

[READ ONLINE http://www.healingchants.com/newsletter3-10.html](http://www.healingchants.com/newsletter3-10.html)  
[PRINT http://www.healingchants.com/NormaGentile\\_mar10.pdf](http://www.healingchants.com/NormaGentile_mar10.pdf)

March 2010 email Newsletter

## **Serving Spirit: Breatharians in Our Midst**

[version espanol vendra](#)

Dear Friends,

This past month my friend, Elitom ben Yisrael, sat for a series of television interviews. He has been a Breatharian for ten years. For him, that means he doesn't eat food or drink water, but rather nourishes himself from subtle energies. He does this daily, typically through sitting meditation, Tai Chi, and yoga. If you are curious to see and hear from him, the first of three videos is now available online (see end of newsletter for URL).

In December 2003, Elitom and I did a workshop together entitled Breatharian Meditations (available as a CD or mp3 download from my website) offering a series of meditations that anyone can use to explore their own potential to more fully engage with the Breatharian wiring of their physical body.

As a result both he and I get emails from people who are trying to become Breatharians, but often are doing so by simply not eating. Because of the release of these new interviews, and an upsurge in interest around Breatharianism, I want to make a few points very clear.

As Elitom has stated repeatedly, he nourishes and feeds himself from all that is around him. Breatharianism is not about ceasing to eat and disconnecting from the physical world. It is not about rising above it all or escaping from the issues in daily life. Rather, it is a process of opening the Heart to a new consciousness where you know yourself as part of the intricate web of Spirit. You become more connected to the world; feeling more, seeing more, and sensing more deeply all that is around you. The cessation of needing to eat physical food is one possible resultant of this process of connecting more deeply into your own Spirit. But it is not the only possible outcome.

Almost everyone alive has the potential in their auric wiring to be a Breatharian. Very few have it as a goal in the journey of their soul for this lifetime to live as a complete Breatharian. Let me put it this way: just because you enjoy painting doesn't mean you are meant to be a professional artist in this lifetime. And just because you may not become a professional painter doesn't mean you should stop painting altogether, either.

The same is true with our natural Breatharian wiring. We have some aspect of it already turned on. Typically 5 to 10 percent of our lower 8th chakra is tuned to the Pure Energy of Nature. As I see it, Breatharians have nearly 90 percent of this same chakra tuned to the Pure Energy of Nature. As Elitom and I demonstrate on the CD, and as I teach in my Practitioner Trainings, anyone can tune their lower 8th chakra more fully to the Pure Energy of Nature in order to create water directly in their body. Learning this technique does not mean you are going to become a complete Breatharian. It means that you are consciously utilizing your Breatharian wiring. And as you practice using the wiring in this first, simple manner, changes will happen in your life.

A comment from Elitom:

In this classroom of life, as you continue to learn, develop and grow, it is not about eating or not eating. Following spirit into becoming a Breatharian is not a forced event. It is an allowing. And depending on the job assignment you are fulfilling, it may or may not be the energy that is needed to complete your

particular assignment.

A Breatharian energy is not helpful for many situations. And this knowledge is not for everybody. People who contact me are meditators, holistic people, high level diet changers....not someone who is in the rib cookoff!

The wiring of the Breatharian experience around people is not easy at all. Friends and family don't like having their beliefs challenged. This is why I'm going to work hard now so Breatharians in the future don't have to go through the same difficulties I went through during my transition. In the next ten years it will be common knowledge in this culture (the USA). I am among the first fruits.

I was at a mall in North Carolina, and struck up a conversation with a man from India. He asked if I wanted to go get something to eat, and I replied that I was on a special diet. He asked what my diet was, and I explained that I am a Breatharian. He was not surprised when I said this. Breatharianism is common knowledge in his culture, as well as in China. And one day it will be accepted here in the US also.

Over time and with practice I have learned to turn my Breatharian wiring for creating water in my body on and off. Most often I use this technique during travels where, for a few hours of time, it is not advisable to drink the local water. I can feel my body shift into relying more strongly on my natural Breatharian wiring, and then I consciously release and move back into what is most comfortable for my body. I do not sustain my Breatharian wiring at this point in time. And, I always resume drinking water as soon as I am able to. Anytime there is physical food in the body, there needs to be physical water in the body also in order for the physical digestion process to work properly.

Too often, I feel that people are attempting to simply stop eating, and they are calling that Breatharianism. It is not. This is anorexia. Perhaps it carries with it a sacred intention, but it is anorexia nonetheless. It carries with it an underlying belief that "if only I could stop eating I would be perfect," and a sense of wanting desperately to rise above or leave the physical world.

