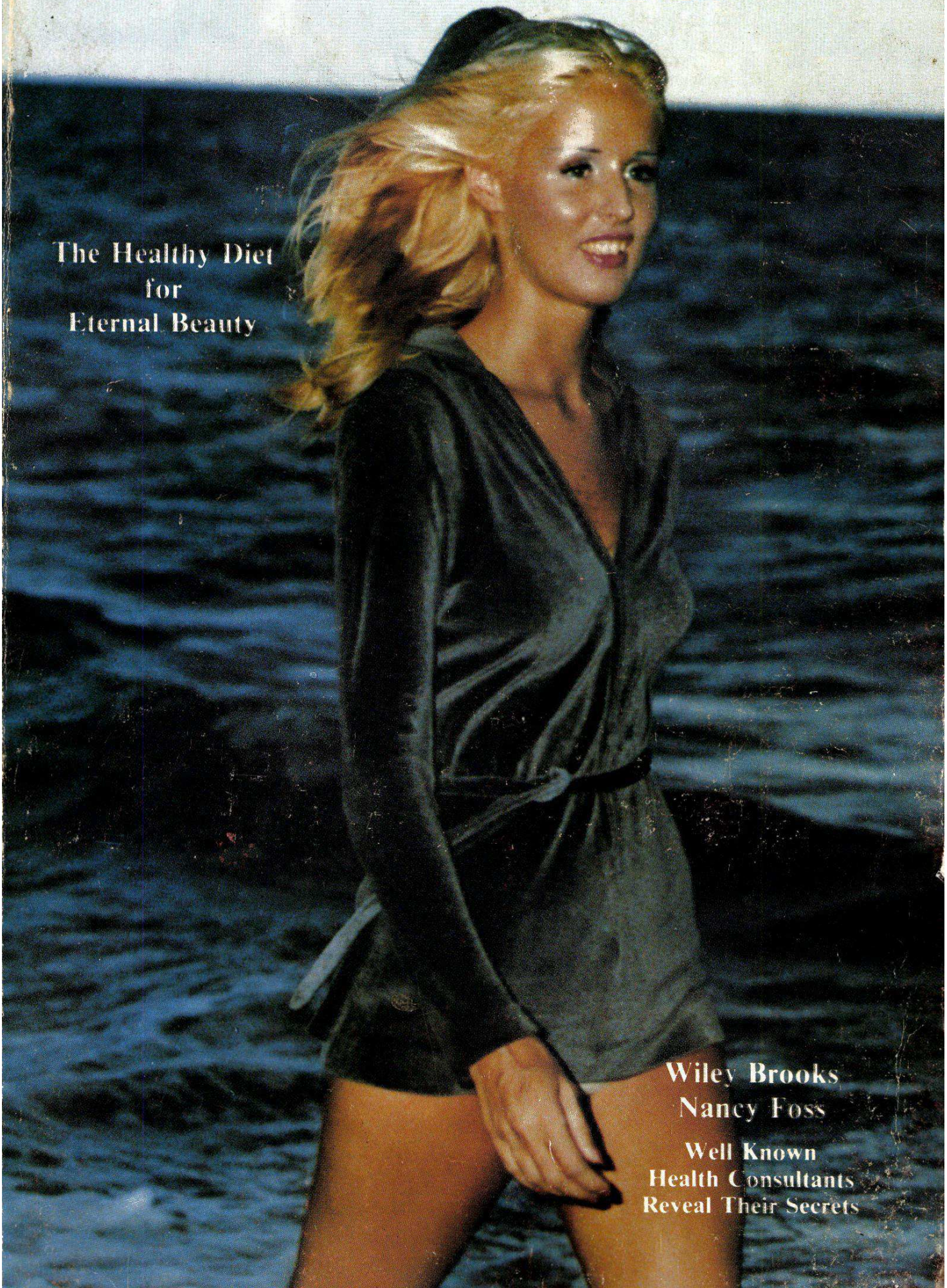
BREATHARIANISM

BREATHE AND LIVE FOREVER



The Healthy Diet
for
Eternal Beauty

Wiley Brooks
Nancy Foss

Well Known
Health Consultants
Reveal Their Secrets

Wiley Brooks
2425 Harbor Ave #3
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(206) 933-6515

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Wiley Brooks, the Health Expert,
Reveals His Secrets

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For information address:
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Arvada, CO 80001

Published November, 1982
by Breatharian International, Inc.





Seventeen years ago, at the age of 28, Wiley Brooks developed a diet that made him so healthy and happy and alert that he has maintained it ever since.

Dedicated to
Dale Haney for his continued
enthusiasm and faith in
a higher health consciousness

Foreward

As an active athlete, ex-high school coach and college instructor, I have always been curious and competitive about exploring new ideas. It wasn't until I became an independent businessman 10 years ago that I became interested in my health and diet. Prior to 1972, I was a typical American-Italian enjoying a heavy pasta, meat and junk food diet. I gave little thought as to the effects these foods had on my body or health.

The most startling observation I made was the deterioration of my own health. I was constantly plagued by the flu and sinus problems. Many days each week I suffered from the common cold and headaches. My weight had jumped from the 150's to the 180's and my patience and active energy was very low. On top of that, I surrounded myself with all the handy drug remedies available, such as aspirins and sinus tablets. They were to be found in my home, office and car but, unfortunately, my health was not improving.

In the early 1970's I made two major personal changes in my life; a divorce and a career change into the real estate investment world. At that time I was overweight and hypersensitive and my doctor told me I was a potential heart attack victim. I started thinking about my health, and as my health awareness increased I began observing my friends

and business associates who were also becoming overweight. I also noticed that many of them were displaying various forms of sickness. At that point in my life, in the mid-1970's, I became very interested and motivated in reading diet, exercise and health books and attended many health and spiritual awareness seminars all over the United States. I became acquainted with many high consciousness friends and associates. Many of these friends had a positive influence on my thinking, including Gwenee Joann, who introduced me to Arnold Ehert's *Mucusless-Diet Healing System*. The ideas from this book were very stimulating on my diet and improving my weight and health.

During this transition period, I met two excellent friends and Truth Teachers who have had a powerful influence on my entire philosophy of health, love, prosperity and spiritual awareness: Jim Lewis, of Unity Church of Denver, Colorado and Jack Boland of the Church of Today in Warren, Michigan. Jim Lewis shared many ideas with me in areas of health, diet, yoga, exercise and spiritual growth. Jack Boland became a powerful master mind partner who has inspired me in many important areas of prosperity and spiritual laws, and has always had an impact on my growth.

These new experiences expanded my health awareness dramatically. Through these experiences of the mid-1970's, I became aware of one glaring fact that was affecting my health. I needed to do push-ups from the dinner table. The amount and type of foods that I was consuming was creating congestion and blocking my natural flow of energy. I developed a discipline of a non-heavy eating diet and I declared war on as many junk foods as possible, including dairy products, processed drinks, alcohol, white breads, pastries, greasy foods and heavy meats. You might say I became somewhat of a modest vegetarian, fruitarian or a naturalist. But I still had much to learn with the confusion

of facts from the so-called health experts.

In 1980-1981 I became very involved in holding my real estate development organization together during very stressful economic conditions and I ignored many health principles I had experienced years before. The results were obvious. My attitude became negative and my weight went back up to the 180's again. It was during this time that I met the two co-authors of this book. Nancy Foss, who was a manager of an excellent health-care center in Denver, and Wiley Brooks, who was lecturing on health awareness. Both of them were healthy looking and I enjoyed discussing health principles with them. The ideal philosophy of Breatharianism appeared to be unrealistic and unattainable, but the basic principles seemed similar to the ideas I had been practicing in the early 1970's.

I first learned about the word Breatharianism in 1976 through Dick Gregory's book, *Natural Diet for Folks Who Eat, Cooking with Mother Nature.* In Chapter Two of his book, Dick Gregory talks about a diet system of eating that may be viewed as a continuum, a straight line running between two extremes, eating everything and eating nothing. He called the final extreme of the continuum Breatharianism, or eating nothing.

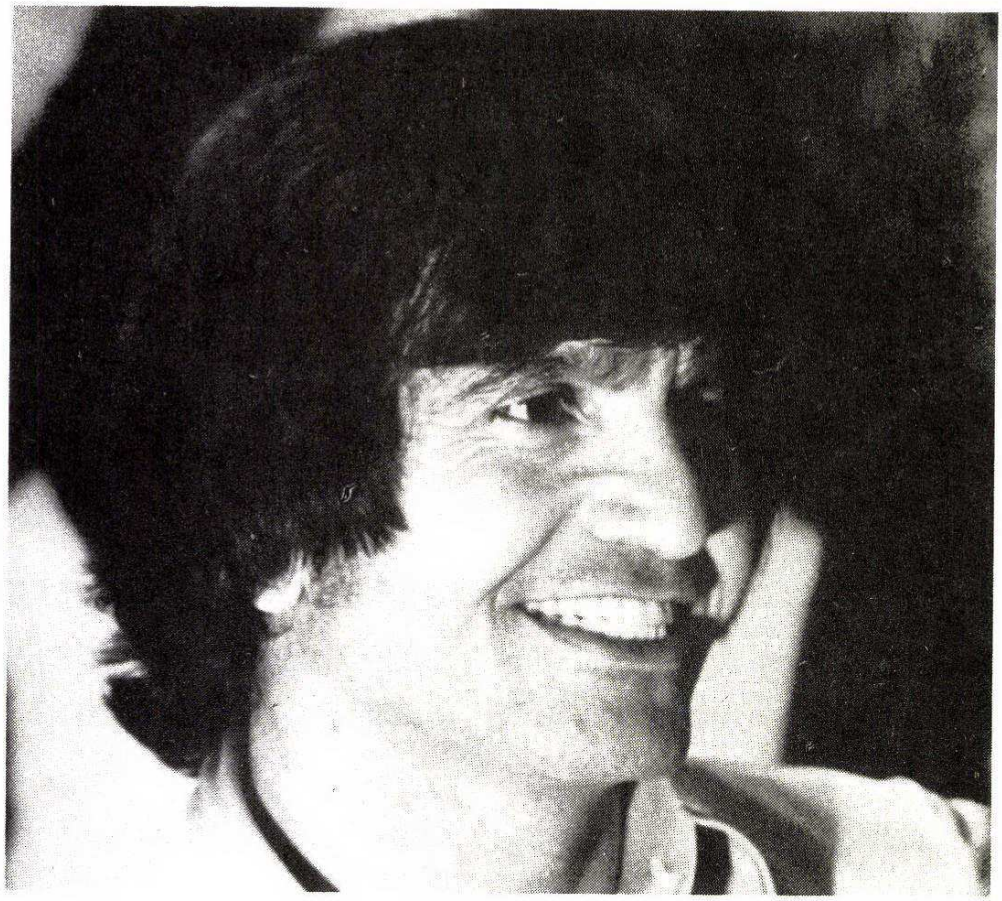
The main value I obtained at this time was more health awareness. That is exactly what I needed. I stopped eating junk poisons, and sure enough, within 60 days my weight dropped back down to the 150's and I felt a stronger confidence in controlling my health once again. You might say I felt the best when I ate the least. Today, in October of 1982, I am excited about the powerful growth of all my companies and my continued improved health awareness. I am an active president of several real estate development companies and sit on the board of directors of several others. Many of my fellow colleagues have made humorous com-

ments about the various experiments that I have tried as far as eating or not eating. I enjoy the interaction of ideas on health, and I do know my health is getting better all the time. I do have tremendous amounts of energy despite the pressures and the stressful conditions for the past three years. I attribute my growth to many facets of my consciousness, but a light and healthy diet has been most important.

The ideas from this book will assist many people who are paying thousands of dollars in many of the hundreds of health programs that are attempting to guide people in combating obesity, over-weight, excessive smoking, alcohol and drug abuse, general diseases and lack of health awareness. There is one main simple idea that would justify the investment in buying this book and that is, "developing an awareness and being protective of what we put in our mouth and our bodies". For instance, I have taken very little drugs or health remedies in the past eight years and I know that the people who are addicted to health remedy pills are not aware of how those pills are assisting them. The tragic death of seven people just recently in Chicago, who took tampered Tylonol is a modern day example of the need for more awareness as to what we consume into our beautiful bodies.

This book has been the combination of health ideas of Wiley Brook's lecture tapes and Nancy Foss' metaphysical and health training background, whereby Nancy was able to put those ideas into the written form of a concise health and high spiritual consciousness book that we all can enjoy. You can anticipate future ideas and information from the authors as they progress and unfold some of the ideas from their own personal growth of a new health consciousness that is known as Breatharianism.

Mario DeCola



MARIANO DeCOLA

EDUCATION

Colorado University, University of Northern Colorado, University of Denver—B.A. Degree, M.A. Degree (Post Graduate work). Studies: Economics, Philosophy, Education, Management, Business, Real Estate, Metaphysics.

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College Instructor's Certificate
Chairman of the Board, DeCola Companies (10 active real estate development companies located in Denver, Colorado

Do You Believe:

1. You are responsible for your health, life and longevity?
2. Until you purify the body of all poisons, it will be impossible to have enough clarity of mind to know "how" you really feel?
3. The decisions that you make in your lifetime will determine the duration of your life?
4. As your blood becomes purer, it will give you freedom from all discord?
5. The fear of world destruction will end when the body is pure?
6. Junk foods of our Western society have literally deteriorated the quality of life and shortened the life span of human beings?
7. All human beings will live with a higher health consciousness as soon as they realize that they are what they eat?
8. Westerners consume ten times more food per day than is necessary?
9. The enormous interest in health books indicates that people are taking more of an interest in the understanding of their own health than they did ten years ago?

10. If you are satisfied with everything, then you are going nowhere?
11. If you are seeking to fulfill a desire, you will find a way to attain it?
12. Fast Food Promotions are out to make dollars and not to promote health?
13. It is up to the consumer to discover what additives there are in consumer foods?
14. It is up to the consumer to discover how consumer foods are processed and what dangers this processing represents?
15. Growth cannot go upward when one is thinking downward?
16. Eating pork and other heavy meats directly affects your own creativity and robs you of the experience of calm alertness?
17. Eating lighter foods brings a harmonious balance to the body and the lighter the body, the more energy it has?
18. Because of drug consumption, drugs are ruling our society to a point that thousands of bodies are walking around with most of the life gone from them?
19. To take aspirin continually to combat the warning systems of your body is an indication that you lack the understanding that involves the "will power" to treat your body to wholesome eating, drinking and living?
20. The common cold that you have to live with every early spring or winter is a direct result of the foods and liquids that you consume?
21. The foods and liquids that are the most difficult for

you to give up are generally the ones that contain the most poisons?

22. Alcohol, smoking, sugar, medicine and other preservatives have a definite effect on the longevity of your life?
23. We must stop being mere collectors of nutritional information and instead begin to live this nutritional information?
24. The revelation in the mind and spirit of man can be reawakened when people develop direction and especially when that direction comes from that quiet, still voice from within?
25. Destiny of mankind is being threatened today and a healthy aware mankind can correct it?
26. We can enter a period of time soon that together an aware mankind can provide leadership and stimulation on this planet which will reflect a love and understanding for each other in which no man will need to feel the threat of war, hunger, loneliness or even death?

These are but a few of the current "ideals" recognized in the philosophy of Breatharianism. After you read through them very thoroughly and find yourself answering YES to these statements, you are on your way to discovering that you are ready to experience what the authors Wiley Brooks and Nancy Foss have experienced through many years of seeking for a higher health consciousness.

The information found in this book has been written in a time of many evils and misinformation that may have a direct result on where this universe is going. To find the perfect world of God may be a miracle, but it is also an exact scientific application within our lives. We are moving at a fast pace and it is time that we become independent from all mistakes and so-called sins.

We would like for you to consider returning and focusing on loving yourself and your neighbor, forgiving yourself and your neighbor, resisting all misinformation about health, and come to the realization that the most important thing is to get in tune and harmony with our perfect Universal Creation.

Contents

CHAPTER I — The Philosophy of Breatharianism 1

This chapter explains the basic principles of Breatharianism / explores our present-day eating habits.

CHAPTER II — The Foods in Your Poisons 33

This chapter explodes the myth that we are a highly nourished society and explains why the foods we eat do not produce a state of perfect health and happiness but instead produce a state of complete misery and pain.

CHAPTER III — The Gluttarian 65

This chapter talks about the effects over-eating has on man and his society / the astounding relationship between what humans put in their stomachs and the conditions of their environment / the harmful effects of indiscriminate food combining / the effects of flesh eating and vegetable eating / the over-rated fear of not getting enough protein / fruit is the only substance produced by nature fit for human consumption and medicinal purposes / the "Universal Drink of Death" / how to get stoned on water / crystal clear facts about water.

CHAPTER IV — The Breatharian—Breathe & Live Forever 84

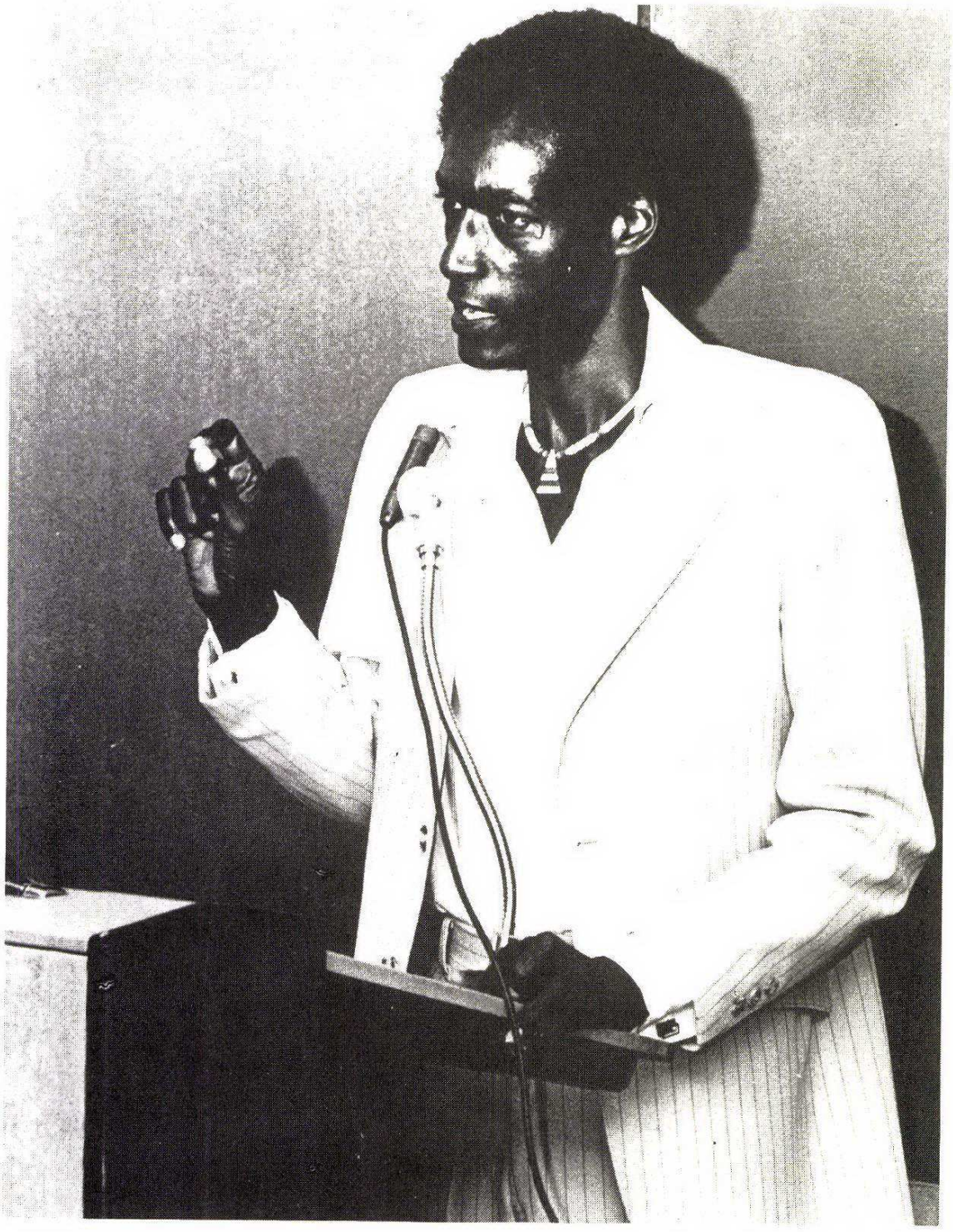
This chapter discusses the trials and tribulations of a Practicing Breatharian who lives in a society dominated by the "over-eating syndrome."

CHAPTER V The Last Diet You'll Ever Need 107
This chapter discusses the transitional diet and the steps necessary to become a practicing Breatharian.

CHAPTER VI The Spiritual Physics of All Vibrations 127
This chapter teaches the laws of life and the principles of light, energy and matter / the natural food for man which is the vibrations we perceive as LOVE.

BREATHARIANISM

BREATHE AND LIVE FOREVER



"Good health," says Brooks, "is the most precious thing and the only thing I think that is worth owning."

Chapter 1

The Philosophy of Breatharianism

Breatharianism is the philosophy that teaches that when man reaches his perfect state of health and natural state of being, he will be in perfect harmony with his Creator and require no foods, water or sleep. And in this state of harmony, the body's aging process will slow down tremendously.

There has been a great deal of controversy as to whether the basis of this philosophy is possible. Food is not life; food in itself is the end result of life; the effect of life. Life is the cause, and food is the effect of that cause. Let me assure you that you cannot get life from something that is not a source of life itself.

Wiley Brooks has been experimenting with this philosophy most of his life, sometimes subconsciously and at other times through very deliberate and conscious experiences. Life holds many different crises for us during the course of our travels here on earth. He has known more than once what it is to accept failure and also what it is to experience a dream come true. We humans are presently at

a time when most of us are experiencing life not knowing what we want, but nonetheless certain "this" is not it.

Man in his many forms has always found a way of adapting to his environment, and it is this adaptability that will someday bring us into the "Golden Age"—a period of time which will be filled with love, in which no man will feel the threat of war or the agony of loneliness ever again. It will be a time when in "All Ways All of Us Will Live Love." People will be able to experience the Golden Age only when they begin to raise their consciousness to a state of perfection and their body to a state of perfect health.

Part of our direction in life comes from the astrological sign under which we are born. We are influenced by the power of the cosmos and the laws of the Universe. His own life has been an example of this principle.

Wiley Brooks was born March 23, 1936, in Memphis, Tennessee, a circumstance which has had an effect on the path his life has taken. Having been born under the sign of Aries explains how, as a small boy, living in a small community of Memphis, he could feel a strong sense of universal freedom and a strong desire to go beyond all levels of influence to understand the universal question, "Why am I here on this earth?" Aries is a true sign of "seeking oneself." It symbolizes the realization within oneself that one is a separate entity apart from the rest of humanity. Aries is the beginning of self-awareness which comes from the inner consciousness, and this awareness is what allows one to become more in unity with one's Creator. He feels very strongly that as he became more conscious of his life potential, his awareness of all humanity expanded.

He grew up in a large family of nine children, experiencing a normal home environment. Nonetheless, he could feel a restlessness from within. This sensation, in retrospect, was not surprising considering that Aries represents

the individual ego constantly seeking the light of life; trying to prove its existence apart from the masses of humanity. But in the beginning he was just another normal little boy enjoying his life of pop and potato chips. His entire family was healthy by normal standards. He did start having severe headaches in his early teens which led to the realization that he needed eyeglasses, and in order to drive a car he obtained his first pair.

All of his brothers and sisters spent much of their time at the movies consuming candy bars, soda pop and various other junk food. At that point in his life, he was not particularly health conscious except that he was aware that his physical condition was acceptable enough to allow him to participate in strenuous sports activities such as football and basketball. However, by the time he was to graduate from high school in 1954, he had acquired a love of electronics and had become a book worm. It was about this time that he began to think about his mortality, and he wondered if in pursuing a career he would be around long enough that people do begin the aging process but at the same time want to look younger and live longer. He wondered how this desire of man got so mixed up and led to death when people around him were looking for ways to stay young and live forever. To answer this question, he began to visit hospitals only to witness what the effect of diseases and an unhealthy state of mind could have upon people.

It is his conviction that nothing happens by chance. Nor do we always understand what is occurring within ourselves since our view of life is so limited. And thus we need to get inside ourselves to discover that there exists a cause for every effect. He knew when he entered the Air Force after graduating from high school that he was in an environment of discipline, that as long as he behaved according to a cer-

tain norm and went along with the prescribed flow of self-discipline the effect would be to cause no disturbing vibrations. During this period, he realized that the past and the future are only illusions and that they in turn become the present—which is what there is and all that there is. To be subject to pain or diseases of death distracts us from the reality that for all beings, on this plane and in others, exists God or Buddha or our soul or our alter ego (whatever term one cares to use) and it is this entity which is omnipotent, omniscient and omnipresent. There is the knowledge that can transcend us back to the state of man's original existence; that of Breatharianism.

Another curiosity to him was the fact that the people observed were all eating the same things as he, since in the Air Force food is highly regulated. What really bothered him was that these individuals were aging and at various times becoming sick and suffering from a variety of emotional disturbances. He could remember from his childhood his mother having quoted to him some ideas from the Bible, which during this questioning period seemed to make a lot of sense. In Genesis 1:26, God said:

> "Let us make Man in our image, after our likeness: and let them have dominion over the fish of the sea, over the fowl of the earth, over the cattle, and over all the earth."

It occurred to him that as he was eating steaks, chicken, fish and other meats, mankind indeed had dominion over these animals and yet took that power to kill these living beings with the idea in mind of "love for all creatures." It seemed to him that the dominion of love is not expressed by the cruelty of mass breeding of billions of animals simply to kill them, to eat their flesh, to clothe ourselves in luxurious skins and furs, to take their feathers to create a variety of

articles to wear or to hang on a wall, or to use their fat and bones for thousands of household items. Our society has designated times of the year in which we say it is alright to hunt and kill these beasts by any means, in spite of cruelty or lack of love. All of this has been justified by the fact that it keeps us alive and our medicine cabinets full of prescribed drugs. He concluded there must be another way in which man can sustain himself other than deriving wealth and comfort from the terrible exploitation of other living souls.

It made sense to him that to eat fruit would be a very simple solution to the problem. Referring again to the Bible, from Genesis, verse 29:

> "And God said, behold, I have given you every herb-bearing seed (every vegetable fruit) which is upon the face of the earth, and every tree in which is the fruit of the tree with its seed: to you it shall be for food."

