

~THE EXPERIENCE OF PRANA-EATING~

Excerpts from the upcoming book by Mira Omerzel - Mirit, PhD, entitled

“COSMIC TELEPATHY BEYOND THOUGHT AND SOUND”
Awakening into an Enlightened Cosmic Consciousness – between Personal Experience and Spiritual Traditions of World Peoples



A Slovenian tale about the creation of fertile land says that our ancient forefathers called the *ajd* people believed that the land was desolate at first - nothing but rock. It bore no fruit, but then, it did not have to bear anything to eat. God himself was said to abide among the people with his body and spirit, feeding them with heavenly manna. However, the people were miserable because they feared divine might and splendour. Which is why God began to feel sorry for them. He severed from his body and moved back to Heaven. His body rotted and transformed into fertile soil, while the people began to produce their own food. They no longer ate heavenly manna. And allegedly they were happier this way¹.

So our own Slovenian tale tells of prana-eating in the ancient past. Who knows how far the preserved memory reaches? We may not know how this human ability has transformed (or became lost) through time, history, and what was the comprehension of the possibility of eating “divine prana” in terms of life supplied by cosmic energy from the Source. Many spiritual traditions of this world tell of living on prana (as we call it today) in the ancient past. We place that past in the millennia BC, in the time when man was still living the pulse of nature and harmony with the rhythms of nature and the Cosmos. Through harmony with natural rhythms, man earns the support of the Universe, and along with that, of course, the necessary supply of food needed for his existence.

Mistress Jasmuheen brought into the world the news and awareness of the human possibility of living on prana and thus awakened the conscious search for the (lost?) ability from the arsenal of man’s boundless and sleeping abilities. Prana-eating signifies living connectedness with all there is. When we accept, live and establish the connection to the Cosmos, Earth, sun, moon, stars, the Universe itself ..., we begin to live that connectedness of a multilevel being or life in many dimensions. In the dimensions of boundlessness. We are the children of the Universe seeking their harmony, and harmony is a coded message from the Cosmic Intelligence about our own existence. Cosmic Intelligence, to whom the Earth and earthly life are also children, is encoded with the message and purpose of understanding that perfection and becoming one with the logoid idea of the Universe which requires us to be awake in the sense of being aware of the unity, to be completely wholesome, to be one or to resonate as part of holographic (and common) resonance, reflected in the holy geometry of the Universe.

Being awake signifies living the spirit, that is the intelligence of the vital energy everywhere and in all there is. The soul or our spiritual awareness guides us and encourages us, it cooperates, for it feels the deep truth of galactic existence. That is when the Universe supports us. And we

¹ Zakladnica slovenskih pripovedi, Od kod je ta naš svet, collected by Zmago Šmitek

become attuned to the ever-present spirit or the essence of the vital awareness from the Source and the pre-essence, as well as the dimensions of existence reaching beyond the third - physical - level. And we begin to sustain ourselves with the (all-encompassing) “cosmic soup” composed of otherwise invisible vibratory undulations in the ocean of frequencies.

After seven years of experiencing prana-eating, I would like to put down some thoughts on this possibility, which is slowly being brought back into the present, and certainly into the near future. The possibility is also becoming more and more tempting, not to say (unfortunately) even fashionable. And many a man begins to follow this path especially in the vacation period, without, however, noting the important information on all that prana-eating requires or bestows on them.

I myself have first spontaneously experienced this possibility at the end of the year 1994, but have not yet realised where it was taking me. Nevertheless, I have consciously decided to take on this manner of nourishment and started eating prana in the summer of 2000. Afterwards, I have also experienced several different manners of prana-eating - mostly traditional, practised by different peoples of the world for millennia. And I have met people in different lands of the world who were no strangers to this kind of nourishment. However, what was imprinted deepest in my soul and consciousness was the ten-day process (in line with the manner of Kogy Indians) - without food, liquid and in total darkness with a bandage across the eyes -, which greatly expanded my consciousness and deepened the sensitivity of my perceptions.

