

## **SUBSTITUTING FOOD WITH PRANAS**

### **Information Recalled :**

- One school of **Healing** cures all ailments by **fasting**. I have met people who fast for a month or two when more sick. I myself naturally fast for a few days when feverish.
- Have heard of a man who was mugged in Pakistan and left in his under-wears in a desert.. out of sheer self-preservation, he learnt how to **live off 'Sunlight'** (later he spent many months travelling as he saved a lot of money not having food expenses anymore!)
- In 'Autobiography of a Yogi' and other books there is mention of ladies who cook for many people, even whole villages but not taking any food at all themselves.
- There are many stories of **Tapasvis** living entombed for many many years. Guruji has mentioned several times, of thousands of years of Tapas. He also told us of the Yogi in a cave near Hulimavu, who stopped his heart and later was walled up for Tapas.
- Many serious systems of Martial Arts teach the energising of the body through Chi/Prana ..and of surviving without food for lengthy periods. Naveen, Rakhee and others have experienced a lack of hunger during **longer Meditation**.
- Karthik found an article on **Breatharians** who take neither food nor water. I found a blog where some people practiced the same for upto six years before resuming physical nourishments (but I also read that these are special people, not exactly like us..). Gregory, an American follower of Ramana path also knows of such Breatharians.
- I have heard and read of, also Guruji has mentioned that, breath slows and stops in Meditations. I too noticed an extreme **slowing of breath** during my Meditations in Amara Samadhi, years ago.. without the slightest discomfort.
- Some Taoist monks may sit inside a pond for hours or even days. I read of one sage who lived under water most of the time, becoming a half-lizard himself.
- Recently after a few months of totally irregular Meditations, until the Re-orientation class, when I was able to meditate regularly again.. I

literally felt as a drowning man managing to gasp air. And I realised that Meditations are more important than even breathing as Guruji once said in class. Also I realised that with **long Meditations** it is probably possible to even **live without breathing** as well. Guruji has also said that when in the Light Body, we do not require food nor water, nor air even as we are pure Light.

- In 'Mother's Agenda' and 'Mind of the Cells' we read of **Mother's experiences** in the near-achievement of converting her physical body to a Light Body (..she ate like a bird).

### **Physical Experiences :**

- **Meditating more**, I feel less need to sleep or eat as much as before. Karthik also had noted that on days he didn't meditate long he ate more. (Though I have noted that after much practice the energies stabilize and missing a day or two doesn't affect the norm.)
- Somehow the Saptarishi Pranayama technique did not seem to supplement nourishment to the body (-this was confirmed by Guruji in a retreat) so I just started trying to sit (upto a half hour) and absorb Pranas directly, just by plain **intention**. It began to work.. first the morning hunger was alleviated for a few minutes, then longer, even for a couple of hours before hunger set in again. Though I wonder if the Pranayama now supplements a little nutrition after our recent Re-orientation initiations ?(also at times I would forget to think of the colour and was wondering if White Light Pranayama may be more nutritive than Blue-Light?), but definitely it is **longer Meditations** that do help reduce hunger among their numerous side-effects.
- An expert Ayurved- doctor Chinmay explained to me about hunger and nutrition to a good extent, this helped a lot in **continually observing** my body's responses and coping up as I tried to push it to gear up and absorb more of Pranic nutrition..
- Doctor Panduranga had once suggested to drink more water in order to become a Light body... probably for Guruji and others say that waters hold a lot of Light energy (..may also be a reason why so many new doctors are recommending drinking more **water**).
- When I went to Dr. Panduranga again for a check-up, soon after I began pushing my body- he said that I was to slow it down, give the body more time to **gradually** adapt, but he did say that it was beginning to absorb more Pranas and I was truly satisfied with less

food. (one mustn't be misled by supplements from body's internal energy reserves)

- I also noted that there was a difference in foods prepared in different places- my mother's food is not so very nourishing despite all her healthy diets; Shyamala aunty's is very satisfying even if less in quantity (-**love** and **care** and more levels of **cleanliness!**). In the Taponagara Energy-field, food is better than outside. And Antar Manasa is even better.. once, I felt the need to have something here even after lunch in Taponagara!
- When seniors started complaining too much about my loss in weight (not listening to my protests that I was as strong as before, if not stronger), I began to eat a little more- but I noted that it was unused food- just went in and came out in bulk! So I went back to my more minimal eating habits (Incidentally, the complaints coincided with the time of irregularity in my meditations). I did note that the changes upset the body, so I would like to point out that even if irregular in habit there must be some **discipline!**
- There is also a general **satisfaction** that is received from the physical body, upon filling up the stomach, even if the body does not require that much nourishment.

