this event, I had been intensively researching, meditating and **working with crystals**, which certainly additionally expanded my consciousness and **raised the vibration of my etheric bodies** to a higher frequency level. And this was also the time of my ‘period of double knots’ (according to jyotish), **a time of great trials and learning.** But I started to eat again. You know, people need to **eat in order to survive! But is this really so?**



Later (in May 2000), when I heard for the first time about the possibility of inedia (not eating the usual solid food) and about **Jasmuheen**, an Australian lady who had been a breatharian since 1993, I remembered **my own experience in 1994** and became aware of what it was actually all about. My mind had created a wish to live without food, because I had mostly **vomited** all I had eaten, which had become more and more tiring. **I was quite conscientiously sending out into the Universe**, to the Source, **a thought about life without food**, and along with it I sent commands to my bodies (physical and etheric alike). And one day, my wish received feedback and a possibility. But then this same mind **stopped the realisation of my wish with its slight doubt and some incomprehension of the situation.** It thus **spoiled** the fulfilment of this possibility, it destroyed it with the thought that **we need to eat**, that I simply cannot be without food. And this **interrupted the miraculous connection between my bodies, soul and the All-abundance of the Universe. I myself was the director.** The director of both extremely different possibilities.



When I read the book **‘Pranic Nourishment’** by Jasmuheen (who had started to experience breatharianism only a year before me), I smacked my forehead, saying: ‘Oh, you foolish, ignorant woman!’ And at the very same moment, I again **asked for a permanent possibility of being nourished by Universal life energy.** The path opened up once again. During this time of intensive transformation I was learning to open up to the completely **‘odd’** and perhaps completely incomprehensible **(new) possibilities of this miraculous time of the ‘new era’ and of the discovery of my own abilities.** All of

this happened at the end of the **‘fourth Earth’** cycle, as the North-American Indians would say. We always get only what we think is possible and that which we are able to accept. **We are what we think. It is our mind that creates the conditions** for a breatharian experience **by means of focused thought and a wide open consciousness.**

During my travels, I met prana-eating **Native Americans taking part in the Sun Dance ritual in Arizona, I met non-eating lamas in the Himalayas, as well as Filipino mystics and Hawaiian, Balinese and Aboriginal sages etc.** They all shared their experiences with me and expanded my horizon, for which I am deeply grateful. After all, **there is nothing new** on this planet! **We are merely discovering the forgotten, hidden dormant abilities of ourselves, who in fact do not have limitations.**





There are many processes, which bring the possibility of living without food, of being nourished solely by cosmic food, or prana. **They are all sacred initiations, quests and links to the Divine Intelligence, to the multi-dimensional spirit, or the Cosmic Consciousness; and they are also links to our own essence. They demonstrate our devotion to spiritual growth, which shows up as abstinence from everything which stands in on our way on this path. And this was also the crux of ancient (self-)sacrifice. Initiations offer the possibility to be born anew in the same body and to transcend the current (karmic) life givens. They are our great gift, ability and our most intimate choice. They enable a clearer contact with ourselves, with ever higher (broader) levels of consciousness, with the dimensions of all the levels of our being, with our own spiritual guidance, or the soul as we call it. And they also enable a clearer contact with the cosmic Truth (of existence), a co-existence within which we are connected with everything that is.**

All the world's so-called 'natural civilisations', who nourished cosmic consciousness on Mother Earth, knew such sacred initiations without food and even liquid. In some places, they are still in use today. And contemporary people, who have lost ceremonies and contact with the Source, with the divine, are once again finding them appealing. In our rapidly changing world of intensive learning, such initiations are a powerful challenge for spiritual seekers. Unconditional surrender and the openness of consciousness, mind and heart are needed for their fulfilment.



Peoples connected to nature knew and still know different **Great Initiatory rites** in which **young people** ready to enter the adult, spiritually more mature community **were isolated**. In this way, they were supposed to build their own **connection to the primordial, the Divine**, as well as to their own hidden dormant contents and the **abilities** of their consciousness. The established link was said to **ennoble their knowings** and make them more spiritual; it expanded them and made them **complete, perfect**, and above all, **more equal** members of their communities. Isolation, loneliness, exposure to the unpredictable, to natural forces in the jungle or in deserts, high up in the mountains or in the middle of wide open seas, the exposure to wild beasts and natural disasters, they all contribute the necessary life experiences and **trials for spiritual growth**. They offer necessary **tests of maturity and opportunities to expand and test one's spiritual powers and the countless abilities of an unlimited mind, consciousness, or spirit**, which humans are actually **unaware** of – at least not until they discover them within themselves. Even beasts will avoid those who have found contact with the Source, with their own centre, for they have attained an exceptional **energy power and protection**. **People with a lower vibration cannot intrude**, willingly or unwillingly, **into their field** (yes, many indeed do this without being aware of it!). They have discovered the gifts of **the soul's unconditional love**, and started to live within them – **without fear and other destructive emotions and thoughts** – within love, which brings total **acceptance and tolerance, and an ability to manifest their thoughts rapidly**. **The divine does not endanger the divine**, rather they both **merge into a whole**.