In order to rid himself of the fact that the consumption of food is the destruction of other living souls, he referred to this Biblical teaching which led him to the next step in his life. We must realize that we are not simply physical beings needing to discover once again the ideal food for our physical bodies, but that we are also spirit and soul. We are very strongly influenced by some form of intelligence common to all forms of life. In other words, if we could remove the smoke screen of everyday life and stop acting as if we were on stage as we all do in our everyday lives, we would be able to discover that our true health is expressed in the thoughts and desires of our hearts. If these thoughts and desires are unhealthy ones, then our internal organisms are simultaneously affected. Combine all of this with a nation of "junk food addicts" and we are left with the dilemma of

not being able to experience strength, health or healing; thus the aging process begins.

At the aforedescribed point of his life, he began eating only fruits and experimenting with fasting for various lengths of time. And thus, at the age of twenty-eight, he was determined to search for the answers that could give him better health and allow him to sleep less so as to pursue other interests in his life in addition to working, eating and sleeping. He should like to stress here that anyone committed to a major change in his or her lifestyle must do so a step at a time. The cleansing and purifying of the blood does not occur overnight. It has been proven that "what is one man's meat is another man's poison."

Because of its stresses and tensions, our society is above all one of contrasts and contradictions. Most people regard these symptoms as part of nature which is both their strength and weakness. We are living in a period of great unbalance with long periods of stagnation and disharmony. People will starve to death without an intelligent plan to regain strength. The nature of most of us is a strong emotion or "nostalgia" which means a desire for what has never been or at least not in the manner in which it was anticipated. This is where the power of adaptability proves its existence. Fasting, though beneficial to some people, could mean instant death to others. If an alcoholic were to suddenly stop all intake of alcohol, his body would react violently and such action might possibly even kill him.

The body has the ability to adjust itself to almost any substance no matter how poisonous. *The Grit* of October 14, 1951, tells of a Bill Haast who has proven this theory to the maximum. It states:

> "He is full of snake poison himself, for when he first began handling the reptiles he set out to make himself immune to their bites. The serpentarium

owner inoculated himself with larger and larger doses of snake poision and now believes he is the only man in the world genuinely immune to all types of snake venom. He has been bitten by nine cobras, and many other times by rattlers, moccasins, corals, and various other kinds of killers."

The habits we have acquired throughout our own lives must be overcome so that we can return to our original state, that of Breatharianism. It is necessary for each individual to know "why" it is important to him or her. For him, it was so as not to grow old. Until you purify your body of all its accumulated poisons, it will be impossible to have clarity of mind to know "how" you really feel.

The alcoholic drinks to forget his problems, the drug addict gets high to find his heaven on earth, the eater eats for his pleasure. But the stronger the smoke screen of desires, the farther the reach for perfection and oneness with the universe or the Creator.

Fasting is the most powerful of all tools for cleansing the body. When the body is sick with a cold, for example, it immediately does not want food. The sick person stops eating and just takes liquids, and within a few days the body has released all of its toxins and is able to return to what is considered normal health by present standards. However, it is best to start fasting before any such disorders develop. What you miss in the pleasures of eating, you will make up for in the strong sense of well being.

As he has related, at the age of twenty-eight he began to feel distress at the thought of losing his hair and some signs of arthritis. The fear of getting old in addition to seeing himself a success in business, yet still unhappy, led him to the search for a loving, peaceful and contented way of life. It seemed to him at this time that the more successful a person is in making money, collecting skills and possessions,

growing in status, acquiring knowledge and degrees, power and prestige, the farther away he or she gets from being loving and peaceful with himself or herself.

Breatharianism, meaning man in his perfect state of health, leads to the achievement of that goal. He got started not by stopping eating but rather by the desire to become healthy and to get his body into the best possible physical condition. He discovered that food had a lot to do with his body being in its imperfect state. He soon found that as the body gets healthier, the requirement for food becomes less and less. Few people seem to realize that eating is not natural but only a habit. We are told from childhood that we must eat three times a day in order "to grow big and strong like Daddy." Thus, we eat breakfast, lunch and dinner, telling ourselves that we *are* hungry. Even if we had no appetite we should not leave any food on our plates because of all the starving children in India, yet all the eating he had done to that point had merely resulted in the slow, gradual destruction of his body.

The next objection to overcome was if he stopped eating would he starve to death? It did not take long to realize that this was a very valid concern, and the reason is that people try to stop eating without the knowledge and training necessary to accomplish this properly. To change one's habits immediately can be very harmful. A body which has been poisoned since childhood has already begun a downward path both physically and spiritually, since the health of your body directly affects your spiritual consciousness. Most people use only ten percent of their brain power. We are capable of far greater mental achievements than what we normally project. Since we are not used to using our mental capacities totally, we should be careful in expanding our knowledge too quickly. A good example of what too much strain on the brain can do is sometimes seen when a

person hears of a loved one being killed. That person is not expecting to hear that news and, as a result of shock from such a total change, dies. It is very important to introduce new habits gradually. To grow into the philosophy of Breatharianism takes considerable time, strength and careful research. Once you have decided to make Breatharianism your way of life, be sure to take your development a step at a time and learn to let your inner intuition be your guide.

The intakes of toxins, such as tobacco and alcohol, has effects on the body, some worse than others. It seems the lighter the food, the better the body functions; the heavier the food, the lower its vibrations, causing the body to decrease its general output of energy. A good example of raising the body's vibrations and thus its energy was shown when Wiley did a demonstration of lifting nearly ten times his own body weight on the TV program "That's Incredible." He lifted over 1100 pounds of weight on the ABC national television program. His strength has increased over a period of seventeen years while experimenting with many diets that improved the overall condition of his body.

The return to Breatharianism is a step-by-step process. We did not stray from this way of life overnight. We have evolved through five stages since that time. In the beginning was Breatharianism. Man was in perfect balance with his Creator. The second stage was Liquidarian, when man began to take in the universal drink of life. This was followed by Fruitarianism, when man began to partake of the fruit of the land. Then came vegetarianism, as man became tiller of the soil. The last was Carnivorism as man became the ruler of the kingdom and all the plant and animal life thereon.

In order for us to return to Breatharianism, we must first realize the great number of diseases that are in exis-

tence today. All of these diseases attack the cells of the body. These cells are what keeps the body running in perfect harmony. It is therefore of the utmost importance to keep the body free from all disease. Constipation is one of the widespread diseases in America today. Thousands of other Americans suffer from such disorders as stomach ulcers, bowel troubles, appendectomies and appendicities. With all of these diseases and disorders attacking our system, it should be a startling indication of the disharmonies of the cells of our bodies. Many people carry twenty to forty pounds of toxic materials in their alimentary tracts, another indication of the overload on our systems. We were created to be perfect but with the continual deterioration of our bodies, if we don't take control we will be headed for an early grave as we continue to poison ourselves. Breatharianism does offer a new and better way of life. It guarantees a long, healthy and vigorous life. There is no question in anyone's mind which path of life is superior.

Heindel, a great scientist, had a very exact view on old age. The process was in his viewpoint a very clear progression of deterioration. He explains the aging process as follows:

> "There is a gradual increase in density and firmness of bones, tendons, cartilages, ligaments, tissues, membranes, the coverings and even the very substance of the stomach, liver, lungs and other organs. The joints become rigid and dry. They begin to crack and grate when they are moved, because the synovial fluid, which oils and softens them, is diminished in quantity and rendered too thick and glutinous to serve that purpose.
>
> "The heart, the brain, and the entire muscular system, spinal cord, nerves, eyes, etc., partake of the same consolidating process, growing more and

more rigid. Millions upon millions of the minute capillary vessels which ramify and spread like the branches of a tree throughout the entire body, gradually choke up and change into solid fiber, no longer pervious to blood.

"The larger blood vessels, both arteries and veins, indurate, lose their elasticity, grow smaller, and become incapable of carrying the required amount of blood. The fluids of the body thicken and become putrid, loaded with earth matter. The skin withers and grows wrinkled and dry. The hair falls out for lack of oil. The teeth decay and drop out for lack of gelatine. The motor nerves begin to dry up and the body's movements become weakened and slow. The senses fail; the circulation of the blood is retarded; it stagnates and congeals in the vessels. More and more the body loses its former powers. Once elastic, healthy, alert, pliable, active and sensitive, it changes and becomes rigid, slow, and insensible. Finally, it dies of old age."

As Heindel states, the body tries to fight old age, but we work against it by continuing to supply it with all the unnecessary things we think it needs. If the body is healthy, the efficiency increases. Thus, it is a step-by-step process to return to Breatharianism.

When the body reaches its most perfect state, it neither requires sleep nor water. However, when one is not in a perfect environment, such as in a city, it is necessary to continue with both. It is necessary to rest the body when its energy is low. It is possible to completely rejuvenate the body when one reaches the state of a practicing Breatharian. Our bodies have the ability to adapt to a specific lifestyle, be it good or bad. For example, vegetarians find the smell of meat disgusting. If they have been vegetarians for a

long period of time, to eat meat would make them sick. Additionally, when one takes a puff of a cigarette for the first time, he becomes violently ill. However, as a beginning smoker continues to induce the smoke into his body, he will soon be able to withstand more and more of the poison. These are examples of how we unknowingly prevent the body from reaching its most perfect state. Unless we begin to take more notice of what we put into our bodies, we will continue in a downward path of health consciousness.

Drinking liquids of all kinds can also lead your health on a downward direction. Distilled water is the safest liquid to drink. It does less harm to the body than any other liquid. Orange juice is a good drink to take as a form of medicine for the body. It is possible to perform the hardest kind of work, both mentally as well as physically, using only oranges for your diet. When people get sick it seems like a natural drink to consume. The reason is that it provides all the nourishment the body requires and in addition neutralizes the acid in the system. This theory will be discussed in more detail in the next chapter.

People tend to carry fears and doubts with them whenever embarking on a new path. Anyone having hesitation to read on for fear of losing something very dear to himself should read this verse and try to assimilate it into his life. The popular esoteric author, Richard Bach, states:

> "Your only obligation in any lifetime is to be true to yourself. Being true to anyone else is not only impossible, but the mark of a fake messiah."

Also:

> "Love—and you will become wise: Become wise and it will suit you to Love. One does not truly love unless one becomes better, and to become better is to get wise."

One of the fears most people entertain, of course, is whether or not this lifestyle will alter their physical appearance. Weight loss can only be healthy, since the lighter the body, the more energy it has. When Wiley first began practicing Breatharianism, he weighed 160 pounds. As he experimented with a detoxification diet (which will be discussed in later chapters), he went down to 130 pounds where he began to stabilize. The body will begin to equalize itself as the system gets rid of the poisons and you will reach an equilibrium point at which you will remain for most of the time.

To give you a personal example, Wiley Brooks used to jog every day with his secretary in a park in New York. She had just finished a fifteen-day fast and found that one day after the job she had gained three pounds. Her body at that point was equalizing itself. For him, when he rests at night he usually finds that the next day he will go up two or three pounds. However, if he expends an exceptional amount of energy, he will drop by two or three pounds.

There is a woman, Terest Neumanaite, who, since 1926, has consumed only one teaspoon of water and holy communion daily. Her sleep is a twenty minute meditation. Her favorite work is growing flowers for the church. In physical activity she never seems tired. She is psychic and has done astral travel. Her foodless living has been attested to by scientific committees. (Dr. Fr. Gerlich, *Die Stignatisierte.)* She is stigmatic, during which period she loses up to six pounds. She gains the weight back after an evening rest. (*Suduvos Press,* Chicago, 1953.)

To begin to learn the secrets of Breatharianism is to open the way to a perfect understanding about oneself. Sri Aurobindo states it very clearly. He says:

> "If you do not take food, that already frees you from this unconsciousness that you have no longer

> to assimilate and transform within you: that liberated energy in you. Then, as there is an instance in the being to make up for energy spent, if you do not gather it from food, i.e., from below, you make automatically an effort to draw it from the universal vital energy which is free around you. And if you can assimilate that energy, assimilate it directly, then there is no limit to your energy."

Wiley Brooks is not trying to talk people into starving themselves to death. The idea of Breatharianism is to at least have the oportunity to go without eating in times of catastrophe and survive it healthy and without fear of dying. One cannot follow this philosophy of not eating without it affecting our desires, motives, lifelong habits and everyday appetites or without the knowledge and understanding found within.

Apostle Paul spoke: "It is God working in you to do His will and to do His good pleasure."

In order for you to begin the journey to Breatharianism, you must begin by cleansing the body. This entire process begins with a detoxification diet (which will be discussed in complete detail later). Eventually, while on the detoxification diet, you will begin to go one month or perhaps two months without any food, which will be a step on the way to Breatharianism.

But we are all different. We must learn to listen to our own bodies as to how long we should stay on this diet. As we become purer, we shall find that our bodies can adjust and very soon will begin to tell us just which fruits we need and how much of them until we reach a point of no return, where the body will no longer need anything but the "breath of life."

You must bear in mind that we are reversing a process of life: going from "food eating" beings back to the original

state of "Breatharianism." When the original Breatharian ate the first food, it affected the nerves in a negative manner, just as the person who takes his first try at smoking damages his nervous system. But if the person continues to smoke, the poisons of the tobacco begin to dull the senses and lower the vitality, and by this process the body adjusts itself to the use of tobacco to the point that it actually begins to crave it.

The Breatharian began to deviate from the true path of life with the habit of eating. The longer he continued to do so, the more he began to crave food. Therefore, in the beginning stages of the diet, it is only natural that the energy level will lower until the body is free of the toxins. At that point, once the body is totally cleansed, it is impossible to have any illnesses. In fact, as the energy level improves, not even sleep is necessary, as Wiley Brooks has found to be the case in his own experience.

It is very interesting phenomena when people find out you are doing something a little off the beaten track. They begin to watch you suspiciously to see if you might die in front of them or do something strange during the course of the day. In his own experiences, he had a boss who became extremely worried about him when he heard about his strange diet. However, he had no doubts himself about his condition since he was jogging fifteen miles a day while working eighteen hours a day. Since what he was doing was totally unique, especially since he was very thin and did not look like a healthy person to his way of thinking. But in reality, Wiley's boss was the one that continued to get colds, headaches and long periods of drowsiness.

One of the things we must expect if we try to make the change to ideal food or "breath of life" is that as long as we are flowing into the Law of Love and not ignoring others around us and treating others as ourselves, the learn-

ing experiences must be overcome and we will return to our natural state. Sometimes that is hard to see, when particular social circumstances make you feel like others around you are ill at ease. For example, when Wiley is out with friends, they suddenly become guilty about eating too much or not the right thing. Being in the presence of a practicing Breatharian leads to the manifestation of insecure thoughts of wanting to eat. But if we can learn to not let these things become our lessons in life, and if we continue down our own paths, we will not be weakened by the fact that we do not eat. On the contrary, we will reach peaks in our lives that we did not know we were capable of. In the Gospel according to Thomas: "Let they who seek, not cease seeking until they find, and when they find, they will not be troubled, they will marvel and will reign over the All."

With this Biblical teaching in mind, for Wiley it was not difficult to stop eating. The fear of growing old haunted him. He felt that growing old was the heaviest sacrifice he might have to make along the way of this existence. His vanity was worth dying for, especially if it meant that other ways led to the process of aging, bringing with it all the so-called old age diseases, not to mention the slow loss of memory or lack of will to live. That is why it is so important to know "why" you are searching. A lot of people think that eating is their only pleasure in life. But how do they know there is not more if they do not try?

We live a life of action and a life of contemplation. We are not to sacrifice either to the other. In other words, "right action" cannot happen without "right knowing." Likewise, neither can our "knowing" be called "right" if it does not follow with a "right action." For example, if Wiley could have continued to eat and yet not age, then he would have continued to do so. Little did he know he could

end up with so much more. Is it hard not to eat? If we are to live a life of total commitment, with total knowledge and total giving, that should not be a hard question to answer.

Since our evolution away from the perfect Breatharian, man's mechanisms have had many alternatives. From the beginning on earth, we were made physically with all the structures that we could possibly need under ordinary circumstances. Having teeth, for example, in the beginning did nothing more than aid us in breathing. However, as our bodies have adapted to our new way of life, which is one of eating, the teeth became the means of breaking down the foods, which in turn stimulated the saliva glands which dilute the toxic substances in order that they may be swallowed and do the least amount of damage once they reach the stomach.

One thing is certain. The quality and amount of food you put in your body has a direct effect on your energy level and mental state of being, or subconsciousness. The Bible tells us that our bodies were made "perfect" and "complete." But man in his search for growth and stimulation has gone far beyond the true path of life. In *Readers Digest,* Judith Churchill wrote:

> "When you overeat one day, you are hungrier the next. Huge meals stretch your stomach and throw your appetite out of proportion. Conversely, the less you eat the less you want. . . . After you become used to smaller food intake, you may wonder how you have previously eaten so much."

How many times after a large meal in which we are left feeling extremely uncomfortable have we said to ourselves, "That will be the last time I do that." And yet, along comes the next smorgasbord or the next festive holiday and we are reaching into the medicine cabinet for something to hide

the uncomfortable feeling that we have. There is no feeling of exuberance or you do not feel like running a marathon, so why do we insist that to eat makes us happy? To feel at one with oneself is greater joy than any outside stimulation possible.

Before we can remove sin, disease, death, accident, poverty or injustice off this earth, we must first remove the impurities from our blood within each one of us. Then we can have a world shining forth in perfect glory. We cannot love others unless we love ourselves first. How can we end condemnation, have no judgment, no punishment and freedom for ALL when we cannot even control our own bodies? Until our consciousness can accept what we really are, there is no hope for a perfect society.

Are we entering an era of practicing Breatharianism? The answer to this question is a very simple matter of fact. Would an alcoholic return to drinking alcohol once he had broken the habit? Or likewise, would a drug addict return to that one thing that was destroying his life once he had broken the habit? Wiley can assure you it is an exhilarating feeling to know that you have control over your own life. Think what it would be like to have no sick days from work! Or to never have a hangover! Feeling good can be such a natural high that you will never want to feel any of those insecure symptoms again. Once all the poisonous toxins are out of the body, then the skin can become the true breath of life and perform its normal function, that of bringing pure air in and out of the body. At that point of perfection in the body, there would be no practicing Breatharians returning to their old ways of life.

You must create your own path! It is your inner self that you will answer to and follow. It is absolutely vital to know this inner self so well that you will learn to trust its every desire. A cleansed body is the perfect condition for the pro-

cess of self-understanding to begin. When you can read the signals that the body is giving you, you are well on the way to practicing Breatharianism. One thing is very clear, all the answers are found within. Until we can tap that center of intelligence there will be many misleading paths. Breatharianism is only one way to raise our consciousness. We must all search for our own direction in life. Then there will be "peace on earth, good will toward men."

Being aware of how the body functions is a big step in the direction of Breatharianism. For example, sleeping is one of the things that the body does to re-energize itself. Have you ever thought that perhaps sleeping time could somehow be cut down or even completely eliminated? During the state of sleep, all of the body's functions are running at a very slow rate. At this particular stage of body function we risk the possibility of never waking up or death. If we put no toxins into the body we would not have to sleep since the body would not have to re-energize itself. Toxins are what causes the need for sleep. A more ideal way for the body to re-energize itself is to meditate. Meditation can open up a whole new realm of self-knowledge as well as refresh the body, giving rise to little need for sleep.

The most difficult stage of meditation is to get that never-ending little voice within to stop chattering, to stop the interference of the conscious mind with the other parts of the mind. Once you can relax your mind to a state of quiet, you are free to continue to the next phase of creative meditation. This is where the real you becomes known; that intuitive part of you can be freely expressed. Keep in mind that as you grow spiritually all emotions will not necessarily be positive. We must learn to suffer just as easily as we learn pleasure. Some of our strongest growth comes from lessons that cause much pain or suffering. Those are the moments in which we are sometimes at our highest state of

consciousness. Once we realize that painful experiences can raise our vibrations, we can release the emotions that have been hiding in our subconsciousness which have been creating very low vibrations.

The heavier the food we put into our bodies, the lower the vibrations. As we learn to raise our vibrations by eating lighter foods then we can become co-creators of ourselves, removing the lower vibrations and allowing only the pure substance of spirit to be. At that point we become radiant beings and are free to flow with the universe.

As we begin to live with the laws of nature, we will notice one very evident thing. The aging process will be slowed down at a tremendous rate. There are many things that contribute to the aging process which eventually, of course, lead to death. By cleansing the body, one can learn to stop the aging process. It is Wiley's personal goal to not leave his body unhealthy when it is his time to be elsewhere, whether that is considered death or not. The important thing is that when you do leave the body, perhaps by accident or by Karmic process, it will be in its healthiest possible state. The conditions that destroy health are many. We are governed by habits, environment and climate. If all of these things are good, then we would always experience health and longevity. But if these things are bad, our bodies can only adjust to them or become slowly degenerative and eventually die. That is what is known as the aging process, which for us terminates at about eighty years, while in Biblical times people lived for several hundred years. So let us take a look at how to reverse the aging process by the most natural method and not at the end of some doctor's sacrificial scalpel.

All things that damage the body also age the body. We are only too aware of some of the conditions that are detrimental to us, especially the ones that have the warnings

stated right on the packages. For example, cigarette smoking. How much more warning do we need? Pick up any drug or medicine sold over the counter at the pharmacy and read the warnings on the labels. We are being told very clearly that we are being poisoned. Sickness begins to age the body and that begins at a very young age. And we help the process along trying to remedy the illness by putting more poisonous drugs into our systems. Very simply, we give our bodies too much of everything. If we left our health up to nature, our longevity would increase very rapidly.

The water we drink, the air we breathe, the exposure to long periods of intense sun or extreme cold, the long working hours we endure under intense pressure, wild parties, fast living—all of these things age the body. As we remove each one of these things from our lives, the natural state of being will arise. The only thing we cannot eliminate is the air we breathe. There is no creature alive on this earth that can live without air. To stop breathing is to stop living.

But then why do we become thirsty or hungry? The answer to that is because we drink so we become more thirsty and when we eat we become more hungry. It is a fallacy that consumption of food is what keeps us looking vibrant. Just think of how you feel when you have eaten too much and ask yourself, "If that food was good for me, then why am I feeling so bad?"

The *Occult Gazett*, written in London, England, printed an article by Trubshaw that said:

> "Man's body is electrical, and contains dormant glands and cellular areas which, if stimulated by magnetic forces, would come into action and express powers of a so-called superhuman nature."

It continues to state that:

> "The degenerative life-shortening practice of eating food for pleasure, forced these aeriferous organs into retirement, as the body slowly adjusted its mechanism to meet the new condition—or perish. And so, instead of dropping dead in his tracks, *man dies by degrees, and the dying process is what science calls 'aging'.*"

As we begin to understand the pattern of aging, more and more people will be awakening to the new idea that they can live much longer than originally thought possible and by so doing they will be entering the new era of practicing Breatharianism.

However, as we stated before, it would be dangerous for anyone to begin practicing Breatharianism without the proper preparation. The only way to determine the best foods for us as individuals is to purify the body so that we can exist on the highest vibrations possible. Then we gain insight into why we are to survive, and why we have to act the way we do. The day humanity realizes this, we will have a better understanding of our fellow human beings who will also be vibrating on a higher level of vibration. Some of us are farther along than others. Our strength increases as our health improves. And for Wiley, the less he ate, the healthier he felt. But a Breatharian diet is only natural when we reach a stage where we are able to receive it.

We live in stages. It is not hard to tell these stages in many people. For example, have you ever been at a party where you find that the people around you make you feel sad, that you can actually feel their problems even though they are not expressing them? Conversely, there are people whom you meet to whom you are instantly drawn. You can feel totally comfortable around them; they put you at ease. These are people who probably have vibrations close to yours. These people can excite you to a point that you want

to talk to them alone and pass up all the idle "chit chat" that others are offering you. These people are the ones who have something very great to contribute to the rest of society. They are not necessarily celebrities or well known in any way except for the fact that they are sending out a vibration of well being and great beauty.

It is this energy that we should all be striving for so that others can benefit from it and eventually become stronger on their own. The transitional diet is one way to begin that process. But it is not the only way and, in fact, there are cases where it would be very detrimental. For example, a pregnant woman should never begin this transitional diet while she is with child. This is a process of nature and nature is a very orderly thing. It is very important, however, that the mother and father think only positive and high energy thoughts to give the baby its strongest opportunity for survival after it is born. Thoughts of love, harmony and spirituality are very necessary. Avoiding all drugs, including cigarettes, alcohol, spices, strong soaps and smog will prevent any of these substances from entering the placenta or fetus. A pregnant woman in a healthy state does not need excessive food. Overeating will only lead to a fat baby and mother. Once the baby is born, it has nature's perfect food readily available—that of breast milk. These stages are a very necessary chain of events in the beginning of one's life.

However, there will come a time when a person knows instinctively that there is more to life. When a person has reached that section of the road in life, it is the right time to search for his or her own life and the parents' role is completed. It is your own challenge to try to become one of the best people in life. Only universal communication can open the eyes of all people and bring in the "New Age." It is not the amount of reading and meditating that counts. What

does count is the degree of love consciousness in our world —loving our neighbors, forgiving our enemies, resisting all evil, and realizing the oneness from which we all are. This is what the transitional diet may begin for some: freedom from all discord and alleviation of the fear of world destruction so that we are brought to the point of solving all problems easily and decisively.

Joel Goldsmith, in his book *Realization of Oneness* says:

> "There is but one Power operating in this universe. It is not a power of accident, death, disease or sin. This Power is the same Power that causes the sun to rise and to set at its appointed time, and the tides to ebb and flow. The Power that is operating in this universe is the same Power that is operating in my consciousness, and It operated as the law unto my Experience."

He also states that: "Every phase of discord that comes into any Person's experience is a mesmeric influence from which he has not learned to protect himself."

So, my friends, it is up to us to have the mental capacity to sustain the body. We have to have a strong will-power to bring the right energy into our system. For Wiley, he found that as he began to become less and less dependent on exterior powers, it enabled him to have more energy and strength to draw the cosmic energy into his system. You will never have real strength until you are ready to take the responsibility for your own life.

With today's busy lifestyles, it seems impossible to experiment with new concepts. To our way of thinking, the more knowledge that we acquire, the more we aspire to a higher level of consciousness. A major misconception that people have with regards to eating is that most people be-

lieve that the less they eat, the less energy they have. Medical scientists have a difficult time explaining why man should eat as opposed to why he should never eat. The less energy the body has to expend in digesting food and eliminating toxins, the more energy it has left to do other things. Food cannot build a cell or the body made up of cells. Our bodies have their own mechanisms in which new cells replace old. This is a process in which the division of old cells produce the new ones. If food is such a great vehicle to producing new cells, then why do we deteriorate each year of our lives instead of becoming new every seven years (the length of time our bodies take to replace all of the old cells)?

