

Jericho Sunfire:

**A Story of a Breatharian
Warrior**

PAIN

MAKES YOU BEAUTIFUL



**JERICHO
SUNFIRE**



First they ignore you, then they laugh at you,
then they fight you, then you win.

Mahatma Gandhi (1869-1948)



Hello there, you may not know me but by the end of this book you will know all about me and my journey. I'm nobody special and I'm not making any claims to be a big time guru of any kind, I'm just some personal trainer dude that changed his lifestyle, got a little active and decided to write a book about his personal journey and what he learnt along the way. Why write a book about that? Well, I wrote this book to prove that you can do anything you set your mind to regardless of how crazy it seems or how strongly people protest and insist that it cannot be done, plus, over the years supporters and friends have always said I should write a book and naysayers have always demanded to know how I can live the lifestyle I live and I must admit, I've been wrestling with the idea for years but never really had the balls to put pen to paper and commit to the thought of being worthy enough to dish out information.

Back in the day the main problem I had to get over about writing this book was not my ability to write but it was me thinking that everybody already knew what I knew and could do what I could do, you see, even in my early days as a self confessed Fruitarian, when everybody else on raw foods was struggling to get out of bed, I was shattering the myths and urban legends that came with fitness on a Fruitarian diet, I hit the floor with my wheels spinning

from the get go, I went through the same struggles every other aspiring Fruitarian went through but I wasn't taking no for an answer. I was a born leader and eventually I ended up as a reluctant trail blazer, I was reluctant because I thought everybody was doing what I was doing and I couldn't understand all the acclaim and all the questioning, people were putting me up on a pedestal for doing things that I could do with ease and I didn't like it. I went around for years transitioning through the various dietary levels, training hard and going against everything society held to be true. When I first started out in what still is pretty much a "new age" raw food community, fitness and fruits were definitely not words you would use in the same sentence and Fruitarianism was not a word you would use at all if you had any sense but I will explain all the raw food politics later.

Well, how I came to the decision to go ahead and write this book was funny to me. I stood in a super market one day and as I was waiting in line, I found myself glancing at all the "let's commit slow suicide" cook books and "read this crap to escape my own life" gossip magazines on offer and as I fought back the chuckles and disbelief, I had a crazy thought that if that crap was flying off the shelves, I really couldn't do much worse if I wrote some crap of my own, after all who'd be able to tell the difference between

one bit of crap from another right, at least my crap could help others to make a positive change, at that point I really started chuckling, I thought, me, write a book and people actually buy it, you got to be crazy.

Then I remembered that over the years I'd been collecting info, insights and opinions for such a time, I'd thought real briefly about writing a book years before but that was even more of a crazy idea back then because I was still getting my butt kicked and transitioning but I put stuff aside anyway just in case I grew some balls one day and decided to share my story with strangers, plus I didn't want to write a book too early, you know what I mean. I didn't want to be one of those Fruitarians that writes a book about going changing their diet, then writes another one contradicting the first one two years, I wanted to wait till my journey was nearing its end and all my progress had been made then share my story one time, plus as I was writing this book I realised that I had to do this because with all that went on, it was my therapy.

So many people wanted to know everything about my lifestyle, many would try to befriend me and get me talking about myself so I wanted to write a book that was like just like being in a conversation with me speaking my truth. Who's this book for? Well, good question, if I was to be nice and diplomatic I'd say that it's for anybody with

an open mind that wants to get fit and healthy but really, I couldn't care less about that or if anybody buys this book at all, in my heart of hearts I know that I wrote this book for me first and foremost, it was therapy for me to release all the information, negative energy and emotions that as a warrior is often bottled up inside, especially after all these years being a martyr constantly fighting people that only want to debate the validity of my various lifestyles, I spent over a decade living lifestyles that everybody said was impossible to live. Writing this book gave me the chance to reflect on where I've been and exactly what I've been through, it also showed me the way forward and how I can be a better example for the brave mavericks and innocent souls out there that feel drawn to make what seems to the rest of society be a drastic change to their diet and have no idea why, this book goes out to the especially because I'm one of those brave souls and I know how hard it can be when you go against the grain. It's tough because people generally are not nice to mavericks like me and people that follow the crowd because they are too scared to think for themselves don't often understand how destructive their words can be, through the eyes of sensitive souls like me. With this book I'm simply sharing a collection of conversations that when brought together should tell my story about how I dealt with going 100%

Fruitarian, Liquidarian and Breatharian and the reactions of the online Raw Vegan community and people around me.

My role here with this book is not to be a guru, teacher, coach or expert on anything because I'm only an expert on myself and I don't want to distract you from learning how to use your own intuition or take away your own personal learning experience because your journey is your own, I am not you and you are not me and using my journey as an instruction manual to learn from instead of your own makes no sense but having said that, I can say with honesty that the very fact that you are even reading this book means that it is very likely that your journey has already begun. At the end of the day I don't know my butt from my elbow as far as all this is concerned and I don't care to know all the inner workings of my body, I've been through hell and back and now I'm just extremely happy with living my life and I'm happy to leave all that stuff to the real expert on these matters, my own body. I don't pretend to know all about nutrition, prana or the living on light stuff the experts and intellectuals talk about, I'm just here to walk the walk and share my story as I go on with my journey, I see myself as always being the student and a work in progress.

So yeah, I changed my lifestyle, some people would call

it a drastic change but to me I was just going with the flow of things and to be honest the flow wasn't always that smooth but looking back I can say with my hand on my heart that accepting the calling was the best thing I ever did. I call the various dietary transitions on my journey "initiations" because each "initiation" had its own lessons, trials and torments and always seemed to come at the peak of spiritual growth and emotionally charged events in my life with perfect timing. Anybody that has tried to make a complete lifestyle change or just eliminate certain foods from their diet will know that it can often be a daunting task and my journey has been filled with so many ups and downs and actually there were way more downs than ups, especially in the beginning, I truly believe that my journey was particularly hard so I could come back and tell the story and here I am, the purpose of this book is to tell my story and to include the good and bad. Throughout each stage of "initiation" on my journey there were times I messed up or slipped up but that's how I learnt my trade and how to follow my intuition, in no way was anything ever perfect, clear cut or trouble free and the funny thing was that the majority of the problems were not from the dietary stages but were from other people butting in and of course, me myself. I was my own worst enemy and with good reason too, second came the fear,

meddling and angry reactions of others. As you read this book it may seem like I only focus on the negative things that happened to me but to be honest in the beginning there were no positive things to focus on, things went from bad to worst and then only after I went through the storm did things get better but hey, read on and find out for yourself.

I was a city boy that was born and raised on manmade, processed and chemically treated cooked foods, I came from a cash strapped West Indian family that lived in the poorer urban areas of Peckham, South London, in the UK. We ate what was on offer from the stores in the local community and never thought anything of it, we never questioned the nutritional content, where the food came from, how it was made, who made it, when it was made or how it was packaged, we just bought it because it tasted good and because it was what we grew up on my Mother did the same and so did her family before that and so on and so on. Questioning the food you were brought up on just wasn't done especially if you were from culturally diverse areas like Peckham that had a strong mix of West Indian, East Indian and African people living there because the food tasted so darn good.

So you can imagine the strong sense of pride and tradition when it came to preparing these traditional foods, a

sense of pride and tradition that only a mad man would dare question because regardless of what country your parents were from, Jamaica, India, China, Africa, as a so called "ethnic minority" in Britain your food was a part of your identity and heritage, to question it was to go against that. Each culture had its own tradition and set of ingredients when it came to cooking their food, they had different meals for every occasion and I found it amazing how people knew how to put all the various ingredients together to create such wonderful meals, it was like scientists putting chemicals together to create a formula. Speaking of scientists I remember my Mother's kitchen was like a laboratory with all the different herbs, seasonings, spices, coconut creams, etc, but we couldn't afford to eat these tasty traditional West Indian dishes every day, those dishes were reserved only for weekends, usually Sundays and special occasions like parties, weddings, etc, during the week, we ate left overs and the cheapest food my Mother could get hold of from the super market and again no questions were asked and no objections or concerns as to the quality of the food were raised. It was just taken for granted that food was food and that any food was healthy, especially if it had milk or meat in it, if it had milk or meat in it then it was good for you. That was pretty much how it was my whole childhood. The most

important thing to note here is that we never questioned the quality of the food that was given and to be honest, there was no reason to, nobody was dropping down dead instantly after eating dinner or any other snack, meal so what was there to question and when people did get sick, it was always the weather or your age that got the blame, it was never the foods fault.

Later on in life, I left home at an early age shortly after school and went off to Yorkshire to pursue a professional rugby league career and after going through the ranks and playing for town, county and country, I signed pro for Oldham R.L.F.C after my second year as an amateur and everything continued as normal, food wise with just some minor changes. I say minor jokingly, now I was a pro, training harder and playing a contact sport that relied on being bigger and stronger, it was now the done thing to eat big too, luckily for me that pretty much applied to the forwards of the rugby team, the forwards were the front men that did all the heavy tacking and went down in the scrum, I was a winger, I was in the backs of the rugby team, the backs are the leaner and faster guys that did all the scoring, as a winger my job was simply to be real fast and score a lot but that didn't stop me from eating a whole bunch anyway.

Rugby league is a very masculine sport and isn't a

environment for a salad eater, again only a mad man would dare question diet as a rugby player and at this point in my life I was eating like a horse not to help with my performance but because I wanted to, so there was going to be no questioning from me. I ate anything and everything, except sea food, I couldn't stand seafood, I felt that seafood was the unhealthiest food ever and wouldn't touch it with a barge pole. Looking back on it, I find it so funny how I could eat all kinds of manmade junk till my belly was fit to burst but I still felt seafood was unhealthy. Again the point of this story that I'm trying to get across is that I never once questioned the food I was eating, again as far as I was concerned if it had milk or meat in it, it was healthy and that meant you could eat as much of it as you wanted too, why, because it was drummed into us as children that you need food to make you strong and healthy. Now since I was playing rugby, it was being drummed into me that to get bigger and stronger I needed to eat even more, that was music to my ears, their idea of nutrition was to eat as much meat as you could, it was pretty medieval really back in those days.

So here I was, already a big eater being given the go ahead to eat more, great, after all, I could just run it all off right? This carried on all the way through my rugby career and I was pretty successful up to a point, I had some great

games over the years but also had my bad games too, I got transferred to various clubs and ended up back in London playing for London Crusaders, I had pretty much reached as far as I would ever get with the rugby at that point, after a spell there I ended up at Barrow R.L.F.C then during my fourth game with them I had a real bad neck injury, basically I nearly broke my neck when two forwards tackled me and I was rolled on to my neck awkwardly and tore several muscles in my neck and shoulders, I had to quit the game, but not before I tried to play again the following week but I just ended up getting smashed to the ground unable to get back up, I had to be helped off the field and that was the end of that.

After the rugby career was over I felt like an old soldier that had finally left the army, I struggled to deal with not being around the game, the players, the fans and I felt lost and useless. I now had to find something to do and I still had this neck injury to deal with. I was in London at the time and I felt pressured to find a job and make bucket loads of money in order to support myself and be somebody. It's funny how I felt I needed money to be somebody after spending six years being a pro rugby player hitting people, scoring tries and being adored by thousands of fans. Well after all that was over I felt like a nobody, while playing rugby for London I enrolled in

college, I wanted to get some kind of long term future established after the rugby was done with me, so I figured out what I wanted to do and went for it, I chose to be a graphic designer simply because I was good at drawing back in my school days, graphic design wasn't what I really wanted to do, it was just a pressure thing, I simply jumped at the first thing that sounded half decent that made good money. So I signed up at a local college and did two years of studying computer graphic design, I was halfway through the course when the injury stopped me from playing rugby. I stopped the rugby and kept on going to college, all went well, then the end of the course came, so I simply signed up for another graphic design course after finding out that the qualification I worked hard for was not worth the paper it was written on. I signed up for a two year course in Bristol and that was cool to me because it meant going somewhere new and experiencing new things.

Bristol was another kettle of fish all together, as I was soon to find out the hard way, it wasn't a very diverse place and wasn't the most welcoming place for a young black man, actually, it's well known for being a huge port for the slave traders back in the slavery days and you can still feel the slavery energy in the place itself. I hated it from the word go but only stayed for the course. I kept telling myself that

it was all for a better life and that I must push on. Bristol took its toll on me emotionally and even though I was no longer playing rugby I was still eating like a horse but this time I wasn't eating to get bigger or stronger, I was eating because it gave me relief, it was an escape from feeling like a runaway slave which was how the people of Bristol made me feel, it was an escape from all the pressures of being in Bristol and life itself, I never had many friends so the people that I socialized with were a few people that moved to Bristol from elsewhere, the one of the few friends I did have from London hated coming to visit me there, came once and went back never to return as he had also felt the energy, so I simply used food as my drug of choice, it was the highlight of my existence at that time, I had no social life, no friends and most importantly I still wasn't questioning the mental and physical effects of the food I was eating so eating it was no issue at all. Nutrition played no part in what I ate, I ate it because I wanted to, it tasted good and gave me the short term effect I wanted so I kept on doing it.

I put up with Bristol for four years and as I finished my course I noticed that it was getting harder to cycle to and from college, I was feeling more sluggish and lethargic, I had huge mood swings because I hated being in Bristol but I also noticed one other thing, I was four years older.

I realised I was reaching the age where everybody gets to look and feel older and I don't know about anybody else but it hit me like a train. I noticed it right away, I couldn't breathe properly because of all the waste and mucus pushing up against my lungs, my gut was progressively getting bigger and the rest of me was swelling up like a balloon too. I realised this was going on but I never took any action on it, why, because I went outside and saw everybody else was going through exactly the same thing and looked exactly the same as me with the pot belly and bloated body, it was the norm and I never questioned it, just like I never questioned the food I was eating.

As a year or two went by I was still gaining weight and feeling older, then one morning for the first time as I stood in front of the mirror looking at my rapidly aging self, I noticed that I looked so bad. It was then that things stopped making sense, it no longer made sense to feel so bad and I began wondering what was I coming to. I started to put two and two together and realized what I was putting into my mouth had something to do with how I was looking and feeling, in fact it had a lot to do with it. A few more days past after that realization and I was still eating the same food until one day I just said enough is enough. I couldn't do it anymore, something in me had awakened to the fact that I had to stop abusing myself

immediately but it didn't feel like a matter of going on a fancy diet and living happily ever after, this was different, this alert came from deep within, it was like a siren going off in my soul that wouldn't stop unless I took action, I felt like I couldn't eat another cooked meal and at the same time I had a very strong craving for fruits all of a sudden, which was very strange because I never had fruits, I could eat whole extra large apple pies but never the actual raw apples.

For the first time in my life I felt what I could only explain as a spiritual awakening. I had no spiritual background or practises, so I never knew what to make of all this, I never had any spiritual idols, never went to church on a regular basis. I never chose this special journey or to go so far against the grain, it chose me that morning, to this day I feel extremely humbled to have been awakened to my calling by what I call, a higher source, a calling that I had to choose to decline or accept, if I declined it, I would condemn myself to living the life everybody else lived which was one of eventually pain and decay which would still be good for the world because I'd be showing an example of how not to live, if I accepted, I would be facing a lengthy period of emotional purging, uncertainty, confusion and a life of going against everything that society held to be true but in the long run it would be

showing a positive example of how to live. Either way it would of been a restless struggle for the duration of my life, the question was, do I want to be sick and tormented or tormented and in great shape. Sounds negative but really that's what it came down to. As you can already see, it didn't take rocket science to see which way I'd go, I wanted life and staying healthy was all about peeling back the layers of my life in order to experience rejuvenation and taking the various steps closer to my original state which to me was the best thing I could ever do for myself. I was presented with this amazing opportunity in my early twenties while standing in front of the bathroom mirror and although I really had no idea of the titanic mental and physical overhaul that was about to take place if I was to accept, I felt a strange sense of readiness, I found myself feeling like I was a warrior being called to war, I had this feeling like I had always known that this time would come and my whole life up to that point was in preparation for the journey ahead. It took some time and some internal fussing and fighting but eventually I chose to accept my calling and was placed on a strict Fruitarian path that very morning.