Let me first make clear that the possibility of prana-eating itself is the accompanying phenomenon of the more conscious rhythm of awareness and work one performs on oneself, and as such usually indicates that there is no way back. If we are brought to the point of living on prana by the expansion of consciousness, the Cosmos will simply feed us”, while each “feeding offence” or vice involving physical food will be compensated by nausea, even vomiting. On top of it, it will also reflect in our extra weight, given that each bite represents an excessive quantity of that which is needed to sustain our living. If the consciousness is not yet ripe for it, it is also usually impossible for us to keep on eating prana and after the first experiences, the body will quite soon take us back to the necessity of eating the so called physical (usual) food, which I jokingly and symbolically call “hard fuel”. However, there are many more important things to consider than what I have just mentioned.

In this new experience of prana-eating, I have come to realise after these first seven years that prana-eating has its advantages and also limitations. I also wish to share these findings with the other seekers and researchers of this path. Especially given that more and more people decide to experience this possibility. In the first place, let me say that prana-eating usually does not work for us in as long as we struggle with restless emotions and thoughts and have not established a clear contact with our spiritual guidance. The confidence in Cosmos, the Divine Essence, if you will, in the vital energy from the Source, which feeds us, in the Intelligence of existence, must be as limitless as we know that the sun is the sun for us to be able to follow this path without any doubt whatsoever. Our confidence must not be marred with anything, for we must surrender ourselves to this force and trust (it) completely that everything we need shall be provided for us. It is not a matter of belief, as we often misinterpret or demand for some exploit or healing to be

successful, but a matter of acceptance, understanding or loving surrender, which can take place in utter confidence.

At the threshold of the new, man often finds himself stacked with unknowns. All of these unknowns breed doubts inside a human being, which in turn tarnish our harmony and the nourishing connectedness to the supporting consciousness of the Universe. If, on top of that, we harbour non-loving thoughts, the obstacles will, of course, overwhelm us. Even if we should succeed in eating prana for a few weeks or perhaps even months, we will sooner or later disrupt the balance of all our bodies and our harmony, and the craving for physical food will become unstoppable!

Of course, the emotional body has its requirements and laws of operation and it is its restlessness that is able to disrupt the harmony of our multidimensional being or the balance of our bodies - the physical, emotional, mental, spiritual. Only a fragment of our consciousness abides in the physical world, but the numerous, ever finer vibrations of the etheric bodies and our existence also connect us to the Intelligence of the Source and the multilayered variety of our own essence. If we disrupt one of the fields, we will in a domino effect demolish the balance of the entire stack. Therefore, even though we may be able to go through the more and more fashionable recipes of the pioneer in this field - Jasmuheen - in the last years, along with her three-week process to connect with the Cosmos and be nourished with prana, quite soon, our actual abilities and inabilities will be displayed, as well as our harmony or disharmony. God forbid we would undertake the processes of transition themselves only in order to have a fashionable experience, because of our wish to become special or to set aside some spare cash! We must realise that after a few days spent without any food or liquid, our body could also fail us, if we have not previously established our connection with our soul or our own spiritual guidance and the vital energy from the Source, which provides our food, and ventured into this unusual experience with utterly clear guidance. The first thing to occur would be kidney failure, along with the poisoning of our organism, to be followed by other problems.

What I wish to say is that prana-eating can be an interesting challenge, when (if) we are mature enough and do not torture ourselves with diverse processes excessively or immaturely based on our decisions, while our emotions, thoughts and body cannot handle it. I have met many people who have tried out the process, but some of them later on got stuck in disappointment in some kind of emptiness and sullen search for an explanation why they have failed (I have myself led some of them into this new trial and experience, but only the ones that were ready to undertake it). Jasmuheen as well says that only 1 % of people on Earth are able to maintain a lifestyle of prana-eating. In line with my experience in the field, I would advise the following: let us not undertake and let us not experience this possibility, unless we have spent at least a couple of years before that on a raw food diet and have thus previously managed to more or less cleanse our physical body with live and vital food as well, and unless we have previously felt a clear indication that the vibration of raw food was sufficient to us. The feeding process itself is somehow developing towards an ever finer vibration of food - from meat-eating to a starch diet (macrobiotics) and then towards a raw diet which can be followed by prana-eating. If we have passed through all the phases of our feeding development, which also reflect our consciousness, then perhaps we will in the near future be completely naturally drawn into the experience of eating prana or the vital energy from the Source. Personally, I had been a