In the sacred rituals of abstaining from food, we can, by our own choice, opt for **help and power to make a rapid shift into the Boundless field of all Possibilities**. **We connect to it permanently**. **We**



make an adventure and rise to the high-frequency (high-resonance) levels of consciousness and existence. Through this, we **increase our energy flow** and (especially healers) become **more effective in everything.**

But the crux of a breatharian experience is not that we don't need usual food. It is true that, without digestive processes, **we do retain a considerable part of the energy** which would otherwise be used



for digestion. But the greatest gift of the initiatory processes without food and liquid is actually the possibility of **connecting more closely to the Source of life, to the Logos, the Universal Intelligence of life, to our own soul and the supporting energies.** To the Divine, if you wish to call it so. Initiates can **interconnect all the frequency waves of multi-dimensional reality,** or to put it symbolically – **all the registers of their consciousness and mind.** They thus attain a **unified wholeness, their own centredness, both within themselves and within cosmic-earthly dimensions.** And this is actually **the goal of the human quests.** With these existential abilities, **they come to see, they see what is invisible to the eye, they hear the inaudible,** or that which is **'higher, broader, more remote'.** (Whatever words we use to name these dimensions. Words are usually quite insufficient when it comes to describing these experiences.) **They see further than the three-dimensional material world. The Truths of multi-dimensional existence are gradually being revealed to us.** These initiations **change people for ever:** be they Native American Sun Dance initiations or any other rituals of this kind in the desert or wilderness of our planet.

It is very good to know **where we are** on the development ladder, on the ladder of the expanses of consciousness, and it is also good to know **what destroys** our balance and what creates it.

Breatharianism primarily means non-attachment to solid fuel (food). This is what enables life without food. The abstinence from it. It is **an ability and a possibility of our mind and all our bodies;** it actually means that, in order to live, **we do not need to calculate calories, or the intake of vitamins, minerals etc. We get everything we need from the Cosmic energy Source itself.** But if we nevertheless chose to taste something – we would pay

for it with nausea or an immediate gain of weight. **The desire to live without solid food has to be accepted freely**, solely through an inner urge. **Food** is closely connected to our **emotions**; were we to deny ourselves something which at the same time we wanted and didn't want, the result would be **tension and dissatisfaction**. **It would also shatter the balance of all our bodies** and possibility of **breatharianism, which requires balance and a tranquil mind**. Fortunately, usual food no longer



appeals to breatharians as it did before. The food they receive from the Source of life is **high-frequency non-material prana, or energy, the so-called 'cosmic soup'**, which **satisfies all the needs of a person who is ready** for this way of living and abstinence! But **if we lose our balance**, for whatever reason, **the desire for solid food and tasting will return**. And it remains so until we restore our balance. But after a couple of years, the body will no longer be capable of digesting usual food and every little **'eating sin' will be paid for with nausea, vomiting, headaches and aching muscles**. The ability to **live**

permanently without usual food is therefore a **demanding process, which requires us to be very ready!** But given the fact that it brings manifold benefits, **deeper awareness and necessary insights**, our ancestors invented **short-term processes, or rituals** without food and even liquid (dry fast). **After which they returned to usual nourishment. Living on ‘the cosmic soup (of vibrations)’ is not suitable for heavy physical work. It is more for those who work with energies (healers, for example), for thinkers and persistent spiritual seekers.** Breatharians are at first **able to do far more than other people in all aspects**, but the necessary **harmony will shatter** if they **exceed the boundaries** of their capacity one or more times. Then they will need to **work hard** to restore peace and **balance**. And every **exaggeration ‘is paid for’ too.**

When the time comes, life teaches us about the sacredness of the world and existence, regardless of whether we believe in the divine or are complete atheists. **It teaches us about the cosmic creative force (about the Universal Intelligence, the Source of everything**, about cosmic laws, which many call **God**). This process of becoming aware unfolds **slowly**, drop by drop – never too rapidly and never too slowly either, only as much as a person is able to handle. We come to recognise our spiritual dimensions and the boundlessness of our soul, spirit and body.