I got on my bike and rode to the big East Indian fruit market and got two mango's, grapes, a honey dew melon and some undried dates for good measure, while I was

there I felt a calmness that I was not used to, it was pretty refreshing actually and I was surprised at how appealing the fruits were considering fruits were never my thing. I rode back home and got stuck into these fruits, I ate them like there was no tomorrow, I couldn't believe how good these fruits had tasted and why I had never wanted them before, they not only touched the spot physically, they touched the spot spiritually too, I felt like I had followed instructions and was reaping the reward. Over a very short period of time I was exposed to a feeling of well being that I believed was my birth right, it just felt right. I then realised that the same cooked food I was eating that was supposed to be so healthy was the same food that was killing me slowly and that getting off of cooked food was going to be the key to taking back my health and experiencing rejuvenation.

Basically I just followed my intuition, got off cooked foods for that day and pigged out on fruits, I say for that day, actually, I enjoyed it so much I did it again and again, before I knew it, I became a Fruitarian. It was great, I was so excited, I wanted to share my health discovery with anybody that would listen. I thought I had finally found the holy grail of health but needless to say I was met with extremely strong opposition and ridicule simply because I chose not to eat cooked food. I quit many times on the way

for many different reasons but mainly because I had no idea what was in store for me or how titanic a task getting off cooked food really was, luckily for me, my intuition would never let me quit for good. I think because cooked foods and the pleasure of eating it is so addictive it is now a hell of a job to stop doing it, so much of what we do and who we are revolves around eating for entertainment and taste. Most people never reach a point where they know of anything else but eating food for comfort and pleasure, I know I was certainly one of those people and I've never taken hard drugs in my life but for me, I never really appreciated what coming off of hard drugs would feel like until I got off cooked food.

I believe that everything happens for a reason and your decision to take more care of your body is no chance thing, in fact if you have this book in your hand then you are probably being guided to take action and make change. I don't promote any one diet or lifestyle because I believe that each lifestyle serves its own purpose as time goes by. I'm a very strong believer in leaving room for change or progress because after all, change and progress is what we're here for. I know how hard transitioning to another lifestyle can be and I think that everybody needs to start somewhere and I believe that if anybody is really serious about taking care of their health then transitioning off of

cooked and processed foods should be the place to start, what you do after that is your personal choice.

For me getting off cooked food was pretty much the main goal from day one but I found myself messing up so many times and quitting more times than I care to remember , I knew it was all a matter of getting control of my mind back because I quickly realised that because of cooked food my mind really wasn't mine to control in the first place. It was weird seeing this, seeing my mind being altered by my addiction to the pleasure of eating cooked food, cooked food is a drug period, you get off it like a drug. Yeah, I know I sound like a jerk but I can say what I say because I've been there and lived it and it was hell. I may sound arrogant but I've earned the right to have a big mouth because I put the work in to get to the other side, giving up cooked food is not meant to be easy, if it was, the food industry would be bankrupt and you'd be healthy and that's not good for business, at the end of the day in my opinion the super market is nothing but a glorified crack house and you are the crack addicts. Don't even bother bringing up organics because organic standards weren't that great in the first place, how can it be, when we have polluted air, acid rain and crap in the water supply, do the research. As I will go into more detail later, I had such a bad time trying to quit cooked food and the worst thing was that the cooked food

I was running back to was dead but at least I learnt that I wasn't running back to it because I needed nutrition, that lie went out the window pretty soon I can tell you that, it was plain and simple, I was running back to cooked food because I was addicted to it and needed to get my next fix. To me living on lifeless, manmade cooked food is evidence that breatharianism is very possible and proof that the body can function for years in spite of cooked food and not because of it.

I'm always amazed at how completely unaware people are of the damage they are doing to their bodies by polluting themselves with cooked foods, people don't even know why they eat what they eat, all they know is that it tastes good. I remember before I started my journey how totally blind I was myself to the junk I was eating and the damage being done, even when I got sick with colds and flu's on a regular basis I never woke up and made the connection but I was very lucky, I probably sensed the warnings earlier than most and did something about them. What seems like a clear health risk to me wouldn't even register to anybody else as a blip on the health radar, why is this? Well I believe that I had spiritual help plus the unconsciousness stems from childhood, I feel that we are basically force fed and conditioned to eat from the time we are in the womb and especially when we get off breast

milk, for most children a natural diet is not an option, the choice is already made for them and it's straight onto processed, manmade foods that only serve to desensitize and stop any chance of the body actually doing what it's supposed to be doing, this is why people are in such disbelief when it comes to Breatharianism or anything to do with not ingesting processed, manmade foods. The fear and disbelief is there because we are effectively stopping the body from doing its job, we are missing out on experiencing what the true purpose of the body is, we grow up thinking that the body is just a processing plant designed to process and eliminate waste from ice cream, soy, pizza, burgers, fast food, etc, etc, when in fact it's the complete opposite.

Even when the body becomes out of shape and distorted it still doesn't faze people, they will see a man with a seriously bloated stomach hanging well over his belt buckle and will think nothing of it, to them it is such a normal thing and to associate that with poor eating habits just doesn't cross their minds and the worst thing for me is that I cannot tell them anything different from what they already think they know because if it came from me, it would just be ignored and I would just be seen as an extremist health nut talking jibber jabber but it's funny how when you talk about not eating food all the sick and

overweight people become instant dieticians.

In my personal opinion, getting off cooked food and transitioning to Fruitarianism is the very first initiation to reaching higher levels of consciousness and is an extremely important and even sacred spiritual act that should be held in the highest regard. I'm of the opinion that it's not the raw foods that heal you; it's getting off cooked food that heals. For me, it's great to see new raw folks because they are so enthusiastic and wrapped up in the food and being healthy, they wear t-shirts with fruits on them, people that go on the online raw food forums name themselves after fruits, they even want to know what your favourite fruits are and what fruits you've eaten that day, at the potlucks they get to talk about their favourite food and how to overcome various challenges, I love it, it's like seeing people with that new love feeling, you know the kind where you meet someone new and you can't stop talking about them and everybody else is getting sick of it but you don't care, you just carry on anyway, but with anything good you must experience the bad and the bad in my opinion isn't the detox, it's isn't the well meaning friends and family members and it's not even mainstream society, it's you, yes you. I say this because all your success depends on how you deal with the challenges that going getting off cooked food brings and the challenges will

come thick and fast from all directions, trust me on that, you'll be like that regular person that sets off to find the holy grail and overcomes almighty obstacles and comes back a hardened warrior. Alright, enough of the dramatics, what's my point you may be asking, my point is that getting off cooked food and going Fruitarian is no joke, it's extremely hard to do properly and to get through to the other side and unfortunately ordinary efforts just won't do, you have to be exceptional because you have to be able to see past the illusions of your own addicted mind and be able to stick to the goals that you originally had in mind when you started, unfortunately most people fall victim to their own addicted thoughts as if under control of a hypnotist, they eventually forget the very reason why they started on the road to healing, lose focus, quit and go back to cooked foods.

I've found that people make too much of a fuss about going Fruitarian, it's still all about eating to them, trying to figure out what to or what not to put inside their gut is still where they feel the solution lies but to me it's getting off cooked food that should be the ultimate focus, once you've mastered that the world is your oyster but I've seen it time and time again, quitting cooked food can drive people crazy, it can have the strongest, most hardcore giving up the Fruitarian path and singing its praises and

insisting eating fruits made them sick. It just goes to show how much of a mind altering drug cooked food really is, yes I said drug, nobody thinks of cooked food as a drug and I think that this is a part of the problem. It says “why struggle and be unhappy trying to be healthy, when you can come back to enjoying life with me”, but the sad fact is that they were already depressed and falling apart on cooked food and that’s why they went Fruitarian in the first place and trust me after three weeks eating cooked foods the novelty will wear off and the aches and pains will be setting back in and they will be coming back to raw foods with their tails between their legs.

A funny thing I’ve seen too is that people that once sprang up out of nowhere singing your praises, calling you “friend” and wanting your support while they were enthusiastic about going Fruitarian suddenly vanish into thin air and don’t want to know you or anything connected to the Fruitarian lifestyle once they go back to cooked food and all of a sudden going Fruitarian isn’t so healthy or that’s the justification they use for quitting. At the end of the day this ain’t no game for chumps. The problem is that you don’t know cooked food has drug like qualities till you try to get off it. When we look at cooked foods the last thing we think is that it’s a slow killer, were brought up to believe that food is what builds us up and gives us

our strength and vitality. Well unfortunately even when it comes down to health, people would rather overlook the fact that eventually cooked food blocks up our digestive system and bloats us up like balloons but people don't see the effects that come with eating processed, manmade foods as harmful and don't want to be told what to do or how to eat.

I just don't get it, I've known people that are dying from cancer but will not quit smoking, I've known people that are dying from liver damage but will not stop drinking alcohol or taking hard drugs. I can understand that nobody wants some stranger telling them that the way they, their family and everybody they know have been living is all wrong, I'm sure I'd be defensive too if someone said that about me and my lifestyle, that's why the majority of people that stay raw are people that are having great success with curing themselves of illness or people that are getting active, in shape and are mentally strong enough to ignore the fears and negativity of others. It's a real shame but it usually takes a serious illness to wake some people up but such is the addicted nature of our society, we are raised to think that we can eat whatever we want and there are no consequences, as far as the average Joe/Jane knows we eat cooked food and it simply comes out the other end and we view getting sick as a totally unrelated issue, in

fact many of us think that we get sick because of a change in the weather or old age.

It's hard to try to raise awareness about the dangers of cooked foods because people are so defensive and just don't want to think that after all this time by choosing to eat cook food they have in fact been committing slow suicide and that their choices could be responsible for causing damage to their own and the health of their loved ones, especially if there's children involved, it's embarrassing for people to think that they have been fooled by the food industry into thinking that cooked food is anything but healthy and nutritious and if there's one thing I've leant is that cooked food never gives anything, it always takes away, so while they may be thinking that they are getting away with it so far, it's going to bring them down, maybe not now or tomorrow but it will bring them down slowly but surely and way before their time. So as you can imagine, when a guy like me starts foaming at the mouth about the dangers of cooked foods, it doesn't take long before a million and one angry people rush to defend their position on why they eat cooked foods and why cooked food is the natural food for humans, even if they know that what I'm saying makes perfect sense, just the mere thought giving up their cooked foods strikes

fear right down to their very core, just like it would if you told an alcoholic, smoker or drug addict to immediately quit their drug of choice. One of the realities I face now and as a parent is that it's like I'm always on the outside looking in and I get to see how humans have strayed so far from our original state that we can eat the baked, boiled, fried body parts of dead animals heavily seasoned in salt, sugar, sauces and spices, consume vast amounts of dairy products, pizzas, burgers, fried chicken, condiments, candies, ice creams with crazy flavours, wash it all down with sodas, concentrated fruit juices, cow's milk, etc and think that this is all perfectly normal, but check this out, here comes the funny part, we even manufacture and duplicate fake versions of all the above that is supposed to be so unhealthy, so vegans don't miss out on destroying their bodies/health too and Vegans are falling for it hook, line and sinker, think about it, if meat is supposed to be so bad, why would you want to eat a fake version of it or if the above foods are so unhealthy why make them in the first place?

All you got to do is go into any super market and you'll see many, many people buying old food, wrapped up, canned or packaged in some kind of plastic container and if you were to stop anyone of those people and ask them how old the item was or when it was made, they would

not have a clue but wait, it gets worst, one of the most alarming products of all in some of these stores are the children's birthday cakes, those things are like a chemical dump, they almost look plastic and I dare you to read the ingredients list, it's as long as the book war & peace, full of words you can't even say properly and it's so obvious that it's just jam packed full of sugar and chemicals, artificial colourings but does this stop people from feeding it to their children, nope. Well I'm not here to say that everyone should suddenly stop eating cooked foods and I'm not going to act as if I don't know the pleasures of eating cooked foods either because believe me, I've had the pizzas, the hamburgers, the ice creams, fast foods, slow foods, whole foods, any foods, I always loved cooked foods.

One of the perks of eating cooked foods is that it briefly satisfied a lot of my emotional anxieties, if I was stressed, I ate cooked food, if I was upset, I ate cooked food, if I was happy, I ate cooked food and it seems that you also have certain food outlets to go to for certain emotions/celebrations too, so food was a huge comforter for me and I loved the gratification and over all numb feeling it would bring, I always felt like I was big and strong on cooked foods but that was just a false sense of security, so eating fruits was never an option, I just never wanted it

and never ate it, the food industry has always done a good job making sure people like me keep coming back for more of their products, my issue is that eating cooked food has long term consequences that we need to be aware of.

I believe that escapism, taste and addiction and not nutritional need is the real reason why people eat. I believe that back in the day, once we tasted sweet foods either raw or cooked, it was all over, eating for pleasure took over. My belief is that the body is its own self sustaining universe and when you put any material, raw or cooked, even water in your body it creates an imbalance or ripple effect, it distracts the body from going about its daily business and adapting to whatever environment or needs you may have at any given moment. I personally think that the only reason why you would even need to drink water is because you're eating solid foods raw or cooked with taste, for instants, eating heavy fruits may cause you to overeat or it may cause you to need extra liquid that you wouldn't of needed otherwise, especially if you're eating the heavier or drier fruits like bananas, avocado, etc, the body would have to deal with the cause of the food and the water you drank that is now probably over loading the system.

Now eating cooked foods really throws the system into chaos because it's also got chemicals, salts, sugars, fats, MSG and many other addictive ingredients, on top of that cooked food uses the bodies resources to store, remove it from the body and it just throws everything out of whack and that's not even mentioning constipation, etc, basically, I believe that somehow we got into the habit of eating. I think that the process of cooking food was an early act of desperation or a complete accident, I mean think about it, who in their right mind would really go out of their way to catch an animal, skin it, prepare it, cook it, all with their bare hands, then eat it with no salt, sugar or spices, when they could easily pick a fruit off a tree, plus, I'd love to meet the first person that figured out that if they boiled rice they could eat it. Well that was then and this is now, now we have manmade condiments, which allows us to eat anything we want to regardless of freshness, smell or taste, so freshness doesn't matter now because we have condiments, now we can just coat our food with it, in fact I know people that are so addicted to condiments, they just cut out the middle man and just eat spoonfuls of the stuff which to me is crazy for anybodies standard.

Have you ever been doing really good on your diet only to go head long into a uncontrollable cooked food binge that

seemed to come out of nowhere or have you ever been Fruitarian for sometime only to get stressed out, bored, happy or angry about something then go head long into a uncontrollable cooked food binge that again seemed to come out of nowhere, well don't worry because it's happened to the best of us, but have you ever wondered why that happens and exactly what comes over you to make you rebel in such a way that leaves you feeling sick, bloated, guilty and mad at yourself for slipping back to doing something you knew you really didn't want to do. Now on top of all that self examination and questioning, you got to go through the never ending fight to get back off cooked foods. So why is it when certain emotions come up do we automatically resort to cooked foods, for me I learnt that I could do all the soul searching I wanted to but knowing the reasons why still didn't stop me from slipping up, I found that the easiest way to stop eating cooked food was to actually stop eating cooked food.