vegetarian for a number of years and have managed a raw food diet for three years before the transition to prana-eating. In fact, I found immense pleasure in eating nothing but salads with algae powder (spirulina). And I did not miss a thing.

However, the contact with the new possibility is, of course, transforming and brings new miracles into one's life. Above all, harmony with the Cosmic Intelligence can further expand our consciousness mightily. However, our earthly experience for a couple of years keeps dragging us back, into the old experience, into the old habits, into old feelings, but above all at least once in a while into the desire to taste food, if not even begin eating again.

For half a year after I began eating prana, I did not try anything, but I was stuck behind the obstacle of this new commitment to my own doctrine of not eating. Suddenly, I became obsessed with the thought: "Who says I should not eat?" Tasting is namely connected to the emotions, and emotions with thoughts, which is why food calms our distress and the emotional and mental agitation, which in contemporary times of hurry is so very easy to accumulate. Therefore, the role of food has become to comfort and heal us. When, after six months of prana-eating, my revolt made me treat myself with a couple of spoons of jam, the emotional restlessness subsided and the rebellion against the "invisible commandment or contract" was overcome.

What is transformed is not simply the desire to taste, but the tasting itself. If we are overworked or disrupt our balance in some other way in stressful situations, then perhaps the wish for tasting tasteful food "in the old fashion" will reappear. Though we may taste the food, it is a lot better for us not to eat what we have tasted, otherwise it would bring us nothing but trouble! Thus we make a habit of perhaps tasting something delicious in the process of adaptation in order to subside restless emotions, but spitting it out afterwards! Better the latter than the former. Otherwise, we can experience vomiting, nausea, diarrhoea ... We can even get accustomed to saliva not forming in our mouth, which we are able to experience already in the first weeks of transition to living on prana, when we gargle water in order to subside the extreme heat flowing through our body. And there will be no saliva. And also no absorption of nutritious elements from the food during chewing.

The wish for food also appears during women's menstrual period. Personally, I have noticed that was at first the only time when I really felt like eating a bite or two or a small fruit. Actually, I somehow regret that I have tried for all seven years to restrain myself in spite of that indicated bodily need. I think that we should in the process of adaptation accustom to the search for balance and live the possibility of prana-eating as well as the periodical experience of having a bite of food, if the body so wills or requires. Thus, we do not produce extra restlessness. Finally, the sole possibility of living with the vital energy from the Source and without physical food is a mighty enough experience and satisfaction. Even though it is not achieved completely 100% at first. Nevertheless, we have been sustained on regular food for a long, long time (several decades and lives) and this new possibility represents a kind of transformational shock, which requires non-violent adaptation. And an occasional bite will not disrupt this new possibility. But any ampler food intake will! However, I feel that we cannot skip from prana-eating to ampler food offences which are far from the prana eating vibration itself. The vibration of fruit, for example, does not fall far from this new experience (and thus signifies but a small leap into the previous phase of eating raw food), so I have trouble understanding how mistress Jasmuheen is

able to eat anything once a week with her family and even drink coffee, which is very venomous for the organism. However, that is her experience. And therefore one of the possible ones. Everyone is different. I could not or would not be able to do that. My body always demand as pure fuel as possible, otherwise it rejects it. It is best in terms of eating habits to always remain near to the new vibrational ability of feeding and do not digress into extremes.