After experimenting with the intake of various foods into his body, it was very apparent that Wiley's energy increased as he took in less food. People eating three meals a day had a difficult time staying awake for seven days without any sleep. Wiley can be active twenty-four hours a day when in his healthiest state, thus allowing him plenty of time to fit in all of his day's routines and also to have ample time left over for developing more of the finer energies of the body.

When we eat we experience food predominantly through our five senses, which are: sight, smell, taste, touch and sound. We enjoy the taste. However, eating also provides an emotional crutch in some cases; therefore it is our security. Food can become a Power trip in which you demand of others that they should eat the foods you want them to or if they don't something tragic might happen to them. But as you become more aware, you will begin to judge yourself about your own eating habits. You will begin to deprogram yourself so that you can learn more of the proper foods to create higher vibrations in your body. This will begin to purify your blood as the Breatharian Transitional

Diet teaches.

Self knowledge is the key to pure happiness. For example, you have a day in the park planned with your best friend whom you have not seen in a long time. But on that day the weather decides to take a turn for the worse and there is a large storm. Now, thinking from a low consciousness you would immediately be upset and let the weather ruin your entire day, and you would call up your friend and cancel the date. But the person of a higher consciousness would not let weather ruin his day. He would simply call his friend and the two of them spend the day at the local museum. However, the person who has reached total balance with his body would not be overly upset or overly excited by either circumstance. That person would be capable of staying in a state of continuous happiness which is not related to any variable in life. When we become one with everything, winning and losing are one. We are able to break any dependence on the actions of people or any external conditions, including our bodies. How can we become too busy to begin anything new that we might want to experience? Here is a poem that says it very well:

BEGIN AGAIN

Begin again—you can, you know.
Seek out a better way to go.
Forget the past—the past is dead,
And all tomorrow lies ahead!
There's never a time too late to start
To bring to fruition that dream in your heart.
Begin again now, this minute, this day!
A new life is waiting—don't wish it away!

—Author unknown

To learn more about our body's functions is a step towards practicing Breatharianism. After reading this

chapter you should be beginning to realize that our bodies do not live by the food we eat. This is a nutritional fallacy. Food simply acts as a stimulant to our bodies. A good example of this is the buzz you receive after taking your first sip of coffee in the morning. However, shortly after drinking the coffee there follows a drop in the metabolism as the stimulant begins to wear off. Another example is the seed of a tree. Plant it in a small amount of dirt. As the tree matures you measure the dirt and you will find that it is the same. So where does the tree come from? Not from the seed eating the dirt or else there would be a big hole. What actually does happen is that the cosmic rays of the sun strike the chromosones of the cells, which act as receiving devices for cosmic radiation. These rays materialize in the cells into various chemical elements which are necessary for organic growth and continued life of the plant. The magnetic cells of the plant attract the vibrations of the electronic rays and as a result build the minerals necessary to continue life. So the tree continues to grow through this breathing process. Similarly, our bodies are a complex of these minerals composed of electrons and atoms and molecules. It is not important that we also have proteins, carbohydrates and fats. Our bodies are mainly composed of the elements of air, which are hydrogen, oxygen, carbon dioxide, and, of course, water. So the body has all the necessary elements it needs to sustain life simply by the process of breathing good clean air. The latter is not always possible to find, however, and that is when the body's balance must be kept in check.

It is apparent to us that as one becomes less toxic, one feels a stronger intelligence. Our bodies are like a converter, and the more dense our systems, the more energy we block. It has been stated that the consciousness of man is one hundred times more powerful than a fifteen megaton

bomb. When we feel the call to leave the normal way of life and explore new avenues, we begin to understand that we are leaving behind a limited sense of existence because we are ready to drop the dependency of persons, things and all conditions of this world. And it is at this point that a whole new realm of spiritual existence is waiting for us. All feeling of time leaves since there is no such thing as time. At this point in your life you will no longer love, hate, or fear any conditions of this world because now only the Law of Nature or the Universe can be the cause of your nature. Now all things that are invisible to most people will be the comforting nature of your being.

Your entire spiritual obedience will come from inside of you. Most men are dead as they live. The inner spiritual man is alive within all people; it is just impossible to reach when the physical ego is fighting so hard to be predominant. And until we are able to purify our bodies, it will continue to be a struggle for men to find their spirituality in their lives and the lives of others around them.

Each of us should prove to ourselves that we are healthier. For, by doing so, we can open the door to all of our inner powers. We are sustained "not by might, nor by power, but by my spirit" (Zecharian 4:6).

To kick the habit of eating is not any easy process. But to Wiley it was worth it to try since he was totally convinced that he did not like the process of aging and where that process would lead him: to the graveyard. He has learned that when we leave the physical body (death to most people), the condition in which we leave it determines where we go while in between lifetimes and our spiritual health also determines our entrance into the world the next time around. The Great Masters taught that the Creative Cycle moves from the invisible to the visible. A good example of this is water. When at its lowest vibration, it is in a solid state of

ice. When the temperature rises, it then becomes vapor and rises in the air. This is also true for man: we simply pass from one state of being to another depending on our vibrations at the time. That is why it is necessary for us to try to raise ourselves to the highest vibration possible.

Knowing this inspired Wiley to make the necessary changes in his lifestyle. The biggest problem facing most people is getting rid of the idea that eating is one of the main pleasures of life. Wiley says that we cannot make such a claim when we have not tried any other lifestyles. He once read a short quote by an unknown author that said, "The way to eat a lot is to eat a little, that way you live long enough to be able to eat a lot."

Most of us know that we would like to be happy and love everybody because then nothing but happiness would exist. Try to find new ways to bring happiness into your life. A good beginning is to be alone and just think. Find out what you really like to do. See your own image as a clear light and follow that light. Do not let any dark enter the picture which, of course, means no negative thoughts. See yourself thin, or see yourself free from all others but yourself. Because before you can love and help others, you must be able to help and love yourself. Take all the negative thoughts in your mind influenced by others and release them. Write them down and then throw away the paper. Become like a child again; find all those wonderful innocent thoughts you once carried with you but someone else destroyed. Those are the ones to reach for. Do not be afraid to tell others about them. In fact, try meeting some new people and you will be surprised to find that the new people in your life will know exactly how you feel because they too are searching. You can attract to yourself the vibrations that you put out into the Universe.

As far as the actual act of eating, learn from yourself

why you are indulging. For example, were you disappointed about something, or were you angry at someone? Most of our reasons for eating are not hunger but some other reason. Boredom is a prime one and must be considered before hitting the kitchen. One good thing to do is to take a certain portion of food and put everything else away. Of course, never have anything in your house which might tempt you in one of your weaker moments. Chances are, if you have to go out to buy the junk food, you probably won't bother to get it. Most peoples' hunger is brought about by improper diet, inadequate to the point that the energy level keeps shooting up and down. This is the prime experience you will witness in the beginning stages of the "Transitional Diet;" that your energy level will stabilize. The hunger pains in your stomach are your body telling you not to eat. But keep one important factor in mind. Unless you follow the program with full knowledge and understanding, do not begin it, since to do so might be seriously detrimental. We are telling people to look at themselves, because to know oneself is to become one with the universe. The lower vibrations of food stimulants will no longer replace the spiritual love vibrations that can be activated by what we put into our bodies.

By eating less and less, we can increase our physical strength. Wiley has proven that by being able to lift 1200 pounds, which is ten times his weight. We can clear our heads and find our own direct source of Universal Intelligence, and we can live longer. It is also not difficult to see that in times of a crisis, when food-shortage is a reality, more people would be able to share what is left and begin to know the true nature of loving others as they do themselves. This could prevent panic in a serious food crisis.

In returning to the perfect state, the era of Breatharianism, our entire picture of what the human body should look

like will take on a new perspective. Everyone has his or her own ideas as to what a perfect body should look like. To us "perfection" means that we are allowed to be in control of ourselves. It does not matter if we prefer to be small or large. One thing is certain. If you eat excessively the body will store the excess weight or toxic material throughout various areas of the body in the form of protein and fat. That is why when you fast the body loses weight; it begins to decompose all the stored body protein and fat. The muscles and basic structure remain the same. As you begin to change your diet and the body becomes purer, it is only natural that the body will get its stimulations from the air we breathe instead of from the food and liquids that we consume. Once the diet is perfected for each individual's body, all physical matter is the manifestation of a mental cause. We then have control of the body instead of the body controlling us. Additionally, our body weight will equalize and we will remain constant.

As for mental growth at that point, we will begin to place the importance of our own selves in proper perspective. For example, after Wiley's first fast, he began to see that the job he was doing for his boss was far beyond what he was being paid for. Additionally, he was expending a tremendous amount of energy. He did not want to become like a lot of people who work most of their lives for others and then after fifty years of service retire with a gold watch—bitter with the realization that all they have left is to try to survive on old age pension. His values changed, and as a result energy increased and he became more independent. He went to his boss and told him that he wanted more benefits from the company, and he said it with such energy that he could not say "no." He gave him a raise that tripled his salary! When you develop your own energy, you develop your own independence. And that is what allows

you to make your own decisions in life. First, you must develop into a strong spiritual individual who is guided by the power within instead of by external powers.

To conclude this chapter, we should like to point out that many people's awareness today is at a stage that they are motivated and know that we do not have to continue in the direction in which we are going but instead there is a higher health consciousness to be found within the Breatharian philosophy.

Chapter II

The Foods in Our Poisons

This chapter explodes the myth that we are a highly nourished society and explains why the foods we eat do not produce a state of perfect health and happiness but instead produce a state of perfect misery and pain.

There are very clear reasons why some foods are totally destroying us. Many times we tend to ignore the most obvious truths, and there are always uncertainties that nag at us when we begin to experiment with our health. But if you will just open your mind and continue reading this book, you will find revealed many self-evident truths.

The confused public has the right to know more about scientifically proven theories in order to open the minds of a growing number of sick people. Even healthy individuals are searching for ways to lengthen their stay on earth; no one likes to feel that their own destiny is out of control.

Let us begin by re-acquainting ourselves with the definitions of a few words that for many years we have taken for granted. These words are: *food, poison* and *nourishment.* Webster's Dictionary states that *food* is a substance taken in and assimilated by a plant or animal to keep it *alive* and enable it to grow; *nourishment.*

The definition of *poison* is: a substance, usually a drug,

causing illness or death when eaten, drank or absorbed in small quantities, and anything harmful to happiness or welfare.

Wiley has investigated a number of food items to determine whether they qualify as foods or as poisons. In his search he has found there is a large emphasis to consume large quantities of proteins. We need to be concerned about the poisons that are a part of the so-called proteins. There are literally thousands of books on the market today instructing us to eat meat to obtain these proteins, while others tell us not to. The same holds true for vegetables. Both products contain high contents of protein. The following is a list of conditions that result from too much protein in your diet:

1. Heart disease and kidney damage.
2. Vitamin B6 deficiency.
3. Constipation.
4. Biochemical imbalance in tissues and therefore over-acidity.
5. Arthritis.

These are the most prevalent conditions but there are others. Some vegetarians might think they are in no danger of getting too much protein in their diet since they have given up meat. Surprisingly, enough vegetables contain high concentrations of protein. For this reason, vegetables are not the ideal answer to the natural food diet and Wiley recommends avoiding them if possible. Excessive consumption of vegetables will create uric-acid in the blood stream, which is not good, especially when we are trying to produce more alkalinity in our bodies.

An article writte in *The Answer* out of California, states:

"All spices and food produced from plants by

fermentation, such as sauerkraut, vinegar, blackstrap molasses, pickles of cucumbers, beans and other vegetables and fruit cannot be too severely condemned as food. They cause hopeless indigestion, with prostration of the nerves which supply the digestive organs, and detriment or ruin to the entire system.

"Vegetables are not digested in the human stomach. They need for digestion a more acid stomach juice which the cow, for instance, has. Man's stomach juice is the most alkaline of any being. The very tender lining of the human stomach is interwoven with blood vessels and is somewhat slimy. Vegetables also are not digested by the slightly acid enteric juice of the small intestine.

"Vegetables are not even food for herbivorous animals that have the most tough and rugged stomachs."

Your first reaction might be why are you questioning the ideas expressed in this article. You probably are wondering why you have not heard an author criticize a vegetarian diet previously. In Wiley's opinion, there is a fallacy that vegetarians do not get as ill as people who are on a carnivorian diet; however, this is not true. Because as we look around, we find that vegetarians are experiencing the same diseases as meat-eating people.

It is true that vegetarians do lose weight and seem to have bodies that are less overweight than carnivorian people. However, the poisons that we were referring to from the vegetarian diet do create a decaying process in the body, even though it may be slow. Vegetarians are still experiencing the same effects as meat-eating people do. These effects are cumulative and do create disease.

To give you some examples of the poisonous qualities of

vegetables, *The Answer* article continues:

"Lettuce contains soporific substances and opium which are narcotics. Spinach contains oxalic acid and saltpeter. The juice of vegetables contains various poisons such as soporific substances, opium, solanin, oxalic acid, saltpeter and arsenic. The onion contains a soporific substance and an irritating oil, which makes the eyes water and the genital mucous membranes do the same. Some authors assert that it acts as a powerful aphrodisiac besides irritating the stomach, intestines, kidneys and bladder. Garlic does the same only to a greater degree. Radishes are irritating to the stomach and intestines.

"Lettuce got its name from its milky juice, lactis milk. Lettuce Sacriolas is believed to be the wild variety from which the cultivated kinds were derived. It contains a soporific, harmful narcotic alkaloid termed lactucarious and is sometimes used as a substitute for opium.

"Asparagus, celery, cabbage, onions and turnips contain saltpeter. Beets, eggplant, spinach, swisschard, rhubarb, all contain certain poisons. These poisons are the properties that force the body to adjust itself to the point where it craves these stimulating substances.

"Potatoes, lettuce and practically all vegetables dull the brain and produce enervations. One may speak of solanin psychosis or potato psychosis or lettuce psychosis as a mental disorder caused by eating these substances as one speaks of alcoholic and opium psychosis.

"Potatoes are nearly all starch, which is indigestable when cooked. They contain practically no protein, fats or mineral substances of value and are, be-

sides gout producing, generally speaking, constipating articles of food.

"The tomato is a poisonous fruit of a poisonous plant of the Night Shade family and very harmful. It is a native of South America and was taken to Europe in the 16th century. Tomato vines are as poisonous as potato vines, and no animal will eat them.

"Turnips and cabbage contain, in addition to other poisons, the deadly poison arsenic and are considered the most harmful of all vegetables.

"By drinking the juice of vegetables, people consume more of these poisons than when consuming vegetables whole with the fiber. Thus, the poisoning of the body is actually speeded up. By consuming vegetable juice the blood is polluted with all the poisons contained in the vegetables. Carrots and red beets contain saltpeter and other poisonous soporific substances.

"All tubers all of which are developed from the roots of poisonous weeds, contain large quantities of harmful mineral salts that harden and stiffen the tissues, blood vessels and joints.

"Since all tuber and roots grow below the surface of the soil, they do not receive the full benefit of the cosmic rays of the sun, the life-giving elements and ions that give and sustain life.

"Potatoes, tomatoes, green peppers, cucumbers and eggplants belong to the Night Shade family, a poisonous class of plants. While the leaves of all edible fruit plants have a pleasant flavor, the leaves of potatoes and tomoatoes have an offending bitter flavor, the flavor of poisons."

It is not too difficult to see from the above article that we are living in a society of food addicts and drug addicts.

The most harmful point surfacing from this enlightenment is the knowledge of the destructive effects that we as parents are placing upon the younger generation, our very own children. The indoctrinated habits! No wonder drug addiction is rampant in our society among the younger generations. Their bodies have been fed from the intelligent information of their parents since the first day they entered this world and then when they became old enough to start eating their parents' foods. Parents would like to think that their children's problems are unrelated to the parents', but it is now time the parents wake up and start to realize that there is a very close relationship between "their" children's problems and the intellectual training and indoctrination that the parents had.

Because the body adapts very quickly to its environment and foods put into it, it is not surprising that the body begins to actually crave the poisons which were first introduced into it. A good example is the lady who everyday rewards herself with a doughnut at Winchell's along with a cup of coffee and a cigarette after she has done her morning exercises at the nearby health spa. From the moment she wakes up in the morning she is thinking about her reward after the gruelling half hour of her workout. After a few days of the same routine, her body and her mind will not let her go throughout the day without that first stimulant of the day. Her energy level will not rise without it. So her conditioning has started her on a very destructive road which will only lead to premature aging and eventual death.

Our children are no different than we are and have the same addictive problems as we do. It is no surprise that by the age of twelve most children are hooked on some form of drug. The body has such a great adaptive ability that if it does not receive the required stimulant it will die.

When humans eat vegetables, spices, grain, seeds, herbs,

meat, eggs, milk, cheese or any packaged food, their bodies are filled with dangerous waste products and earthy matter (dirt). This is the food that causes all diseases, old age and premature death. Man does not die of old age; he eats himself to death.

In the beginning when man was a true practicing Breatharian and then he ate his first bite of earthly food, it had to affect the entire nervous system just as the first puff of smoke would affect a young boy. However, as the young boy continues to smoke, his nerves are dulled, thus lowering his vitality; similarly, as a Breatharian continued to eat, his life forces were also weakened drastically to the point that he then craved the deadly food. And so the addictions of the Breatharian and his children began and continued to expand itself to the omnivorianism, which is an extreme on the continuum of consumption and involves eating everything. Many people began at this point and stay there all their lives. This is the so-called exciting diet of civilized humanity.

Let us look at milk as the next example of extreme toxicity to the system after the first stages of mother's milk, which is provided in nature's own way. A very simple question would be: why isn't cow's milk just for the calf? In truth, that's why God made cow's milk—for calves. The milk of different animals has different ingredients and in different proportions and is not necessarily adaptable to the human body.

In an article written by "The Natural Living Society," Doctors Sherman and Mendal state:

> "2400 calories of cow's milk contains 4.176 grams of calcium, human milk only 1.416 grams. Cow milk contains 3.216 grams of phosphorous, but human milk only .353 grams, and 122.0 grams of protein-producing matter is found in cow milk, but

only 43.0 grams in human milk.

"The higher amount of calcium, phosphorus and protein-producing matter in cow's milk are necessary because the calf has to grow in the first year to *six hundred pounds.* Nobody exists that as a human was to gain a weight of six hundred pounds in the first year or ever. The milk of the cow was intended by nature for the calf and not for the man.

"No animal ever turns to milk as food, in its mature state, after it has been weaned, except ignorant man.

"It is claimed by Roenaw that milk is responsible for more sickness and deaths than perhaps all other foods combined.

"Milk has a sticky substance casein—which in the fermented stage is used for a powerful adhesive. For hundreds of years a mixture of milk, in its advanced stage of fermentation, namely: cottage cheese and lime—a fifty-fifty mixture—has been used to glue together outside doors, because it is *water-proof,* contrary to animal glue. The milk's casein is the sticking power. And this sticking power of the milk and cottage cheese does so much harm in the human intestines. Lumps or pieces of this hardened waste matter have been washed from human colons in hundreds of colonic institutions and uncounted operations have been performed where the colon had been congested.

"If we dispense with milk, that is, leave it to the calf for whom nature intended it, there will, of necessity, be no cream, butter, ghe, curd, buttermilk or cheese (all ferments) as various articles of diet, which are all harmful. They are all constipating and cerous producing."

It's very apparent what these foods are doing to us. Isn't it about time that we learned what keeps us alive? The challenge of setting ourselves the goal of good health gives us the same satisfaction as watching our children grow and blossom at each stage of their lives. There are no shortcuts, but if you can begin to see some of the destruction and start to eliminate each a step at a time, then you will be around long enough to see both yourself and your children live far beyond what is possible now.

If you have poisoned your body and you feel your body is weak now, particularly your elimination organs, don't be concerned because with time your body can be healed. Even though we all believe in miracles of some nature, we should not abuse the miracle of the human body because it's very difficult to replace what God has created. In your new healing process, take the time to enjoy the rejuvenation each step along the way and express how you feel to others so that they too can become aware. Our goal is to give you a realization of oneness with your own body.

Is there such a thing as a perfect state of misery and pain? Some would think so when we stop to consider caffeine *addiction,* which is not a fantasy. Each morning as millions of people around the world get up, the first thing they reach for is coffee which they think they need to get themselves going. Continued research points out the grim facts that indeed caffeine from coffee and from some teas is a deadly poison. Just how deadly is it? Massive doses fed to animals in experiments have caused cardiac arrest. For man, the lethal dose is about ninety cups of coffee consumed in a two-hour period. Thank God we don't drink that much! How many women complain of severe headaches or their limbs, such as their hands shaking, after the immediate withdrawal from a caffeine habit. For many housewives this is a very similar way to spend the day tak-

ing sips of coffee, particularly with their convenience of an all-day pot warmer in their kitchens. Just like food, the more you drink, the more you crave it and actually think you need it because the body adapts to the extremes of poisons that you consume.

Is the consumption of alcohol a social trend or is it a social necessity from addiction? Drinking alcohol is an accepted hobby and custom in most households. In fact, we are all aware that most people in the world have consumed alcohol at one time or another as a new "kick." Others have consumed alcohol under the guise of medicinal purposes of curing their body. We are all beseiged by a lot of statistics that tell us exactly how many thousands of drinking problems we have. We would like to bring to your attention that alcohol is not a "booster" to energy, but is, in fact, a "depressent." Drinking excessive amounts of alcohol is like eating food, the lower the intelligence and the more blockage of the subconscious level of thoughts. This fact alone would stop some people from drinking. But unfortunately to others, it is merely a stimulus to read on. We will continue to explain in more detail just what happens to the body when alcohol is ingested.

Once we take the first sip of whatever type of alcohol it might be—depending on each individual's taste—the carbohydrates (if any) and the small amounts of protein (if any) are digested just like any other foods. The alcohol in the beverage is osmosed through the walls of the stomach. As it travels to the heart, it brings about changes in the functioning of the heart, causing the blood vessels to expand (thus explaining why the veins on one's hands tend to pop out after a hard night's drinking; if you don't believe me, take a look the next time). That is why you feel a lightheadedness or even dizziness as the blood is rushing to your brain. You can actually feel the pumping in the back of

your neck at times, depending on the strength of the drink. Each drink increases the alcohol in the blood and by the end of the evening it is very difficult to get around since all of the normal body functions have been put to sleep. For some people this is the end of a social evening, but for others it is only a repeat of the day before; the social necessity. Whichever the case may be for you, the question to ask is, is it worth all the self destruction knowing that man weakens and dies when contact with the source of power is disrupted or severed? When we destroy our bodies, we upset that balance of correspondence with the Universe because we no longer have harmony with the Creator.

Aside from alcohol and soft drinks, the next most controversial liquid that we will explain is drinking water. Many doctors, unaware of the effects of water, suggest we drink eight glases of water a day to remain healthy. But, do we really need to do it? For most of us it is simply a habit that whenever we feel thirsty, we go to the water faucet to get a glass of water. We should start questioning whether water is all that important to us.

We do get psychologically thirsty many times throughout the day, and the main reason for that is the unnatural diet we now exist on. No one can eat a pizza without a large glass of liquid to wash it all down. This is also true for spicy tortillas or popcorn or a thousand other dehydrating foods. As a practicing Breatharian, our need for consuming any kind of liquid will decrease dramatically to the point where none is required.

However, until we reach this higher state of health consciousness, we should be concerned with the question of what kind of water to drink in the interim. Hard water contains all kinds of inorganic minerals readily visible on the inside of a tea kettle that has been used several times. Just

looking at that crusty material has to give us some indication of the adverse effect it would have on our bodies, especially since the main purpose of water is to transport all other food items through our system. How can something that impure possibly do the job efficiently? It does not, and a good example is the decaying teeth of people who live predominantly in hard water areas. Tooth decay is very prevalent in Western society, whereas fruit eating civilizations tend to have more perfect teeth. To put impure water into your body simply gives the body one more poison to adjust to.

You should be careful where you get your drinking water. Many people have the mistaken belief that rain water or melted snow water is a good healthy source. However, this is not true since our air is so polluted, particularly around our large cities. Practicing Breatharians are aware of the importance of drinking pure water.

In many countries throughout the world, the water is very unacceptable and many inhabitants of these countries have taken up the drinking of other liquids, mostly beer and wine. Therefore, I do not need to repeat the hazards of alcohol, but to simply point out the fact that the habit of drinking has led to one more addiction. Just remember, though, that as the body sinks in degeneration under abuse, so will it rise to regeneration under proper care.

The simple thing to do is to let your body tell you what it needs. The amount of water you crave will depend directly on the amount of physical work that you do, or the temperature surrounding you, or what you have just eaten, or your size and weight. Also, if you tend to eat a lot of fruit, you will not crave water in excess. In fact, most people never drink water except out of habit. So the next time you have a glass in your hand, ask yourself if you really need a drink of water or are you doing it out of routine. The only

safe rule is to drink only when thirsty and to drink enough to satisfy the thirst. Remember also, the more you drink, the more you will be thirsty.

A friend of mine liked to play racquetball. She normally lived on fruits and some vegetables. The interesting thing is that she never perspired. But after a rigorous game of racquetball, she would take a drink of water. Only at that point would some small beads of perspiration be evident on her forehead. Prior to that she showed no signs of perspiration. The only reason she began to perspire was because her body was emitting excess fluid. The water intake was not necessary in this case. So, if water is not demanded by thirst, do not force yourself to take it.

Dr. Weston A. Price, a dentist, wrote the following article on cancer. Since cancer has become the number one killer in the USA today, I think it is a good idea to look seriously at what he says:

> "Anything that goes into your body except wholesome food can cause cancer! When the body reaches a point where it cannot get rid of the poisons fast enough, a number of stages occur—
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> 1. Enervations which lower eliminative ability, thus permitting metabolic wastes to accumulate and/or ingestions by mouth or inoculation of drugs and other non-wholesome substances which accumulate thus giving rise to the crisis of—
> 2. Toxemia, Toxicosis or Intoxication—from this begotten—
> 3. Irritation which is a noticable, tingling, itchiness, hyperactivity, jumpiness, uneasiness, twitchiness, edginess, etc. If causes are continued there will be begotten the next stage—

4. Inflammation wherein the body largely or wholly disables itself to devote its remaining fund of vitality to the processes of cleansing itself. If causes are continued then inflamed tissue dies and thus becomes—
5. Ulcerated. Ulceration is quite prevalent among Americans, whether they realize it or not. Many of our unknown aches and pains are due to this stage of pathology. The body ulcer tries to heal itself and patch up ulcerated tissue by a process known as—
6. Fibrosis, induration or scarring. But this is no end of the matter unless we start a program of proper living. At this stage the train of pathology is reversible with only scar tissue and some impairment as a result. But if we continue the same pathogenic habits and/or poison habits of which sodium fluoride (found in most tap water) ingestion is one, the final pathological stage is entered into. This is called—
7. Cancer, a form of fungation. This is a state in which scar tissue ceases to be under the control of the brain and genetic encoding—it draws nutrients from the blood stream and grows wildly without prupose. This is a terminal stage of life in most cases."