I know, that's way easier said than done and I already know that caving in to cravings is a given at some point during transition but I'd like to expose you to this, just in case your brand spanking new to this battle. Caving in to you cravings and binging on cooked foods solves nothing, if your binging because your stressed, your still going to have the same problem your stressed about long after

you've binged on cooked food, if your binging because you believe your addicted then your only keeping the cycle going by putting more of the foods your addicted to inside your body, it's a sad cycle that can go on for years if you don't take strong action to change it, I always say to think of quitting cooked foods in the same way as quitting drugs because that's the only way things will make sense.

I'm not going to spend this time bashing cooked foods but there are a few elements that go towards our obsession with it that will show that there's so much more to this quitting thing than simple will power and knowledge of guru secrets and guru programs, I know so many people that are highly educated when it comes to nutrition and the anatomy of the body, etc and even know a bunch on how to go raw but cannot implement what they know because they have a whole bunch of emotional attachments to cooked food and sadly most of us were born and bred on what, yes you guessed it, cooked foods, it's kind of like we were programmed from birth by our parents, then as we got older we trained ourselves and fine tuned everything to suit our own particular tastes and emotions, take me for instance, when I was sad, I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was happy I stuffed myself with ice cream,

fries, pizza and everything bad for you, when I was angry I stuffed myself with ice cream, fries, pizza and everything bad for you, when I was bored, as comfort food I stuffed myself with ice cream, fries, pizza and everything bad for you, are you starting to see a pattern here yet?

Funny thing was that I never once saw my eating habits as anything but normal when I was growing up, I just figured that I was one of those people that simply liked to eat and in our society and with the group of people I called my buddies that was a good thing, I would eat at every opportunity but I never once associated eating as my way of escaping myself and all my stresses until I got off it, the great taste always masked the fact that eating all that food was totally and utterly pointless and that all I was doing was filling up my poor stomach with garbage several times a day, day after day, I never once got any warnings from my body telling me to change my eating habits, I never got sick apart from the odd cold or flu now and again when the weather got cold, in fact when I got the colds and flu's it was always the weather that got the blame, never the food, I was always so stuffed I don't think I would of felt any warning signs if they got up and punched me in the gut, I never questioned anything because everything seemed so normal, everybody did what I did, I'd go to the

store and people were always buying or eating food, so it wasn't until my 20's that I started to pay the price, just like everyone else, I must of missed the warning signs by a mile because I fell apart pretty rapidly, I was pretty much full to the brim and I just could not eat another mouthful of food.

See, for me I used cooked food for escapism from life's stresses but it only worked for very brief periods, like five to ten minutes and as soon as the taste faded I had to start all over again but with sweeter, saltier, stronger tasting foods, at the time I was so unconscious to this, I just kept stuffing myself with more food, in fact at times when the taste faded I simply added more condiments and carried on chowing down, it was like medication to me but back then I never once associated my eating habits with escapism, all I knew was that the food I was eating tasted pretty darn good and made me feel like I was somehow taking part in something special, it always seemed like a treat to buy something from the store to eat, especially if I was eating out with friends, I was always eating something, it took me a long time to come to the conclusion that even after all of this eating, my problems, low self esteem issues, bills and other assorted stresses were still there and had not moved an inch the whole time,

in fact as I looked back over the years I've realised that at no point in time did comfort eating ever give me any real comfort or take care of any of the issues or stresses I ever had, so why on earth was I doing it, why did I always choose to eat my way into oblivion rather than deal with these issues, well as you can imagine after that revelation I asked myself that question many times and each time I drew a blank, the only thing I can think of is that I ate to forget but at the same time like I said before, everybody else was doing it too, you could go into any restaurant, fast food joint and see people eating to forget or eating because they have been programmed to suppress their emotions and because you see everybody else doing it and having a great time, it becomes harder to see it for what it really is and it wasn't until I went Fruitarian that I started to see the wood for the trees.

Well, back to making a change, I went Fruitarian because spiritually I was getting a wakeup call of some sort to the point where I couldn't stand to eat any more cooked food and as time went on I went through all the detox and issues associated with transitioning to the Fruitarian lifestyle, I even discovered that one of the key elements to transitioning to the Fruitarian lifestyle was getting active, so for me the natural diet and intense activity

made a happy marriage and I really thought I was the stuff for making that discovery but for some reason I still wasn't able to stay Fruitarian consistently without going on a cooked food binge, it was a major problem for me because it was spoiling how great I was feeling when I stayed Fruitarian, then I started to recognise the feelings I had when I slipped up and ate cooked food and started to put two and two together, I realised that I was not only eating to fill some kind of emptiness I was feeling inside. I was also eating cooked food because I was programmed to.

Ok, so now I'd figured that out but what was I supposed to do to get rid of this emptiness and where the heck did this emptiness come from and what was the feeling of emptiness and programming connected to, to say it took a lot of soul searching and close observation of myself to get to the bottom of all of this is an understatement, I started to see that every time I felt stressed I wanted to eat cooked food, every time I was happy, I wanted to eat cooked food and I think you guys know where this is heading right, yeah, you got it, I ate a whole bunch of cooked food for every reason other than nutrition, I found that it was especially bad when I got bored and was sat around doing nothing, it was like I was using food to

relieve some kind of anxiety and at the same time it felt like it was something I had to do, like I was on auto-pilot or something, I don't think it was that the cooked food was addictive per se, although I'm sure that had a little bit to do with it but I think it had more to do with it being the food that I was programmed to eat from childhood and into my adult life.

It really wasn't until my daughter was born that it all became clear to me, that we as parents were conditioning our daughter to do the same thing. I found that every time she cried I had this natural urge to feed her or make everything feel better for her and nine times out of ten it was her mother's breast milk or food that made her feel better and stop crying, it was the same as she got older, if she got upset about anything we gave her food to eat and this pattern went on for a while until I'd learned to make better food choices because I saw that once my daughter got the taste of cooked food in her mouth she was addicted and as the years went by I saw that she was developing a dependency on cooked foods, her mood was greatly affected by the food she ate, if she couldn't get the cooked foods she wanted she would get emotional, it was as if she started to see these foods as a huge treat, I was the only Fruitarian person in the family, so I knew

I was the one that was going to have to make the better food choices, this prompted me to watch other people with their children and they were doing the exactly same thing and making terrible food choices like burgers, fries, shakes, burrito's, ice cream, meat, dairy and cheap candy just to keep their children quiet.

It was sad and incredible to watch these patterns unfold and to even see the children picking up on this by asking for certain fast foods at certain times, for instants, playing at the park on a hot day made it ice cream time and as soon as they heard that music it's ice cream time or when you go shopping at the big shopping centres with the children it's fast food time and as soon as they see that certain familiar logo, it's time for those burgers, fries and shakes, it's this experience that really opened my eyes to how emotional attachment to foods can develop from childhood, in fact when I trace my steps back to my early childhood I can always remember my mother buying fried chicken and soda from the fast food joint every Friday night, that was a great treat for us because, one, it was one of the few times me and my Mother ever spent time together, two, it meant that my mother didn't have to wash up which made her happy and three, it tasted so darn good and with all the colourful packaging and the great taste, it

seemed to be like a gift or a special occasion, eating this stuff made us so happy and yeah it tasted good but most of all my mother bought it out of love because she knew the feelings we both got from eating it, everything seemed to briefly disappear and nothing else mattered once we huddled together to eat this stuff, all the excitement and anticipation seemed to over shadow the fact that the food we were eating was actually hazardous to our health.

I can't even remember if I was ever introduced to fruits as a child, not even as a treat or desert, all I know is that as a child my thoughts as far as food was concerned was the colourful packaging that came with cooked food which made me feel so special and I personally think that we also get sucked in by the happy TV commercials, children laughing, bright colours and fancy packaging that help to form our attachments, I honestly believe that this kind of attachment wouldn't exist on raw foods to the extent that it exists on cooked, I also strongly believe that this attachment to cooked food is the cause of many, many emotional issues such as depression and anxiety which then causes weight gain and obesity, I say this because I know for a fact that raw foods doesn't affect the mind in the same way as cooked food does, you can quit raw foods anytime you want to and not even think about going back

to it ever again but if you try to quit cooked foods you have to go through much detox, with drawl symptoms, cravings and great anxiety because you're constantly wanting your next cooked food fix, none of which makes for a good time.

For many people the very thought of going without cooked food forever is a thought that evokes feelings of incredible anxiety and terror, let me ask you this question, have you ever spoken to someone that knows all the disadvantages of eating cooked food and is positive about going Fruitarian and they are saying all the right things about changing their lifestyle for the better but as soon as you talk about staying off cooked food for good and being Fruitarian happily ever after, they start to talk about the validity of going 100% and how one meal here and there couldn't possibly do any harm, well see, that's the power of emotional attachment to cooked foods in action, the bottom line is that when it hits the fan emotional attachment to cooked food is probably the number one cause for sabotaging your efforts to stay Fruitarian but of course at the time your made to believe that your craving cooked food because it's what you need nutritionally.

There's many tests that pop up such as relatives or friends coming by with a movie and some snacks or buddies asking you out for a night out on the town, it's when you have a social function to attend where others are going to be eating cooked food, is when I've seen even the strongest willed person lose all focus and reasoning, we seem to think that are we can't still enjoy ourselves and have a good time with good company or at social events without eating cooked food, but you know what, I'm not going to give anyone the benefit of the doubt or go soft on anyone because we are all aware of the choices we're making, we slip back to cooked food at any given moment simply because we want to, the friends coming around or the big social event is just the excuse we need to justify slipping back at that weak moment in time, it's not because people are not aware of certain issues or are inexperienced with the Fruitarian lifestyle, trust me, I've been there and done it many, many times, I've made all the excuses and I've sabotaged myself at the drop of a hat knowing full well what I'm doing, only to realise that I'm just maintaining my emotional attachments to cooked food and unless I quit cold turkey I was just going to continue to do so.

A lot of people say that all this stems from not getting our emotional needs met and once these needs are met

you will automatically stop acting out these cycles, I'm not saying that this concept is wrong but that didn't work for me, for me it went a little deeper, like I said before, I believe that for most of us these attachments to food have been programmed into our minds from the womb and early childhood and we all need to take the time to re-educate ourselves and develop associations with new healthy foods such as fruits, veggies and leafy greens. After all how many times do you see animals in the wild eating because they have emotional attachments to their food, when's the last time you saw an obese animal out in the wild, all the animals in the wild that I've seen are pretty lean and muscular according to their genetics and body type due to the fact that they stay active and eat when they need to and not for fun or at random like we humans do, wild animals don't have the fast food joints on every corner that we humans do, they don't have super stores filled with old cheap, heavily refined, processed, chemical filled man made junk food, sealed in metal cans or plastic bags stacked on shelves for months, years at a time, like we humans do, they are not fighting sickness and disease or obesity like we humans do, in fact the only obese or sick animals I've ever seen are some dogs and cats kept as pets and fed by us humans. Well your probably asking what you can do to stop all of this going

back and forth stuff, well if you are broke like I was back then all you have is plain ole elbow grease, meaning, put the work in yourself, other than that, I have no idea, that's a solution that will be personal to you, all I know is that it took me years of trial and error to even recognise what I was doing to myself and why I was rebelling and reverting back to cooked foods when I was perfectly happy and healthy being Fruitarian, I put in a lot of work recognising and stopping certain programmed behaviours that I had no explanation for because at the end of the day I just got sick and tired of selling myself short and compromising the great health I was experiencing while Fruitarian but what I think helped me the most was researching on what true hunger really felt like and funny enough it helped because none of the research on true hunger was true to me and to be honest with you getting off of cooked food came down to a whole bunch of tough love and being real with yourself because at the end of the day you are all you will have and at some point your going to have to implement what you've learnt or know to be true and as many of you already know, that's not always an easy thing to do.

In this society the idea is that we all become taste addicts so we can make big bucks for the food industry, we have ads on TV that show us how tasty cooked food is and how

great it can make you feel, why does it make you feel so good, well, it's the taste. Over the years, I had many, many battles with overeating and it was all because of the manufactured taste of cooked foods, up until going Fruitarian, I had no idea that I ate so much food but we don't think anything of it because eating is glorified. Ads on TV show that real men eat vast amounts of meat and hip and trendy people eat fast food, in fact if you tell people your Fruitarian or even Vegan you're going to get the men in white coats coming after you because the promotion of these types of cooked foods has made the idea of not eating them seem so crazy. Well I know now that the times I feel the best are the times when I do not eat solid foods, but to take action on this takes great courage because you will face great opposition.

When I follow my intuition and simply absorb the elements of nature, I feel an incredible sense of peace and calmness that is so refreshing, it's way better than any brief gratification I would get from eating cooked foods because after the initial taste has gone the body has to deal with the digestion of the cooked food which just leaves you feeling like you have a house brick in your gut and feeling worst than you did before, which then leads to a cycle of eating food to feel good. Now as a Breatharian

I realise that back in the early days, pretty much all the times I ever ate cooked and even when I ate fruits, I was eating out of habit and to ease emotional stresses and hardly ever because I was truly hungry, I was eating for short term gratification and using the manufactured taste of cooked foods to self medicate myself and ease my pain, cooked food was my pain killer, the more I ate at one sitting the faster the taste disappeared, which meant that I needed even more taste to ease the pain, until it reached the point where I was eating bigger and bigger portions so over eating on a large scale was a given for me depending on my emotional state, in fact now, I don't even think true hunger as we know it exists because I believe it's mostly based on experiencing pleasure and as long as cooked food exists there will always be some type of desire and false hunger. like I always say, nobody on the planet knows your body better than you and your higher self, you simply need to put in the work to learn about yourself and your spirituality. Unfortunately there's a lot of hurt and stressed out people out there in the world and most people will seek gratification and self medicate themselves with cooked food because we are conditioned from before birth to eat cooked foods.

I'm going to sound like a real jerk now but this is a subject that people like to dismiss as crazy talk but "intuition" is sacred to me and I feel that some folks need a reality check. I strongly believe intuition is the essence of your true higher self and if you have lost touch with it, you have lost touch with yourself and your sensitivity. I hear some people say or complain that they don't understand the whole listening to the intuition thing and that it's hard to tell the difference between a craving for a burger, fries and shake and what raw food their body needs. Some complain like it's such a great hardship or inconvenience, well, c'mon people are you really that lazy and caught up in addiction that you have given up on thinking for yourself. When people say this it makes me mad as heck because right there it shows me that they are still fearful and resisting on some level and already missing the point and that point is to just be quiet, quit with the questions and all the complaining, be quiet, go within and put the work in. The bottom line is that it should be clear that if your craving, breaking out in cold sweats, getting angry, upset and getting all kinds of other physical reactions because your wanting that burger and can't have it is you just going through plain old addiction and emotional attachment symptoms and that this is not real intuition or your body telling you what it needs, this should be clear

because raw foods don't create that type of behaviour, only unnatural foods and drugs do that, you can be 100% Fruitarian for ten years and decide to quit fruits without even blinking an eyelid and with no withdrawal symptoms. After all when is the last time you heard of fruits addiction intervention group, raw food weight watchers or Fruitarian twelve step program.

Now this is for the people that don't complain and genuinely have trouble figuring things out and I promise I'll be nice this time. I always say that the issue with the raw food movement is people living the raw lifestyle by cooked food standards and this subject is no different. When you go Fruitarian you got to throw everything you think you know out of the window and this takes great courage because there really is a lack of credible information that is consistent enough to rely on and this forces people to revert back to the comfort of what they know best, for instance, in mainstream society, if your belly growls, that's supposed to mean you're hungry right, well that's not my belief, I threw that out of the window years ago.