The flows of cosmic energies can therefore feed us and open us up to an ever more clear awareness, which will bring a belief **(with no doubt!)** that this is actually possible. A belief in spiritual growth, in the expansion of consciousness of course, and above all in a total acceptance **that the seemingly impossible is in fact truly possible.** The source of these abilities is **the Universal Consciousness, the Divine Essence, the Logos.** And our spiritual guidance transfers these gifts into our everyday life. This is why the experience of breatharianism cannot be described without prior **experiences of connecting to spiritual guidance and to the all-pervading energy flows.**



But I must go back to how it all started. As I write these lines and **look retrospectively back to the past, I am ever more aware of the stations and experiences** which were vital for me, for **they were pre-conditions** for my future seemingly miraculous experiences. **Initially, a clear contact with your own spiritual guidance, with the dimensions of your soul**, is the condition for a clear connection to the frequency grandeur of the Universe. A clear insight into your own spiritual contents and a contact with your own consciousness is first of all crucial in the processes during which cosmic vibrations change your etheric bodies, expand your consciousness exponentially and powerfully, and awaken the soul's memory. This is actually what makes breatharianism possible. The clearer this connection is, the more we will benefit from this **‘adventure into the unknown’**. The more **devoted** we are, the less we doubt and **the more we embrace** the power of the Primal Logos, **the more we will benefit from this**

experience. Our perceptions will be more intense and the lessons and tasks we embrace will be more interesting. Our process of transformation will be lighter. I can confirm this on the basis of self-experience and also on the basis of my work with people who I have helped to attain similar experiences



and gifts bestowed at the courses within my spiritual school Veduna (at **cosmic initiations, Veduna resonance courses, intensivos** on different life topics, at **cosmic-energy and sound surgeries**, as well as during **retreats and dry fasts** without food and liquid). This **connection is in fact possible only in a state of total surrender and acceptance**. In this way, people do not fear that they will fail or die, and they have no doubts about the benefits of the process either. Their rewards consist of cleansed and strengthened **etheric bodies, which then accept new abilities. The soul starts a new life, a new karma, in the same body; it takes on new missions etc.** To sum it up, with the help of the frequency flow of Cosmic Intelligence (with the Master Teachers of the Universe, as folk tradition would put it), **we transcend our karmic (astrological), or preordained givens...** With the transition to pranic living, we do our own **yagya**, as the Vedas would say; we begin to change our own destiny, or karma. For the broader and better, of course. **But such processes are not for everyone though! They require total, devoted surrender to the new and a redeeming release of old thought patterns. As well as a certain development level of consciousness...**



With the new emerging in these pioneer **times**, breatharianism is a distinct opportunity, enabling truly accelerated spiritual development; a process in which we need to teach our body to eat **'the cosmic soup'** and **at the same time to erase the memory of usual nourishment and of the delight of tasting** (this is the most difficult part, which requires a **longer period of change**, even a decade or two; but that's nothing compared to the length of life or the chain of lives). **We breatharians do eat after all – we feed on prana, on cosmic energy.**

In the new millennium, we must speak again about breatharianism. Out of the experience and sense of connectedness and **responsibility for both personal and planetary evolution**, which unfold at an accelerated pace and lead us into something totally new, there emerge **completely new possibilities and abilities**, new views and understandings of **existence and co-existence. Of connectedness between the earthly,**

the physical and the spiritual and cosmic. The time of the physical guru and (religious?) 'leading by the hand' according to prescriptive rules is **departing** ever more clearly and intensively. Life which lies ahead of us **requires us to listen to the leading levels of our consciousness, our soul and its contents.** It requires us to listen to our guidance, which possesses the entire wisdom we need and which is constantly **connected to the boundless Cosmic Intelligence, Consciousness, the Divine essence, as well as to the non-physical, non-incarnated 'Masters of Wisdom', which are also called Universal laws,** and to the spiritual teacher within ourselves, which the old, folk tradition calls **spiritual guide. Without all of this, a more permanent breatharianism is not possible!**