Many people will read the above information and possibly think, "Oh, well, it's too late for me." We hope that is not your attitude. We can protect ourselves against these negative influences by raising our consciousness by raising our spiritual vibrations which are the life force. When we become highly aware and vibrating so high, very few negative forces can live in this vibration. Once we allow

the light of positive vibrations to flow through us, we can then begin to work at what we truly are. As long as we continue to raise this energy force, it will automatically raise our energy which in turn raises our vibrations. Some people may call this a miracle of life; it simply means to begin to know oneself from the inside and then it is possible to let that manifest on the outside world.

It is always a great joy to us to watch the people around us blossom as they begin to see their inner strengths and their inner awareness put into practice. Wiley had a girlfriend who had just gone on her own in the world after living with her family for twenty-one years. She was slightly overweight and a bit inhibited. But for her, the biggest challenge was her body. As this girl began to cleanse her body by eliminating junk food, she began to lose weight. She started to like herself better and, as each pound was shed, she realized that her extra years gave her valuable lessons that she would teach her sister—and thus that barrier was gone. Once the weight problem was lessened, the fear of competition from her younger sister was lessened and it was at that point she began to realize she could have a marvelous friendship with her sister, no longer clouded with a smoke screen of negative thoughts. At that point Wiley knew that the woman was well on her way to being as beautiful outside as she had become inside.

It is so important to realize the need to cleanse the body and purify the blood. In this regard, there is one other fallacy about water which we would like to point out. This fallacy is the idea that we can cleanse our systems by flushing out the body like a sewer. This is a fallacy based on the lack of understanding of the physiological function of our organism.

An article by Dr. Luther L. Con Wedekind of Brooklyn, New York, states:

> "Purification of the human organism is an electro-chemical process of the living cells. The waste products like uric, acid, sulfuric acid, carbonic acid, etc., must be first combined with some of the alkaline elements, principally sodium, before they can be taken up by the blood stream and excreted. If the diet is lacking in the necessary organic salts, large quantitites of water will only complicate matters by thinning the blood and still further reducing its percentage of mineral elements. Similarly, the digestive juices and other fluids of the body will lose their strength. Digestion and elimination will then be impaired, while the heart and kidneys will be overworked. On the other hand, a well-planned improvement of the diet will enrich the blood in the needed organic salts and aid the system in the performance of its physiological functions, especially in the more complete digestion of foods and in the excretion of waste matter."

Now you can begin to understand some of the secrets of water. It will be up to you to take it all in and let it digest until you feel it begin to raise you up one more vibration; and it will, since it is filled with the clean, pure light of truth.

It is at this point that you can take all of that energy and turn it towards others (giving it back to the universe from whence it came), adding strength to you and others and to the universe. This is the process of growth that will become more evident with each step towards practicing Breatharianism.

How many millions of people have read: "Warning: The Surgeon General Has Determined that Cigarette Smoking is Dangerous to Your Health?" After reading that statement, why do millions of people continue to put that

dreaded cigarette into their mouths and commence to inhale. We think the answer lies somewhere in the subliminal and habitual areas of our lives. The subliminal, of course, is the person who started the act of smoking as a young boy. Little did he know that the first puff of smoke was the beginning of the end of his life. The dangerous poison in the beginning stages makes the beginner violently ill. As he gradually increases the number of cigarettes he has per day, his body becomes able to withstand more and more of the deadly substance. Since each day the body becomes more and more damaged by the process, he is then able to ingest more of the smoke without a violent reaction. By then he is enjoying the newly acquired habit, and at that point is hooked. Not a pleasant kind of addiction when you consider the chemical breakdown of tobacco: nicotine, nocotinuine, carbon monoxide, carbon dioxide, ammonia, methane, methylamine, hydrogen-sulphide, furfurral, nicotelline, pyrrole, pyridine, picoline, lutidine, collidine, formaldehyde, carbolic acid, prusic acid, arsenic.

It is not safe to think that if you do not smoke you cannot be affected by the harmful substances. If you keep persistent company with smokers, their cigarettes will pollute your lungs. The black coating which shows up on x-rays of all smokers and of all people in contact with smokers is proof enough of the damaging effects that coating can have in obstructing the free passage of oxygen into the blood.

The habitual smoker has a challenge ahead of him but only to the extent that he makes it so. Remember, through suffering we can achieve a higher state of consciousness and for the addicted smoker, his will be a form of suffering until the body can be relieved of the deadly toxins. Once we have understanding of our problems, we can release the emotions that have been clogging the progress of attaining perfect health. Then the cleansing process can begin. And

once the blood is purified, we have the direct energy flow that will lead to the end of the habit. Just sit in silence for a day and think about your smoking problem and, if at the end of that day you feel you want to be rid of the addiction, then you are most of the way there. It can be only your decision.

Breatharianism is physical perfection. Man came into physical existence a perfect Breatharian. "God breathed into his nostrils the breath of life, and man became a living entity" (Genesis 2:7). Nothing was lacking and nothing was needed. The Breatharian needs only air, and nothing more to sustain his body.

It is not always easy to think that the air we breathe might be destroying us. But that is one of the challenges we face when we are trying to reach a perfect state of health. The first stage to achieving better is very pleasant as we begin to centralize our ideas on changing conditions of evil and in harmony in our world that affect our spiritual health. Usually at this point we are able to have a happier homelife, and our health improves to a certain degree.

The second stage of practicing Breatharianism becomes more of a challenge since we are beginning to see the reality of our unhealthy bodies while at the same time are living around people who do not understand what we are feeling. For example, friends think that your diet is too erratic or perhaps your sense of devotion to practicing Breatharianism has become too extreme since you refuse to participate in the normal chit-chat of most social gatherings. You can feel constant pulling in this stage when you would like to leave your career to improve your health but there is no one to pay the bills and cover the other commitments which you have become involved with over the years. At the same time you can feel your inner strength growing from all of the studying and practicing you have been doing to improve

your health and you do not want to regress from that point. So all that is left is to live in two worlds, one where family and friends still love you because you have not become too extreme by stepping on their beliefs and the other where you go inside and dwell in the newly found knowledge of practicing Breatharianism. This is a very difficult time since all of our beliefs are not firmly grounded in the truth. We read and we believe, but we do not always live the life that we would like to truly demonstrate.

Then the third stage of practicing Breatharianism evolves. This is the stage to look forward to. Now we can live our lives evolving around all other lives and not get mixed up in them. At this point we are able to do our jobs in the external world, yet have no inner conflicts since we are living in the consciousness we have now attained, that of practicing a healthier life. So if we do not seem to do all things perfectly even at this stage, we do not need to be upset. For the temptations that do not yield immediately will, but only after we see that no occurrence can rise above the consciousness of a true practicing Breatharian.

Therefore by judging all of the so-called life-sustaining theories, we are simply raising our consciousness to a level of perfect existence. To question the air that we breathe is to learn more about why we are breathing to die. Scientists everyday are beginning to realize that the quality of our air determines the state of our actions.

In an article taken from the *Rocky Mountain News,* it is stated:

> "Weather-sensitive people who get irritable, depressed and lose their sex drive during thunderstorms and warm, windy days can blame their foul moods on positive ions in the atmosphere.
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> "However, negative ions, which are generated near waterfalls and at high altitudes, produce 'sun-

ny' dispositions, and that's why Texas Tech researcher, Michael V. DeSanctis, thinks Niagara Falls is such a popular honeymoon spot.

"DeSanctis, a doctoral candidate in psychology, says researchers cannot explain how the electrically charged particles trigger such moods and feelings, but one clue may be serotonin, a neurochemical instrumental in initiating sleep.

"He said studies have shown the chemical is triggered by positive and negative ions.

"While negative ions produce positive effects on humans, positive ions produce negative effects such as depression, headaches, nausea, irritability, slowed reaction time and a loss of sex drive. 'Positive ionizations tend to bring out these otherwise unexplainable symptoms in some person,' DeSanctis said.

"Surpluses of positive ions are not just generated by the weather.

"'In large cities—especially those at low altitudes —there is an over-supply of positive ions,' DeSanctis said. 'A great deal of positive ions are produced by pollution and industrial sources. Pollution destroys negative ions and leaves a very unfavorable balance by robbing the air of its natural allotment of ions.'"

The more man fools with the air electricity, the more we are made to suffer. Our blood chemistry cannot possibly balance out when all of the heating and cooling systems are robbing our air of negative ions that create the most energy for our bodies. The rush hour traffic created in most cities can cause even the most serene person to get out of control. As our eyes water and our mouths ache with poison, how long will it take for people to put a stop to all of this deadly

environment?

Respiration is not one of the things that we can shut off and on when we are in a harmful environment. When you stop breathing, you stop living. As soon as we come into this world, we begin the process of breathing and do not stop until we die. Only through constant exposure to a faulty environment do we begin to deteriorate. It is this process that causes our gradual loss of existence both on the earthly plane and the spiritual one.

One of the factors contributing to a faulty environment is all the chemicals that are added to processed foods in preparation for public consumption. There are over 10,000 of these chemicals used in our foods every day. Many of these are known to be toxic or poisonous. Thousands of these so-called chemicals are added to foods to improve acceptability by a disillusioned consumer and an unaware public. For example, the skin of oranges are dyed bright orange to match our mental image of an ideal orange. The poultry are fed a chemical to turn the meat yellower and more appetizing to the eye, while fruits and vegetables are kept unblemished by fungicides, pesticides, herbicides and other anti-spoilants. Bread has sixteen chemicals to keep it feeling "fresh." Balloon bread undergoes rigor mortis by the additive plaster of Paris. To improve the keeping quality of shelf foods, processors embalm many products. When processors make foods "easier to prepare," these products are mashed, mushed and mangled, and loaded with chemicals so that consumers can have cake mixes, peeled and sliced potatoes and instant "everything."

One well-known, "natural" orange-flavored drink consists of sugar, citric acid, natural flavor, gum arabic, monosodium phosphate, potassium citrate, calcium phosphate, vitamin C, cellulose gum, hydrogenated coconut oil, artificial flavor, artificial coloring, vitamin A, and butylated

hydroxyanisole. No orange could possibly live in such an environment. Can you find the "foods" in these "poisons"?

Three hundred "standard foods"—including ice cream, catsup and mayonnaise need not list their ingredients. By law, the label must identify the product in a language the consumer can understand. However, the manufacturer has been given the option to choose among many alternative standard chemicals and, only if they substitute or add a non-standard chemical must they indicate the fact on the label. Ice cream, for example, which can have some thirty additives, need indicate no ingredients on the label. Fatalities have followed ingestion of doses of eucalyptol (a synthetic mild flavoring for beverages, ice cream, ices, candy, baked goods and chewing gum) even in as small amounts of three millileters (one milliter is equivalent to one gram)! Does it really matter that our bodies are playing host to thousands of different toxic chemicals at any given moment?

The 10,000 commonly used chemical additives are used for some fifty functions. One of these categories is *preservatives*. These preservatives or "anti-spoilants" are used to help prevent microbiological spoilage and chemical deterioration. There are about one hundred types in use.

Preservatives for "fatty" products are called anti-oxidants, which prevent the production of off-flavors and off-odors. These include benzoic acid used in margarine; butylated hydroxyanisole (BHA) used in lard, shortenings, crackers, soup bases, and potato chips.

In bread, the preservatives are "mold" and "rope" inhibitors. They include sodium and calcium propionate, sodium diacetate, and such acetic substances as acetic acid and lactic acid. Sorbic acid, sodium and potassium salts are preservatives used in cheeses, syrups and pie fillings. Others

are used to prevent mold and fungus growth on citrus fruits such as "fungicides." Sequestering agents, still another preservative, prevent physical and chemical changes that effect color, flavor, texture or appearance.

To drop a coin into a glass of soda pop is to recognize the metal effects found in soft drinks. Ethylenedia minetetracetic acid (EDTA) and its salts, for instance, is used to prevent the adverse effects of the presence of metals found in soft drinks where metal ions cause clouding. Sequestrants used in dairy products to keep them "Fresh and sweet" include sodium, calcium and potassium salts of citric, tartaric and pyrophosphoric acids. Other multipurpose preservatives are the gases sulfur dioxide, propyl gallate and of the more common variety, sugar, salt and vinegar.

The degree of acidity or alkalinity is important in many processed foods. An acid such as potassium acid tartrate, sodium aluminum phosphate, or tartaric acid acts on the leavening agent in baked goods and releases the gas which causes the desired "rising." The flavor of many soft drinks, other than cola types, is modified by the use of an acid such as citric acid from citrus fruits, malic acid from apples, or tartaric acid, a component of grapes. Phosphoric acid is used to give colas that "tangy" taste. The same acids that are used in soft drinks are also used in churning cream to help preserve the flavor and keep the quality of butter.

Alkalies such as ammonium hydroxide in cocoa products and ammonium carbonate in candy, cookies and crackers are employed to make the products more alkaline. Buffers and neutralizing agents are chemicals added to foods to control acidity or alkalinity, just as acids and alkalines are added directly. Some common chemicals in this class are ammonium bicarbonate, calcium carbonate, potassium acid tartrate, sodium aluminum phosphate and

tartaric acid.

Humectants are necessary in the production of some types of confections and candy to prevent drying out. Without a humectant, shredded coconut, for example, would not remain soft and pliable. Substances used for this purpose include glycerine, which retains the soft, moist texture in marshmallows, propylene, glycol and sorbitol. On the other hand, calcium silicate is used to prevent table salt from caking due to moisture absorption from the air.

These and hundreds more of the above items are what we are feeding our loved ones. By eliminating convenience foods from your daily diet, you will be able to eliminate a vast source of these poisons. However, something else to look at are coloring agents found in most foods.

Food colors of both natural and synthetic origin are extensively used in processed foods, and they play a major role in increasing the acceptability and attractiveness of the products. The indiscriminate use of color can conceal damage or inferiority or make the product appear better than it actually is. There are some one-hundred and forty different kinds of colorants of which many have been found unsafe.

Certain chemical coloring found to cause tumors at the site of injection in animals was not seen as significant by the FDA, because the colors in the experiment were injected by needle and not ingested in food. This kind of reasoning is indicative of the level of consciousness shared by the people running the FDA, the agency responsible for protecting our (so-called) foods.

Some of the colors used in foods are alkanet, annatte, carotene, chlorophyll, cochineal, saffron and tumeric. Foods that are frequently colored include candies, baked goods, soft drinks and some dairy products such as butter, cheese and ice cream.

As if enough had not already been done to these so-called foods, in order to cover up further the truth about these mixtures of chemicals, natural and synthetic, it was necessary to invent another group of chemicals to restore or replace the flavor of what little food value might be found amongst these poisons. For this purpose of flavoring, a wide variety of spices, natural extractives, oleoresins and essential oils are used.

The modern flavor chemist has produced many synthetic flavors as well. These over-concentrated compositions of taste bud stimulants are used extensively in soft drinks, baked goods, ice cream and confectionary. Flavoring agents are the most numerous additive, with over 2,000 in use. Of these, 500 are natural (poisons) and the balance are synthetic (poisons). Amyl acetate, benzaldehyde, carvone, ethyl acetate, ethyl butyrate, and methyl salicylate are typical compounds used in the preparation of flavoring materials. There are also flavor enhancers, the commonest being monosodium glutamate (MSG) and maltol.

Man has become so artificialized in his way of thinking that he finds it all but impossible to leave anything in a natural state. The old saying, "Water seeks its own level," is demonstrated daily by mankind's seemingly natural (or unnatural) attraction to things that are synthetic, plastic, devitalized and void of any similarities to naturalness. Even substances that were put here by mother nature which might be taken into the human body as food or medicine have not escaped the ravishing and destructive hands of man and have been made unfit even for this purpose.

As an example of this, ethylene gas is used to hasten the ripening of bananas and maleic hydraszide is used to prevent potatoes from sprouting. This process is known as physiologic activity control.

Of all the food enzyme additives, amylases which act on

starch have the most numerous applications. Various amylases from plant, animal, fungal and bacterial sources have been used to break down the components of starch to make it more digestible. Enzymes are also used in the fermentation of sugar to make candy, in the brewing business, and in the manufacture of artificial honey, bread and frozen milk concentrates.

We hope by now you are beginning to see why the title of this chapter is "The Foods in Your Poisons." If you are getting the feeling that all has been done that can be done to annihilate any resemblance of what might have been used as food (medicine), you are in for a big surprise.

There is a saying that admonishes, "To make a lie seem like the truth, one has to use more lies." Thusly, to make a composition of poisions and toxic waste seem like food and substance for life, it is likewise necessary to use more poisons and toxic wastes. So let us explore this new breed of poisons and toxic waste used exclusively as bleaching and maturing agents, or bread improvers.

Fresh ground flour is pale yellow. Upon storage, it slowly becomes white and undergoes an aging process that improves its baking qualities. For more than fifty years, processors have added oxidizing agents to the flour to accelerate this process, thus reducing storage costs, spoilage, and the opportunity for insect infestation.

Compounds such as benzoyl peroxide bleach the flour without effecting baking qualities. Other compounds, such as oxides of nitrogen chlorine dioxide, nitrosyl chloride and chlorine have both a bleaching and maturing, or "improving," ability. Bread improvers used by the baking industry contain oxidizing substances such as potassium bromate, potassium iodate and calcium peroxide. They also contain inorganic salts such as ammonium or calcium sulfate and ammonium phosphates which serve as yeast

foods and dough conditioners.

Many chemicals fall into a category known as "Processing Aids." Sanitizing agents, for instance, to clean bacteria and debris from products are considered such aids. There are clarifying agents which remove extraneous materials. Tannin is used for clarifying liquids in the wine and brewing industries. Gelatin and albumen remove small particles and minute traces of copper and iron in the production of vinegar and beverages.

Emulsifiers and emulsion stabilizers help to maintain a mixture and assure a consistency. Some common emulsifiers are lecithin, the monoglycerides and diglycerides, and oropylene glycol alginate.

Texturizers or stabilizers are added to products to give them "body" and maintain a desired texture. For instance, calcium chloride or some other calcium salt is added to canned tomatoes and canned potatoes to keep them from falling apart. Sodium nitrate and sodium nitrite are used in curing meats to develop and stabilize the pink color. Nitrogen, carbon dioxide and nitrous oxide are employed in pressure-packed containers of certain foods to act as whipping agents or as propellants.

The texture of ice cream and other frozen desserts is dependent on the size of the ice crystals in the product. By the addition of agar-agar, gelatin, cellulose gum, or some other gum, the size of the ice crystals are stabilized. Texturizer gums are also used in chocolate milk to increase the viscosity of the product and to prevent the settling of cocoa particles to the bottom of the container. Gelatin, pectin, and starch are used in confectionery products to give a desired texture. Artificially sweetened beverages also need bodying agents because they do not contain the "thickness' normally contributed by sugar. The thickeners employed include such gums as sodium alginate and pectins. The

foaming properties of brewed beer can also be improved by the addition of texturizers.

Nutrition supplements is the classficiation of the next group of "additives" which are more rightly termed "addictives." *Enrichment* of food means that the natural nutrients have been destroyed during processing and must somehow be replaced. Enrichment of cereal foods, according to the big producers, is supposed to provide twelve to twenty-three percent of the daily supply of thiamine, niacin and iron, and ten percent of riboflavin recommended for human consumption.

Fortification of food means that additional nutrients are added to the product to supposedly make it more nutritious than it was before; in other words, helping Mother Nature out a little. For instance, vitamin C is added to orange drinks and vitamin A is added to margarine. Vitamin D is used to fortify milk to prevent rickets and potassium iodide is added to iodized salt.

A number of additional chemicals are employed for various purposes. Certain sugar substitutes are used in foods for persons who must restrict their intake of ordinary sweets. Saccharin and sorbitol are commonly used for this purpose. Glazes and polishes such as waxes and gum benzoin are used on coated confections to give luster to an otherwise dull surface. Magnesium carbonate and tricalcium phosphate are employed as anti-caking agents in table salt, and calcium stearate is used for a similar purpose in garlic salt.

If you think what you have read so far is mind boggling, just read on, for we believe we can top it.

Take a look at this headline found in a very popular national magazine: "A Canadian Scientist turns *Wood Chips, Coffee Grounds* and *Manure* into Edible Food." This headline is accompanied by a picture of this scientists tak-

ing a bite into one of his "Microbe Munchines." The article goes on to say: "When it comes to the ultimate junk food, french fries, taco chips and cupcakes have nothing on the culinary creation of Dr. Murray Moo-Young. The professor of biochemical engineering at Waterloo University in Ontario has invented food that's made entirely from junk. For the past eight years Moo-Young, 48, and his colleagues have been working on a process whereby fungi converts garbage into an edible substance that is 30 to 50 percent protein. The fungi, which are called chaetomium cellulolyticum, feed on things like straw, cow manure, wood chips, coffee grounds and the sludge left over from paper manufacturing."

The article states, "that more than 500 companies in 30 countries have requested information on Moo-Young's invention, and last month he signed licensing agreements with a French conglomerate which intends to build 14 processing plants throughout Europe."

Perhaps these people have not heard the old saying, "You are what you eat."

As the perfect contrast, let us read from *The Essene Gospel of Peace* the exact means of achieving a state of perfect health and happiness instead of achieving a state of perfect misery and pain.

THE ANGEL OF AIR

We worship the Holy Breath
Which is placed higher than
All the other things created;
And we worship
The most true Wisdom.
In the midst of the fresh air of the forest and
fields,
There shalt thou find the Angel of Air.

Patiently she waits for thee
To quit the dank and crowded holes of the city.
Seek her, then, and quaff deeply
Of the healing draught which she doth offer thee.
Breathe long and deeply,
That the Angel of Air may be brought within you.
For the rhythm of thy breath is the key of
knowledge
Which doth reveal the Holy Law.
The Angel of Air
Doth soar on invisible wings:
Yet thou must walk her unseen path
If thou wouldst see the face of God.
Sweeter than the finest nectar
Of honeyed pomegranate
Is the fragrance of the wind
In the grove of cypress.
Sweeter still the scent of the godly,
Who do revere and teach the Holy Law.
Holy is the Angel of Air,
Who doth cleanse all that is unclean
And giveth to all evil-smelling things a sweet odor.
Come on, come on, O clouds!
From above down on to the earth,
By thousands of drops,
Through their brightness and glory the winds
blow,
Driving down the clouds
Toward the never-failing springs.
Vapors rise up from the vales of the mountains,
Pursued by the wind along the trail of the Law
Which increaseth the Kingdom of Light.
The Heavenly Father hath made the earth by his
power,

He hath established the world by his wisdom,
And hath stretched out the heavens by his will.
When he uttereth his voice,
There is a multitude of waters in the heavens,
And he causeth the vapors to ascend
From the ends of the earth;
He maketh lightnings with rain,
And bringeth forth the wind out of his breath.
As the sea is gathering place of the waters,
Rising up and going down,
Up the aerial way and down on to the earth,
And up again the aerial way:
Thus rise up and roll along!
Thou for whose rising and growing
The Heavenly Father
Hath made the eternal and sovereign luminous
Space.
No man may come before the Face of God
Whom the Angel of Air letteth not pass.
Thy body must breathe the air of the Earthly
Mother,
As thy spirit must breathe the Holy Law
Of the Heavenly Father.



A lot of people are looking for investments today that are safe from the ravaging jaws of an inflationary and faltering economy. Precious metals and real estate are in the greatest demand. Wiley Brooks, Boulder's pre-eminent Breatharian, however, believes the safest and most intelligent investment one can make is in one's own health.

Chapter III

The Gluttarian

This chapter talks about the effects over-eating has on man and his society, and the astounding relationship between what he puts in his stomach and the conditions of his environment.

Man since the beginning of time, has always looked upon food as a social event, a fun time and even as a symbol of life. After our first breath of life, our first contact then becomes with our mother when we take the first taste of our mother's milk. We then feel the presence of another warm human being and realize that we are not alone. We then have a strong sense of well-being and intuitive knowing that we are being taken care of. Eating then becomes a very secure time for us when we feel extreme warmth and a feeling of well being. Food and air are the two most important life experiences that we express with our environment. So much so that our digestive tract becomes an internal expression of our outside environment. It is like forming a connection with the universe allowing to be expressed from within with the experience of eating. At that point, man's approach to food and air is a direct result of tuning into all of the universe.

As small children, we begin to relate to food long before we can walk or speak and it becomes a very important part of our personal expression. Because it is a primary experience it is not difficult to understand why our emotions and mental well-being become attached to food and air. Groups of children become totally irrational when they encounter hunger or have been fed with only sugar and addictive type foods. Grown-ups become totally out of tune when confronted with hunger. The business world has tapped into that idea knowing that it is always smart to take a client to dinner. Cults, religious ceremonies, weddings, parties revolve around food and drink. As a young girl you are told that "the best way to a man's heart is through his stomach."

All people, being individually in tune with their own bodies, have their own personal feelings about food. Remember those long hours at the dinner table with mother telling you to eat your vegetables and then later at school, the health teacher instructing you to eat from the basic food groups. It is not surprising that many serious psychological disturbances manifest as unusual eating patterns or breathing patterns. There are many examples of this attitude surrounding us from day to day. A common overeating syndrome is brought about by feelings of non-acceptance with the rest of the world, or loneliness or lack of a close friend or lover. The concept of this feeling of well-being however, begins to break down as soon as you realize that the food stimulant is in fact an illusion and that the results of new friends or loving relationships do not co-exist with the relationship of food. The laws of the Universe were not set up in conjunction with what you eat and breathe. In fact, as the food addiction becomes stronger, the harmony with the flow of energy with the universe becomes very plugged up. The addiction begins to insulate

you from work and the crust of fat begins to get in the way. As the addiction becomes a deep psychological problem, the attempts to correct the addiction become despairing and out of reach. The problem is at this point of awareness at a very low conscoiusness level and cannot be dealt with in an effective manner until the vibration of thought is raised. Then entanglement of the emotional, mental and spiritual level of thoughts become intermingled and there is no hope for clarity while in such a state. The food concept of happiness is then a direct collision course for unhappiness.