That belly growling is not intuition, your intuition is not a physical thing, it's your inner voice or gut instinct, pardon the pun, it's that voice that says you need orange juice,

water melon or water after a hard workout in the sun, you see, it's like this, your inner voice is never going to steer you wrong and have you doing anything that is not for your greater good, now on the other hand, your addicted mind will steer you wrong each and every time, so if your craving cooked, processed foods then it's your addicted mind at work not your intuition and if your needing non cooked foods such as fruits, fruits juices that is for your greater good then that's your intuition. Now there's also a difference between wanting and needing, as a beginner the best time to start looking out for that inner voice is after an intense workout because that's generally when you need something and the need will be expressed in a subtle manner, the addicted mind will have sirens blaring and bells ringing as if there's a great emergency.

In my opinion you're not who you truly are on cooked food, you're a drug addict, an eating machine and that's how the food industry wants you to be and that's why they help you along with certain addictive ingredients such as refined sugar and salt, they want you unable to resist their products so you keep coming back for top ups, after all why else would people carry on eating food they know causes sickness and disease, drink alcohol that they know destroys their internal organs and smoke cigarettes

that they know causes cancer. I'm not giving people the benefit of the doubt either because I know for a fact that everybody knows exactly what the consequences are, they know exactly what is going on and they think they are willing to pay the price until it comes down to paying. It's like selling your soul to the devil, yes you can get want and experience all the pleasures for a time but you will be a lifeless shell riddled with disease when you're done or when it's done with you. I mean who in their right mind actually thinks that bread for instants builds healthy tissue or blood for our body.

People on cooked food are simply not in control and many will never be in a position to realise it, until they try to quit and go Fruitarian or something, why do you think people say that diets never work. Don't get me wrong, I'm not saying that everybody should stop eating food but I'm trying to point out the insane death wish society has, going against everything that is good for the soul. I'm not saying it's a plot or anything either because everybody eats the same food, the politicians, food industry bosses and most of society all eat the same thing because of their belief that food is needed in order to live and be healthy and strong and because of this belief the cycle of manufacturing food goes on and on, it's not even about manufacturing food because it's taken for granted that

food is needed for survival, now the focus is just on making foods tasty and to the Joe/Jane Bloggs in the street it's simply down to choosing the tastiest product because it's taken for granted that any food eaten will be of benefit. It amazes me how blind I once was and society still is to the fact that food raw or cooked especially these days is just not healthy or even needed, for instants how healthy or natural is it to eat foods with dangerous pesticides that we all know are used on food but we turn a blind eye to that because we feel there would be nothing else to eat if we did something about it. People ask me all the time what is the diet for humans, well now I believe that some people can go Breatharian and some need raw foods but cooked foods is definitely a big no no to me, I believe that the body does what it does in spite of food not because of it so to me whatever you put into your body is simply pollution. I also believe that this goes for raw foods too for some people but in my experience it doesn't really matter what you eat, if you eat according to taste you will not be your true self because your being controlled and your time will be spent living to eat and not eating to live, you will be on a timer, will be constantly waiting for the next flavour fix.

When you get away from the idea of depending on food

and actually stop eating you will begin to see the real you and the old fake you will eventually fade away but doing so comes with a price, you must break away from the cycle of addiction and emotional attachment that has become who you are and it's this often painful experience that stops most people from breaking free. For me, I found that I had to go against this fake me which meant going against everything in my life that I had learnt and thought to be true and every thought need and want that came into my head. Once I was off cooked foods, fruits and not eating for taste I was less anxious about where my food was going to come from or how and when I was going to get it, I had so much more time and energy because my time wasn't spent getting and preparing food and I was no longer living to eat.

It took a while for me to accept my true self because previously all my life was spent being that addicted person looking for a fix and believing I needed nutrition from manmade food to heal and regenerate. Nothing I did was based on eating anymore which meant that again I had so much time to spend on other things, to most people this would have been a huge issue and to them life would of been boring but to me it was just a matter of filling in the gaps with something that my true self willingly wanted

to do, I say willingly because I don't believe that when you're eating cooked food, anything is done willingly, yes, you may be choosing what you eat but you're eating it because you are emotionally attached or addicted to it and you believe that you have eat it to live so therefore you depend on it, plus for me the thing that confirms my belief in this is the fact that if you try to quit cooked foods and even raw foods you will get a swift kick in the butt by with drawl and detoxification symptoms as a reminder of where your place is in society and your place in society is to be a desensitized mindless eating machine constantly giving your money back to a system that does not have your best interests at heart.

When it comes to finding your true self there is a line in the sand that generally, most people will not cross and that is the with drawl and detoxification symptoms, when that shows up it's all over because any level of discomfort for most people is just not accepted when you can simply go back to carrying on sampling the pleasures of manufactured processed food products that have been manufactured for taste. It's my experience that people on cooked food are addicts, period and cooked food has drug like mannerisms and to me it should be treated as a drug.

I'm absolutely amazed at how these world renowned scientists with qualifications and letters after their names as long as your arm cannot seem to figure out that cooked food and what you put inside your body is the one link that constantly crops up when you look at sickness and disease, you would think that after all the time we have lived on this planet and with all the technology we have at our disposal that sickness and disease would have been a thing of the past years ago but no, all we are doing is making up foods out of nowhere that has nothing to do with anything and creating a world full of cloned eating machines that we have the nerve to call human beings, then we wonder why we get diseases. I blame food for everything that is wrong with our society today, from the decline of our health, to the decline of our consciousness, greed, violence and decay around the world, in my opinion, the first day we started eating food is when we as a society went pear shaped and I mean that literally, don't believe me then just look outside your window at the people passing by and see how many overweight and distorted bodies you see, then take a look at the billboard ads and commercials on television that encourage people to go against their highest and greater good, you see, to me that's the first example right there, the decline of our health and lowering of our consciousness. I found

that when I was eating cooked foods I really didn't realise how much my mind and my body was being altered, my body was jam packed with waste and was at a near standstill like those people you see in the street but I was still being led by some addiction, I was lethargic, easily depressed and I had no motivation to do anything except make excuses for not doing good for myself. Now, my addiction to cooked food has gone it no longer plays such a heavy role in my life in terms of how I feel, what I do, I no longer feel numbed down, drugged up, my thoughts are more positive, my mind is more alert and sensitive to what my body needs and more importantly I want to get active and better myself. I strongly believe that cooked food has left us desensitized, emotionally numb and I don't believe we can go deep within when within is blocked up with years of waste and debris, distracted by taste, addictive substances and ingredients. I know for a fact that once we can eliminate all traces of cooked foods, waste, old toxins and debris from our system, our mind, body and spirit can start to heal, once you can get off of cooked food everything naturally pulls into place without you having to know a single thing, I don't believe it's our role to know all the inner workings of our bodies because in our ideal state we wouldn't be eating the junk that's creates sickness and disease that would need us to go

cutting people up and removing organs that have been used and abused, our role is simply to live a clean and safe life, develop our intuition and connection with our spiritual selves. You don't need to ask perfect strangers what to eat or what not to eat, after all, nobody else on the planet knows more about your body than your higher self.

I'm always getting people wanting me to do their leg work for them and give them the answers to their questions, I'm not worthy of this questioning and unlike the high profile raw food guru's out there, I'm not going to pretend and act like I know what our ideal diet is, because truth be told, I have absolutely no idea and neither does anybody else in my opinion, all I can do is share my personal opinion and that is that fruits are fruits, if you want to call fruits food then that's your personal choice and a perfectly valid one, in my personal opinion, fruits have their own plan meaning that the nutrition in fruits are actually for the fruits themselves, I believe they are their own self sustaining universe, just like we are and have the power to sustain themselves perfectly without our help, I believe that fruits are the wombs of the tree or plant and that is their true purpose.

In my view they have their own materials for growth

already supplied within themselves, just like we do, when they fall to the ground they have their own compost via their rotting flesh, already supplied and ready to go. As for what we are supposed to eat, there are no rules in nature, we have free will and a choice to do whatever we want, we can eat fruit and get away with it for decades and appear healthy but we can also eat cooked foods and get away with it for decades and appear healthy but does that mean either one is truly meant for us? That just proves that the body is very forgiving but, if I jumped into a lake and tried to breathe under water that would be a whole different story for obvious reasons. So should the focus be elsewhere perhaps, are we barking up the right tree when we rely on calories, protein, fats, etc, from food? I'm not trying to be an intellectual because I don't know a darn thing about our true food or need for it and to be honest with you, anybody that really knows me knows that I don't concern myself with these things, I leave the nutrition to my body to sort out, my concern is that I just get on with living.

When I first started out as a Fruitarian I came up against great opposition and was told that I would die within two months if I just ate fruits and that to survive I had to take greens, nuts, seeds and water. Well I resisted for months because I was feeling so good on just fruits, but over time,

after hearing all the horror stories and verbal abuse I started to have self imposed doubts and as I was still new to Fruitarianism I decided to go against my own intuition and listen to the struggling Raw Vegans. Well after three days my intuition said no, no way, this isn't right, juicing greens to me felt like I was murdering somebody, killing the energy source of another living being and this felt heavy on my spirit, eating the nuts, seeds felt like I was chewing on house bricks and that's also how my stomach felt, like I had a bunch of house bricks lodged in my gut, I went from doing just great, to feeling sick, bloated and nervous, I stopped after about the third day and went back to fruits and felt so much better after I had cleared out. The lesson I learnt then was don't listen to people that are sick and in a worst condition than you because you'll end up getting what they get, it takes a brave soul to listen to your intuition and go against popular belief but all the answers are already within you, just waiting for you to tap into them.

At the end of the day, cooked food is hazardous to your health and the environment and before you say, you're ok because you're a Vegan, think again because the same company that's making your veggie burger is more than likely the same company that's making the real burger

with meat. Yeah, it's something to think about, I've never understood it, how people can feel so passionate about saving animals yet be committing slow suicide by eating cooked foods, In fact what people are eating isn't even food it's fodder. People talk about transitioning from meat being so hard but I don't think transitioning comes into it this time, especially if your still going to eat cooked foods and I don't think emotional attachment is specific to just cooked animal products, from my experience the addicted mind will cling on to any processed product that it can and when the processed products are gone it will cling on to any raw product it can. The addicted mind is always one step ahead of you. I would rather see campaigning Vegans have things that you don't need to transition to like rice, cooked veggies, etc, than fake bacon because I really don't see the difference in mindset because fake bacon is obviously made to taste like real bacon right. My point isn't about people giving anything up, that's a personal choice and has nothing to do with me, I'm questioning the mentality of Vegans campaigning and lecturing meat eaters about saving animals then going on to eat a fake cheese pizza or fake meat burgers. I've seen it happen many times and it's pretty amusing.

I think if your vegan for humane reasons then fake versions of meats or anything fake that is supposed to

resemble an animal you are trying hard to save should not appeal to you but that's just me and I'm biased, I've learnt that even for Vegans food rules the day and everybody is happy as long as they can still enjoy their cooked food but let's say . I see the mentality but I don't understand it and all the explanations I've heard over the years to justify it still don't make sense to me. It's just one of those things I will never get and that's ok. People will say that change is slow and time and certain foods are needed in order to transition, personally I don't believe transitioning foods work that effectively, I think all that does is delays fear of doing something people have the power in them to do in the first place but people choose to hide behind fake meat for a little while longer rather than feel discomfort, that's just an opinion, I'm not stating fact, to me, if it still tastes like meat and has the consistency of meat how are people really transitioning because in my mind they are their still going through the thought process of tricking their brain into thinking it's real meat, right, their making a conscious point of eating something that tastes like meat therefore at what point will meat be given up?

People with great intentions try to do their bit and give examples of alternatives to things like fuel, etc, to go towards helping to "save the planet" like making fuel out of veggies for example but what happens when we

make everything from veggies and we realise that we are running out of veggies, then is everybody going to say “go breatharian and save the planet” I think not but the fact that anything needs to be made at all says everything to me because I strongly believe that the environment is in the state it’s in because humans are dead set on manufacturing things, we always think that we can make things better by manufacturing something, plus even all these great alternatives still need to be manufactured and to many people being self sustaining still means manufacturing what they need. In my opinion, it’s not the planet that needs saving, it’s humans that need saving, the planet will take care of itself by eliminating whatever is messing with it.

Going Vegan alone will not save the planet, there are more things going on that are threatening our existents than going Vegan can fix and why is the focus always on food being the solution. Why are humans so obsessed about food being the saviour when it is what’s killing them and helping to wreck the environment? You can be as Vegan as you want and you can still get cancer, cigarettes are Vegan, beer is Vegan, you can get Vegan burgers but they still have to be cooked in order to eat them, you can be Vegan and still eat Vegan junk foods being Vegan doesn’t make you immune to poor eating habits or bad health.

Saving the planet but still killing themselves by sacrificing short term pleasure for health is what the environmental do gooders on Vegan cooked food are doing and people do this yet think I'm crazy for going Breatharian.

Don't get me wrong, going Vegan is a great thing and a very noble gesture but it's not the one thing that is going to save the environment. Like I said earlier our society is obsessed with manufacturing everything including food and then acts like everything disappears into thin air when it's no longer needed but when is the last time you saw a dog cooking a gourmet dinner on a cooker, microwave or stove, building a jet plane or designing a computer, only humans have this desire to use up resources and then trash their own environment, animals don't leave a huge footprint like we do, they simply take what they need from what is already here and move on. Everything we manufacture creates pollution then either ends up in the atmosphere, dumped in the sea or taking up space in landfills. Animals in the wild get on just fine without planes and computers in fact the main reason why they get into trouble is when they adopt the diet of humans. There are a lot of things that humans make that can be done without. In our society materialism is just like processed food and is based on short term pleasure which is all part of a "game" that plays into the very "game" that is killing

society and our environment.

When I bring this view point up people always get defensive and act like I'm just picking fault and they snap back at me by drawing the "super human Breatharian card" and say that not everybody can be "super human" like me and go Breatharian and everybody has to start somewhere and they take great satisfaction in explaining to me that it takes baby step, baby steps but in my opinion that statement simply digs a deeper hole for them to sink into because it's clear that people are just not ready to really "save the planet" if it means giving up their drugs of choice because if they were really serious about "saving the planet" and if they really did their research and wanted to tackle the meat and food issue they would see very clearly that going at least 100% Fruitarian and ultimately Breatharian would be far more effective and would make much more sense than going cooked Vegan.

I've no patience for the baby steps crap, if you're talking about "saving the planet" then that's mighty big talk and an urgent issue that needs immediate action, after all, we are talking about saving the planet that we live on and we may not have the luxury of taking baby steps until everybody is ready, willing and able. It may seem like it but I'm not really trying to pick fault and I understand that people really do mean well, I'm just sick of folks wanting

me to join in on the ego stroking, when me, the crazy Breatharian is probably doing more to “save the planet” than any of the Vegans out there but like I say, I really don’t believe the planet needs saving because it’s not the planet that needs to raise its level of consciousness and it’s not the planet that’s committing slow suicide by eating crap.

To me instead of lecturing people on animal cruelty some of these people need to work on setting an example on the alternative, no matter how anybody wants to justify it that is what it all boils down to, being a strong example that mainstream society cannot argue with. I’m not saying that people should give up their fake meat or fake gourmet dishes because that’s another story all together and I understand how hard that can be but it’s my observation and I’d say the same if I was a meat eater, in fact even more so because it would be great ammo to use against them. Nobodies wrong here I just have a very strong view on this and always have and it will take much more than what I’ve had explained to me to change my view. I think one of the issues here is the difference between Vegans that go Vegan for humane reasons and those that do it for health.