The experience of prana-eating therefore makes us become aware of how we (even unintentionally) subside the agitation of hurry and anxiety with tasting or food. But if we do not taste physical food for several months or even years, our physical constitution slowly changes and each offence we commit will, of course, be compensated with the revolt of our organism. We can experience extreme nausea, several days of headache, our skin can itch immensely, we can vomit, feel pain in our intestines, which have gotten used to the disburdening emptiness, we can become immensely tired and again submerged into the conscious or unconscious less bright or even depressed states of ordinary life on solid food, when food takes away our energy, also poisons us and consumes nearly half of the energy we need to assimilate and transform it, and in a way bounds us to the ground with its heaviness. Meanwhile, when we eat prana, our body is light, we have tremendous amounts of energy, more than a half of our energy is thus left for us to create, operate, work with the mind, we require less sleep ... And we are more and more aware of the benefits of one and the other manner of sustaining oneself.

If we live in peace and with this new way of sustaining ourselves, we only need a few hours of sleep, however, we must take into account the limits of our abilities! A person who is fed on “solid fuel” eats when they are hungry or tired. Physical food provides them with extra strength. A person eating prana must take a rest and newly “charge their battery” as well as make sure they are in balance, should they become “empty of energy”. If they do not follow this course, they have committed violence against themselves due to overcoming their boundaries. In that time, they feel an extreme lack of strength, which demands instant appeasement and “feeding”, in other words, rest. I have several experiences of overcoming my own boundaries and I must say it is quite interesting to become aware of your own capacities. We must know where or when we reach the limits to our capacities!

The problem arises when in diverse situations we cannot tend to our needs. For example, a unique difficulty is posed by airplane flights lasting several hours, when the flow of nourishment with prana is obstructed. The prana-eating alone is usually provided constantly and keeps filling the energy supplies all the time, though, and it is only when we overburden ourselves that we can feel that the nourishment is insufficient. However, when our nourishing is impeded or when we have managed to insert venomous substances into our bodies (they can also be in the form of gases, polluted air ...), the story is, of course, completely different. It is then that we feel a lack of strength and exhaustion. My most difficult experience of this insufficiency is precisely flying on other continents lasting more than 6, 10 or more hours. Besides, the flying alone is quite unnatural and exhausting for the body. That is why I sometimes need several days to be able to again live to the fullest and operate with all of my psycho-physical strength.

Given that I have decided to keep drinking fluids in addition to my prana-eating at least to be able to sustain my social possibilities, the second possible problem that can occur is the liquid shortage. At first, I did not feel such deficiencies and I now regret “choosing an agreement” to

live on fluids. I drink mild (herbal) infusions made of flowers I pick myself, water or perhaps pure (hot) and lightly salted liquid or the liquid of a vegetable soup. Salted liquid can sometimes be beneficial for grounding, as can hot liquid during the cold times, of course. And if you are visiting someone as a guest, it is easier not to stand out in the crowd if you have a glass in your hand or a bowl of soup on the table. People do not even notice you are not eating. Otherwise, people can become downright aggressive if they notice someone among them whose “attitude does not follow the usual rules of hospitality”, which is most frequently synonymous with the food itself. Since I constantly channel the vital energy from the Source itself or the (inaudible) cosmic vibrations for help (healing), I feel that my body is quite grateful for the liquid, which simplifies the cleansing. After several years, the body (again) gets used to it and is more sensitive to its shortage.

The first two years I also felt more cold than everyone else due to the transformed bodily vibration. However, after two or three years of prana-eating, the body temperature somehow changed, became balanced and was adapted to the usual body temperature. Yet, I sometimes still feel like I need to wear some more light clothing compared to the others. I have also noticed that more severe cold (below zero) brings about more weariness. Any (redundant!) bite of food or an overwhelming quantity of liquid also make us put on weight. However, if we are not in line with the laws of prana-eating, we will lose weight already after the first experiences. That can also indicate that we are not yet ready to live on prana. Women’s period also becomes a more obvious tool for cleansing. And also a shifting phenomenon, serving the bodily purpose.