In some cases, this feeling of unhappiness expressed through eating then becomes two-sided. Even though you wish to become closer to those around you, it becomes a threat to do so since no one around you understands your cravings for food. Thus, a two-way system of "loving the world," at the same time becomes a distrust of people around you and the flow of the universe as a whole. This lack of trust, building walls around you, is then a block to you in being able to function strongly on an emotional, mental, social and even spiritual level. Because of all this confusion, the over-eating syndrome continues. For some, it is not *over*-eating but *under*-eating that is displayed. This symptom is known as anorexia nervosa and is common among thousands of people in the world today. These people eat large quantities of food and then throw it up. These people generally carry on this state of destruction until the body is in a state of starvation and depletion sometimes ending in death. Aside from these extreme cases of over- and under-eating, most people do develop some of the milder repercussions of the eating syndrome and have trouble maintaining their weight and as a result their health and the flow of the aging process deteriorates. The practicing Breatharian has no weight problems as he gets in tune with the energies of the universe and has the awareness of the

subtle energy transformation of the food. It is very important to be aware of the foods that you eat and the air that you breathe. It may mean the difference between fate or destiny. The choice is yours.

"My people are destroyed for lack of knowledge," says the Bible (Hosea 4:6). Millions of people are destroyed each year for lack of knowledge based on facts because the people are deceived by "knowledge" based on fiction.

Man has brought upon himself the degredation of his body by breaking practically every law of his being. He has eaten and drank freely of all "forbidden fruits" for most of his life. It is time now to decide if this type of high living is worth the sacrifice of the spiritual body as well as the physical body. To give you an example of degredation of the body, let us take a look at the top-selling drugs for 1981 consumed by millions of people. As of last July 1, the top-selling prescription drugs in this country were:

1. Tagamet, an anti-stomach ulcer medicine.
2. Inderal, a drug to reduce high blood pressure, relieve angina pectoris and rectify abnormal heart rhythm.
3. Motrin, an anti-arthritic.
4. Valium, a tranquilizer.
5. Dyazide, a diuretic helpful in reducing high blood pressure.
6. Clinoril, a non-steroid anti-inflammatory.
7. Keflex, an antibiotic of broad spectrum.
8. Aldomet, another anti-hypertensive.
9. Naprosyn, a non-steroid anti-inflammatory.
10. Lasix, a diuretic.

There surely can be no question in most people's minds that if our nation's populace needs all of the above remedies to counteract the foods that we eat, then we shouldn't

be eating them. By indulging in all forms of food, man has lowered his level of consciousness and thereby his level of living. By learning what these enemy foods are, we can quickly get control of our bodies and stop being a nation of over-eaters, thereby gaining control of our environment through a higher consciousness of living as practicing Breatharians.

There have been many theories as to the cause of obesity. Amost everyone has heard the refrain of the overweight person who moans, "If I even look at food, I get fat."

Now it seems there may be some truth to that old saying. Merely looking at food, smelling it or even listening to it may enlarge one's waistline, especially if one is already overweight.

Psychologist Judith Rodin and her colleagues at Yale University have discovered that people who are sensitive to food "cues," such as the sight or sound of a steak sizzling in a plan, secrete higher levels of insulin when they encounter those signals. And if the food is a special favorite, they will secrete even more. Among other properties, insulin, a hormone, accelerates the conversion of sugar in the blood into fat. This process can be particularly pronounced in overweight people, since they already tend to have higher levels of insulin in their blood than people of normal weight. Their condition, which is called hyperinsulinemia, primes their metabolic systems to make and store more fat. In addition, since they eat more, there is more sugar to turn into fat.

In several studies, Rodin and her colleagues tested people who had not eaten for eighteen hours. While researchers drew blood samples from the hungry subjects, a partly cooked steak was brought in and placed in front of them. As they sat watching, smelling and hearing the steak grill, the scientists informed them that the large juicy sirloin

would be theirs to eat in a matter of minutes. The levels of insulin in the subjects' blood immediately shot upward.

These surprising signals from the body should be taken notice of and not ignored since they are very clear indications of an addicted body found in a large number of obese people in our society today.

Another good example of an adaptive addiction is when you eat a hamburger or hot dog, or any food item, and one minute after you have consumed it, you are ravenously hungry again, hungrier than before you ate anything. If you have experienced this sensation, you probably are a victim of your body controlling you through addiction instead of you controlling it. In other words, you are addicted to food and probably have a weight problem because of it. Then there is a person who cannot be satisfied by what he or she eats until he or she has a particular food item and no other food will satisfy the burning appetite. This is another indication of the body taking control, or addiction.

Why should we be so concerned about all of this? Aside from making us terribly unhappy with ourselves, there are a multitude of side effects from being FAT and being addicted to food. Inability to sleep at night, frequent constipation, depression, ulcers, headaches, high blood pressure, and many other problems can be the result of food addiction.

It should not be a difficult decision to change your eating habits. The fact that you do not want to grow old or have any of the symptoms associated with the aging process should motivate you. Becoming aware of all of the side effects of eating made Wiley Brooks search for an alternative to the detrimental effects on the body. When he first began his experiments, he weighed 160 pounds on a six-foot frame. He now weighs around 130 pounds and has never felt nor looked better. The process did not occur overnight,

but through the years (approximately seventeen) he has learned a lot about weight reduction and longevity.

There is much information available as to how the composition of a diet affects your life span. How much protein should we eat? How much carbohydrate? To what extent do individual dietary needs differ? How do our needs change as we grow older? All of these questions are answered through the Breatharian philosophy of perfect health consciousness.

Many scientists are trying to broaden their knowledge by the technique of experimentation with animals. Dietary studies in the laboratory, however, tend to be manipulative. Animals are forced to consume specific diets without consideration for individual taste or appetite. To get away from such artificial conditions, Morris H. Ross has developed a self-selection model for nutritional analysis. He is one of many scientists searching for a proven theory to better health and longevity.

Ross permits individually caged rats to choose among three different diets that contain the same number of calories and amounts of vitamins and minerals. Each diet varies in its ratio of protein to carbohydrate, with casein used as the source of protein and sucrose as the source of carbohydrate.

In a recent study, Ross set the respective protein and carbohydrate components of the diets at 10 percent and 70.5 percent, 22 percent and 58.5 percent, and 51 percent and 29.5 percent; a range wide enough to satisfy almost any preference. He then monitored their dietary behavior throughout life and looked for specific factors associated with longevity.

The lifespan of the longest-lived rates was more than 1,025 days, exceeding that of the shortest-lived rats by about 700 days. Here are Ross' findings on the effects of

diet on longevity:

- The higher the intake of food—regardless of its composition—the shorter the life span. This association was of maximum significance between fourteen and twenty-one weeks of age (eight to fourteen years in human terms). A rat who consumed one gram of food per day more than another rat was likely to die four weeks earlier than the lighter-eating rat. After the animals were mature, however, the amount of food they ate no longer correlated with life span.
- Short-lived rats chose a diet relatively low in protein and high in carbohydrates early in life and relatively high in protein and low in carbohydrates late in life.
- Long-lived rats maintained a moderately high protein, low carbohydrate diet throughout much of their lives and decreased their protein intake late in life.
- The heavier the animal, the shorter its life span. Although heavier rats tended to consume more food than lighter rats, their weight gain was more rapid than could be accounted for by food intake alone. Apparently, ingested food is converted into body mass more efficiently in heavier, faster-growing rats than in lighter, more slowly growing rats.
- Animals who grew slowly between fifty and one hundred and fifty days of age (4.5 to 14 years in human terms) were likely to live the longest.

As you can see from these results, scientists are proving that the less you eat, the longer the life span. This has been known by the Breatharian philosophy for thousands of years and is only now being re-experienced by practicing Breatharians.

In another dietary preference study conducted by Salvatore Leto, female mice were given the opportunity to choose between diets containing 26 percent or 4 percent protein (in the form of casein). The mice on the low-protein diet lived significantly longer than those on the high-protein diet. Fifty percent mortality did not occur in the low-protein group by the age of 23.5 months until 28 months of age. The maximum span of life attained in the high-protein group was 840 days, compared to 1,167 days in the low-protein group. This experiment clearly proves the Breatharian philosophy that protein plays a significant role in the toxification of the body.

There are many more experiments being done every day to prove the relationship between eating and longevity, the results of which may be summed up by the saying: What you eat has a direct effect on how long you may live. It makes no difference if your body is telling you to eat these foods; your body has to a large extent been poisoned by these foods and by the Law of Adaptability craves them even more.

Other scientists dedicated to human health awareness have found that the foods or drink that are the hardest for man to give up are those that cause the body to make the greatest adjustment to endure them, and generally the ones that contain the most poisons. These foods are called allergies by some medical doctors.

There is a good way to find out what foods you are allergic to and how drastically they affect your feelings of wanting to eat uncontrollably. Place a dilution of a food under your tongue. That is the quickest way for it to be absorbed into the body via the blood stream. Wait five or ten minutes and study the feelings or reactions your body signals to you. In one of Wiley's experiments, he tried a test with grape juice, which is one of the cleansing drinks he recom-

mends (to be discussed in more detail later). It took only five minutes for his body to feel completely saturated with the drink and within ten minutes he wanted to sleep. This was the result of a detoxification taking place. Another time he tried to drink a glass of milk. Within minutes the reaction was much more severe. He felt nauseous followed by a craving to want to eat some kind of protein (anything at all). These are examples of what effects allergies can have on the body.

As Wiley Brooks continued to do different tests, he found that each type of substance gave him some kind of signal, demanding some sort of food to satisfy the cravings. An uncontrollable hunger developed just as an allergic reaction would cause some physical or mental symptom of distress.

You will find that if you can place yourself in an environment away from all foods which cause an allergic reaction, you will not only lose the craving to eat but will find the pounds coming off your body—thus solving the problem of obesity. Of course, this does not occur overnight. It is a process of becoming aware of your body and controlling it.

This theory is supported by many prominent physicians. Drs. Randolph and Herbert J. Rinkel of the University of Oklahoma Medical School wrote a book entitled *Food Allergy* in which they pointed out that food allergies and obesity are closely linked in a cause-and-effect relationship.

Dr. Arthur F. Coca, Professor of Clinical Medicine at Columbia University, in his book *The Pulse Test* pointed out that food allergies are an important cause of obesity. However, if we are to gain control of our own bodies, we must take the tests ourselves and listen to what our bodies dictate. Medical aid is all right in some cases, but when it comes to allergies only you will know which foods affect

you the strongest.

Remember also that environment is a major factor in controlling your eating. Have you ever walked into a flower shop to stop and smell the roses and suddenly become ravenous and dashed for the door? That, my friends, is a sure case of an allergy. The smell of the flower was all that was needed to start the chain reaction. So beware, even the household pet could be your problem!

Let us begin by thinking about some of the items that could trigger an attack. Perfume, alcohol, after-shave lotion, lipstick, cats, fresh newsprint, toothpaste, chewing gum, deodorants, cleaning products, gas fumes from the stove, car fumes, coffee, diet drinks, aspirin, vitamins, food coloring, and many, many more. You could probably add to the list yourself after your own testing. The point is that once you are aware of what is happening to you is an allergy attack, you can train yourself to react in a positive manner; that is, not eat.

There are other poisons out to get you also; large food companies add all kinds of chemicals to our processed foods. These chemicals can also be a trigger for your appetite button and cause a loss of control over your eating patterns. Here is a list of just a few culprits:

flavor enhancers
firming agents
enzymes
drying agents
dough strengtheners
pickling agents
emulsifiers
fumigants
nutritive supplements
propellants

texturizers
leavening agents
oxidizing and reducing agents
thickeners
color stabilizers and color-retentive agents
lubricants

However, being aware of allergic reactions can save you from a lot of frustration and problems. Just always remember to look at the relationship between what you put in your stomach and the possibility of being allergic to it. It will not always be easy since most people tend to experience withdrawal symptoms when they do not get the food to which they have been allergically addicted and as a result you may eat the food at any cost to your health. A sure way to get rid of the addiction is to fast. It not only reduces calories, therefore weight loss, but also promotes longevity and purifies the blood so that you can eliminate any allergy food addictions. Not only are allergy addictions detrimental to a higher health consciousness but also gluttony plays a detrimental role.

There have been laboratory experiments done on rats to prove the effects of over-eating. When rats are maintained on a very low calorie diet throughout their lives, they live far longer than their normally fed counterparts. Calorie restriction is one of only two experimental models, the other being reduction of body temperature, that has enabled scientists to extend maximum life span. All other life-prolonging regimens have lengthened only the middle period of life. It is not difficult to see from this data that to over-eat is to shorten your life.

Another possible benefit from less eating is to prevent cancer. Numerous animal studies have documented the tumor-inhibiting power of food restriction, thus eliminating one source of cancer growth.

Likewise, Marly J. Tucker of England has discovered that relatively slight food restriction can markedly reduce the incidence of malignant tumors in mice. In this experiment, two groups of forty mice each were allowed to eat as much as they wanted of a well-balanced diet, while two other groups of the same size were restricted to 5 and 4 grams of the diet per day respectively. At the age of eighteen months, the mice in the restricted group showed only eight tumors compared to fifty-five tumors in the unrestricted groups—a seven-fold reduction in tumor incidence.

The amount of food consumed by the unrestricted animals was 5.8 grams per day—not much more than the 5 grams per day given to one of the restricted groups. This implies that we might be able to protect ourselves against cancer by eating 14 percent less food. If scientists are taking notice of the values of less food intake, then certainly the public should make use of these discoveries to improve their health awareness.

Further studies have discovered that eating less improves fat metabolism. Food-restricted rats maintain a sleek, smooth appearance and active, alert behavior patterns characteristic of younger animals. Perhaps we too can achieve those benefits from food restriction.

Another scientist, Edward J. Masoro, has discovered that restricting food intake in rats substantially delays the age-related declines in the responsiveness of adipocytes (fat cells) to the hormones glucagon and adrenaline. Both of these hormones promote fat metabolism by releasing fat from adipocytes and carrying it to the blood for conversion into energy.

According to Masoro, food-restricted animals also maintain fewer and smaller fat cells in the tissues surrounding the kidneys, as well as lower serum lipid levels,

than normally fed animals. These and thousands of experiments by other scientists continue to prove the Breatharian theory that what a person consumes directly affects his health consciousness.

Experiments done directly with humans have found that human beings are an omnivorous species able to survive on a wide variety of foods. That does not necessarily imply that they are living to their optimum but merely surviving. Nonetheless, the diets that particular individuals or groups actually choose may be quite limited. Even today, many Eskimos eat little but great hunks of meat, yet return home after a day of seal hunting in the numbing cold with enough energy left for a night of partying. This tends to give a false sense of health. The detrimental effects of spontaneous food consumption have been overwhelmingly linked to premature aging.

One also has to wonder if food choices are linked to self-image and the way others regard us. For example, the prize-fighter eats raw meat with blood oozing from his lips; the perfect specimen of the macho man. A sky-diver in his eighties eats only wheat germ and black-strap molasses. A sure way to live longer? The practicing Breatharian is far too knowledgeable in food consumption to become a part of these fallacies.

The untrained public has a habit of putting people into classes of eaters. The Vegetarian, for example, has a list of most popular dishes: broccoli, quiche, avocado, sandwiches with bean sprouts and brown rice with snow peas. The Gourmet appeases his appetite with such items as fresh oyster, lobseter Newburg, Indonesian roast lamb and caviar. Then there is the Health Food Addict. His list of foods include granola with dried fruit, wheat germ, yogurt and carob cake. The Synthetic food group has such goodies as Lean Strips (processed bacon), Egg Beaters (processed

eggs), Carnation Instant Breakfast and Cheese Whiz. Not to forget the Fast Food Addicts. Their list includes Whoppers, Big Macs, Kentucky Fried Chicken, hot dogs and submarine sandwiches.

The above may not be highly significant except to prove the theory that people's food preferences correlate with their personalities. Most people will agree that they not only "know" which traits go with what foods but that they are able to characterize someone with a specific food preference.

The Vegetarian's self description would go something like this: Non-competitive, used drugs, serious, sexual, pacifist, drives foreign cars, artistic. His hobbies include crafts, ceramics, painting, sewing, jewelry making, jigsaw puzzles, collecting and folk dancing. His favorite foods would include broccoli, quiche, brown rice with snow peas, avocado sandwich with bean sprouts and eggplant parmigiana.

The Gourmet's self description would include: Used drugs, lives alone, liberal, atheist, cultured, sensual, self-oriented, sophisticated. His hobbies are glamour sports such as sailing, motorcycles, tennis and scuba diving. A tendency for fast living such as gambling, going to nightclubs and horse races make him the true gourmet. His favorite foods are fresh oysters, obster Newburg, caviar, freshly ground French-roasted coffee.

The Health Food Fan has a self description uniquely his own. He uses drugs, lives alone, anti-nuclear, democrat, pro-solar, drives foreign cars, atheist, hypochondriac.

The above information is based on an actual study conducted at one of our prominent universities. The study was done in the form of a questionnaire and, as absurd as it may seem, the results are actual documented proof. To us, it is proof that we do need help in overcoming our food

problems. That is what practicing Breatharianism is all about.

The magic that primitives saw in their food is not so different from the messages people today believe their eating habits convey.

To continue with the results of the study. The Fast Food Devotee's self description was religious, logical, conservative, "polyester," competitive, wears business suits, family oriented, and anti-drug. His hobbies include very little. His favorite foods are the Whopper, Kentucky Fried Chicken, hot dogs, Big Macs, milk shakes, submarine sandwiches and pizza.

The Synthetic Food user is logical, "polyester," religious, family-oriented, wears business suits, competitive, masculine, anti-drug and conservative. He has no specific hobbies. His favorite foods are squeeze Parkay (liquid margarine), Egg Beaters (processed eggs), Carnation Instant Breakfast, Lean Strips (artificial bacon), Cheeze Whiz (a cheese spread).

American food preference may stem from linking certain foods with special attributes such as red meat with status or sugar with self-reward. Nowhere but in America are such food traits so obvious. Therefore the symbolism of foods must be taken into account in trying to get people to change their eating habits. The Breatharian habit is the ultimate goal for a higher health consciousness and spiritual awareness.

Indiscriminate food combining has very harmful effects on the body. The most explosive example is that of Spontaneous Human Combustion. Larry E. Arnold, in an article on Human Fireballs, describes most vividly a real life story of just such a case. He tells it as follows:

> Bone-freezing fury had come early to north-central Pennsylvania in the winter of 1966, and Don

Gosnell bundled up warmly before beginning another week's work of reading gas meters in Coudersport. But more than record-low temperatures would soon send chills rushing through his body.

Around one o'clock he entered the home of Dr. J. Irving Bentley, shouting his customary greeting to the respected 92-year-old physician who had long served the community. Bentley normally replied, but this day—December 5—he did not. The meter reader descended to the basement, passing through light-blue smoke with an unusual odor—"something sweet," as he later described it—and discovered a pile of ashes in one corner of the earthen floor. A volunteer fireman, Gosnell instinctively scattered the mound with his boot and found no glowing embers. Above him loomed a 2-by-3-foot hole rimmed with the cherry-red hue of smoldering planking.

Upstairs again, Gosnell decided to look in on Dr. Bentley. He forever after wishes he hadn't. In the physician's bathroom Gosnell saw "a brown leg from the knee down—like that of a mannequin. . . . I didn't look further." He bolted from the house, yelling the understatement of the year: "Dr. Bentley burnt up."

To combust a cadavar is supposed to require prodigious quantities of heat and fuel. John J. Grenoble, a lecturer on cremation, says a corpse in a crematorium is subjected to 2,200 degrees Fahrenheit for 90 minutes, and then to 1,800 degrees for another 60 to 150 minutes. What comes out of the oven is not the proverbial dust and ashes, he adds, but "bone fragments that are then pulverized by hand and mortar and pestle." House fires, by comparison, generate temperatures not exceeding 1,500 degrees Fahrenheit.

Yet the blaze that made ashes of Dr. Bentley's body, save for half a leg and a knee joint that was precariously balanced atop a post in the basement, failed to melt the rubber tips of the legs of the walker used by the semi-invalid, even though the fierce flames should have melted its aluminum frame as it lay over the combusting corpse. And only inches away, paint on a bathtub failed to blister.

Spontaneous human combustion, or SHC, is the name given to the phenomenon whereby the human body apparently erupts in a blazing inferno without contacting an external fire; in some accounts the body is wholly reduced to ash while nearby combustibles escape unsinged.

There are several theories as to the cause of SHC. Some theories trace the problem of excess flammable body fat that is thought to burn like the tallow of a candle with the clothes acting as a wick. Other explanations have included some kind of natural "electric fluid" in the body that ignited combustible elements and "internal decomposition" leading to the formation of highly flammable substances. The buildup of phosphorus or carbonic oxide gas is thought to produce the "luminous flame" seen in some bodies undergoing SHC.

The more commercial theories explain that chlorinated dioxins found in samples of fossil-fueled power plants, vehicle mufflers, fireplaces, chimneys, cigarette smoke and portions of charcoal-broiled steaks are cause for combustion. The data show that myriad of initial pyrolysis products formed during combustion are jumbled at low concentrations in a sea of chemical reactions.

Thus anytime there is indiscriminate food combining there is always the possibility of "Spontaneous Human Combustion." Most people, once they have finished a meal, do not relate it with any other food intake for the rest of the day. In other words, "Out of sight, out of mind."

One must remember that the stomach "receives" the food and the body has to "retain" it. Long digestive processes involving an enormous amount of chemical changes must occur before the food is eliminated. Of course, most food eaters tend to want to increase the number of food items per meal instead of limiting it to one or two items.

The negative results that follow bad food combinations may be seen by the building up of gases as a result of chemical elements. Various food substances that do not combine well will form gases which will be absorbed by the blood and carried to the cells throughout the body. The harmful results of these poisonous gases, absorbed in this manner, are noticeable in their effect upon the nerve centers, thus causing a general feeling of lethargic or nervous exhaustion and fatigue.

In order to eliminate poisons from the system and to prevent the possibility of SHC, it is wise to abstain from food until the system has had a chance to eliminate such toxic substances. Here again the philosophy of Breatharianism becomes the route to better health by teaching people how to stop eating all the poisonous foods that are slowly but surely leading millions of people to an early grave. The Breatharian philosophy teaches you to continue to breathe in fresh air without the pollution of foods whereby your body will then return to its normal state, revitalized and with a vitality beyond that ever thought possible. To revitalize the body is to reawaken within the heart of every man an intuitive knowledge that can solve his individual problems and the problems of the world, totally eliminating all unnatural phenomenon such as SHC.

Chapter IV

The Breatharian— Breathe and Live Forever

The trials and tribulations of the practicing Breatharian who has to live in a society dominated by the "over-eating syndrome" can be very frustrating at times. More than 97 percent of the people in the western world live on lower consciousness levels, characterized by trying to find enough security, sex, "groovy" sensations, ego rushes, prestige, money, power and status. As a result, there are a lot of lives that are filled with worry, suspicion, anger, jealousy, resentment, shyness and fear. This chapter is for a very few people. It is for the few who, from all over the world, become many. It is for those beginning to feel that inner unrest, not yet satisfied by what the world has brought them. We do not mean for those who have not yet satisfied their material goals or felt that they have not paid their karmic dues from karmic pasts, but rather for those few who have felt that their mission in life has not been fulfilled and that their health consciousness must grow.

There are many friends who have said to me that they have had opportunities to be at the top of their profession but felt an inner urge to just let it pass. It is for these people

who are searching for that inner urge to find a new health consciousness that we will share the philosophy of Breatharianism. Since with the right knowledge and the proper know-how, this can be the beginning of a preparation for better health and to equip us for a spiritual life that does exist, if only now in our kingdom within. "Thou preparest a table for me in the presence of mine enemies." The enemies being food or man, we must learn to overcome them.

As described in Chapter I, there are many ways of life that make the Breatharian's a real challenge. What is important to remember is that it is necessary to plant the seed of desire for better health. Once the ideal is held in the mind, then it is conceived in the soul. Hold it there for a time until it is brought forth in perfect expression.

That perfect expression is then brought into reality by cleansing the body. One of the bginning steps to purifying the body in order that you can raise your health consciousness is to understand the nature of fruit, one of the harmonious foods. Most people regard fruit as secondary when they think of things to buy at the grocery store, when, in fact, fruit should be the number one item on the list. Why? Because it may save your life. Fresh fruit is known as sattvic food.

In Indian philosophy, food is expressed in different categories of lightness or heaviness and dryness or oiliness. It is a very simple theory that states that those foods which are fresh, whole, natural, of good quality yet mild, neither over- nor undercooked, are experienced as lending a calm alertness and at the same time a state of quiet energy. These foods are known as "Sattva" or "Sattvic Foods." They are said to "nourish the consciousness." They not only provide nourishment for the body, but they do not adversely affect the overall energy state. They add vitality to the total system by bringing a perfect, harmonious balance of

energy. They do not "pull" energy from the body, they do not "weigh" it down, they do not "make" it heavier; neither do they irritate it nor push it beyond its capacity. Rather, they provide a precise balance of nourishment and create no undue waste. These foods are the ones which are most likely to be experienced as sattvic. They are the ones which are likely to give the body lightness, alertness, energy and create a keener consciousness.

It is not surprising that fresh fruit is considered the ultimate sattvic food. Most people, including those in the medical profession, think that fruits cause too much acidity in the body. However, scientists have proven that when fruit is taken by itself and not mixed in a combination with other foods, it has an "alkaline" effect on the body and *not* an acid one. More and more people are discovering that disease bacteria cannot live in anything but acids and that the juices of fresh fruit cleanse these disease-breeding acids out of the body and preserve us from infection and diseases of all kinds.

In Matthew 15:8-9 is written: "These people honor me with their words, but their heart is really far away from me. It is no use for them to worship me, because they teach and live man-made rules and laws." This is a reminder to people that you cannot begin to live as a fruitarian unless you have your spirit or conscious thought on purifying your body. It is very well known that people who carry unhealthy thoughts and desires likewise impress disease and suffering on their bodies. You may hear that some people have tried to live on a fruit diet but could not; the reason is that they were not totally committed to what was in their hearts.

It may also help to know more about the chemistry of fruit in order to learn why fruit is a healthy food for our bodies. All fruits have an alkaline ash. Whether food is

alkaline or acid is determined by comparing the residue ash. If it contains more alkaline than acid mineral (i.e., if the minerals calcium, magnesium, pottasium and sodium predominate over chlorine, nitrogen sulphur and phosphorus), it will be classed alkaline. All grains, with the exception of millet, have an acid ash. Wheat and oats are the most acid.