I think that those that do it for humane reasons think less about health. All the ones I’ve seen that go Vegan for

humane reasons eat all the meat substitutes, Vegan junk food and are sick often, not all but the ones I've seen. Times are changing fast and money talks. Health is not the focus, it's all about taste and drawing you in to buy more, look at soy for instants, soy is marketed to the health conscious Vegan but it has all kinds of negative effects on health but the biggest question regarding soy for me is, how can one product taste like so many other things, there's got to be some serious processing going on there, you have soy, ice cream, chicken, turkey, beef, bacon, cheese, cream, milk, condiments and the list goes on, you even have non edible soy products, now how crazy is that. As a Breatharian I no longer feel the need to have food as the be all and end all of my life because at the end of the day, cooked food is just a lifeless block of mass with no feeling, so why do we give it so much power, we act like we just got to have it, we let it control us more than we control ourselves and it's because people are addicted. I'm not going to act like I've never eaten cooked food myself, I was raised on the stuff and I loved it big time, the problem was that in the long term it wasn't for my greater good, so I had to make a choice, either it was short term pleasure or long term health.

Now, I choose to make way for other activities and I focus on them for my enjoyment. Now positive communication,

nature, loving actions, beauty, my favourite music are like food to me, the feeling I get from doing something I love is like eating the finest foods and doing things I don't want, being around negative people, listening to people cussing and swearing, watching violent movies, is like eating stale and rotten foods. For this reason I can totally understand why those spiritual guys in India go to the mountains and spend all day meditating and being hermits but as great as that sounds, I'm still a city boy so I'll just have to settle for my mp3 and the park or hiking trail.

Getting off of cooked foods and transitioning to the Fruitarian lifestyle is the very first initiation to higher levels of consciousness and with all the focus on food and eating the problems away people are totally missing the point and that is to eat what you need, when you need it and not what you want, when you want it, the problem is, you can only know what you need by following your own intuition and by participating in consistent and intense activity. For example any lazy person will tell you that chances are they will be eating what they want out of boredom and a need for taste which will often lead to slipping up on cooked foods, the people that stay active can tell you that they instinctively find themselves eating what they need and when they need it, people often want to get mad at me

because I go against the grain and don't encourage nor practise obsessing over food but that all the stressing and obsessing is a cooked food trait that is redundant when it comes to the Fruitarian lifestyle.

So I say get active and eat what you need only when you need it and move on, don't be a slave to food like those on the cooked food lifestyle, there's so much more to life than being an addict and taken for a sucker by the food industry. For some reason in the raw food community when it comes to taste, all common sense goes out the window, in fact sometimes I think the raw gourmet crap used to transition to a raw diet is worse than the cooked food diet, I find myself wondering if we as a society have gone so far away from nature that we've forgotten how to just eat when hungry and stop when satisfied. People are always wanting to grill me and pin me down for answers on what to eat and how to eat it and get pretty bummed out when I tell them to go within themselves and learn to follow their own intuition, all I hear is, what do I eat for this and what do I eat for that, the fact is that, it really doesn't matter what I do or eat, the bottom line is that I'm not them and they are not me, when it all hits the fan and the severe cravings and detox kick in, knowing what I do is not going to stop you from binging on cooked

foods, all that's going to happen with the questioning is that you'll end up knowing everything about me and nothing about yourself. It's plain to see that in our society too much focus is placed on eating to solve every health and emotional issue and this is being carried over to the raw food community.

As much as the raw food guru's would like to make you think that they have the solutions, there's no magic food or secret that will stop you from bingeing on cooked foods because at some point we all have to pay the piper and face the cravings and cleansing reactions head on and deal with it personally, if your bingeing on cooked foods then that's an emotional, addiction issue that you need to go within and deal with and overcome and no amount of knowledge about what food to eat or how someone else eats will help you escape from putting in that work, so instead of focusing on food, the focus needs to be on taking the time to learn about yourself, listening to your own intuition, getting active, loving what you do and enjoying life, stop letting food control every part of your life, take action and break away, yes it is easier said than done, it takes time and much dedication but it can be done if you're willing to put the work in.

For a lot of reasons other than letting go of food people

are scared to follow their intuition, heck, a lot of people are scared of fitness too in exactly the same way, simply because they are scared to go within and push themselves. Many are scared to use their intuition because they feel as if they just don't know how and feel it's just so much easier to let some guru tell them what to do. Going within and following your own personal intuition is a personal journey for each individual because we all have different emotional issues, mindsets, we've all lived different lives, we've all had different upbringings and we all have our own ways of dealing with things. Listening to your own intuition is about following that gut feeling you have within you, for instance, go have an intense workout in the hot outdoors and then afterwards stop and feel what you need, most Fruitarians will say some kind of juice and that's what you should have because that's probably what your body needs at that time, now if you sat on the sofa and you want a burger and your gut feeling tells you that you're not really hungry and you go have it anyway, then you're just eating for the sake of it or out of boredom. This is a skill that takes much discipline and time to develop and is how you learn how to cut through all the self sabotaging behaviour, cherish and love yourself and you come out the other end transformed like a beautiful butterfly. Learning how to follow your intuition is like

working out, it's hard work and everybody can go through the motions thinking they are pushing themselves but in actual fact, chances are pretty high that they are not even close to reaching their full potential, this is why a different approach than the one that's been doing the rounds for all these years within the raw community is needed, we need to be more holistic in our approach, taking note of the mind, body and spirit, instead everybody is wanting scientific fact and we all know that yes, science is a wonderful thing and has its place but even science doesn't know or get everything right all the time, in fact science is not very emotional and there is so much that we don't know that even science cannot tell us, people get so pre-occupied with science that nobody knows how to simply follow their intuition, after all, how many times do you see animals in the wild counting calories, carbs, protein or fats before a kill, they just get out there and get the job done, they have no books or nutritional experts to measure body parts, count anything, tell them all the ins and outs, I think it's a safe bet that they don't even know what nutrients are.

My Uncle once said to me that we may not be of this world but we are still a part of it and that is so true, I still have to be around cooked food regardless of my opinions of it, I still have to deal with the attitudes and aggression

of opinionated, dumbed down and desensitized people, I still have to live in a world where addiction is the way of life. For me, from what I see, the biggest social pitfall isn't the Fruitarian lifestyle, it's the dedication of the individual trying to live it, a dedicated person will stand up, be counted and if need be, make lemonade out of lemons when not even their 'A' game is enough to get them through the day. The truth is that getting off of cooked foods can be an absolute nightmare and if you don't bring your 'A' game your either going to quit at the first hurdle or you're going to be forever blaming the Fruitarian lifestyle for your lack of success.

One of the most important lessons I learnt throughout my transition off cooked foods was that slipping up is ok, it's how you learn, it's important to me that people get that because if you don't and naysayers pick up on you beating yourself up or any lack of faith in what you're doing then that's their cue to launch an attack and that's another social pitfall all together and I could write a whole book just on naysayers alone. As you've probably gathered by now, there's a million and one reasons to slip up and go back to the cooked food lifestyle so preparation in all areas is key and even then slipping up is a given but at least with preparation the intention is always to pick yourself back up and start over. I can understand that what I'm saying

is easier said than done and that not everybody is where I'm at but that is another excuse I hear all the time too, if you want to do something bad enough you will do it regardless of what others think or how many times you mess up, for instance, if I told you I'd give you one million in cash, to do jumping jacks naked in the middle of the park for thirty seconds, you'd be taking your clothes off before I can even finish the sentence.

At the end of the day, the way I see it, we all start out as cooked food addicts, with cooked foods being our drug of choice and this is what makes this journey truly hardcore, if you look at it as anything else but a drug, nothing you will experience during your time transitioning to the Fruitarian lifestyle will make any sense. Personally I don't think that there's any social pitfalls when you quit cooked food because doing it is saving your life and if it's something you want to do then nothing should stand in your way from doing it, yes, you'll have to make slight changes here and there but apart from the battle, life should just go running smoothly on as usual, I think things only become pitfalls if you're doing something you don't want to do, for instance, going out to eat with your cooked food eating friends only becomes a social pitfall if in actual fact you really want to binge on cooked foods or going against the grain weighs so heavy on your mind that eating

fruits in front of your friends embarrasses you to the point where you feel obligated to sabotage your efforts and eat cooked with them, there's nothing wrong with doing that at all, but if you've made it a goal to do something and you don't do it then guilt will always be on in the back of your mind. To me living the Fruitarian lifestyle and going out to eat with friends that eat cooked foods isn't a pitfall at all, I hear people all the time say they can't go out to eat with my friends anymore because they are Fruitarian, I say, then eat raw foods before you leave the house or prepare something for you to take with you to smuggle on to your plate when you dine out with friends, so you can eat something, you don't need to do what they do and going out doesn't need to be a mission impossible.

One thing I hear often from some folks is that how the 100% Fruitarian thing is too extreme and they can live the Fruitarian lifestyle and still allow themselves the odd cooked meal here and there with no effects, just for social reasons of course, I've even heard people wax lyrical about how that one cooked meal didn't affect them and even try to justify that as a reason to continue with that habit, well I hate to be a spoil sport and pee on peoples parade but for me that is just a recipe for disaster in the long run and yes while that one meal may of passed off

as a success this time, behind closed doors the seed has already been planted without you even knowing it, the more cooked foods you allow back into your body the more you contribute to maintaining the cycle of addiction and emotional attachment. In my opinion there's just so much more to just the eating and digesting part, there's the mental aspect of it all too, I can't put my finger on it but there is something that happens to the brain when cooked food is eaten that sneaks up on you without you even knowing and by the time it becomes noticeable it's already too late, your back to being addicted. Eating that one meal is like planting a seed that sits there waiting for the right moment to sprout, heck I've seen people go into wild binges for weeks or months at a time and not know where it came from, but it was that seed that sprouted. Some people feel the need to quit the whole idea of going Fruitarian all together because the manufactured and concentrated taste of cooked foods seems too good to let go of permanently, all because they underestimated the effect of that one cooked meal, I know all about this because I've fallen victim to it too many times to mention, to me, it just started off as just one meal as a bit of relief from being so strict with going Fruitarian or just a bite of an old favourite cooked snack, after all just one bite won't hurt but everything has a consequence, so yeah

while your overjoyed thinking that you can still enjoy your favourite cooked treats with no ill effect be well aware that, that one meal is just like a seed, I don't think that eating any amount of cooked food can be done without paying a big price, having said all of that if your goal is not to go 100% then you can do whatever you like but if your upset because you slipped up on cooked foods, don't beat yourself up about it because nobody put a gun to your head and told you to do it, you made your choice to eat cooked and you were conscious of every mouthful, so take responsibility for that choice with a happy heart.

I've been told many times by people trying to transition to the Fruitarian lifestyle that they went back to cooked food because they had to go to a social event and they didn't want to feel isolated. As for the isolation thing I can understand that to a certain extent, as I've fallen for that lie too, there's no real reason why eating your food raw has to be isolating after all, it's still food, the only person that can truly make it isolating is you, I still live a normal life doing things with people from all walks of life, going to events where everybody eats cooked foods, smoke, etc. So why do so many people really end up quitting the Fruitarian lifestyle? Well there are many reasons but the most common reason is that at the end of the day the initial stages of going 100% Fruitarian the right way are

too darn hardcore. To many the short term pleasure is worth more to them than the long term health benefits of saving their health, plus the chances are that besides the few Fruitarian on the internet, they are probably the only Fruitarians they know, a lot of people simply don't want to deal with all the detox symptoms and emotional purges or put the work in with cleanses and it's just too easy to give up and follow the rest of society, especially when everyone else seems to be having so much fun overeating on whatever they want without a care in the world and you're stuck having the worst time of your life going through a never ending detox.

Going 100% Fruitarian just takes too much discipline and in our society being disciplined is seen as being boring and missing out on all the good stuff that life has to offer, most people don't want to wait for the long term health benefits of going Fruitarian and give in to the short term gratification of stuffing their faces with root beer, pizza and garlic bread, now, I put a lot of this down to a total lack of guidance and education when it comes to transitioning to the Fruitarian lifestyle, nobody is warned about what they are really getting themselves into and it's virtually impossible for anyone to stay focused on staying Fruitarian when you have no idea what's coming next and on top of that, every other commercial on TV is for some fast food

joint, I've always said that going Fruitarian is just like being a recovering alcoholic because it's a lifelong commitment to staying clean, I look at it like this, if you were a drug addict or an alcoholic you'd go to a rehab centre where you'd get the treatment and support you need to get over your addiction but the idea that we are addicted to cooked foods in the same way is a much debated issue and one that is scoffed at by the naysayers, people that attempt to go Fruitarian generally do so in the comfort of their own home and without any supervision and with little guidance or support, anxiety and panic often wins through.

I'm always ask me what I do personally when it comes to eating out in social situations and I tell them that I do what I want and they look at me like I'm completely insane and I can tell that these are probably the same people that would say something like "oh, last night I had to eat cooked food because I went out with friends," rubbish, the truth is that they ate cooked food because they wanted to, they knew they had set a goal and were supposed to be transitioning and nobody held a gun to their head saying "eat this cooked food or I'll blow your head off," c'mon, let's get real now, people act as if it's taboo to eat raw foods in public or something. Don't get me wrong I

know it's not the normal thing to do in this society but at the same time if people have the right to commit slow suicide and eat pizzas and hamburgers, etc in front of me then I have the same right to choose life in front of them and quit cooked food, yes now and again someone will want to say something and if they do I just tell them that I'm good thanks, not eating cooked food never stopped me from going out to eat unless I didn't want to go out in the first place. When I was a Fruitarian I simply asked the chef directly what options they had available. I've found that chefs were always only too glad to get away from the regular menu to get back in touch with their creative skills and I used to end up with a stunning dish that was the envy of the place.

I've learnt that to be 100% Fruitarian you can't be shy about getting what you want, you can't be a wall flower and try to blend into the background just so you don't raise any eyebrows with your choice of meals, when it came to eating socially I didn't care about turning down other peoples food or hurting people's feelings if I wasn't hungry, if they chose to get offended then that was their issue, I just never saw the point in compromising myself for ten fleeting minutes of gratification on cooked foods just to make others feel comfortable. Now don't get me wrong

I'm not rude at all, I'll just politely say "no thank you," and move on, so just know that by going 100% Fruitarian you're going to become the main topic of conversation at public functions, get used to it, people are going to think that they are the next Eddie Murphy with their stupid comments that aren't even funny, especially if you look really skinny and totally defenceless like I did when I was transitioning, otherwise if your confident in what you're doing and look in decent shape, a lot of people don't have the guts to question you to your face about your choice of foods and by the time they do get the courage, you'll have time to think up one of your favourite well rehearsed raw one liners, the big message here is to start as you mean to go on, going 100% Fruitarian doesn't have to be so hard or isolating, in fact the only person that can make this hard is you.

A lot of people see cleansing as an unnatural and even a dangerous thing but I see it as a time to rejoice within yourself. I say this because this is your time for change and transformation and this transformation thing is like crafting a statue, you got to keep chipping away at the stone to get the shape you want, you're not going to have one strike and be a masterpiece statue just like that, you're going to mess up often, that's a given because there's

many elements that go towards you really having a hard time letting go of cooked foods, so don't beat yourself up, when you slip up, agree to slip up with a happy heart after all, no one is holding a gun to your head and telling to eat cook food, you know what you're doing and you're going to have to get back on the horse and just keep chipping away, chipping at all the little lumps and bumps that show up and you got to chip away at finding what works for you so you can get what you want. The key to getting off cooked foods in my opinion is cleansing and one thing I learnt early on is that doing a cleanse and then going back to the cooked or raw foods you were eating before isn't really cleansing, that's what I call maintenance.