But ironically enough, Breatharianism requires a deeper connection with your physical body and the Earth than merely eating food does. As most Breatharians talk about their daily life experience, they mention the sense of being in constant communion with Spirit, Love, the Earth and the people around them.

In my own experience, when I choose to utilize my Breatharian wiring, I feel everything around me. I allow my larger auric sphere, the one that exists about 25 feet away from my body, to enliven itself. As a result, the quality of energy in a room, the energy within air, the age and health of nearby trees, the emotions of others. . . all of these are part of the larger field of energy from which I am being nourished. And over time, I learn to receive only those energies that truly are in tune with my own body, and let the other energies simply be.

For a Breatharian, being in communion with what is around you is how you nourish yourself. And sometimes that is difficult, when there is emotional or physical pain in the bodies of those people who are around you. Or when there is great imbalance in the physical environment around you. This is something that I feel needs to be addressed. Becoming a Breatharian, even exploring this process, means moving more deeply into the world, not up out of it.

Am I lower or less than a Breatharian because I still eat food? It is true that my body, because I eat physical food, has to keep a portion of itself vibrating at a level that is closer to the physical

dimension of the Earth. I believe that everyone has their unique wiring and vibration to offer the planet. And I wonder if believing that eating food is "lower" than being a Breatharian isn't actually a part of our being stuck in polarity. So for now, I would say that the vibrations of eating food and those of nourishing from natural spiritual energies are simply different.

In time, more and more people will 'turn on' their Breatharian wiring more fully. But I suspect this will happen over a hundred or more years. We each already have the wiring. The journey of our soul, here and now in this lifetime, may be to turn it on just a little bit, or a lot. There is a need for people to fill in the space between those who eat meat, those who are vegan, those who are raw foodists, and those who are Breatharians. There is a huge energetic gap between Breatharianism and those who consume raw foods for nutrition. I suspect that many people in the near future will be living as partial Breatharians; eating a physical diet of raw vegan live food while also meditating and using yoga to also nourish themselves through their Breatharian wiring.

We are in a time of transition. It is more important to find your own speed along the path than to try to do something beyond which your body and soul are ready to do. When any one of us feels balanced in our body, we are more capable of creating a vibration of love and gratitude which radiates out into the world. Do not force what is not yet ready to change. There are already enough physical bodies radiating impatience and stress! Honor the path of your own soul.

And I want to share here a final note, based on some information from Shesat (Thoth's companion). Both she and Thoth are considered Ascended Masters, and as part of their ascension went through the stage of nourishing their physical bodies more from energy than from traditional food. She speaks from the perspective of being with us, not separate from us here in form:

*To you, who are the seeker,*

Nourishing our Divine Temple, which is our physical body, needs to be done according to the Divine Temple, not according to our beliefs. The belief that eating food as nourishment is "wrong" and that being able to nourish the body only by subtle energy is "right" is part of your belief system.

Each person expresses the love of God in their own unique manner. In order to allow that expression to move through your body, your Divine Temple, and out into the world, it is necessary to first nourish yourself. Why would God (or Spirit or All That Is) want to speak through you to others? Because it is your voice that is audible to others. And that voice is only audible when you live in the same world as those with whom you are serving.

Breatharianism is where you as a race are going, but you are not there yet. A few people have the special task of opening that road for many. But even more people are being called to remain with the many, and help them learn about Spirit. Running ahead too far on the path is tempting. You can feel the possibility, and you want to run quickly into that possibility! But that may not be your path to walk upon.

In order to be of service most people who sense their Breatharian possibility learn to use it a bit, here and there, in order to maintain a vibration of love, compassion and light within their body. They eat what their bodies ask them to provide for nourishment, giving great thanks to the plants and farmers for the quality of energies that this food makes available to their Divine Living Temple.

And by staying connected into the cycle of eating physical food, the love, compassion

and gratitude expressed as you eat is felt by the kingdom of plants, the Earth, and all other humans on this planet.

Your Divine Living Temple seeks to be of service. Let yourself listen to what the Temple wants to receive in order to be in balance now. Whether you nourish yourself from the subtle energies of Nature or from the graciousness of an organic salad, nuts and a fresh lively mango or apple, you are of service.

It is by creating the vibrations of love, charity, gratitude and compassion that we all are uplifted into a new state of consciousness. Let yourself create these vibrations, rather than the vibrations of shame and guilt over not being able to do something that your body and your soul's journey has not chosen to do. Be of loving service to your world exactly where you are and as you are. That is a true service.