In the 21st century, humanity has started to **rise** again out of the unconscious greyness of the forgotten, veiled, yet infinitely rich **ancient sacred knowledge, which helped countless generations before us to reach truly great discoveries within themselves and the world alike; it helped them to manifest miracles, which are actually, at their core, natural givens**, but were lulled into a deed sleep, like Briar Rose. But the sleeping Briar Rose is **waiting to be awakened by the kiss of all-present Love, which is the glue on Earth and in the Universe**. So, how can we attain all that? We are currently **revealing the forgotten ancient wisdom** of life and existence of different traditions of the peoples and cultures of the world. Remember the ancient spiritual knowledge of our distant planetary ancestors. Their knowledge still sits, **silently lives in our collective consciousness, in our group unconscious**. And we have **the keys** of the doors leading there. Thousands, maybe only hundreds of years ago, our ancestors were **closely connected to the Earth and Cosmos** – we simply say that they lived **‘in contact with nature’**. By means of the expanses of their

awakened, cosmic consciousness – the seventh, or the highest level of consciousness (according to Peter Russell), – **our forefathers attentively recognised the laws of the Universe and cosmic rhythms, or cycles**. Alert and watchful (through rituals, for example), **they endeavoured to maintain balance** within themselves and their environment.



Contemporary people unfortunately **lost the knowledge of ceremonies** decades ago. We live in quite a **de-cultured world**; the **tempo** of life, work, and the scrambling for our daily bread pulls us **away from what is natural**, harmonious. But our **souls still yearn for the expanses** of the infinite and boundless, unerringly **leading us to perfection** and wholeness.



Permanent life without food brings completely new experiential possibilities, which we can either fulfil in our everyday life or not – it's our free will. They require close collaboration with **the Cosmic Will, or the Logos, with countless frequency flows of the divine vibrational** (life-giving) **All-field** (or **Ocean**, as folk tradition would put it), and a **total surrender** to the laws of cosmic frequency waves, or **forces**, which breatharians luckily start to perceive. The unerring Logos 'tests' the person's devotion to **the invisible, inaudible, untouchable etc., which is present in everything**. Humans form their own **openness to the Universal, or 'divine' Consciousness, to the Cosmic Mind – and it is a matter of life or death**. The box opens when spiritual warriors have **complete trust in it**, because they know that they are part of this abstruse Ocean and have no fear of illness or death. **The fairytale realm of our givens opens up**, a realm of which the ancient **myths and legends** speak, encouraging seekers not to give up, to keep seeking until they attain them. This is also what our soul is programmed to do. Trials of total devotion are manifold. I am speaking here of a devotion which does not doubt the fact that this **initiatory passage supports life and is therefore immortal**. This is why breatharianism also offers an **opportunity to revisit our spiritual depths, our spiritual openness, maturity and immaturity**. **What happens in transformation processes is truly miraculous and at first incomprehensible (to the mind)**.

Openness to and suffusion with the boundless Universal, cosmic all-life energy, which is being increasingly confirmed by contemporary **astronomers and physicists** (some years ago, they even invented a special term for it – **BOSON, Higgs boson**), is **the most powerful life protection** and a sure guide. Hindus, the worshippers of the ancient Vedic knowledge, **would**, after a ritual, **send out** their initiates **to swim among crocodiles** in order to test the success of their connection to the Source. Most likely the only **ones to survive were those who had truly established a permanent link with the Source** and thus attained the necessary **sacredness and protection**. **Native American tribes**, for example, tested themselves **in the desert and heat**, including the heat of their ceremonial saunas, and in demanding rituals without food and liquid, such as **the Sun Dance**. **African tribes** journeyed into the

danger of primeval forests and sand dunes, **Tibetan lamas** headed to rocky cliffs in high mountains. Their purpose was always the same: **to establish clearer connections to the primordial life force and high-dimensional levels of reality**, to primal Intent and their own spiritual guidance (with soul, Masters); **to attain higher levels, a high-frequency, more loving and conscious state of consciousness**, as well as greater **free-flowing life energy**.

The experiences of such **sacred initiations** always contribute to **accelerated spiritual growth**, to the discovery and **awakening** of one's unexpected and unimaginable **abilities**, the gifts of the spirit. And above all, they contribute to the **claircognition of all the physical and non-physical senses: from 'clairaudience' and 'clairvoyance' to intuitive and cosmic-telepathic abilities, or meta-senses, or 'clear knowing'** (for which the seventh chakra, the so-called 'divine chakra', is responsible). And they



also contribute **to the possibility of being nourished by cosmic life energy** (prana in the Hindu tradition). Yet, the quality and quantity of these gifts **depend on the development level of our consciousness, on the level of our spiritual maturity**. We can gain an incredible amount or **nothing** from these processes. The latter will happen only if we refuse to delve into the new and revisit things which hinder us, our immaturities, if we do not believe in cosmic nourishment, or if we do not accept these gifts, because our mind claims that they are impossible and a load of guff.