One the biggest questions out there is "when does the cleansing process end" well, it never ends, it's a continuous process that depends on your environment, for instants, you can be as clean as you want internally, but if you live in an extremely polluted place like Los Angeles then you're always going to be cleansing that junk out. Quitting cooked food will stir up a lot of debris, which can be very uncomfortable on the way out, so before you even decide to take those first steps to going Fruitarian and it's vital that you prepare yourself with the correct information as there are too many people out there in the

raw community posing as guru's playing guessing games with people's health, simply because they've been Raw Vegan for three weeks.

It's the same on raw food forums, usually people that tried to go Fruitarian but couldn't handle it and quit, then want to advice others because now they think they have everything figured out, they are still using modern cooked food nutrition requirements to help with their guess work, as soon as it gets uncomfortable the first thought in their head is that they are craving calories, protein and need to get back on cooked foods but they are not craving calories nor protein, they are going through with drawl symptoms and detox, simple as that, think about it if they were craving real nutrition like calories, protein then they would also be craving fruits as that is a natural second hand source of amino acids. In my opinion there's only one way to go 100% Fruitarian and that's to transition from cooked foods to a 100% Fruitarian, period. Most people that go Fruitarian get caught up in the whole manufacturing taste for pleasure by preparing replica cooked foods and end up living on a permanent transitioning diet, eating things they don't need, when they don't need it and running into problems because they are never actually transitioning to anything, there's no end result and no progress, these are

not ways to go 100% Fruitarian at all and it's not a way to get the maximum benefits, but everybody has their own goals, some people don't want to give up their cooked treats, some people feel insecure if their stomach isn't filled with waste, so they stop the discomfort by stuffing themselves or by eating high fat, badly combined foods, which is cool if that's your thing but I just want to make the point that there is only one right way to go 100% Fruitarian and that is to go 100% Fruitarian. I've heard this a million times "well, when I eat fruits I feel bad and when I eat cooked food, I feel so much better, so I must be needing cooked foods," no what's happening is that you wanted to eat some cooked food and the cooked food you ate stopped the cleansing, detoxification process and that's why you feel so much better. With consistent cleansing you can achieve great relief as you will be eliminating the same toxins your body is recycling.

I can tell you from personal experience that I was a walking cess pit and the key point that I want to make is that I never knew I was a walking cess pit because back when I was a strict Fruitarian, I thought I was the stuff, I automatically thought I was as clean as a whistle because I had been on just fruits uninterrupted for more or less a decade, I never used to cleanse because I believed it to be most

unnatural and counterproductive, I mean putting junk in to get junk out, sounds like nonsense right, well, in my opinion it depends on what junk your putting in and how long it's in your body for. Back then I believed strongly that the body was an amazing piece of equipment and could handle cleaning out debris from years gone by with ease. I actually agree that cleansing is unnatural but here's where I differ, I think eating cooked foods is also unnatural and the body was never made to deal with or digest cooked man made food in the first place so how on earth is it going to be able to get rid of years of backed up cooked food debris, especially how most folks eat cooked food, having up to seven meals a day and that's not counting the super sized jugs of soda they serve now, milk shakes, ice cream, etc.

I think expecting the body to be able to deal with all those foreign objects that it was never made for is like sending me to Russia and expecting me to automatically understand their language and believe me, I don't know any Russian at all. It's crazy, these raw food guru's are telling people not to cleanse and how dangerous it is but to me it's more dangerous to go Fruitarian and not eliminate all the junk that's getting stirred up out of your body immediately because the sad fact is not everybody has a body that is in good enough condition to even deal with missing a meal

never mind cleansing a life time of backed up waste and in my opinion this is why people are getting sick and high profile raw guru's are getting cancers because they rely too much on fruits cleaning them out but in my opinion, that's not how it works because fruits wasn't meant to be a cleanser and it definitely wasn't meant to get rid of toxic waste and debris, it simply is what it is. To me you simply have to stop putting that junk in your body and that action alone will help you heal, cleansing simply gets the waste and debris out so your organs can function.

You have obese and sick people coming into the raw community and trying to go Fruitarian and they are going mentally insane because their organs cannot function well enough to get the flood of toxins out in time so they just end up so toxic and depressed and the guru's don't help by telling them cleansing is dangerous and to eat more raw food, so can you guess how all this ends up, yes, everybody either quits or spends their raw life depressed and struggling to get through any given day. So for me if the body could clean cooked food debris and all the toxins all by itself then why the heck are we going Fruitarian for in the first place, because if that was the case we would all be sparkling clean and healthy and still be able to eat all our favourite cooked foods in any amount we wanted. You can get rid of the immediate debris in your gut but you've

still got so much to get rid of from every hole and cell in your body and that includes your brain.

The problem was that even though I was doing very well as a Fruitarian physically, I was a mess emotionally and couldn't figure out why, my intuition kept telling me something was missing. By chance I read something about cleansing, that sparked my interest, I thought it was such a stupid thing to do but thought I couldn't knock it until I tried it myself, so as an experiment, I went on a personal crusade to try every cleansing method I saw, just so I could discredit the whole idea with a happy heart and say a big I told you so. I tried all the sixty day cleanses, all the tablets and powders, etc and they were crap because very little came out if anything at all, in fact I actually ended up blocking myself up with the stuff at up at one point. Then I did the simple flushes and they worked very well because they got the junk out there and then, my emotional state calmed down considerably and I was in fact the stupid one. I learnt then that

cleansing did make a big difference but it depended on the methods used and that the missing piece for me, was to get the junk out immediately, none of this waiting up to sixty days stuff. I played around with these various flushes and was amazed at the jet black junk that was coming out day after day, even after years as a strict Fruitarian, I

was still filthy internally and full of junk, my emotions got better as I continued to cleanse, this went on for years after that and because of this I've learnt that it takes many, many years to even scratch the surface with cleansing the body, such is the great ability to always try to do right by us by storing/hiding debris and toxins anywhere it can and the destructive nature of cooked food. After all decades of eating cooked foods isn't going to just vanish into thin air is it, so if you think your clean then think again, don't be like me and make assumptions.

When I think about it I realise that what got me transitioning to Breatharianism was an intuitive calling that I had no control over, it was like it was already planned out but back then I put it all down to my experiments with going without liquid in the hot summers of Dallas, Texas, I call them experiments but really it was a calling and I was being drawn to Breatharianism with each summer, it was funny because you would think that a Texas summer would be the last season you'd want to go Breatharian but that was how it was for some time. I'd go without juice first for some days and as the summers went by, I would feel the need to extend the amount of days without liquid each summer, there was no plan or schedule, I was simply following my intuition and it just was what it was, many times I would get over confident and try too hard

to push myself to go longer than I needed to go without liquids but I simply wasn't ready and would go back to juice thinking how much of a big failure I was, by the later stages of Liquidarianism I was seeing definite signs that I was being led towards Breatharianism but still, I was having what I felt were unsuccessful summer stints and even though I was doing this in the intense Texas summer heat where the temperature was always in the hundreds, I still found reason to beat myself up over not totally going Breatharian. I reached the point where I was really doing well but in my head it was a complete disaster because I just couldn't manage to go completely liquid free when I wanted to, so after some fierce internal battles I called it quits and gave up on the idea or so I thought, I may have given up on Breatharianism but Breatharianism hadn't given up on me.

So because I felt unsuccessful at going Breatharian for so long and no matter what I tried I didn't think it was possible but something wasn't right, I recognised that intuitive feeling I had from my early Fruitarian days, that intuitive feeling that says "even though this may seem impossible, everything is going to be ok and with divine timing you will do it." so I took great comfort in that, yet I was still stumped as to how it was going to happen because it

really did seem so impossible, especially in the heat of the Texas summers. To be honest with you and I don't mind admitting this but I gave up on going Breatharian and just lived life as best as I could as a Liquidarian but as time went on I was getting closer to Breatharianism without actually intending to, actually going Breatharian seemed to depend totally on divine timing because mentally things were already in motion. I was changing, I was getting more in tune with my inner self and my intuition and the more I changed the less liquid I wanted, soon I was spending more time as I Breatharian, only drinking a few sips of water every couple of days or so, I was getting excited because I actually saw progress and it was progress I didn't have to work too hard for because the time was right for it to happen.

More time had passed and I continued to build on my progress, some days were good and a few were bad but even though I was going back and forth I was still making solid progress but it wasn't until a trip to Mexico that things really went into overdrive. Mexico was really the place where I found myself and realised that Breatharianism was for me, the spiritual energy there took me and made a man out of me. I had tested the waters in Texas and grew from baby to teenager there but my experiences in

Mexico really took me to another level, I grew more aware of who I really was, I also received much love for being a Breatharian which was something I had not received in the states. In Mexico I was loving the sun and sea, I had all of nature's resources at my doorstep and it was a pleasure to make full use of it. I was so much more relaxed and confident about doing this whole Breatharian thing, I felt that at last I was ready to commit to this, in fact I had to take time out to do some real soul searching to decide if it was what I really wanted to do because I knew that a whole new can of worms was going to be opened if I carried on my path, then when I decided to go for it and transition to Breatharianism I stopped and took time to celebrate and reflect on what I had been through and what I had achieved over the years and for me it was a pretty emotional time, as I looked back at the things that had happened I went through every emotion, I got angry all over again, I laughed, I cried and I was amazed I came this far with my sanity.

I didn't get a chance to savour the moment for long because the minute I said I was going Breatharian I already had a line of people ready to throw my past back in my face so they could call me a fake, people refused to let me move on or accept that there was life for me

after food but at the end of the day it was my mistake for continuing to be such an open book, it was just like going Fruitarian all over again but ten times worse. I had a few supportive online buddies from when I was a Fruitarian that were cool but they still didn't really know me and at this point I was no longer interested in the whole proving a point thing, I simply wanted to share my progress with people so they could see for themselves the possibilities of progressing to a food free lifestyle but it was too far a jump for people to handle, heck, I was getting crap from people just by saying I lived off of fruits only back in my Fruitarian days, so what the hell was I thinking and when I told people I was going Breatharian for some reason they didn't hear me say "I was going Breatharian" instead they heard me say that "I have been Breatharian for ten years" as soon as people saw the word "Breatharian" they only saw what they wanted to see and only listened to what they wanted to listen to and everybody wanted to poke and prod me and rip me a new one based on their own personal plan, the angry demands for proof came thick and fast and I made another mistake by getting caught up in all the hype instead of keeping my mouth shut and keeping a low profile.

Naysayers and doubters were as much a part of my life as my lifestyle was, I had spent so many years as a martyr I didn't know any other way of being, it was just so normal for me to be getting some kind of crap from somebody that knew nothing about me or what I was really doing, most of these people were still stuck in my past or they had totally twisted information about me to suit their argument. All I wanted to do from day one was share my experience in a bid to open minds, from day one I'd seen the narrow mindedness of people and I wanted to make a change and sharing my life was my way of doing it but now things were getting stupid, it was like I was head butting a wall for no good reason, I had come full circle and now it was time to get off the merry go round. I soon learnt that I couldn't trust anyone, all of a sudden everybody had a plan, I would get offers to come visit Fruitarians I knew online and I even took a couple of them up on their offers only to learn afterwards that they only wanted to examine me and observe how I lived like I was some lab rat and as soon as they got what they wanted their attitude towards me would soon change but as I said earlier I was caught up in this circle of people and didn't know any other way of being but all these experiences with people were lessons that I learnt from.

So, I had finally and very willingly progressed to Breatharianism, the third “initiation” and third step closer to my original state, which in my case meant going totally without solids and water, to me this is the original state of mankind, it was a coming of age for me and was a very emotional time for me, again as with Fruitarianism I couldn’t wait to tell people and again I ran into very strong opposition, most people had already written me off as crazy, others were happy for me and the rest were just downright hateful and slanderous. Now people keep talking about me progressing to the point where I can teleport, etc but I think that’s more their fantasy instead of mine and to be honest I don’t really want to get into all that, it sounds like too much thinking and fantasy to me, the journey has been hard and long enough to even bother thinking about stuff like that.

Finally sitting down and embracing the decision to go Breatharian was a very emotional time for me and one of the biggest realisations that came to me as I had reflected on how far I had come was that fruit wasn’t really the big healer it was made out to be and it didn’t really matter what you ate as long as you got off cooked food, getting off cooked food allowed your body to heal itself, fruit was just a bridge used to get off cooked foods and closer to our original state, fruits was simply the replacement to fill the

gut which so many people still felt like they still needed to do. I was an accidental Breatharian, I never wanted to be one until later on in the transition towards it, in fact I gave up on the idea years ago after many reluctant and half hearted attempts but the calling kept coming even though I wasn't totally convinced it was possible, this experience has taught me much, it taught me to never say never and to always find things out for yourself instead of believing everything I hear or read because some "expert" says it's true.

People make a huge fuss about me not eating, some even call me amazing, others take great offense at the very idea of me going Breatharian and take great pleasure in expressing their disgust but as I see it, I'm me, Jericho Sunfire before I am the Breatharian label, in fact it's more important to me to just live the lifestyle than it is to be attached to the Breatharian label or what people say or think about me, I'm not doing this to be a Breatharian and get acclaim because to be honest that ain't going to happen, I'm not doing this to make money because let's face it, there are not many people lining up to give up food, I'm doing this because this is who I am, I was already a Breatharian in the first place, I just needed to peel away the other layers, this is the reason why I really don't care what people think or if they believe that I do what I do

because either way, believe me or not I'm still going to be living the life I want to live regardless. People keep asking me how long I've been Breatharian for as if it's separate from the rest of my journey or I just woke up one morning and decided to never eat again and I always say that I have always been a Breatharian and I simply had to get back to it which started with going Fruitarian, I say that because not to be smart but because it's true, it's not something that you wake up one morning and say you are going to do, it's all one long journey that takes years of dedication and discipline and cannot be separated from the rest of the journey.

In fact that "how long you not eaten" question bugs the heck out of me, I know that for most people it's an innocent question and most people think they are the only person to ask it but for me I can see how that question when asked repeatedly can create a lot of pressure to be pure and I don't want any additional stress. Being around too many people that just don't understand the whole thing about going without food can add a great amount of pressure to your life because all the questions can lead to you getting so anxious that you begin to obsess about monitoring yourself which can lead to you totally ignoring your intuition and trying to live up to other people's expectations.

I've learnt that it's all one long intense process that starts from the day you give up cooked foods. One of the most surprising things I have noticed is the change in the body and the minds protests at letting go of consumption regardless of what you put inside you, it could be raw or cooked the tantrum will be the same. It took some time to get past the hunger pangs that come with the internal organs shrinking and to understand what they really were, these can be pretty tough when you mix them with the minds tantrums but on the whole as I always say, you must come into this ready for a battle if you want to make progress because even if you are ready you will still have to put in some work. I had to learn the hard way that I'm a citizen of the world first and foremost, the label of Breatharianism simply describes one out of many elements that make up my life, I don't even think it describes what I do accurately but I just use the term out of laziness.