On the other hand, I think that in a given moment or during work that requires excessive efforts, the support of the universal life energy can actually make me boundlessly exceed the limits of my own capacities. Personally, I am able to do much more than I could when I ate regular physical food! However, the bigger efforts have to be balanced perhaps a couple of hours later, one has to fill oneself with energy and add a longer rest period to the excessive activity to again achieve balance in all bodies. But it seems that prana-eaters are somehow not cut out for constant and extreme physical efforts (the physical work itself), which can otherwise be supported by physical food itself at any time and thus momentarily balance the deficiency, although I have noticed I am able to do much more than several of my friends who eat physical food. For when the body demands rest, it is simply obligatory for us to provide it!

The sensitivity is heightened immensely. We percept and see things others do not. Especially ever clearer awareness is established, along with clear-sightedness, clear-cognizance and cosmic telepathy. In short, the contact with the Universe is becoming an every-day experience and we are watered with the ever existing information of the Universe, which is here all the time and in each moment, it is only up to us whether we can grasp food from this ocean of food and cognition. We are actually becoming citizens of the galaxy and the entire Universe and ever more the creators of our own life path, and the clear thought is manifesting faster and faster. Certainly, on a certain point, we also exceed all those given things we call fate or karma (and of course also all that the so called astrology is trying to establish and explain) and we simply digress from the “plan” or route we have agreed to before birth on the level of the soul contract. And a new path, new karma, new possibility in the same body ... begins to manifest. With a new consciousness and other possibilities and different serving. »Contract making« only

follows with the Cosmic Intelligence itself or its mediators - the Masters. And we start to fully serve on Earth.

In this way, we are of course more and more involved in earthly-cosmic (meaning, grounded) service, our acting is pledged to serving humanity and the evolution of Earth. Cosmic Intelligence or the Divine Essence acts through us more and more clearly and strongly, brings us the necessary knowledge for the moment we are living, and the realisation about the evolutionary moment of spiritual development and existence, also about the evolutionary phases of humanity, about the harmonies and disharmonies with the pulse of the Universe. Serving becomes a principle and devotion which cannot be stopped or interrupted. Connectedness with all there is simply demands total presence (service). We are becoming a more and more clear receptor and transmitter of the Universe or the mediator of the Source, meaning, a cosmic telepath.

Let us not forget that the heightened sensitivity of our bodies also makes us more sensitive to all the poisonous substances in the environment. Once I had to hold a meeting during a few hours in a smoke-filled room. The headache which lasted two days was so bad that I wouldn't want to have it again, and my muscles were so sore that I couldn't walk. And in this sensitivity of the organism, I have also noticed that when I managed to get angry a few times in those years, my muscles hurt in the same way due to emotional poison of the anger as when I inhaled cigarette smoke or perhaps even worse. The realisation of the consequences following different causes is almost immediate.

The entire body becomes more subtle and lighter, and your teeth along with it. As if they were no longer available to do their job. And they are not. Even the enamel becomes more thin, so beware, if you by any chance drink hot water with lemon or diluted fresh juices, because they will eat away your enamel down to the roots! Teeth become more and more a decoration, so take care of them! Be sure to wash off the saline solution or citric acid. Of course, if due to awkwardness or curiosity, you experience something which is no longer in harmony with the new vibration of your physical body, you will have to struggle with intense cleansing, even diarrhoea or constipation. When the intestines are again filled with a bite of food, this disrupts their repose and it is not at all pleasant if they stretch again and begin to fulfil their "old mission". Although they are also active in this new experience and clean everything that enters the body - even the polluted air we swallow. And the intestines are emptied regularly without trouble, even though perhaps only once a week.

Every liquid will also leave our body in 20 minutes at the most. It will simply "fall through us", while we will pay the eating offences immediately, the excreting will take several days of trouble. Even though we only eat prana, we will still occasionally excrete small quantities of excrements, because the intestines also filtrate the air and liquid, however, the excreting will not cause us any problems. Constipation usually does not occur.