Because fruit and vegetables contain citric, millic and other acids, they will have an acid pH reaction in digestion, but because of the high content of alkaline-forming minerals, their reactions are always alkaline in the bloodstream. This helps to neutralize the waste products of metabolism which are always acid. By doing so, our bodies become an even balance of alkaline and acidity, thus creating perfect harmony.

When you first begin to eat fruit you will find that you may become quite tired and irritable. That is because the body at that point is dumping tons of toxins into the bloodstream. A fruit diet will flush out most of the toxins which have not been removed on any previous diets. Wiley, therefore, recommends eating fruit as a cleansing medicine.

As a transition of returning to true Breatharianism, that of living on air, one will return to eating fruits. It will be amazing to most people that once they have adapted to the diet of fruits they will find themselves wanting only those foods that are most favorable to longevity and most harmonious with the laws of nature, those that are in accordance with the needs of the system and not in accordance with the habit of gluttony.

Remember that when man reaches his perfect state of health he will be in perfect harmony and will require no food.

In order to spread the knowledge of Breatharianism, Wiley Brooks has given many seminars. He finds people becoming very interested in his lifestyle, wanting to hear

about the "whys and hows" of the philosophy of Breatharianism and what the results and benefits are in relation to their own health consciousness.

Close friends who really love us seem to very quickly accustom themselves to eating fruit, especially when they see the great results of it and when they discover that it is quite simple for them to continue on this path of discovering healthier foods without any great losses to their personal goals in life. As their health begins to improve and as their world becomes more alive and exciting, they become the perfect examples of practicing Breatharians for others to follow.

As man becomes more aware of his bodily condition, he intuitively knows that it requires intelligent planning, renewed strength, and energy to retrace his steps back to physical perfection. He must know that premature starvation and deprivation of one's bodily needs will not lead to Breatharianism but instead to an early grave. Therefore, with the proper plan, perseverance and understanding, the end result can only be Breatharianism, perfect health and perfect harmony with his Creator. All are one and the same.

Different sectors of people around the world have their own problems and habits to overcome in preparing for Breatharianism. The Vegetarian, for example, has his own problems to face with the realization that most raw vegetables do have a harmful effect on the body. There have been studies done that link raw vegetable eating with drug addiction.

Other sectors of people must recognize what big businesses are doing to their foods. Man is exposed to thousands of natural and synthetic chemicals from a great number of environmental and nutritional sources. Many represent toxicological hazards and their interaction with man

may result in clear and readily definable dangers such as the possibility of acute poisonings, adverse effect on reproduction or other body functions and genetic effects (mutations). The potential significance to man of naturally occurring toxicants in foods may be equal to or greater than that of manmade chemicals and must not be overlooked when dealing with overall health. A perfect example of natural toxicants is found in parsnips. It was found that appreciable levels of psoralen, xanthotoxin and bergapten—three toxic chemicals for human exposure—are found in parsnips. Similar studies show the same toxins to be found in carrots and celery, vegetables related to the parsnip. Although the toxic effect does present toxicological risk to humans, the exact effect has not been studied, which in itself is amazing. Why isn't science interested in finding out what these vegetables are doing to us and our families?

The majority of vegetables supply nothing that cannot be derived in simpler and in better form from the fruit diet. Vegetables contain a large percentage of indigestible and fibrous material from which other foods are free.

Peas, beans and lentils are not good for consumption since they are largely made up of uric-acid producing material which can cause all sorts of acidic problems in the stomach. Many vegetables are simply very undigestible. For example, mushrooms, cabbages, brussel sprouts, cauliflower and broccoli all fall under this category. Asparagus, spinach and similar vegetables contain little nutriment and much waste, much like weeds. Lettuce contains a certain amount of opium and cucumbers are known for their great indigestibility. Carrots, beetroots, artichokes, turnips and parsnips are all hard to digest. Onions, leeks and garlics, thought of as very therapeutic for certain diseases, are very strong articles of food and it is doubtful they are intended for human consumption.

The majority of vegetables are simply undigestible. They are not proper foods for most people. They are very heavy foods which in turn lower one's vibrations, adding to sublimity of character traits and lowering of one's consciousness and energy level.

The Carnivorian, on the other hand, faces his own problems in returning to Breatharianism. Flesh eating and the over-rated need for protein consumption have led to many physical problems which in turn affect the spiritual growth. The philosophy of Breatharianism teaches that once you have cleaned out your body sufficiently, then the spiritual being is free to show forth. Certainly this is an accomplishment desired by all; if not consciously at first, subconsciously, since all humans are created perfectly in God's eyes and seek their own perfection.

Further detriments in seeking health perfection are government regulated additives. It is common knowledge that pesticides, DDT, hormones, antibiotics and tranquilizers are used in the production of edible meat. The millions of slayings of animals generally in an abhorrent manner has also been widely publicized. It all seems so unnecessary when one realizes that *no one* requires meat in order to survive. In fact, most people would be far better off if they *never* ate it. Diseased animals are slaughtered and sold to the public. Large chain restaurants import kangaroo meat and other undesirables to mix with beef products and sell it to the ignorant consumer. We should be beginning to realize that meat in itself is not a healthful food. Fatty meats are high in cholesterol. Persons who have colonic irrigations testify that meat particles have putrified in the colon and stick to walls like glue. This putrification speeds the metabolism and causes degenerate diseases, leading to premature death.

The Seventh-Day Adventists, of which Wiley Brooks'

family was a follower, supplied direct evidence supporting the low-animal protein diet. They do not eat meat for religious reasons and as a result have gained good health. Wiley Brooks' family and hundreds like them where he grew up enjoyed less coronary disease, a lower death rate from respiratory diseases, lower mortality rate from all causes, lower death rate from lung cancer and few dental problems, particularly among children.

There are also generations of people around the world who have enjoyed longevity due to their restriction of meat. The Hunza people, living in the Himalayas, survive to the ripe old ages of 100 and more by eating a diet consisting mainly of fresh fruits and grains and very few dairy products except for their easily accessible goat's milk.

Meat eaters also tend to be overweight. How does body weight affect life expectancy? The heaviest man in history, says the *Guinness Book of World Records,* is alleged to have weighed 1,132 pounds; he died at the age of thirty-four. The next heaviest man, whose case is fully documented, weighed 1,069 pounds and died at the age of thirty-two. The average weight of the nine heaviest persons of all time, including one woman, is 927 pounds; their average life expectancy, 39.3 years—about half that of adults in the general population.

There is no doubt that extreme obesity shortens the life span dramatically, not to speak of its negative effects on the quality of life. Fat people are at higher-than-normal risk for a variety of disorders including arteriosclerosis, hypertension, heart disease, stroke, cirrhosis, diabetes and most forms of cancer. They are also more likely to die in accidents or commit suicide than persons of normal weight.

As the health consciousness of people around the world rises, it will be possible to completely eliminate all disease from the face of the earth. Enough time has been spent

talking about a society dominated by the "over-eating syndrome." The balance of this chapter will deal with the real purpose of cleansing the blood, in order to eliminate all imperfections found in man. In Galations 5:17, we are told: "The desires of the flesh are against the Spirit and the desires of the Spirit are against the flesh." In other words, Breatharianism will not always be a comfortable change, but it will be a rewarding one. We must live with all types of people, including our loved ones, but not until we can look inside ourselves and find out who we really are can we have the freedom to live joyfully and let others do the same.

There are many articles and books written on spirituality, and there seems to be a great awakening and seeking for the truth. It is for the benefit of the people that have expressed a desire to learn more about that this chapter will discuss some of Wiley Brooks' revelations. He does not wish to start a new cult or religion. He only hopes to open a few doors to people in order that they may look inside and take from it what they wish.

Breatharianism did not begin with one person, but rather is a philosophy that has been in existence since the day religion was begun. To understand this we first must know when religion really began and whether it all started hand-in-hand with civilization. By religion, let me point out that I am not talking about "religion" as a creed, dogma or sect, or even superstition. That type of religion began not long ago, in relation to how long the earth has been in existence. What we do mean by religion is a true seeking of a philosophy of pure truth, a reverence for life itself; not something set apart to be worshipped from afar. On the contrary, religion is something that allows a true reverence for the sublime purity of God; something found deep within. That is why it is so important to purify the body so the door can open wide to experience life and spirituality like never

before. Before man-made rule and kings and emperors, the greatest reverence for the beauty of life and the natural birth of the pure soul shone forth. All of these things mattered and nothing more. There was no materiality, no hatred, no imperfection, only the true meaning of life.

Until we discover the real meaning of life, we all have a tendency to put limitations on ourselves. Our achievements, our love life, our creativity, every facet of life has a stopping point where we feel we do not have the intelligence to go on. How sad it is that we do not realize the truth about Divine Intelligence. Of course, some of us do, and we immediately classify these persons as "genius." We are all capable of so much more. Think for one moment about all the billions of cells that make up our bodies. Now realize that each single cell of the body is working in perfect harmony and accord. This is the "One Great Cosmic Mind" that we are a part of. Once we can feel the strength of being at one with the self-consciousness of the Universe, then nothing can keep us from the God-head of perfection.

How do we do that? As Jesus tells us, we must be "born again." It begins by raising ourselves out of the everyday rat race of today's way of life and begin to realize that we are slowly deteriorating from this way of life and are standing with one foot in the grave. We must leave the sense of limitation in which we have found our bodies. We must let go of all the materiality in our lives, including the monthly expenses, the membership at the local country club, the monthly payments on the new boat, the summer trip planned for this summer in Europe, and on and on and on.

All of these separate us from the life within. We are so busy with the life without that there is no time left for silence; the quiet time to discover what really is inside of us. It is time to stop thinking about religion as something external and separate from the rest of you and to *make it* your

life! Let us get up out of death of the internal . . . that is what is meant by resurrection. We must recognize life now for what it really is (not for what life has been)—that of omnipresent, omnipotent, omniscient; nowhere absent but always present in radiant expressive, expanding action. When we can truly feel this presence in the deepest parts of our hearts, we will know the meaning of loving all people as ourselves. For all are One and all are made free by this reawakening. And as each of us learns this life, all the world will feel its result. For it will begin to eliminate all fighting, wars, famine, hatred and fear. We will claim the riches which were given us when Jesus said, "We shall have dominion over all."

As we awaken to our rightful heritage, we shall realize that our bodies are so beautiful and so pure that no disease or discord of any kind may enter—that we are perfect beings. This is the true meaning of Transfiguration. It is at this point that the aging process is reversed. How can a perfect body have any deterioration of any kind? As soon as we can see this, no matter what our pasts have been, the white light of pure rays of energy will take on our bodies and we will be experiencing transfiguration, with bodies luminous and glowing. As each person receives this knowledge and begins to live it, it brings forth the Kingdom of God here on earth (not floating somewhere beyond the clouds). As acceptance of this belief grows, so does the God Kingdom.

This is the true body that humanity has always had, one of perfection. But the discovery of it has been lost through the ages by kings and rulers seeking power, thus destroying the truth of what really does exist. The subliminal advertising on televison and in the theaters; the movies depicting horror and destruction of the human race; these are the things destroying the perfect body—and we let it hap-

pen generally through our ignorance! But God tells us that ignorance is no excuse for the searching of the truth. "Seek and ye shall find, knock and the door shall open." This is not a new-age message but something that has been taught for centuries.

"It is the Father's good pleasure to give you the kingdom, and every man passeth into it." When we do pass into the kingdom to perfect life, the answer is "When the without is as the within," then our bodies are in perfect harmony.

We know that some people will read this and it will make a small impression on them. In fact, they may even think about it all night long, but by morning the thoughts will all be gone. Others will read this and think it is insanity, much as Jesus' teachings were scorned by some. But for those who read it and let it be absorbed into their deepest consciousness and come to realize their true identity, then it will be for the benfit of all. For, "All is One; one Spirit, one Body, The Great Lord Body of all humanity." As each individual reaches perfection, his energies radiate to other individuals ready to receive perfection.

Now that we realize that the Kingdom of God is within, let us look at the possibility of Hell's location. The devil, or Hell, has no special abiding place except in man's mortal mind. There are times when we look around and wonder if this is not Hell right where we stand, particularly in times of catastrophe or war. We must be able to separate God from any negative thing on this earth. When the devil does seem to make an appearance, we have to realize that it is man who gives him the power and it is man who gives him his location on earth. Without any thoughts of evil, there would be no devil. God rules all and is All; there is no place for any devil in God's perfect plan.

Society is so often filled with superstition, myth and

mystery. It is very necessary as one becomes more knowledgeable as to one's own self that one is able to throw off these bonds. Many people fall into the bond of materiality but that at least is not as holding as occult superstitions. The need for materiality will lesson as the spiritual consciousness takes over. But it is very necessary to let go of the superstitions of miracles, mysteries, pain, imperfection and inharmony. Once a person has clear vision, not clouded over by others around him, then he is ready for his Christhood. The body is no longer controlling the man but the man is controlling the body, the perfect practicing Breatharian.

You may wonder why all of this is so important. With the coming of a New Age it is necessary to be so together that no matter what catastrophe or sorrows come about, you will be able to realize that you cannot be affected by them. You then are ready to help others help themselves, and as each individual raises his consciousness, humanity is lifted one step higher until eventually it becomes the Kingdom of God (the New Age).

There is a real need to see the importance of raising vibrations all over the world. If, for example, someone is thinking of a war, these vibrations are sent out to the corresponding vibrations of other brains. These vibrations are then projected back and forth until the war is so fixed that it actually happens. That is why when you see an entire country engaged with thoughts of war it is very important to send love and positive vibrations to these people in order to stop the momentum of negative vibrations. It is necessary that any negative thoughts which enter the mind be stopped and not allowed to be fixed upon the brain cells so that positive vibrations can be projected. This is a very good reason to screen all television and movie pictures that your children watch, and you yourself for that matter, and

also be aware of fortune tellers and persons who predict the future. Those predictions, if they reach enough peoples' brain cells, can actually bring about a catastrophe. Similarly, major catastrophies can be prevented by raising peoples' consciousness. For those of you that never want to see another world war, you can help by sending peaceful and loving vibrations around the world. But in order to do so, you yourself must be in a perfect state of harmony and health awareness.

You can see by now that the Breatharian philosophy was not designed simply to satisfy someone's ego but rather to prepare people for the times ahead. It is not just about eating and staying young but rather it goes much deeper if you let it. It can be the beginning of a whole new life and world around you. It can raise your spiritual consciousness to perfect harmony with your Creator.

We spend much of our lives trying to build a certain kind of life around us. There is a particular philosopher who once said, "Despising everything else, a wise man should strive after a knowledge of self, for there is no knowledge that is higher, or that brings more satisfaction of power, than a knowledge of his own being." Those desires in life would mean nothing if the person's soul was lost. One must always be aware that we are not only physical beings but also spirit and soul. We, in our ignorance, have a tendency to feed upon the physical, but in order to attain our perfect selves, we must learn to dwell on the spiritual until it opens a new path for us to take.

There is one very evident proof that man is not living according to the laws of Nature, and that is the process of aging. Since scientists have already proven that the body has the ability to replace itself every seven years, why does the body begin to deteriorate? Again the fault lands on man himself. From a very young age he begins to treat his body

with little concern for his life fluids. As they begin to dissipate, the body begins to show signs of aging. Life continues on until there is little left but the shell of a former self. That is what is so sad; all the bodies walking around with most of the life gone from them.

Assume that the person preserved his vital life fluids and took care of his body. That would mean that his body is not clogged up with tons of toxins and hardened decay. It is then possible for the body to replace its cells with new ones whenever needed. There would be no hindrance to the process. At that point, that individual would be able to experience old, old age far beyond that thought possible and without the decomposition of the body parts. That is why it is possible to be fifty years old and yet look twenty years old. That is the principle on which Breatharianism is based. Once you have control of the body and its aging process, you will have the freedom to see that the Spiritual Body is the one that has all the real life forces of Love, Life and Wisdom. Once you truly feel that, nothing can harm you, for you will have the Divine Spirit.

We are sure you have noticed that most people turn to God after some great tragedy or loss has occurred to them —be it physical or material. Usually through losing, man soon learns that the fall of the personal marks the ascent of the spiritual. It has been said, "If you separate yourself from God in thought, you will also separate yourself from him in manifestation." It is not some miracle that will bring you into God's world but rather it is the application of exact scientific principles. You must form the Ideal and then let it manifest through you. Too many of us form the Idol and worship false things.

What we are saying is this: Do not worry if you have not achieved all of the material things in your life, for they make no difference. The main thing to be concerned with is

the development of that much greater presence which grows forth from within. For once that has full growth and is being expressed without, then you can claim all the riches of the world as promised by the Father. Do not be so satisfied to sit back and let each day mundanely pass you by. There is a great discovery that you could be experiencing right now. Just let go of all the old superstitions and fears and let the new feelings take their course. Because as each person receives his spiritual freedom that brings the entire universe closer to the New Age.

There seems to be one large problem that most people have when it comes to dealing with their enemies. We are constantly reading in the newspapers of killings, rapes, beatings and many more offensive occurrences and it is hard to treat the people responsible for these acts as our brothers. We think that it is up to God to forgive their sins. We must realize that God has nothing to do with sins, inharmony or sickness. Man has created these problems, and it is up to him to end them or forgive them. Disease is only a result of sin, and forgiveness is an important factor in healing. Once we can forgive all people and not place them in judgment, then the way is free for all beings to realize their inner strengths.

You may wonder why some people are worse off than others. That is answered quite simply by the degree of growth of their soul. You can send many people loving and enlightened thoughts, but unless they are ready to receive them openly those thoughts will simply rebound off of them. All we can do is continue to send love to all people regardless of their growth or level of consciousness. It is very necessary to do this since all of these vibrations will rebound back to us fourfold in strength and will continue to build our level of consciousness. In other words, you get what you give.

You may think that it takes a lot of will power to start on the path to Breatharianism, but let me reassure you that all it takes is divine understanding. Jesus told us that, "You shall know the Truth and Truth shall make you free." So do not look at this as starting a new diet or trying to quit smoking and set all kinds of limitations for yourself, but rather see it as what it really is. Simply stated, all we have to do is realize that we are not mere physical beings living within all of the laws of life but rather we are spiritual beings free from all limitations, and we possess the strength of divinity. As one learns to express only the good, then only the good can come back to one.

Silence is not very often found as part of today's lifestyles. Yet it will become very necessary to learn to find that silence. Why? Because silence is power. God said, "Be still and know that I am God." Most homes are filled with noises ranging from the blast of the television to the din of the stereo. There will come a time when you will have to seek for that inner silence. God cannot be found amongst all that outer confusion, certainly not in the beginning stages of growth. To find the inner silence is to find the power of God. To make this inner contact is to become one with God.

There will be days when you feel unworthy of the smallest blessings, but try to remember one thing: Just like a seed that does not show forth its true beauty until it has blossomed forth, man will not show forth his true expression until all things are prepared for the perfect expression. Once we learn to let God express Himself through us in the perfect image and not interfere with our own expressions, we will know the true blossoming of the flower.

The biggest realization one will have as one grows stronger is that Love will become the driving force. There is no greater force that carries more healing vibrations than

that of Divine Love. If you doubt these words, take a few minutes to hug your child, your husband, or relative, and watch their faces as their eyes light up to the response of love. Hug anyone on the street and feel them respond to those warm vibrations. There is no human or beast on this earth that does not know the feeling of love. We all have an abundance of love, yet so little of it flows out to the universe. There must be some measure of insecurity or fear within us all or else our love expressions could cure all inharmony, sorrow, and infirmity of mankind. Until we can open the human heart, can we feel the true prosperity of the world?

Breathe these thoughts with every breath. Feel these words with every heartbeat. And with each step you will become stronger. Do not hesitate. Do not look to others for confirmation, because "they know not what you do." Just look straight ahead and you will find your illumination. At that point in your life there will be a joy like you never thought possible. There comes a time in everyone's life when they realize they must quit drifting or wandering without any expression of life. We cannot live our lives for other people nor can we let ourselves live theirs for us. We must find our ideal and work for that purpose. If you are satisfied with everything, then you are going nowhere. If you are seeking to fulfill a desire, you will find a way to attain it. This will enable you to keep on growing, rising above old limitations until you realize that what the Father has done so can the Son.

It is very important to remember that as you grow it will be necessary to let go of all the old lessons in life. Forget all the bad memories. It is important to remember only the good. This is true since every thought can present a picture. Growth cannot go upward when one is thinking downward. So let all the hateful or fearful memories go. Center all your

thoughts on the necessary or essential. In this manner you can create love for the "ideal." Love makes the "ideal" come true.

You have heard of the expression, "What goes up must come down." Similarly what thoughts you send out, be they good or bad, certainly return to you. Thoughts that are perfect will produce perfection; thoughts that are imperfect will produce imperfection. Just take one complete day and concentrate on every thought you have that day. In fact, write them down. At the end of the day read them back to yourself, in privacy, out loud. Now, how many imperfect thoughts will you have coming back to you as the result of just one day? If that doesn't shake you into reality, try it for a second day. You will be amazed at all of the negative mish-mash that passes through your mind at any given moment. The only way to stop it is to consciously be more aware. Then your "Days of Judgment" will become more good than evil in a very short period of time.

The perfect thought to end this chapter comes from "The Essene Gospel of Peace," The Angel of Life.

Be not ungrateful to thy Creator,
for he hath given thee Life.
Seek not the law in thy scriptures, for the law is Life,
Whereas the scriptures are only words.
I tell thee truly,
Moses received not his laws from God in writing,
But through the living word.
The law is living word of living God
To living prophets for living men.
In everything that is life is the law written.
It is found in the grass, in the trees,
In the river, in the mountains, in the birds of heaven,
In the forest creatures and the fishes of the sea;
But it is found chiefly in thyselves.

All living things are nearer to God
Than the scriptures which are without life.
God so made life and all living things
That they might be the everliving word
Teach the laws of the Heavenly Father
and the Earthly Mother
To the sons of men.
God wrote not the laws in the pages of books,
But in thy heart and in thy spirit.
They are in thy breath, thy blood, thy bone;
In thy flesh, thine eyes, thine ears,
And in every little part of thy body.
They are present in the air, in the water,
In the earth, in the plants, in the sunbeams,
In the depths and in the heights.
They all speak to thee
That thou mayest understand the tongue and the will
Of the living God.
The scriptures are the works of man,
But life and all its hosts are the work of God.
First, O Great Creator
And thou didst reveal the Heavenly Laws
Thou gavest unto us understanding
From thine own mind,
And thou madst our bodily life.
We are grateful, Heavenly Father,
For all thy manifold gifts of life;
For the precious things of heaven, for the dew,
For the precious fruits brought forth by the sun,
For the precious things put forth by the moon,
For the great things of the ancient mountains,
For the precious things of the lasting hills,
And for the precious things of the earth.
We are grateful, Heavenly Father,

For the vigor of health, health of the body,
Wise, bright and clear-eyed, with swiftness of foot,
Quick hearing of the ears, strength of the arms
And eye-sight of the eagle.
For all the manifold gifts of Life,
We do worship the Fire of Life,
And the Holy Light of the Heavenly Order.
We do worship the Fire,
The good and the friendly,
The Fire of life!
The most beneficial and the most helpful,
The Fire of Life!
The most supporting, the most bountiful,
That Fire which is the House of the Lord!
Behold now the Child of Light
Who doth commune with the Angel of Life;
Lo now, his strength is in his loins,
And his force is in the muscles of his chest.
He moveth his legs like a cedar;
The sinews of his thighs are knit together.
His bones are as tubes of brass,
His limbs are like bars of iron.
He doth eat at the table of the Earthly Mother,
The grass of the field and the waters of the stream
Do nourish him;
Surely the mountains bring his food forth.
Blessed is his strength and beauty
For he doth serve the Law;
A Sanctuary of the Holy Spirit
Is the body in which the Fire of Life
Doth burn with eternal Light.
We thank thee, Heavenly Father,
For thou has put us at a source of running streams,
At a living spring in a land of drought,

Watering an eternal garden of wonders,
The Tree of Life, mystery of mysteries,
Growing everlasting branches for eternal planting
To sink their roots into the stream of Life
From an eternal source.



People today are jogging, working out and dressing well. Everyone wants to look and feel their very best. Wiley Brooks is no exception. He lives on the controversial "Breatharian diet."

Chapter V

The Last Diet You'll Ever Need

This chapter talks about the transitional diet and the steps necessary to become a practicing Breatharian.

Let us state once again what a Breatharian is by describing the philosophy of Breatharianism. This philosophy teaches that when man reaches his perfect state of health and natural being, he will be in perfect harmony with his Creator and require no food.

All of us when we begin our life here on earth are ruled by the same laws of Creation, but we do not all abide with them and thus become out of harmony with them. In Wiley Brooks' experience with people, he feels that the human diet has been the largest obstacle to raising man's higher consciousness.

Much of the food that we eat is poison, as has been stated in earlier chapters. With these substances entering our bodies at least three times a day, it is virtually impossible to have clean blood. It is the blood that is the lifeline of the body. With the influence of continuous toxins throughout our systems, how can we possibly obtain the perfect state of health which in turn will lead us to perfect

harmony with the Universe?

It is for this reason that Wiley Brooks would like to share the transitional diet with those few who wish to change their present way of life. This is not medical advice, and he does not prescribe medicine. It is only his hope that this can be the beginning of a preparation for equipping us for a life far beyond what is thought possible now. With the right knowledge and the proper know-how we can become anything we want. "Whosoever will, let him come and drink deeply of the waters of pure life."

This diet does not have any relation to nutrition, so anyone trying to break it down to make nutritional sense will fail. The basis of the diet comes from the Yogic theory that energy is all things and God is life (or energy). These energies are found everywhere—from the smallest vibrating atom to the vastness of the galaxy. All is energy.

Man's body is a concentration of energy, and the source of this energy comes through the chakras or force centers, the true life-sustaining source. The diet is designed to start the processes of de-toxification within the body. This diet contains only yellow food vibrations that are designed to cleanse and detoxify the body. This theory makes each man his own best physician. So those who care to explore the possibility of good health eternally should read on.

Transitional Diet

1. Chamomile tea, lemonade, white miso soup.
2. Lemons, grapefruits, papayas, green apples.
3. Corn, corn tortillas, popcorn, corn-oil.
4. Eggs.
5. Chicken.
6. Butter (real only).
7. Mustard.
8. Salsa picante, jalapeno.