My love and gratitude to you,

-Norma (with Shesat)  
[www.healingchants.com](http://www.healingchants.com)

Another article on Breatharianism:

[Nourishing Ourselves from Nature](http://healingchants.com/art_int.nourishingnature.html)  
[http://healingchants.com/art\\_int.nourishingnature.html](http://healingchants.com/art_int.nourishingnature.html)

**Elitom ben Yisrael** lives in the Midwestern US where he nourishes himself daily in local parks and along the shore of Lake Erie. He has been a Breatharian for over 10 years. He teaches and can be reached at [elitomben11969@hotmail.com](mailto:elitomben11969@hotmail.com). He was recently interviewed and those videos, in 42 languages, can be watched online by copying the URL info below into your browser

[http://suprememastertv.com/bbs/board.php?sfl=wr\\_content&sop=and&bo\\_table=download&search\\_table=schedule&d=y&sst=wr\\_num&s\\_target=4&stx=Elitom+ben+Yisrael](http://suprememastertv.com/bbs/board.php?sfl=wr_content&sop=and&bo_table=download&search_table=schedule&d=y&sst=wr_num&s_target=4&stx=Elitom+ben+Yisrael)

from Spoken Meditations & Teachings Recordings

## BREATHARIAN MEDITATIONS

A Breatharian nourishes their body from energy, breath, and sunlight, instead of food and water. This same wiring is becoming available to all of us. Listen, learn, and explore this ability with long-time Breatharian Elitom Ben Yisrael and sound shaman Norma Gentile. Together they offered a workshop to help others "turn on" their own Breatharian wiring. This is a recording of that workshop. It includes spoken meditations, Elitom's own story, and healing chants from Norma to guide your own discovery.

[More Information](#)

\$23.99 (2 CD set)

by check to:  
Healing Chants  
PO Box 971020, Ypsilanti, MI 48197  
by paypal to:  
[office@healingchants.com](mailto:office@healingchants.com)

mp3 download at [iTunes](#) or [CDBaby](#)

~~~~ NORMA'S EVENTS ~~~~~(complete list here)

---

### **TUCSON AZ - - - - -Registration now online**

Feb 26-29 Sound Shamanism Workshop  
March 1-2 [Private Healing Sessions](#)

**SEDONA AZ**  
March 3-4 [Private Healing Sessions](#)

---

### **PORTLAND OR**

April 2 Meditation Concert (Good Friday)  
April 3-4 Sound Shamanism Training (limited size)  
April 5-6 [Private Healing Sessions](#)

---

### [Private Healing Sessions](#)

(offered in person or by phone)

I am very good at helping to lift off heavy energies and get chronic issues to begin to move. Any energy released goes home, to follow its own growth and evolution. This means that what is released does not return. And it means that those energies with awareness know that I mean to help them. In this way your agreement to "keep them safe" is brought to completion, because they are released with honor and respect onto their next step. This is true of all energies, big or small, that your soul and body are ready to release.

Remember that any energy in your body or aura that is not in time or in tune with you will cause a slow, steady draining of your vitality. This leads to larger issues arising in the physical body, emotional overwhelm, and psychic cloudiness. A complete "deep cleaning" regularly can help you find, address, and release what is no longer yours to carry. This frees you up to engage fully with your own life's issues. (and yes, we can address life issues as well in the session).

A recording is made of the session. When you listen to the recording your guides and the healing angels will return to continue to help your personal inner understanding and release continue. Sessions are \$185 and last about an hour. Please be in touch with me to secure an appointment time. [norma@healingchants.com](mailto:norma@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

---

Norma's other offerings ---

**RECORDINGS OF HEALING MUSIC AND CHANT**

(sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, available as a CD or download)

**SPOKEN MEDITATION CDs and PODCASTS**

(meditations and information, available as a CD or download)

**WATCH HEALING CHANTS ONLINE**

[www.youtube.com/normagentile](http://www.youtube.com/normagentile)

**MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](#)

<http://www.spiritofmaat.com>

My monthly articles and free sound healings are now available in English, German and Spanish online through [www.spiritofmaat.com](http://www.spiritofmaat.com) This is different from the newsletter, which you are reading now.

This newsletter is available in Spanish and English ([subscribe here](#))

---

**Do you buy books or CDs and such from amazon.com or amazon.ca?**

If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

---

Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

[Click here to see other Newsletters](#)