It is hardest to stick to the prana-eating when we travel across foreign lands and places, where different and interesting food is part of the offer. Of course we would like to taste what they serve us in Indonesia or in India, but my advice still holds: should you taste a bite of the tempting offer, do not eat what you have tasted. The body is no longer in harmony with the physical food. And who knows what is in it. The physical body can have a very turbulent reaction

to a single bite of food - whether it is burning pain during excretion (as if you had eaten something extremely unhealthy) or nausea, vertigo and feebleness. And you would disrupt the process of prana-eating assimilation which has just been established.

And by the way: I think that the growth of anorexia in the world can also mean a certain imperfect and insufficient awareness and the desire to establish contact with this ancient possibility of ours, which is lost within us, but has become lost in the every-day feeding patterns and every-day patterns of the unconnected consciousness. If we would (still) be able to connect with the vital energy from the Source, perhaps the problem would not exist. But since that knowledge is lost, we can no longer let it guide us. There can be only a fleeting and imperfect imprint or an insight of that which is lost. This holds true only in case when the rejection of food did not cause other (psychical) disturbances. It is extremely difficult to recognise one or the other. However, in both cases, the problem is certainly imbalance and the lack of wholesome (calm and healthy) awareness.

During lectures on prana-eating experiences I am also often asked about sexuality, so let me say the following: the sexual life also becomes more refined, and above all, the harmony of the male and the female principle or androgyny is more and more anchored within us. The poles within us are becoming balanced and the desire for contact with the opposite sex is being replaced with this integrity, but at the same time, we more and more feel the opposite sex in the same way as ourselves or as a (lacking) part of ourselves. We feel both as one and oneness as both. The quality of casual sex which is usual for most people disappears and is replaced by the desire for spiritual harmonisation of the male and female principle. If the desire for sex still exists, however, it is closest to the type of sexuality described by the taoist sexual wisdom, which places sexuality among the spiritual disciplines.

The quality of our love is the main indicator of our state and abilities. If at least in the three quarters of our every-day thoughts and actions, we do not set demands and expectations, but are capable of tolerant acceptance of differences (which does not mean that we agree, we simply accept with calm emotions), which makes us surrender to the harmonised fate of the pulse of life, manifested in many forms and levels of consciousness and the necessary tests and experiments, then we are striding towards new possibilities. In what we give as well as in what we accept (also in the form of food). Life changes. So does the quality of response. We become more calm and affectionate (closer to unconditional love). And the life we attract will be exactly the same. More affectionate, calmer, fuller.

Therefore, we are mature enough for prana-eating when we are connected to Cosmic Consciousness and are prepared to harmonise with the pulse of nature, the Earth and the Cosmos, when we are at least to a certain extent capable of living with calm emotions and thoughts, when we feel within ourselves and respond with a lot of tolerant unconditional love, when we become familiar with the contact with the soul and spiritual guidance.

If prana-eating is a natural result of the evolution of our consciousness, THERE IS NO WAY BACK! It is the awakened miracle of our exceptional time. And we will not be able to simply return to the feeding with physical food, because in a short while, our weight would increase so much that we would definitely not be satisfied. Besides, we would not be able to dismiss the

acquired new abilities of our bodies. Spiritual development always moves forward and never backwards. That is why even those who have not managed to live up to the challenge always feel bitter disappointment and are often stopped by despair and doubt in the “justice from Above”. Because we have succumbed to the expectation which is not in line with the possibilities of the moment. And this is not surrender that affectionately accepts the given moment and opens to receive gifts from the material and the immaterial, the visible and the invisible, or the cosmic bank of abundance. But this ability rests within us. Cosmic food is always available! Therefore let us think hard about all that has been said, if prana-eating is completely compatible with us and whether it truly attracts us so much as to venture into this new life adventure. Into the unknown, the not yet experienced. Good luck!