Personally I think the label Breatharian is too restrictive and stigmatized, it carries so much negative energy, as soon as you mention Breatharianism, for whatever reason people get mad and want to discredit me and bring up the worst examples of past Breatharians and all those that have failed in their attempts or have simply slipped up, some people that do show genuine interest automatically

assume I just got up one day and stopped eating without doing any work or going through any issues, then they want to put all their doubts and baggage on me in the form of loaded questions, which can be very distracting to the mind if I get enough of them. Then there's those that are genuinely drawn to Breatharianism but get held back by the extremely vague definitions of Breatharianism that leaves no room for personal growth. Things need to change in regards to how the Breatharian lifestyle is presented. Personally, I don't live by anyone's rules or definitions of what a Breatharian is suppose to do or be because this is a holistic and a very meta-physical lifestyle and setting rules and regulations to live by and not allowing yourself to follow your own intuition is simply sabotaging your own efforts and setting limitations on a lifestyle with infinite possibilities.

As a Breatharian, I'm very, very careful about what I say and who I say it to because you just don't know what people will do with the information you give or who you're really talking to, I generally don't talk technical talk or tell people specifically how to do things, I strongly believe it is highly personal information that is not meant for everybody. I think when high profile breatharian guru's start to tell the masses "How to do it" things can fall apart big time because in my opinion it's a personal

and spiritual calling and not something to be taught like you would teach somebody how to drive a car. I've even heard people say that Breatharianism can help eliminate famine in Africa, to me that is very dangerous talk because first you have to be willing to give up food for life, the famine victims I see are nearly killing each other to get something to eat, lining up four hours in make shift soup kitchens or walking miles for food, to go Breatharian your mindset and your body has to be in the right condition and victims of famine don't have the kind of time it needs to make the transition, I also believe that to try to teach it to the masses is a very bad idea indeed and can lead to serious trouble. What tends to happen is that easily influenced John/Jane Doe for whatever reason only listens to what they want to hear and gets so interested in Breatharianism and listens to the Breatharian wax lyrical about how to prepare yourself and how to get ready, but the problem is that these Breatharian guru's are talking to a wide audience and know nothing about John/Jane Doe's mental/physical state, they don't know their long or short term emotional state, medical history or what dietary stage they are at and then John/Jane Doe goes home all excited and pumped up about love, prana, living on light and believing that they can do it all cold turkey in a few weeks, tries to be over night Breatharians and of course

sadly you know the rest. That's when Breatharianism gets a bad name because people got too caught up and start dying or getting anorexia, etc because they listened to a complete stranger wax lyrical about living on light and jumped into something they were not mentally or physically ready for, then when you go back and ask the guru, why did John/Jane Doe that followed your teachings die or get sick and they haven't got a clue who you're talking about.

For this and a few other important reasons I would never try to coach or convert anybody to Breatharianism because it's a very personal calling that one gets when they are truly ready and over a period of several years when they are truly ready there's no practise, no transitioning, no guessing games, it just works, straight off the bat and there's no one size fits all approach either, it took me about 15 years, a whole lot of hardcore work and a persistent spiritual calling to reach this point. So if someone says here's how you do it, just smile say no thanks and turn around and walk the other way. As somebody that has been through the fire and come out the other side, my feelings are that if people actually knew how much work they had to put in to progress to the point where their body is drawing them to Breatharianism, I don't think there would be so many people wanting to do it. There's

so many fake intellectuals talking all the talk trying to fool people into thinking they are more experienced than they are and all they are doing is giving people a false sense of security, I mean anybody can pass the written part of the driving test but not everybody can pass the driving part. That's why when I see people in Breatharian support groups talking at great length and depth about prana and living on light, love, bliss, etc, I have to ask why these people are not leading the way themselves, I'm mean it's clear that they are spewing out their favourite guru's opinions or bits of info that resonates with them from other websites, etc, but none of them are actually living the lifestyle, so what is not happening here, it's the blind teaching the blind. I think sometimes that there's a teeny bit of ego within the tiny breatharian community, on top of that, it gets so bad that depending on who you talk to or what website you read, some die hard Breatharian "authorities" would say that you're not a true Breatharian even if you drink small amounts of water, I say this, who cares, we all take in water, we may drink it or breathe it, either way we all take it in in some form so why try to set divisions and the crazy thing is, I found out that the same people that set these standards and definitions don't live it themselves, they try to but periodically go back to eating cooked food, also, these Breatharian authorities do not know

you or where your coming from, so when you read their definitions you really have to be careful about taking it to heart. I don't care what anybody says or which guru says they have the secrets to living without food, this lifestyle takes years of hard work and dedication, you don't just wake up one day and say you're a Breatharian and to me that's the impression the guru's give. Another pet peeve is how much cleansing/detox history do we know about any of these guru's themselves, to my knowledge, none of them talk about how they got to their final destination, what issues they had to deal with and how they overcame them, we know nothing about these people except that they talk a good game about prana and living on light, etc. My answer to this million dollar question as to why we eat is, well, what else is there to do, it's a form of escapism and brings most people pleasure and comfort. To me boredom is one of the main and most over looked reason for eating, if you really look at your eating habits you will probably be able to trace all your reasons for eating to boredom, to me it's as simple as this, at the dawn of time we ate, we liked, we got hooked, we kept on doing it, to me it's that simple. People will say that it's all about nutrition but if that was the case why have all the flavouring in your food, why spend so much time in the kitchen making up concoctions with all kinds of herbs and spices, etc, why not just live

off of vitamin pills and supplements. If it was just down to nutrition then wouldn't it make more sense to get the nutrition straight from the source and eat more natural foods like fruits/veggies instead of doughnuts or pizza. We have become so accustomed to seeing man made foods as the norm that we have become experts at justifying its consumption regardless of all the sickness and disease it causes. One thing I learnt early on as a Breatharian was that I had so much more time on my hands and this brought on a whole new anxiety because now as the days went on it was like time was standing still and the days would seem to go on forever, for a while it was hard to understand and deal with, I even began to fear waking up in the morning because it meant enduring the longer days and nights, yes, I say nights because I also wasn't sleeping very much which meant that time seemed to go even slower and the days seemed even longer. Many times I felt like just running into the nearest fast food joint and stuffing myself until I could no longer feel being/self or any emotion. It was with dealing with this situation that I saw firsthand the reasons why I eat, this led me to watch wild and domesticated animals that had no purpose to see how they dealt with their time.

Well, what did the animals do, well, absolutely nothing and they were happy with it too, I saw that most animals

didn't look for something to do like we humans do, they don't get stressed out by being alone by themselves either. We humans seem to have a fear of doing nothing and an even bigger fear of being by ourselves, we drive ourselves frantic trying to occupy ourselves and if we can't find anything to do then we resort to eating and I think that this is why everybody's social life revolves around food. I came face to face with this when I went Breatharian and before that I never even thought about it. People had always asked me why humans and animals eat if Breatharianism was a possibility and I had always put it down to food addiction but now I feel that everything is down to altered states of our emotions, I believe that we have experienced pleasures that have interfered with our emotional state such as drinking, eating and sex that we have become emotionally attached to and this is something that the food industry for example takes full advantage of but like I say, this goes for raw foods too and not just processed. Ultimately it comes down to us to wake up and get back in control.

people that speak about being healthy talk as if only fast foods and animal products are bad for you and everything else is ok, this way of thinking makes no sense at all to me, to eat anything you put in your body is questionable. When

people find out I'm a Breatharian, the first question they always ask is "well don't you ever get hungry" that's the time I take a deep breath and ask if they want the long explanation or the long version. I found that the answer to this question is not so clear cut as you might think because if I give them the short answer and say no then they always ask "why not" and there's many reasons why people may feel the sensation of hunger but a lot of it comes down to what you put inside your body, for instance, there's allergic reactions to certain ingredients in processed foods, plus, if you put addictive foods in, you're going to get cravings for more when they are on their way out, also depending on the condition of your guts, if you're eating solid food you'll have a build up of partially digested/undigested toxic debris and waste from food that you ate days or weeks ago moving around in your intestines, also I believe that a lot of what we see as true hunger is actually organ, stomach, intestinal shrinkage, I say this because when we eat cooked foods, we eat such large portions that we are stretching and inflaming our organs so when we get rid of the waste and debris we create space in the stomach so naturally the stomach wants to shrink back to its natural size at all times because it's already being stretched but what we have been taught to do is to stop the stomach from shrinking or the feelings of hunger by eating more

and more food which in effect stops the stomach from shrinking and expands the stomach again thus keeping the hunger cycle going.

Due to the addictive nature of cooked foods and this false notion of hunger, it's the drug of choice for many, thankfully I've finally reached the point where I am past needing to use food as a security blanket, but I'm not going to lie to you, in the beginning, getting my head around the thought of letting go of randomly eating cooked/raw food was one of the hardest things I've ever had to do, it took years to ignore the fake signs that were telling me that it was time to eat, believe me, when your stomach is growling and your addicted mind is screaming out for its next fix, it's hard to think outside yourself and know what's really going on because as children we have all been taught that these are signs that we are hungry and that we should eat because eating is good for us, well, opinion it is that it's not true hunger, I found that for me it was all based on me consistently using food to numb the hunger, suppress stressful emotions and as a means of escapism and the hunger wasn't even real. Personally I don't believe true hunger exists especially if you're taking care of yourself, I think that hunger is a mix of emotional attachment, shrinking internal organs and waste moving down your

intestines. Once you get rid of the emotional attachments and what waste is in your gut then the feelings of hunger will soon disappear for good but instead we put more in to feed the desire and stop the feeling. It was hard work in the beginning as a Fruitarian because I didn't know the dynamics but getting away from the illusion of hunger was vital and I cleaned out a bunch of debris and stopped putting food into my body, I was finally getting the break from having to digest the continuous supply of meals and snacks that I was eating, I loved it, I always felt stronger and clearer both mentally and physically when I stopped eating solid food.

Many people think that the basis of Breatharianism is all about getting off of food but for me that was not the case, for me liquids was the last to go. Getting off of water and beating my emotional conditioning was always my downfall and to be honest a real source of anxiety but I had been messing with the idea on previous attempts and seeing as though I had always ended up in extremely hot climates, I figured I had really got my work cut out for me. It was my theory that it all came down to conditioning, meaning that when you work out in the sun the first thing you want afterwards is a ice cold drink because you would be so hot, well to me as a former sports man myself I already

knew that to really cool yourself down in a hot climate you would end up with a stomach the size of a basketball and then some and this is what I was experiencing for myself, I also experienced greed too in situations like that, I would over drink, especially on fruit juice. Well as time went on I realized that if it was really about keeping cool you would need to jump in a cold bath to get the whole body cooled down and to my mind that should eliminate the need to guzzle down so much water/liquid, well for me it worked a treat and I still use this method now. It also made me think that maybe that is why I have been so drawn to the sea, we have gone so far from nature that we think that air conditioning is naturally the way to cool off and we have forgotten the real ways. Now I look at water in a different way now. One of the tricks I learnt was to get a life and be happy in it, I love music and laughing so I surround myself with those opportunities at all times.

I fought the calling to go Breatharian for years, I think mostly in part because I was not ready and partly because a part of me was living in fear of that very moment when I was mentally ready to let go of the consumption of food/liquids. This other part of me I have yet to find the words to describe but I can only refer to it as my darker side, because I had to really fight through the extreme fear and anxiety of completely letting go, this fear or negative

emotional force did not seem to come from me at all, it was like it was coming from another person hiding inside of me that had been comfortably hiding in me all these years feeding off my insane cooked food diet with all the sweet sensations that came with it and now it was going to raise hell because all that was going to come to an end. It would have been so easy to sit smugly in my high seat and blame it all on the food industries attempt to keep the masses hooked on their products but I had the same experience on fruits/juice years before where the focus would be shifted to the next sweet/pleasurable sensation and like I have always said for years, the mind is always one step ahead of you and knows exactly when and where to strike because it knows how you think and will do anything it has to do to get the fix it needs and in the end I realized that I was simply feeding my own emotions. I also believe that the emotional part is much, much stronger than the addictive ingredients the food industry puts in their products.

Many times I caught myself back talking myself in my head and realized I was pretty much up against a mighty warrior in myself and would have to detach from this darker emotional side in order to keep my sanity and to be able to see fact from lie. I basically had to take myself out of the game and lock myself away from any stores or kind

people that may give or offer me food because I knew that going Breatharian was what I dreamt about being but that dream was being corrupted by the darker side of me and I knew this side had to be brought down. This is how I approached it, I am sure there is a scientific term/explanation but this was my street/lay man approach, this was war and trust me it was. I drew from years of experience with Fruitarianism and I had to really dig down deep to beat it, it was like somebody very angry was in me trying to control me with all their might to get what they wanted and when they used every trick in the book they simply gave up and left, without any fuss or bother. I felt very much like somehow I had been used simply as a vessel to please/feed someone else's wants and desires but at the end of the day I was using myself, I was using food/liquids and any kind of pleasurable sensation to self medicate myself, I had done this for years, I was the king of comfort eating and this was the last thing to beat if I was to follow the path of a Breatharian. I had to control my emotional state and not let outside influence take control of it like foods, etc, which is pretty much what the rest of society does. At this point it was actually easy once I had worked it out, I just had to constantly remind myself what the situation was and make sure I stayed true to myself. One of the biggest yet most subtle realizations I had to

come to terms with was the boredom that comes with transitioning completely to the Breatharian lifestyle, this was a tricky one to deal with because it was hard to even realize what the issues were or that it was even boredom that I was trying avoid but then I had to question if I was really bored or was I simply avoiding being with myself which I think was more the case. I found that I have so much more time on my hands and in the beginning stages of Breatharianism it's very difficult to know how to deal with it or what to make of it. I would really struggle at times because I was a huge comfort eater back in the day and it really was hard to control my emotions but I found that it was useless trying to control them, things worked better when I would simply allow myself to do what I wanted to do until I reached the point where I was ready to let go of the emotional attachments I had remaining, I found this worked very well for the Breatharian stage.

I also saw this anxiety in others but I saw it disguised as hunger, people would say to me that it's impossible to live without meat or manmade processed food, but I feel that this is anxiety speaking and not actually experience, one of my favourite pastimes is asking people that eat cooked food how they would feel if I told them that from this moment onwards they were never going to ever eat cooked food again and I literally have to duck from a flying

fist. Such is the anxiety and fear that springs to mind. People are so afraid of being with themselves or going within themselves and use foods to create an alter ego and hide behind that creation and the thought of taking away that shield sends the strongest running for the hills, some create the alter ego of being the family drunk or the family dustbin and joker like I was, I would eat everything I could get into my mouth and be the comedian, laughing and joking at the same time,

This was good for me because it covered the reason why I was eating so much in the first place which was to escape my crappy painful existence and emotions, heck, I didn't even realize I had chosen to self-medicate myself with food, all I knew was that I loved to eat food because eating it made me feel good for that moment, so I never had an eating disorder I simply chose food as a way to pleasure myself, still, to this day I'm amazed at why nobody thought it was odd to be constantly eating but saying that it was also seen as a macho thing to eat till your belly was full, eating fruits/salads was seen as a sign of weakness because they were not even considered food, I wasn't into all that because I naturally just wanted to use food as my defence and my self-medication and I had a muscular physique and worked out so I had all the excuses to eat. Depending on your social circles and family

dynamics, you will see how friends/family try to fill every minute or available time eating or drinking something to escape from being alone with themselves or dealing with situations. I too had anxieties about being with myself but soon realized that I had to release my fear and accept my alone time as being a good thing.