### **Mental Experiences :**

- I have always observed how the mind may **push** us beyond normal physical strength. (My mother has broken strong objects like metal plates in bouts of hysteric anger.)
- One must be guarded not to give in to the mental **temptation** to splurge and stuff oneself with food.. whether sweets or junk foods- all addictive items of varying damage!
- Jayant very rightly commented that even if the physical requirement for physical food is transcended, there will still remain the mental craving to excite the **taste**-buds! I have noted recently that though I have eaten Shyamala aunty's beautifully blended preparations, I do not find the least desire to eat more or re-taste again.
- Also, even the slightest taste is enough for mere curiosity, one need not eat more! This also adds to our general application of **Vairagya** in all aspects of life. One could say it is simple thinking, simple living, simple eating.. nothing more than required and nothing wasted- Dr. Chinmay once explained that it was highly inconsiderate to over-eat while there are other people starving elsewhere! I developed a general

attitude of not wasting anything, and of repairing and re-using fully. This also helps us improve our relations with people in **value** and **care** (..to not just use-and-throw).

- There is a lot of pressure from people around and society, what with the general craze after all kinds of excess and over-indulgence even at the cost of health and well-being. Everyone is always unhappy if we do something differently.. they do not try to understand, just try to stop us (As if an instilled method of mass-sedation, not to Grow.) As Guruji says- we should not gossip unnecessarily and we should **not interfere** too much in others' lives and 'Free-will', especially not to force them to do things our way.
- Also as with Mediations, **keeping cool** and not getting over-excited- neither in anger, nor fear, joy or sadness- helps in preserving our energies and health. Guruji always says- total **Purity** at all levels is absolutely necessary before anything can be achieved. Not only do these drain our energies, but also leave residues of grosser vibrations and root us in the physical plane. For Light, we must keep ourselves clean of all these sub-Karmas too. **Cheerfulness** and general **positive attitude** is a must.
- Developing and feeling more **Love** definitely helps here as well as in all things. So many describe the benefits of a loving home atmosphere to the development of a child.

### **Thought Experiences :**

- I had to first strengthen and clarify **my own intention** to achieve this goal, with no room for any doubts or confusions, only a strong belief in my potential and ability to do it. It is possible to achieve this only if you totally believe in yourself and know that you can and will do this (The Breatharians also emphasise the need for no doubt whatsoever). People waste most of their energies in confusion, doubt and self-

discouragement. Meditations help **clarity** of thought and goal, and to appreciate our **Inner Strength**.

- Dr. Chinmay explained that even sitting at a desk the whole day one can burn a lot more energy just thinking too much.. again Meditations help. **Stream-line your thoughts!**
- Later I realised that I had to train myself to control my own **servicing-hand**, in order to not to fill the plate as much as it was used to.. to not go by the look of the quantity but to continually try to minimise to the reducing amount required by my body. Sree Devi's suggestion may be the best- take two or three helpings instead of too much at one go.
- At first I tried to keep my attempt a little **secret** (..one of the Shambala Principles) in order to avoid confrontations right at the outset. Later the comments began when word got out as things always tend to. Fortunately though, by then I had already achieved a little success and knew that it is definitely achievable with **patience** and **practice!**
- Then I had to build a strong front of inner **self-confidence**, even If unexpressed, to withstand all the jokes, comments, criticisms, ridicule and general public pessimism.
- (As Guruji says- practice one and you practice all. **Purify** and it improves whole life!)

## **Soul Experiences :**

- I always knew that there were great **Reserves** of energy Within me for an emergency. Also I always believed in the immense **potential** of people to change and evolve. (Observing how the skin on my hands adapts depending on the work I do.. I have always been sure that by

thought people became mer-people or bird-people in times of need.) After all this is what all the latest NLP and '**thought-Power**' books go on about..

- When I was in Baroda, I shared my observation of the reduction of my appetite and Santosh said that he always ate more when he went home. Even now I see that when I am **working on art I eat less**. (It is not just that the food is not so good or that we forget to eat while working.. the Creative energies flow and there is a Spiritual link as well! ..Guruji also keeps remarking on the nearness of art to Spirituality.) The same happens when one is **happy**, in love, just **loving** a lot, etc. Like the women cooking but not eating!
- **Meditations** already improve our capacities and Rishis are always helping us with energies, astral Gadgets, astral Classes/Trainings etc.. still **living on Light** also probably helps improve our physical **purity**, mental stability and purity of thought, the level of energies we carry, clarity of Intuition, our sensitivity to energies, etc..

### **In Conclusion :**

- As Guruji keeps reinforcing- Meditations are the cure to all problems.. **long Meditations** and **Positivation of our living**.. Living lighter, with less (karmic) baggage and in Light.
- Yet, as Guruji has explained- we are **Workers** and we Work at the physical level, so even if it is the order of the day, we do not want to entirely de-physicalise!
- So a minimum of light food would be ideal.. in order to not struggle as did Aurobindo's 'Mother' in her efforts to stay grounded in the physical after having raised her vibrations

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**PostScript:** When I was told by my guide/guru to discontinue the practice, I began eating.. *then* I began to have complications such as ulcers, acidity and difficult motion (..though not earlier!).

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