We can even die in this extraordinary life adventure without usual food, if we are not sufficiently ready for a rapid quantum leap of consciousness and if we approach transformation with a closed and immature attitude – **if we are convinced that we can handle all of the above mentioned with no problem, even though this probably is not the case** (there are unfortunately





many contemporary seekers of this kind). Should we, for example, want to feed on cosmic food **in order to save money** and de-stress our bank account, or if we simply wanted **to lose weight** or be something special – this will not work. Its effect will be **defective**. Such **calculated intentions** will unfortunately lead only to mistakes and can cause great troubles and health problems, even **damaging the detoxification organs**, such as the kidneys etc. The most severe case can lead to death, if we are not ready for this feat or not open enough. The process of transition to a new way of nourishment, to nourishment by feeding on energy, or prana, **requires thorough preparation, a total surrender to cosmic and earthly transformative energies, to life itself, and a total honesty and truthfulness**, which allow people to admit to themselves **what they are actually capable of and what they are not**.

There are almost no such distorted thoughts among various cultures and peoples for whom such sacred initiations, **rites of passage** and quests for contact with the divine, have been usual and **known for millennia**. Because the **urge for spiritual growth is built into their everyday lives**. But this testing is very crucial for the so-called ‘civilised’ people of the Western world (materially oriented people). To put it simply: **our devotion to the boundless Cosmic Intelligence, our faith in it without the slightest doubt and a connected (nine-dimensional) consciousness are the directors of everything that will happen in the process. This will also determine the gifts we will receive in it and after it.**



After my first spontaneous experience of living on cosmic food (in December 1994) and after my transition to permanent **breatharianism** (in 2000), I also experienced a distinct transformation process in 2001 – **without food and liquid, coupled with great physical activity**. It resulted in even greater spiritual depths and increased **spiritual and physical power**. This happened when I was helping others



to go through such a process. Our **‘civilised’ initiatory ritual of transition** to pranic life is easier than the ancient initiatory rituals of different peoples, which take place in merciless nature. Our contemporary ritual usually takes place within four walls and with all the benefits of modern life, such as showers, warmth etc.

In 2005, I upgraded my experiences with another trial: **a ten day process without food and liquid, in total darkness**. It started all by itself, during a Veduna cosmic resonance course. My eyes were being

pulled somewhere inwards; I was unexpectedly overwhelmed by a **great slowdown and dizziness**. I could hardly bring the course to the end. Soon I realised what it was all about and so I spent ten days lying in bed – with a **blindfold** over my eyes and a **notebook and a pencil** beside me. So many **insights** came that I could hardly keep up writing them down (blindfolded). **When you no longer know what is above and what is below**, what is left or right, you **return to the state of primordial darkness out of which everything is born**. An incredible experience! You can read more about these processes in my books, especially in the **Cosmic Telepathy** series (first and second volume). And now, after almost two decades of breatharian experiences, the time is ripe to sum up all my experiences in a stand-alone book. This is actually already underway.

In conclusion, may I say the following: **with breatharianism, we can start a completely new life cycle and we can accelerate our spiritual progress like with no other spiritual practice** – and this during our life in a physical body. **A totally new life (a new reincarnation, if you will!)** in fact **begins in the very same body, with new tasks and different thinking**. We see the world and events from a **broader perspective!** We embrace totally **new earthly challenges and roles, which surpass by far any kind of astrological calculations of our life path, or karma**. It is a **distinct new birth in the same body**. We have passed an **exceptional test** and a ‘conscious spiritual operation’, which fostered a leap in our consciousness. After the process, we start to feel that (suddenly) we need to **do completely different things from before** – of course **in a different way** – and that we are drawn to totally **new and different contents of life**. What had seemed important to me only yesterday had to withdraw itself in this new cycle. I stopped my enthusiastic research of the Slovene spiritual heritage, of the world’s folk musical instruments, and **embraced (finally!) the role of connector between traditional spiritual knowledge, sound and life, as well as the role of spiritual teacher**. The musical instruments of different cultures were merely **tools and are now, in this new way, inseparably connected with my serving and helping other people...** In whatever way it shows up.

In brief – **the experience is worthy of a human being and a boundless spiritual warrior! It is an experience which changes the world for the broader and the better!**

(This is a summary of a lecture given in 2010 at a conference on consciousness, the *ASC Conference*, in Ljubljana. It was revised in 2017.)