9. Fish—no shellfish.
10. White and brown rice—no wild rice.
11. Oat meal and millet.
12. Ice cream, Haagen Dazs: rum raisin, carob, honey.
13. Maple syrup or honey.
14. Bread—Essene sprouted seed bread—plain.

Important Notice: Take colonic irrigations once per week if possible since de-toxification maintains a strong defense against disease. Do not drink water alone. Use only in lemonade or mixed with fruit juices. Do not sleep facing any direction except north. Head will be north and feet to the south when lying on the back. Meditate facing east only. To be in harmony with the energy currents of the earth, eat no other foods while on this diet (very important).

It is of utmost importance to follow the yellow foods diet for as long as your body tells you to. There is no set period of time to be on it. For some, two weeks will suffice; for others, several months may be necessary. Just listen to your inner self and it will tell you when to switch to the fruit diet, which is the next step of de-toxification.

Fruit Diet

Fruit for gaining weight:

1. Figs, dried, fresh.
2. Apricots, dried.
3. Peaches, fresh or dried.
4. Avocados.
5. Dates.
6. Logan.
7. Granadilla.
8. Plums, damson, and prune type.
9. Guava.

Fruit for losing weight:

1. Tangelo juice.
2. Tamarind.
3. Nectarines.
4. Apricots, fresh.
5. Mangos.
6. Quince.
7. Jack fruit.
8. Jujube, fresh.
9. Kumquat.
10. Loquat.

10. Cherimoya.
11. Scarlet haw.
12. Jujube, dried.
13. Mango.
14. Oranges.
11. Lychee, fresh or dried.
12. Mamey.
13. Paw-paw.

Fruits that are neutral:

1. Pear, fresh.
2. Orange juice.

Important Notice: Drink only distilled water or fresh, clean water. Foods and juices should be at room temperature when taken.

The following pages have tested recipes from various people who have been on the diet. They are only suggestions until you yourself will discover how best to eat these foods. The important thing to remember is not what you are eating but rather the main purpose of why you are eating these foods. Cleanse the body and you will have the freedom to choose your direction in life. No catastrophe or food shortages can then affect you, since your body will be completely self-supporting.

Recipes

CHICKEN A LA MISO

6 pieces of chicken (breasts, thighs or legs)
1 heaping tablespoon of miso paste
1 level tablespoon of salsa picante

Cook the chicken in a frying pan lightly greased with corn oil. Brown on both sides for 10 minutes. Cover both sides of the chicken with the miso paste and the salsa picante. Cover the pan and let simmer on low heat for 40 minutes. Serve over rice or plain.

HONEY CHICKEN

6 pieces of chicken (breats, thighs or legs)
2 tablespoons honey
¼ fresh lemon

Cook the chicken in a frying pan lightly greased with corn oil. Brown on both sides for 10 minutes. Pour the honey and lemon over the chicken and cover the pan and let simmer on low heat for 40 minutes. Serve over rice or with fresh corn.

SCRAMBLED EGGS A LA MISO
(For Two People)

4 large eggs
¼ cup distilled water
1 heaping tablespoon miso

Crack the eggs in a mixing bowl. Add the water and beat for 1 minute. Add the miso and let sit for 2 minutes until the miso has partially dissolved in the egg mixture. Heat a frying pan greased with real butter. Add the egg mixture and cook over medium heat until the egg is beginning to gel. Stir with a fork to keep from sticking. When all of the moisture is just out of the eggs, they are ready to eat. Don't overcook the eggs.

SCALLOP OMELET
(For 1 Person)

6 large fresh scallops
2 large eggs
¼ cup distilled water
½ teaspoon salsa picante (optional)

Crack the eggs in a mixing bowl. Add the water and beat for 1 minute. Heat a frying pan greased with real butter. Add the scallops to the warm pan. Let simmer for 2

minutes. Add the egg mixture and let cook over medium heat for 2 minutes or until the eggs begin to stiffen. Add the salsa picante for a more tangy flavor. Cover the pan and let cook until you can flip one side of the omelet over the scallops. Simmer for 1 minute longer and serve warm.

FRENCH TOAST
(For 2 People)

2 large eggs
2 thinly sliced pieces of Essene bread, plain

Crack the eggs into a mixing bowl and beat. Pour onto a plate. Put the slices of bread on top of the egg mixture and let it soak into the bread. Be sure both sides are saturated with the mixture. Heat a frying pan greased with butter. Put the bread into the frying pan. Cook lightly on both sides until the egg mixture is firm. Remove from the pan and cover with corn syrup to taste.

RICE 'N ICE CREAM

Cook a large pot of white or brown rice
Haagen Dazs Ice Cream: rum raisin, honey or carob

Simmer the rice until it is cooked. While still warm, add the ice cream on top of the rice. Good as a main meal.

GREEN APPLE LEMONADE

20 green apples
1 lemon

Use a centrifugal or rotary juicer to juice the apples. Add a small amount of lemon to taste. It will be necessary to strain the liquid in order to remove some of the pulp matter from the liquid. 20 apples will make about a gallon of juice. It is important to drink the juice in a short period of time

since the apple is no longer protected from oxidation and tends to lose its beneficial properties fairly quickly.

LEMONADE

1 gallon distilled water
1 lemon

Squeeze the fresh lemon juice into the distilled water to taste. Drink all liquids at room temperature.

APPLE TORTILLAS

4 corn tortillas
2 large peeled green apples

Cut the apples into small slices and pile onto the tortillas. Wrap the tortillas around the apple and put on a baking sheet. Cook in the oven at 350 °F for 10 minutes or until the apples are soft.

SWORDFISH FILLET
(For 2 People)

1 large swordfish fillet (fresh)
¼ teaspoon mustard

Prick holes in the fillets with a fork. Spread the mustard generously over both sides of the fish fillets. Heat a frying pan greased with real butter. Brown both sides of the fish until tender. Serve with a ¼ wedge of fresh lemon.

Since Wiley Brooks began lecturing to large groups of people, he has had several persons call back months later to express their feelings and results of the diet. For the next few pages these people explain thier experiences with the diet as they were told to Wiley Brooks.

Ron: During my early life, I felt that I ex-

perienced the typical routine events as most people know them. I lived in New York for fifteen years followed by another fifteen years in Minneapolis. That's where I followed the usual pattern of getting married and shortly after was the father of two children. However, later as they were reaching their preteens, I began to feel a strong urge to move to Denver, Colorado, area. It was not an easy transition since my family did not feel the same energy as I. But in one of my stronger moments I packed up my bags and headed west until I reached Denver. My family, after a few months of reasoning, followed after.

I have been a welder in chemical plants for twelve years; not a likely place for someone to discover the idealism of Breatharianism. But for me, that was exactly where I decided to search for more information about cleansing the body and eventually living on air. Up to this point I considered my diet to be relatively healthy, meaning that I did not indulge in some of the more poisonous foods such as alcohol or rich, sugary foods. I ate mostly meats and vegetables.

From that stage I began the Yellow Foods Diet. During the detoxification period, I felt various areas of my body were going through a cleansing. For example, I began to have a lot of mucous that I was spitting up for three or four days. My eyes began to bother me slightly like there was a coating of gravel on the eyelids plus my eyes tended to become very bloodshot. Luckily I realized that these were signs of purification so I did not panic and stop the diet. After the fourth week I began to feel my energy level increase. Prior to the diet, I did have occasional

times throughout the day when I felt very sluggish and low on energy, to the point that when I went home for the evening it was very difficult for me to enjoy my family or to have the patience and evenness of temperament to be able to deal with any family problems. Being a religious man, this was very difficult for me to face. But as my energy level increased, my awareness of all problems improved and I was able to cope with all the daily crises at work and yet come home and want to be involved with all of the family situations.

By the sixth week, I felt that it was time for me to try the fruit diet since the foods that I was eating began to feel very heavy and I felt like I just didn't need them anymore. In the beginning the transition was tough. For one thing, all the old cravings that I used to have for things like doughnuts and pizza began to become large as life. It was at that time I decided to try one of my old favorites, chocolate doughnuts. Immediately after I ate the doughnut I began to feel slightly light-headed as if drugged and also became very sleepy. I was amazed at how I could feel the poisons circulating in my body. My stomach felt very full and heavy as if a rock was sitting in there. It was at that moment I realized that food was killing me.

I now eat four or five pieces of fruit per day. I am struggling with the fact that I should eat only when I'm really hungry and not just out of habit. Since on just the fruit, my energy level has increased slightly. My hunger pangs come in spurts and when that does happen I simply alleviate it by eating something on the Yellow Food List. Then the craving is gone, and I have done relatively little harm to my body.

It was also very important to me that I did not lose too much weight. Since I was not a very heavy person in the first place, I had decided that I would start the diet and if I seemed to begin to lose too much weight or begin to feel any deficiencies I would start to eat in my old ways again. But I am more than pleased to state that since the beginning I have lost only ten pounds and those seemed to have come off in all the right places, so I am not complaining. In fact, I love to snow-ski and since the weight loss and enegy increase, I have been able to enjoy that sport a lot more.

If I touch any high protein foods, such as nuts, I begin to feel all clogged up and my energy level takes a nosedive.

Up until now I was never a man that felt real strong in my convictions except for the fact that I knew I was here for some reason other than to just let life pass by without somehow growing to a stage where life was more than just reaching material goals. I now believe it is necessary for man to return to his original way of life. A life free of all the hate, dissention, chaos and destructive conditions man has created in his environment. I want to strive to become as pure as possible so that I can expand my conscious and subconscious levels of thinking. To me Breatharianism is possible if we center our energies and apply the newly learned knowledge which is taking us into the "Golden Age." This is the only task that has any meaning in our time.

Dana: I have spent most of my life expressing my thoughts and emotions by the things that I ate. For example, in the morning I would begin the day with

a black cup of coffee just to "get me going." Being a secretary, I would take my regular morning break with a chocolate bar from the candy machine which made me feel very content and able to continue on with the rest of the day's boredom and stressful conditions. Aside from working full time, I also went to school at night, taking chemistry courses at Colorado University. So my life was exceedingly busy including a relationship with a guy that was on a destruction course and I could sense it. The only thoughts that I had on that were that I was not going to join him on his downward spiral. It was at that time I heard about the Yellow Food Diet and decided, what did I have to lose? I was also taking five allergy shots a week to stop the linings in my nose from drying up and to alleviate the never-ending itching in my nose. My eyes were watering pretty regularly and I was feeling poorly in general.

So I started on the diet and immediately stopped all of the allergy shots. Much to my amazement I was able to get through the day wthout the need of a shot. My coffee breaks became fruit breaks and my lunch hour became an invigorating walk around around a nearby lake. That's where the meaning of "breath of life" became very real for me. After two months on the diet with nothing but improvements in all areas including my own mental stability and feeling of self-assuredness, I decided it was time to try the fruit diet. And I needed to simplify things even more, because the more simple things are the easier it is to live.

While on this segment of the diet, a number of things occurred in my life that could have caused great stress for me. My car was totaled in a wreck. I

> came out of it in fairly good condition, only a few aches and pains, but at that time my energy level was staying very balanced and I felt no great stress in my new predicament of not having a car. This time of cleansing out for me has been and is (for it is still happening) a fine and enlightening experience. It has made me realize that I have to be Master of my own life. No one else can do it for me. The physical changes are remarkable, but they were only the tools which lead to all other awakenings. I can now justify why I needed to live and can be prepared to be different and to live a lifestyle that is "different" without any social stigmas. I am planning on staying on this diet for as long as necessary, for now I am able to live each moment of the eternal.

Sarah, age 82, and Catherine, age 79: The Bryant sisters are not at all what you would call at an experimental age.

But here they are, sitting on a couch in Boulder with this guy who calls himself a Breatharian, telling how they packed up their bags in Chula Vista, California, and came east to follow his philosophy of life.

It isn't so out of step with the rest of their lives, they say; they've always been willing to try new things. They and their parents were vegetarians back in the 20s and 30s, for example.

When they met up with Wiley Brooks, not so very long ago, they were ripe for his message.

"We ran across Wiley in California, and so we decided to go see him, this Breatharian," related Sarah. "We had heard of Breatharians," she said, "but we never had no chance to see one."

So they went to his lecture, talked with him another two hours, and "he convinced us," she said.

"I really didn't want to get old . . . I was looking for something to renew me. Wiley was sayin' these things, and I liked to hear them," she said. "So I figured I just as well make a change. We started on that diet of his."

That diet would be what Brooks calls his transitional diet to Breatharianism; it is heavy on fruits, juices and some dried foods. Sarah noticed instant results: "I got so much better. I felt better physically and mentally."

Catherine—who is the quiet one of the two and rolls her eyes a lot when her sister launches into a soliloquy—had been on a wheat grass juice diet, aftering reading that it would do wondrous things for her health. After she started on Brooks' transitional diet, she was walking one day and noticed her left ankle turning dark and becoming scaly. She interpreted that as a sign that the diet was cleansing the wheat grass juice from her system, and she became a believer.

This was about the time Brooks was hearing voices urging him to move to Boulder. "I'd always wanted to be in mountainous country," said Sarah, and so when he mentioned he was going to Colorado, the sisters decided to follow.

So now they all share a house in Boulder, and the Bryants firmly believe they, too, will become breatharians and live off the air of the land.

The two get up at five o'clock in the morning every day, walk a lot, and Brooks says they could "outmaneuver and outwork any young person."

A quick inspection of their kitchen shows that it is a normal kitchen without the normal stashes of food. The refrigerator stocks mainly fruit, some juice, some figs. There aren't any canned or packaged goods in the cupboards. There is a blender, a juicer, some pans. On a recent day, they previewed lunch: a mango for Sarah, some steamed

figs for Catherine.

Sarah spent her working years involved in church schools; Catherine did stenographic work. Sarah once was married, no children; Catherine has been single.

And now they want to be Breatharians.

"Yes," her friends thought, "I was off in the head," said Sarah, "but I really don't care what they think."

Lisa: I have always felt in life that there were no short-cuts to a particular way of eating. It was something that you needed discipline for. So in my early teens I began to rebel at the table and would not eat any meat. To me, it made my body feel heavy and I could not see any sense for it. So by eighteen I was very independent about the food that I ate. I stuck mainly to vegetables and dairy products. But being a student with strong study habits, I began to drink coffee to stay "awake" late into the night. In fact, most nights I slept only four or five hours. I did notice in my studies that most photos that I had seen of fruitarians seemed much more vibrant than those of persons into macrobiotics and other food regimes. I then read an article that stated all dairy products to be too mucous-forming in the body. That lead to the end of my eating yogurt and cheese since I was striving to become as healthy as my knowledge permitted at that time. My general health was good, but I had a haunting feeling that kept telling me there had to be more. That was the beginning of the Yellow Food Diet. It was not a hard transition for me except for the coffee habit which I continued. It was not until three weeks later that I finally began to lose my craving for coffee. I then began to feel totally detached from the caffeine so at that stage I gave it up.

I decided to remain on the diet for several more weeks time since I knew my body was going through a cleansing process of eliminating all the caffeine that I had subjected my body to over a few years. I also began to feel soreness on the top of my feet and around my knees. I interpreted that to be the cleansing process and just kept on with my daily routines. My energy level seemed to be balancing out and I began to feel no real highs or lows in my energy level. I tried very hard to observe the rules of better eating and living. I tried very hard to understand; by purchasing books on better living, foods and other spiritual books. Still this did not give me the complete knowledge of the whole truthful spectrum that is needed to know and further revise the body's functions by eliminating all toxins.

After two more weeks I began to feel that my body was not benefiting from it so I went to the fruit diet. I did it rather dramatically by switching overnight to just fruits. But for me it was the only way that I could completely detach myself from the other foods. I began to eliminate the fruits that just did not sit right in my system. It was very apparent reactions that told me which of the fruits were for me. The oranges and figs became my main staple. It was easy for me to maintain my weight on just three oranges a day plus a few figs for added enjoyment. I began to realize that to stay on the diet was directly related to my mind and how I viewed things. For some of my friends it was not easy, since they did not have the same beliefs and goals as I did. After talking to them about their problems, it was apparent to me that if the mind starts thinking really negative thoughts your level of thinking drops to a

lower vibration. It has been proven that if you start thinking really negative your body produces acid throughout your entire system. So in order to be into the diet all the way, it is necessary to be positive not only with your thoughts but with all the people that you come in contact with. When people start thinking negatively, they begin to crave food and that's what leads to the whole problem of staying on the diet religiously.

Being on the fruit diet exclusively, life had begun to take on new meaning. My body began to become even more sensitive to the power that my mind had over it. I was sleeping less and less, my energy level was growing in leaps and bounds, while my emotional balance was never changing, always constant. I did not suffer any types of inbalance or remorse. In fact, on the contrary, I began to lose any detachment to food. I felt better and better each day. I knew that as long as I did not dwell on any old habits, I would never be lowered to a negative level again. And to me, that's having control of your life.

The Bible has testimonials of its own:

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any . . . defile the Temple of God [that person] shall God destroy; for the temple of God is holy, which temple ye are?" —1 Cor 3:16

"I tell you truly, should you fail to keep but one only of all these laws, should you harm but one only of all your body's members, you shall be utterly lost in your grievous sickness, and there shall be weeping and gnashing of teeth. I tell you, unless you follow the laws of your Mother, you can in no wise escape

> death. . . . She shall heal all . . . plagues, and you shall never become sick. She gives . . . long life, and protects you from all afflictions: from fire, from water, and from the bite of the venomous serpent."
>
> —Essene Gospel of Peace

And so end the stories of many persons who have decided to take control of their bodies; they are only a small representation of the millions of others who would likewise wish to do the same. These persons are well on their way to become practicing Breatharians. The real reason that more people are not already at that level lies not in our bodies but in our conduct and habits that we so ignorantly hold onto.

Take a minute to read down this checklist of signs that could lead to disease and digest the results for a moment to see if you too could learn to love all things, including yourself:

1. Work: Things one comes in contact with: chemicals, ventilation, tobacco smoke, noise, physical activity and social setting.
2. Bath: Do you use too hot baths? How frequently? Steam? Salt?
3. Exercise: How often? Strenuous, infrequent exercise can be dangerous. Yoga, gardening, swimming and walks are better for health. What sort of posture?
4. Diet: What is the main food that you live on? Is it properly prepared, combined and balanced for physical needs (Yellow Food Diet)? Is there time for mastication and mental rest after the meal? What are the cooking utensils made from (best is porcelain or glass)? How much seasoning or salt? What kind of water is used? Is it distilled? Are there daily bowel movements or

regular colonic irrigations?

5. Sleep: Is the room dust-free, well ventilated, warm, silent? Electric blanket, detergents and strong chemicals in blankets can be harmful. Ionized blankets or an electric ionizer can be helpful. Direction of sleep can be beneficial. The ideal way is with the head pointing north and the feet pointing south. Does one meditate or rest during the day? Does one relax before going to sleep? What sort of activity is pursued for relaxation?
6. Clothing: Does coloring run on skin? Is the clothing too warm and confining? Can the skin breathe through it? Does it restrict circulation? Is it the right color for healing and personality?
7. Light: Is kerosene or gas light used (can be very harmful)? Do you get adequate sunshine and fresh air every day?
8. Mental: Find out what factors influence happiness and anxiety, produce worries, bad temper. Do you relate well with family and friends?
9. Environment: How bad is air pollution in the area? Is there a nuclear power plant in the vicinity? Is the home located in the country, airport or heavily traveled roads? Is the house heated by gas? Is it being filled with fumes from a pilot light? Is the ventilation adequate? How many hours daily exposure on television radiations? Is it a color set?
10. Excesses: They can be very destructive. Does alcohol, tobacco, eating and work take up most of your day?

Once you have taken a close look at your daily regime, it will be much easier to follow the rules of the Transitional Diet. Do not try to hide any of the obvious facts and blatant diversions. Remember that time can heal all things. But it is very important not to try to judge the results too quickly. Most of all, do not listen to other peoples' advice. No one is more qualified to give advice than you yourself, since it is only you who knows how your body really feels. Be your own doctor!

Remember one thing! The changes that take place will happen first on the outside but the real changes are occurring on the inside, in our hearts and in our motives. And it does not happen all at once; it is a process that takes time. Once we realize that our security lies entirely on ourselves, our thinking about what is most important in this life begins to change.



He weighs a puny 135 pounds but can hoist 965 pounds!

Chapter VI

The Spiritual Physics of All Vibrations

This chapter could not begin without first talking about why it is necessary to be aware of the Laws of Life; the principles of light, energy and matter. In the Western Hemisphere a great deal of emphasis is placed on learning about the material and physical aspects of man. Why haven't the great teachings of the Masters regarding spiritual matters been regarded as the most important thing for man to know?

So far we have learned that getting the body clean is a direction in discovering the spiritual self. We must realize that our society is one of materialism. Much of our life is spent trying to obtain those goals which we feel are so important to our lives and our families. It all begins when we meet someone special and fall in love. Remember those marvelous feelings of floating on air after the first kiss. That new person in your life suddenly becomes all-encompassing. There is no other thought except for that perfect individual. Suddenly all of your ideals come to the surface and you begin to have thoughts of getting a home and starting a new life with that one person. You are happy.

That new person is so perfect in your eyes. He or she has no problems, no hang-ups, no fears, no limitations; only the warmth of his or her love radiating through the air. It feels so good to be in love. Then something begins to happen. As time goes by we don't feel that strong attraction anymore. Our thoughts begin to wander. What happens when that all begins to surface? We get so disappointed with that person and with ourselves. We don't feel successful in our original plans set for this life together. We begin to judge that other person and ourselves. We begin to see imperfections in one another, which is the beginning of the separation of the one power that we first had when we were as One. We are drawn apart as we begin to see the relationship as a separate entity, two different persons each seeking his or her own ideals. What actually is happening is that we begin to lose the Divine Power and the relationship becomes less than perfect only as we set the limitations on it.

Society has impressed upon us that we must be a success with all the material benefits of a nice home, two new cars, new furniture, and on and on and on. . . . This subliminal influence and indoctrination of a high speed society is what is destroying the family unit and as a result is slowly destroying the entire universe; since all events that occur to individuals have a direct effect on the energies of the Universal Mind.

We learned at a very early age that in order to learn anything spiritual we would have to look beyond the Western teachings. It was with the discovery of the Eastern teachers, or Masters as they are called, that we realized the necessity to really know oneself. Where do we come from? What are we made of? How are we living and for what purpose? Why can't a relationship started with pure love endure through the years and be as powerful as it was during the first days?

There are spiritual laws that can open the way to a life of boundless happiness and joy. Since the Breatharian philosophy sees life as a journey towards perfection, it is very necessary to understand some of these laws.

The most important principle taught by the masters is that Man and God are One. There is no separation between you and the Divine Principle (God). We must learn to look within to discover that Inner Power. We have been taught to look elsewhere to find God when in reality there is no place to look other than inside ourselves. Once we realize this inner strength, our bodies become nothing but energizers. We are then able to pour out pure love to all people regardless of their past or race or religion. Once you know this principle, you will begin to feel the flow of its power as you start to see all limitations begin to disappear. Your life will begin to fall in place with great joy and happiness. That void in your life will disappear as you discover the true inheritance of your being.

In order for us to know that we are energizers, we must learn the Law of Vibrations as taught by the Masters of the East. Let your body become a generator through which the energy of the Universe can flow. This is the Principle from which all power emanates. Like an electric generator, your body will absorb and intensify this energy until a flow of pure light pours out from your body. This is the principle that is seen in pictures of the great Masters like Jesus in which a halo of light is seen shining forth from around its head. It is also talked about by the Yogis. They teach that during meditation one should put a protective white light around oneself in order to protect oneself from any evil. It is actually a high vibration of light which is in perfect harmony with the powers of the Universe, therefore nothing can destroy it or bring harm to it. As long as we are one with this vibration of energy, there can be no separation or

inharmony coming to us. This is when we can live the Kingdom of God here on earth. It is total harmony; therefore, total joy.

The next very important law is the Cosmic Law. The Masters taught that all thoughts and ideas in man's mind which are not put there through Divine Inspiration will eventually have to be erased from the human consciousness. All things that are not true Cosmic fact, that are not in harmony with all things, will disappear as the Law of Truths appears. Man's mind is such that it is impossible for untruths to stay around once the real Truths are established. So we can look forward to the day when our minds will not be filled with clutter, but with the realities of life. The illusions of life will disappear and there will be no more superstition, ignorance or delusion. We must be "born again" so that the "New Age" can begin.

The next law, Absolute Law, makes certain that that process can begin. The Law establishes the idea that if a society does not want to let go of its old ideas and beliefs, that society will destroy itself through wars or diseases. Its own lower vibrations will turn on its people and will cause their destruction. It is a time for raising one's vibrations and for recognizing that NOW is the time to do it. We must let go of the past and not worry about the future but instead work on the NOW so that the Christ of Man can bring forth the "New Age."

It seems very clear to us that any time there is discord, it is brought about by man himself. This is proven by the Great Principle theory that the Masters taught as early as the Indo-Aryan Age. Any action that occurs does so by man first creating the idea. This is known to us as the "Desire." Following the "desire," there must be the "will." This is what the Great Principle points out. It is the desire that gives the will direction. Of course, the original

idea must be of pure intention, corresponding to the harmony of the Divine Intelligence. So it is man that allows feelings of inharmony, sin, sickness or discord. By idealizing them, he brings them into existence. It is very important at all times for man to have only the highest ideals. Of course, by watching television programs and seeing horrifying movies or reading books indiscriminantly, one can create any number of disharmonies. There must come a time when you begin to see yourself as a mere collector of useless information, and it is at that time that you should act on the "desire" to raise your consciousness. This is a twenty-four hour job, one not to be taken too lightly. If we let only Truth pass through our minds, then it will be no time until our world is a new one. One should remember also that any negative thoughts which are allowed to exist and are sent out to other people will return to the sender and he will have to pay the consequences for such thoughts. We are what we create, so let us begin to create the perfect individual. Once the present is made perfect, then the future also must be perfect. Therefore, it is necessary to start now. The consciousness of our future depends upon the consciousness of the NOW.

We Americans have this feeling of freedom that our country is supposed to represent. Yet how many of us cannot let go of old, existing problems which keep us in bondage from feeling free. It creates a fear in us of success in anything other than material goals. There is always the thought of "what will the neighbors think if they find out that I love myself; that for me all is perfect?" Unless we can learn to forget bondage and completely forgive it, there will be no room for liberty. We have all learned lessons in the past which were very painful and for that reason tend to linger on, but unless those lessons can be put out of the way, there will never be complete freedom in our minds. It

is time to drop all the hang-ups and to look forward to nothing but perfect expression.

It does no good to want to be perfect yet carry with you the burdens of everyday life. A person who feels he has a burden to carry will always live in the consciousness of that burden. There are thousands of books on the market today which teach us to set goals and then focus our minds on those goals. We are saying the same thing, except that the goal you will be setting will not be a material one but rather a spiritual one. It is this goal which will change your life. When you have reached the goal, you have brought forth the perfect man which in the eyes of the beholder is God consciousness just as Jesus is.

The most important thing for us to remember is that we are nothing but energy. We are kept alive by the Universal flow of Energy. Once we begin to realize this, we can begin to tap the natural source of knowledge that lies within all of us. As an energizer, we attract all energy or power to us from the Universe. This in turn is generated within our bodies and is then sent forth to do whatever we direct it to do. The sooner we realize the source of this energy, the sooner we can begin to direct it to positive uses. At that point we will realize that our bodies are not innate pieces of matter but rather are perfect instruments through which all creation flows. There is not an atom of space that does not have the energy of light or life flowing through it.

One of the most difficult words for a person to speak, at one time, was the word "God." We do not understand the meaning of the word or in fact the existence of God. Most people spend their lives in blind faith thinking that God is some person who lives somewhere above the clouds watching over us with a critical eye. Until we realized that God was like an energizing principle, we didn't know the dynamic force of this God. This energy flows all around us

at all times and also through us. By this means we are able to give strength to it by letting it flow through us and out to millions of others. The more people who can recognize this fact, the stronger the vibrations of energy will be until all disillusion is overcome. By using the word "God" either in private or aloud, we are thus increasing our vibrations to a higher frequency.

The word "God" has so much power that when the word is spoken it releases the highest vibration possible that comes from the Cosmic Ray. All energy and vibration is ruled by this element which carries life and light. Once this knowledge becomes clear to a person, it is possible for him to raise himself to the Highest Vibration possible. At that point he becomes a perfect being as Jesus demonstrated to us. Do not be afraid to use God in your life as much as possible. Be sure the insight comes from your own inner source of intuitiveness and not from what you have read or what someone else has told you. That is the true secret of spiritual growth; learning to live with the Laws of the Universe.

Karma is one law of which a lot of people seem to have an understanding. We use the word "seem" since once again we are living in an illusion if we think that karmic influence has a hold over our lives. Let us tell you that it does only if you believe it does. So often when something unusual happens to us or one of our loved ones, we pass it off as a fault of past karmic lives. As men continue to ignore the Truth, they will continue to die and be reborn again on this earth and will experience more trials and tribulations until the lesson is finally learned. Once the spiritual perception is clear, only then can the karmic circle stop and the heaven on earth begin for that person. Karma is nothing but paying for inharmonies.

A person who has harmony has peace. Once at peace

with oneself, it is possible to direct that influence to thousands of others. In order for spiritual enlightenment to spread, it is necessary to have a peace movement worldwide. Of course, if you look at the newspaper you can see that almost every nation is in turmoil or at war with another. It is this condition that demonstrates to me the urgency with which man needs to reach his enlightenment. We can expect to have changes and we must be prepared for them. Political or economical changes are not the changes we are concerned with, for that has been happening for years. The changes which must occur are in the hearts of men.

It is always a surprise when someone comes up to us and tells us that changes cannot occur in their life until they move from one house to another, or until their Uncle Harry moves out of his house. Can't those people see that what they are doing is delegating their power to someone or something else. They have decided in their minds that until a person or thing leaves their lives they cannot be happy. That is sad because they are sad. What they have done is to give up their authority over their own happiness and have given it to some other condition. Do not be afraid to seek your own life! No one else can do it for you. Learn to become your own person and you will be surprised that it is all right to love yourself. If all people would do that, just think what a loving world we would have.

There is just one basic principle that we should remember here. Man's weakness is brought about by his constantly giving power to that one thing that has no power. He must learn that there is only One Principle and that is all things are manifested on the Spiritual level only. We cannot wish for something on the physical level because we would be wishing forever. There are no miracles in our world—only Truths. Once we understand these Truths,

then all things will be ours. Jesus was able to demonstrate this at all times. For example, when there were only a few fish and a few loaves of bread to feed a multitude of people, He was able to turn them into food for all with a little left over. He knew that what He saw was what He needed at that moment. To Him it was there for His use instantly.

For some reason we are willing to let our neighbors completely upset our balance simply because they are of a different nationality or perhaps because they have a different educational background. The reasons for the disharmony are not important, since they are all an illusion. What is important is that we learn to have no discords between what we think are opposites. This can be applied not only to society but also to our own individual bodies. Until we find harmony within ourselves, we will not be successful in perfecting ourselves. For example, one part of us wants to be thin and feel fit, while another part of us doesn't care so long as it can eat as much as it wants. We cannot spend years with this kind of disharmony because that is what is destroying us, leading us to an early grave. The entire aging process could be stopped if the body was brought into perfect harmony.

Another great form of disharmony in our society is our enormous ability for idle chatter. Just stop and think how many conversations you have had with friends which if they had never happened there would be no great loss. In fact, you probably would have felt better for not having had the conversation. How we love to sit for hours and talk about anything and everything. "Ma Bell" can certainly attest to thousands of hours of conversations passing away the hours on a lazy afternoon. Why are we so ready to talk to people about such nonsense as what happened at the local theater, or what your kids did today to make you feel unhappy, or what your husband did to the cat, and on and on.

. . . All the negative influences we pass on to each other over a period of time is ridiculous. If we knew the power of negative words we would certainly think twice before speaking them. In fact, why do you think Jesus told us not to use the Lord's name in vain? By so doing we are allowing the devil to have some energy. We should know that there is only one power, and that is God. Once people learn of their ignorance in that area, there will be no other energy to consider. So you see, it is entirely up to us to create our own Kingdom. Can't you begin to see how silly it is to think that if you live a good life here on earth that when you die you will go to heaven and play harps and sing hymns? Let's begin to look at reality! Let's bring perfection right here and NOW. There is no need for people to be suffering. There is only a need for all people to find the good in themselves and let it show forth. Then there is perfection.

So very often man has the habit of pushing himself to the point of exhaustion. His problems begin to mount to a point where he can hardly face them anymore. Suddenly there is a solution to all of the disharmonies. Why does this happen? It is not because the person turned over a new leaf, but simply the outer body shuts down so that the inner body has the chance to show through. Of course, this is not the ideal way to seek an answer to your problems. It simply points out the fact that, if you can learn to relax the outer condition of the physical and mental, the inner condition of the spiritual will be able to surface.

Once we learn how to achieve this condition, the end result will be perfect harmony. Then there will be no unhappiness or misery or wars in the world. We are always so quick to want to join in on any conversations of strife. We must learn to do just the opposite and in that way create a new society with a new attitude toward life. To know God is to know perfect health and to know God is to know per-

fect supply. This will be our new life.

The next natural law is one of egotism. It is so easy for an individual to judge others and to see himself as perfect. By doing so, he is placing himself separate from himself and from others. When one begins to understand the meaning of oneness, it will be impossible to separate the ego. This is not a difficult law to understand when you think what it would be like if all people were to think only of themselves. Disastrous results would surely be the effect. One must strive to be One with his Divinity and then he is of service to others. This is the true expression of Love for all people.

Why is it we spend so much of our time saying, "I can't do it." We think it hits us the hardest when young children begin setting limitations on themselves at a very early age. For example, the other day a young boy asked Wiley his name. He didn't hear him the first time, so he repeated it. He looked up at him and said, "That's OK that I didn't hear you. I don't remember names very well anyway." That young boy will go through the rest of his life thinking that he can't remember people's names. That to us is a tragedy because it is setting up a pattern of a multitude of limitations for that small boy. Just take a few minutes to think about all the times you have done exactly the same thing. It is very necessary that we begin to keep the "I can" attitude as the true ideal of the body. There can be no limitations if there is no expression of "I can't" in our thoughts.

Thought is a very special word to us. Have you ever stopped to realize how many thoughts pass through a person's mind each day? So many of the thoughts are so useless that we tend to pay little attention to them. We seem to ignore the fact that each useless thought could be exchanged for an enlightening one. We spend many years going to school to improve our minds, yet once that process is

finished we tend to let our minds go dormant. We become robots with a sea of useless information floating about in our heads. Most people would not want to tell others what they have to listen to. Think about it! Is it not true? The only inspiration most of us has is what is being televised on television for the week. If you don't believe me, try not watching television for two weeks and see how your mind is drawn away from so much negative activity. We naturally are very positive individuals. It is our enviornment that sometimes makes us into a society bursting with unnatural thoughts. There are literally thousands of books of inspiration on the market today. Find the ones that interest you and begin to rejuvenate the mind, begin to spark some of the natural truths of the Universe. Once you begin to grow in that direction, there is no going back. Our body is a perfect and vital organism and without all the cloud cover of negativity it will spring forth as a new blossom. In other words, we will become as children again just as Jesus.

The indicator that tells our bodies what to do is the intuitive feeling of harmony or disharmony. We usually know when there is any discord within our bodies, either mentally or physically. We experience the most harmony when we are giving Love to others. We are in a state of discord when we are depleting our energies with such discordant activities as demanding service from others or criticizing others. That is why after an argument with someone we always feel very weakened. Your body is telling you that you are in a state of disharmony. Conversely, when, for example, you spend a quiet evening listening to some inspirational music or reading a special book with loving thoughts, you will feel a great peace or harmony over your body. This is living in tune with the natural laws.

Most of us are so used to discord in our lives that when we experience a calm we find it hard to handle. Until we can

reverse that process of thinking, we will continue to be in an unnatural state. One of the problems of consciousness is that of holding revenge. There are those who hold onto hate for years after an incidence has occurred. This is a very dangerous thing to do, since it does not allow either person to go free. A very strong bond is placed between these two people representing a low expression of energy. In order to end the discord it is necessary for the two people to learn from the situation that brought them together in the first place and then to rise above it. At that time one is free to let the other person go and is able to replace hate with love for the other, which is the perfect healing medicine. It is not necessary to keep that person in your mind any longer at that point, so both are free to go their own way with the knowledge that no tie has been left undone. This is the way to give all people perfect freedom.

There are times when we feel so self-deserving, especially after a long period of struggling to achieve a goal. How many times have you said to yourself, "I deserve to win this lottery, or I deserve to have my children do this for me"? There are many expressions of self-deserving and the reason we do this is we feel that the world owes us something. To feel this way is to deceive yourself. The Law of the Universe tells us that all manifestations must come from within. Then we are free to let them flow from us, not the other way around, where we feel these great gifts are to come from an outside source. In other words, man must learn to live for himself. No one can do it for him. He must let go of all the outer influences of what others think of him and begin to know his own self; that innermost beautiful human being.

There is one very important element about man that we feel must be brought out. The Masters spoke of it as a very necessary part of personal growth. We feel it is a very

important part of the whole philosophy of Breatharianism. That is the teachings of Pranayama. It has been referred to as "soul breathing" or "inner breathing." It is an awareness of a far greater breathing than that of the physical one. It is an intuitive feeling of receiving the perfect energies of the Universe. This, of course, is in the form of electricity. This force is what stimulates the growth of all of our cells. It is a Life Force of Cosmic influence. The most important point to realize about Prana is that it is the main source for maintaining youth. In other words, it is a way of airing out the body, refreshing every atom of the physical form.

We are not teachers of Pranayama but we can explain the basic principle behind the teaching. Then it is up to you to find your own way of discovering this great Truth. To begin with, it is absolutely necessary to have a relaxed body. Most persons returning home from work at the end of the day do not have what would be considered the ideal frame of mind for this practice. It is therefore necessary to find a way of relaxing before beginning any other steps. Perhaps for you it might be found in music; for others, creating a peaceful environment might be the answer. For example, have a softly lit room, preferably illumined with candles, a soft carpet for comfort in sitting, and little else that will cause the mind to wander or the body to tense.

Once a state of calmness has arrived, make sure that your thoughts are not on the material events of the day. Remember that this procedure is spiritual. Simply open your mind to any new thoughts that may flow through it. Remember we are not concerned with just the physical part of breathing but rather the innermost part of man. One should make an effort to be sure that one is breathing properly but one should not put an overly watchful eye on the breath but rather start to see oneself as the God power. In

other words, raise your thoughts to the highest vibration possible; that of God.

All of this should be done quietly and with confidence. Think of a beautiful memory floating back into your mind with the soft glow of which it originated. This is what we mean by doing it quietly. Don't try too hard. Simply let it happen. You must learn to lose the sense of the physical body. Think of the cells dispersing into an array of color and design just as happens with a child's kaleidoscope. All of the patterns of color become new ones never stopping at one physical form. This should be the feeling of your own body's cells. At this point the body can easily accept the Universal Substance. This is what keeps the body young and vibrant.

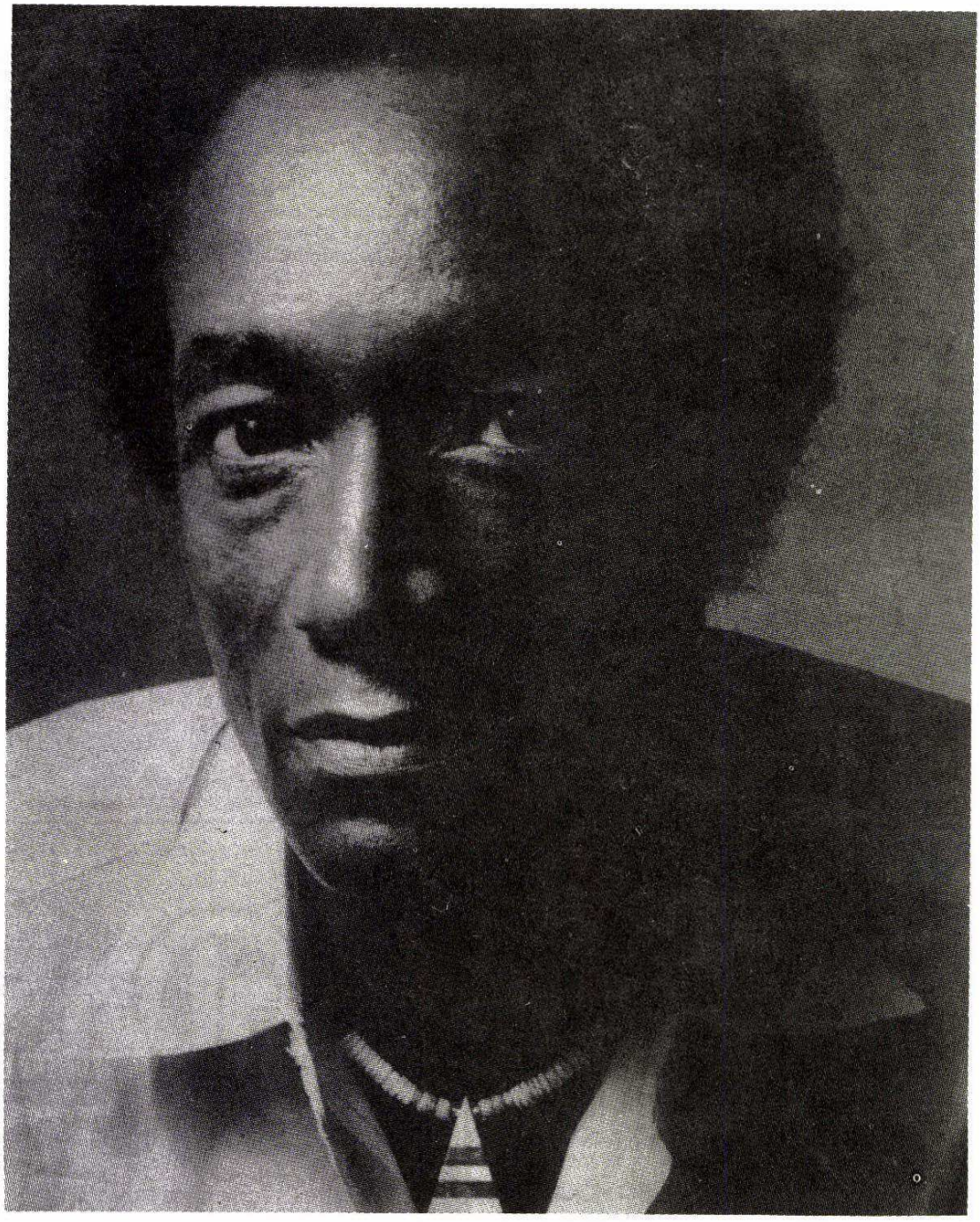
The entire procedure is an "airing out" process of all of the cells and tissues of the body. They expand, allowing greater oxidation to the body. Prana is not oxygen but that which gives life to the oxygen. When the body is relaxed, the mind open, the spirit free, then the body can be refreshed. This is pranayama or spiritual breathing.

Again, this principle is based on discipline of the body as are all the other Laws of the Universe. It means we have to begin to pay attention to ourselves and not so much to the world going on around us. Most people have a habit of being only half there during any given circumstance. For example, while you are cleaning the house you are busy thinking about the conversation with your son that morning or you're worrying about what to fix for supper. Therefore, neither the cleaning nor the thoughts get complete attention. As a result, the full power of energy flow is divided into two and nothing reaches perfection. This is just a very small example, but if you will give it some serious thought you will realize that this principle extends into every situation of your life.

All of these laws and principles can at times seem a bit overwhelming to say the least. Don't shut them out immediately if you don't understand them in the beginning. Simply set the book down and go on about your day. Then at your next quiet time, when you feel that inner voice telling you to search once more, pick up the book and begin to read again. All you can do is learn by faith in the beginning until you can begin to really *feel* the Truths. Once you *know* them, then you will begin to really live them, one at a time. Don't make the mistake of letting it overwhelm you to the point where you want to forget the whole thing. Too many times in our lives we do that and perhaps walk away from the one situation which could enlargen our lives.

Be strong! Be alert! And most importantly *BE!* The individual, the Oneness of you, must be brought out. Let those inner thoughts flow like never before, and we guarantee you, you will never feel anything so exhilarating in your entire life again. To know that only YOU is what you are all about. No longer are you what your mother thinks you are, or perhaps your wife, or your children. It's time to let them be themselves and most importantly to let you be you. What a realization it is to wake up one morning to the understanding that you are Perfection, which is having the power of Christ. The smile on your face will go so deep that true Love will pour forth to the ends of the Universe. Can't you feel the Power as you read these words? Doesn't your heart begin to beat harder? We sincerely hope so, because if that is happening to thousands of people at this one time, then the entire Universe will be ready to rise into the New Era. But of the utmost importance YOU will be Master of your own self.

Welcome to the wonderful world of Breatharianism!



RICHARD FELDMAN

Wiley believes that the time has come for him to use his knowledge to help others. He feels the climate is right for his ideas. He senses his philosophies in other people's subconscious. "Breatharianism" is not such a shocking, foreign idea any more. Wiley's seminar on the "Breatharian diet" causes people to re-evaluate their own food intake. This awareness is the first step towards an improved mind and body.

Appendix

Basic Philosophy of Breatharianism

1. Breatharianism is the philosophy that teaches that when man reaches his perfect state of health and natural state of being, he will be in perfect harmony with his Creator and require no food.
2. People will starve to death without an intelligent plan to regain strength. The habits we have acquired throughout our own lives are those which we must learn to overcome so that we can return to our original state, that of the nature of Breatharianism.
3. We are basically living within the Breatharian philosophy when we are not ignoring others around us and treating others as ourselves.
4. Breatharianism is not anti-food but rather is an education as to what is "food and what is "non-food."
5. Breatharianism has been a way of life since the creation of the Universe. Not until man took his first taste of food did he begin to deviate from perfection and continued to do so to the stage where he is at now.

6. Breatharianism is not something we become but rather something we rediscover. For perhaps fifty thousand years or more, people lived in harmony and peace until fear, hatred and greed began to spread suffering amongst the masses.
7. Breatharianism is a discipline very similar to any other habit we have created in our lives. It is up to each and every one of us to find our own way to become the best human being possible.
8. Professor Hotema is a well recognized author of "Man's Higher Consciousness" in which he proceeds to enlighten people about the Ancient Mysteries and the laws of Creation, a very important area in gaining the entire knowledge of Breatharianism.
9. Dick Gregory, a well known comedian of the sixties, speaks of Breatharianism as the ultimate in living on this plane. He himself is a living example of the benefits of the fruitarian diet in which he went from a flabby, 300-pound man to 160-pound powerhouse.
10. Wiley Brooks has spent seventeen years of his life not eating poisonous foods in his personal goal to enrich his life.
11. Wiley Brooks has rediscovered that food is an addiction and should be treated in the same manner as an alcohol or drug addiction.
12. By learning what these enemy foods are, we can quickly get control of our bodies and stop being a nation of over-eaters, thereby gaining control of our environment through a higher consciousness of living.
13. Nancy Foss and Wiley Brooks have dedicated their lives to the conviction that nothing happens by chance. They believe that we do not always understand what is

occurring within ourselves since our view of life is so limited. Thus we need to get inside ourselves to discover that there exists a cause for every effect.

14. The lighter the body, the more energy it has.
15. Thoughts that are perfect will produce perfection; thoughts that are imperfect will produce imperfection.
16. We must begin to pay attention to ourselves and not so much to the world going on around us, and not to fear life but instead to create life.
17. In order to change our attitudes in life, we must begin to learn by faith in the beginning stages of growth. Once we begin to feel the Truths, we can begin to really live them, one at a time.
18. Clarity of mind enables all individuals to seek the Truths that are inherent in all human beings.
19. We must begin to stop eating poisons in order to stop the aging process and to begin to take control of our own bodies instead of letting our bodies control us.
20. Breatharianism is combatting the intake of all poisons including drugs, alcohol and smoking which is damaging our younger generation irreparably.
21. We are discovering the ultimate survival techniques as our nation is continually racing towards self-destruction.
22. The need to sleep is one of the warning signals that your body is shutting down with an overload of toxins.
23. Learn to set spiritual goals just as you set material ones.
24. Indiscriminate food combining can result in an explosion of the body.
25. Continuous overeating is a sure way to an early grave.

26. One cannot be healthy without first planting the seed of desire. Once the "ideal" is held in the mind, then it is conceived in the soul.
27. Let go of all the old superstitions and fears and let your health be satisfied instead of relying on medicines (drugs) for a false sense of health security.
28. Disease is only a result of sin and forgiveness is an important factor in healing.
29. To be able to send love to all people and to be able to accept it from all people regardless of their lifestyle is to increase the longevity of your own life.
30. We must begin to live in the NOW. Breatharianism is not just for the authors but it lives inside all people if they will just clear the smoke screen of ignorance.
31. Learn more about the foods in your poisons: coffee addiction, alcohol, water, cigarette smoking, chemicals, food colors, flavoring agents and thousands more.
32. The authors are presently working out of the Breatharian Institute in Denver, Colorado. There is another book to come out soon to further the knowledge of the followers of practicing Breatharianism. The word is spreading fast by use of the media as well as speaking engagements across the USA. For further information on the Institute or the next lecture near you or book orders and tape orders, simply fill out the coupons below.
33. Breatharianism emphasizes the need for all of us to seek the indwelling quiet power within us, that quiet still voice that will guide us to perfect harmony, balance and health

Learn how Wiley Brooks was able to lift ten times his body weight on the national TV program "That's Incredible."

Discover why after a personal interview with Wiley Brooks on the Tom Snyder TV Show thousands of phone calls flooded the station eager to obtain the information that is now in this book.

Learn how Count of St. Germain, 190 years of age, is able to maintain the looks and vitality of a 40-year-old man.

Learn to send LOVE to all people and to be able to accept LOVE from all people; the major step to practicing Breatharianism.

We should know there is only one power, and that is God.

Learn how you can take responsibility of your own life and control the day-to-day harmony and health through the dynamic and practical experience of Brooks and Foss.



ABOUT THE CO-AUTHOR:

Wiley Brooks, the co-author of this book was born in 1936, in Memphis, Tennessee. In his early life, Wiley ate the typical American diet, including the large amounts of chemicals prevalent in the foods at that time which was slightly less than the chemicals found in the foods of today. As a teacher, Wiley began to think about the aging process and the illnesses people were stricken down with, but he did not get into any serious conclusions as to the effect of the food that he was eating and the diet that he was on until he reached the age of 28. At that time Wiley was concerned because at a young age he was losing his hair, suffering from arthritis and had hypertension and even developed a fear of growing old. As a result of these stimulating ideas Wiley started developing and becoming a part of a Breatharian Transitional Philosophy in which he concentrated on a fruitarian diet. This fruitarian diet became a strong part of his nutrition for two years. He continued the fruitarian diet and developed an intuitiveness about a light eating diet called the Breatharian Philosophy which de-emphasizes the need for any food especially foods with chemicals as the support of life. For the past eighteen years, Wiley's energetic, healthy presentation of life is living proof of the benefits of living the Breatharian Philosophy.

During the past two years Wiley has been giving lectures and doing counseling on assisting people on becoming aware of the effects of bad food and over-eating on their health. Wiley has been giving talks and seminars on the Breatharian Philosophy and he has worked on co-authoring the book Breatharianism: Breathe and Live Forever. He has been on many radio and T.V. stations with the Breatharian Philosophy and will continue to develop that career in the coming years.

ABOUT THE CO-AUTHOR:



Nancy Foss was born and educated in Toronto, Ontario. Her travels throughout the world have given her a health awareness not found in any conventional health-related books. She began her travels at the age of 18 which took her to Europe for four years. During that time she modelled professionally for many high fashion designer houses. Being athletically inclined she also spent time as a professional water-skier whose home base was for the International Ski Team in Mallorca, Spain.

It was during that time that the ideas of a higher health consciousness began to sprout. Through the living examples of various people's cultures, histories and health habits as a result of their environment and natural lifestyles, the author was able to grasp the **key** secrets of healthy living.

Upon returning to North America, she then relocated in Ft. Lauderdale, Florida where she continued her modelling career but with emphases on lecturing to thousands of students on the need for self-improvement, personal exercise programs as well as strong personal development both on the physical, emotional and spiritual levels.

Her travels took her next to California living from south to north. During that time she worked as a model and for a major cosmetic company. She continued her lectures to thousands of people both on a personal and group level. It was during that time she felt a need to move to the mountains to further her own personal growth. In 1980 she moved to Huancayo, Peru to live with the Indians high in the Andes mountains for one year.

Upon returning to Denver, Colorado she felt ready to express her ideas by working for a health spa. She combined her past health ideas with those of Wiley Brooks in an effort to get the message out to people that the improvement of life and mankind on our planet must start with individual effort as we discover our oneness with the Universe. It was at that time that she decided to make a commitment in organizing and becoming a co-author of a health book with Wiley Brooks.