As I have said before, our social structure revolves completely around food and to take it away will simply leave you with seemingly nothing to do and that thought scares the living daylights out of people, so to still stay in our society and do what you want to do you must have a warrior mentality because you will have to break the cycle completely of being a follower or trying to please others so you do not get harassed, made fun of or seen to be elitist. It can be extremely awkward as a Breatharian when it comes to trying to live a regular life in mainstream society because you will be constantly reminded of what you are doing, you will be constantly reminded how much of a struggle it must be to do what you are doing and even how impossible it is to do what you are doing, It took a long while but I eventually realized that it wasn't good for me to stay in mainstream society and I could finally see why people that had success with Breatharianism went into seclusion, lived in caves, forests, etc, I used to mock those guys and say that they lived a useless existence but

now I can see why it is vital to preserve your progression , I'm not going to lock myself in a cupboard or live in a cave in Tibet but I have realized that I will need to go to a place far away and deal with people and their questions differently and from a distance.

I found that the only times I came anywhere close to thinking about wanting to eat after I completely transitioned to Breatharianism was when I was around people with lower levels of consciousness that ate cooked food, when I travelled and visited very old/close friends and family or if people came to visit me because they would constantly be thinking and arranging their days around food and where to get their next fix/treat, I found that the reason for this was because something emotional that wasn't resolved inside me wanted to go back and revisit the emotions, textures, sights and sounds of the good old days either of when I used to spend time with those particular people or when I thought back to certain funny ways I used to eat cooked food when I was a kid but once on my own and left to my own routine I had no such desires or thoughts about food but for some reason I never made that connection until late, maybe because I was so intent on not being that guy that lives in a cave to get away from people and their various/habits, energies. For instants, when your spending hours with friends out on

the town or family at a family get together and everybody is downing the beers and stuffing food down their necks and demanding that you stop being silly and let your hair down, now, I would be a liar if I said that at some point I wasn't sorely tempted and didn't start to think back to the old days and start wanting to re-visit them and get stuck in with the rest of the family, eating and drinking till I was ready to pop. It has been very hard to deal with this and I have been very stubborn about getting away from temptation in the name of living a normal life but now I realize that I cannot stay in the social mainstream like I once thought and that I will have to limit the time spent with people in order to protect my train of thought/mindset, I just cannot be with people that eat cooked food on a regular basis, just like a former alcoholic or cigarette smoker cannot be around heavy drinkers and smokers but I can handle it in very small doses partly because the idea of being tied to eating all the time bores me to tears and mostly because I have to protect my mindset so the idea of eating doesn't go back to seeming normal again.

Having said all that about the friends/family having so much fun eating/drinking and making you feel such a fool for missing out on all the fun, food and drink and come to thin, I think of it I, I think that teasing and ridiculing may go a long way towards slipping up on certain things for

most people but anyway, my victory comes when it's all at an end when everybody's mind is wrecked and bellies are bulging but yet it is still considered to be normal to be wrecked and unable to keep your trousers zipped up because your waist line has expanded so much. Even though people will justify what they do the proof is always in the pudding, as long as people continue to do what they do, they will always continue to age prematurely and suffer from low vitality, illness and disease and that's where I reign supreme because people always think I'm half my age and I've not been sick for years but sadly I had to go through hell and high water to get here and for many that's just too much work.

If you spend a while within the raw community especially in the states, you'll find that many, many people will be experiencing big changes within their bodies. The beauty of transitioning through the dietary stages is that I've learnt my trade at every level and one thing about our bodies that I've found is that from birth we are swollen and inflamed, our Mother feeds us cooked food from conception and we eat cooked food right through to adulthood, so my theory is that because we come into this world swollen and inflamed and that's how we are used to seeing ourselves, so in other words being larger than we actually are becomes the norm. Now when we go raw and

get rid of the toxic foods that swell/inflate us, our body and internal organs will want to naturally revert back to its natural size, the issue with this is that body parts will move from where they once were, for instance, our teeth will move to different places and that process will cause pain for long periods of time.

In our mainstream society having a skinny or lean body is looked upon as an inferior state and the swollen and inflamed body is looked at as a superior state, you can see this with the mentality of bodybuilders, in the film and fitness industry where being big and buff is the order of the day. It's like there's two different worlds, one where anything goes, being drugged up and numbed down is accepted and one where getting off the grid and getting back to nature is a must. I can totally understand those guys that go off and live on a mountain top away from mainstream society because mainstream society has no idea what it's doing to itself or the planet. It's the same with my addicted mind/body, on cooked foods I was lethargic and heavy, now as a Breatharian it feels like I'm living through my soul instead of living through my addicted mind/body. Living through my addicted mind/body was stressful and depended on what was available within the society I was living in, society dictated ruled but living through my soul is limitless and is what I make of it.

It seems that somehow eating cooked food imprisons the soul and breaks the mind, body and spirit connection and that's why we always feel like there's something missing but we never associate that missing link or lower level consciousness with eating cooked foods.

Now the new Breatharian body sounds great and scientific right but it's not, it's the same as the old one, just lighter in my opinion. This change took between 2-3 weeks and I had to approach this with a warrior style attitude because it was very misleading, uncomfortable, frustrating and exhausting as all my bodies energy was taken up making the changes but it was something that I really enjoyed because it showed me that we have had the concept of hunger and nutrition wrong all this time, just like I have always thought. I mean how on earth can man made cooked food build our bodies, just look at babies, although when in the womb they eat what the Mother eats, how come the baby cannot eat the same thing when it is born and just look at the way babies are breast fed and are pretty much Liquidarian yet they still grow, I maybe right or I maybe wrong but that is just my take on it. My organs went through the process of shrinking which at times was very uncomfortable and frustrating especially in the intensely hot climate I was living in. It was also a very exhausting period too and for a while I

was simply going through the motions in terms of working out and for a while I got very frustrated at not being at full strength and it was very tempting to just pack it all in like I had done before and go and have fun like everybody else, maybe even go back to cooked food and go for the buff and bloated look that people are so in favour of but I knew better than to do that because I had been there and done that, also I was starting to see the flashes of greatness that was coming with this and this gave me the inspiration to continue fighting onwards which is what I needed because I really was in unknown territory now.

My weight and build stayed roughly as it was but I was now fighting my other self and exhaustion and yes the food industry has some dirty tricks but there was also another menace to deal with but in no way did I ever feel in danger, in fact I was still intensely active throughout the entire process partly because of past experience and partly because I had no choice, I had a lengthy bicycle ride home and clients to train. I believe that this darker side of me has in some way been a result of eating things for pleasure, the insatiable drive and the kind of desperate state that would make a normally decent person beg borrow or steal to get that fix, I used to see myself justify and bargain with myself as to why I should allow myself something to eat or drink, raw or not but once I learnt the

signs and signals I just had to stand strong at all times.

The climate had a role to play too as that sometimes caused a lot of anxiety but I handled those moments but learning some tricks of the trade and using those as my ammo. It got so bad at times that in moments of extreme anxiety I made excuses that I would allow myself some water or even juice but on attempts I realized that I was simply cheating myself and sabotaging my progress, I would feel 3 times as bad as I did before, my energy would go downhill right away. Like I say, it took a while to get back to strength and when I was I was much, much lighter and had more clarity. I learnt that at the end of the day there is no method or secret program to success on this lifestyle, you just got to hold on tight and watch the ride. As things got easier and I stopped feeling sorrow for myself I saw more truth and saw more people treating themselves like trash cans and getting sick because of the bad eating habits/choices that can avoided, I saw more people feeding the need as opposed to feeding themselves, I saw the darker side in them that I saw in myself.

From day one I've been an open book, everybody knew of my great achievements and also they knew of my slip ups, people threw what they knew of my slip ups back in my face at every opportunity and attacked me from all sides for no other reason but for daring to be different

and going against the grain but back in those days I wasn't going to take a backward step for anybody, even to this day people are still reminding others of my past slip ups in a bid to discredit me and my lifestyle. I couldn't understand it but it seemed like for something that was supposed to be so good and healthy food sure brought out the worst in people, for example, if you go on the raw food forums everybody seems to be attacking each other's lifestyle and what are they really attacking, food, they are attacking your choice of food, they are attacking what you eat, when you eat it and how you feel when you eat it and then they got to attack how you look on this food.

I don't get it, what is the point of verbally abusing people over food, I wouldn't mind so much but its good people verbally abusing good people and in my opinion nobody gets attacked more than the Breatharians, which is another thing I don't get because Breatharians don't eat anything at all. I got no shame in saying that I myself privately scoffed at claims of living on light and prana, etc, only because the whole living on love thing sounded so wishy washy and I yes I'll admit that I was and maybe still am extremely sceptical of the individuals out there that claimed to be Breatharians. Now I seem to be one of those Breatharians and I have seen all the negativity, lies, bad vibes, etc, that people will try to attach to you

because you're a Breatharian, I can't tell you how many lies have been spread about me by all kinds of people. I see Breatharianism as progress but it seems that when it comes to food people generally have a serious issue with any mental and physical progress. I've been fighting people for years and now I'm tired of it, I'm realising that I really don't have anything to prove to anybody, not even myself anymore and it feels great. I used to think that I had to "get out there" to spread the message but I'm learning now that there's people on my doorstep that meet me every day that really need to see my example, these people actually know me and they don't cuss me out or make up stories about me, so for me I'm going to focus on living life and catching up on some fun. My only regret was that I spent too much of my life trying to prove myself to people that were unhappy with themselves by default and were always going to complain about something and that something just happened to be me.

For a long while I used to take the attacks personally, probably because I had spent a lot of time putting in work on myself, I was always an open book and was always pretty open about my slip ups because I believed it important people know exactly what they were getting into but because I had a degree of success some people were just set on bringing me down, I couldn't understand

it because I was never trying to be a guru or a star but people I didn't know were digging up my past, twisting situations to suit their argument, slandering my name with lies and assumptions, etc, all because I got a little five minutes of fame as a Breatharian. The funny thing was that I took a lot of heat for others putting me up on a pedestal but as I grew I realised that although it was happening to me it was something that I had seen every leader in the spot light go through and that there will always be people that want to support you and people that want to attack you, even if you don't ask for any of it.

It's a very sad fact that it's the wheel that squeaks the loudest that gets the oil and all I seemed to hear at one point was the screams of the naysayers, the so called supporters would always keep their mouths shut, I resented this at first because they just seemed to be just standing by watching me take all the hits and then creeping back around me when it was all over but then I realised that even if they did speak up the naysayers would still complain because that's what they do, I've seen it happen so many times so I already know that there is no pleasing these people no matter what you do or how much "proof" you provide because they will always hang around you looking for a crack in your armour. Luckily though I drew from my experience as a Fruitarian to come to terms with all this,

it was either that or just break down into a heap and give up trying to share anything, I believed that it was more important to live the life happy with people that loved me than spending energy fighting people that really couldn't care less about me and defending a "Breatharian" label that I didn't care about anyway and I had been getting this since my Fruitarian days and because I was a sensitive person the whole situation had always weighed heavy on my heart and now as a Breatharian I was forced to really look at what my purpose in all of this was because this was not what I was here on this planet for, after all even if I was a fake I never belittled anybody, I was never mean or cruel to anybody so what was all the aggression about. Regardless of what was going on good or bad, I was growing as a person, I realised that as a Breatharian I was getting so sensitive to energy around me and was wanting to make changes in my life so I could be happier, I wanted more of the love I was feeling, I came to the conclusion that loved ones and people that actually spent time with me knew the truth and it was more important to me to set an example to them than stress out about what people I would never meet were saying or thinking about me. Being more sensitive to energy around me meant that I absolutely loved being around loved ones and people that loved me for who I was and I became very reluctant to being

around “fans” or people that found me “inspirational” and was only around me because of their interest in Breatharianism, I was never interested in being put up on a pedestal because the journey was hard enough as it was without having other people’s expectations weighing me down, expectations that were often farfetched and based on fantasy and hearsay.

As time went on I got less and less interested in being the rep for Breatharianism and more and more interested in just being and living a life full of love and happiness, the more I was in the spotlight the more I felt that people were getting in the way of that ever happening and I felt that even though I no longer felt my purpose on the planet was to get this message out I felt that things were changing, I began to see that I was more of an example to people that had direct contact with me and that my purpose was simply to get to this point and live. When I reached this point it was pretty liberating for me in fact I no longer cared what anybody said or did because all that mattered to me was the present moment, the past was gone and the future never came and that was my saving grace and once my thinking shifted life was so much brighter, I guess I’d been up my own butt for so long that I had not realised that I was no longer that dude with an attitude and it was time to get out of the company of

naysayers that had jumped on my band wagon over the years and get with people that suited my emotional state and level of consciousness. Now I don't expect people to believe me and to tell you the truth I don't want people to because I don't want people up my butt putting my life under the microscope.

As well as having to deal with the negative energy of others, there's the people that love to spend their time speculating and exercising their intellect, for many years now I've seen these "intellectuals" on discussion boards talk "specifics" about how it is possible to live as a Breatharian only to find out that they cannot or will not live the lifestyle for themselves, this bugs me because they build up a little following and have people hanging off their every word. Where do these people get their information from if it's not from experience, well it's all second hand information and guess work from their favourite guru/alternative scientist, etc. These people are nowhere near living the Breatharian lifestyle yet they talk about it with such certainty as if they have been through their own personal Breatharian initiation, I've nothing against people going through their initiation and falling off the wagon from time to time and speaking from that experience but when people "talk a good game" and they have no intention of stepping up and putting themselves

through anything then it's an insult to me.

Unless you're actually living the Breatharian lifestyle you will not be able to fathom the extremely steep learning curve and the amount of pressure there is placed upon you by others that are eager to discredit you, take information, satisfy curiosity or judge you. I can imagine that it's the incredible amount of questioning and pressure that causes the long time Breatharians to go underground and I can totally see why these guys go live in caves in the middle of the forests, the pressure to be pure or some long time Breatharian spiritual idol can get the best of you if you don't protect your mindset, also some of this "Breatharian gets busted" crap are often stories made up by people with nothing better to do anyway, I know because I've had it done to me, people do it for all kinds of reasons, some do it to get back at you for upsetting them and some do it just because they can. At the end of the day it was people that were making this journey hard for me not the journey itself and it was people that I had to get away from.

Even though at first it was pretty hurtful and disturbing to have people accuse me of being a Breatharian "fraud" after a while what I first saw as a great disrespect to my character I now began to see as my one and only saviour, I wanted to withdraw from the public eye and get on with

my life in peace and cries of “fraud” was the only thing that was going to get people, good and bad, off of my back. The whole fake thing really did me a favour more than anybody could ever imagine because by now I didn’t want the spotlight because it brought too much negative attention and I had, had enough of everybody getting in my business, people were making me a saint and a devil all at the same time and I was tired of it, I was me and I knew I was a good man, none of these people good or bad really knew anything about me, the only people that knew anything about me were my family and people I was with on a daily basis and they didn’t care what I did because everybody that really knew me already knew that I wasn’t the run of the mill guy, plus they were too occupied with worrying about paying the bills, keeping their job, etc, it was with these people that I finally learnt a number of lessons and these lessons were to stop being an open book, get out of the raw vegan community and stop hanging around Fruitarian people that didn’t have my best interests at heart, I say Fruitarian people because they were the only people I was getting abuse from, people on cooked food didn’t really give a crap because they were too busy enjoying their cooked food to care what I was doing, in fact they thought I was just missing out and it was my tough luck.

People in support of what I do keep telling me that what I do is amazing but Breatharianism is not amazing, cooked food is amazing because it's amazing that the body lasts so long on it. One of the realisations I face now as a Breatharian is that we as humans have strayed so far from our original state that we can eat the burnt, baked, boiled, fried body parts of dead animals, disguised in sauces and spices, consume vast amounts of dairy products, fast foods such as pizzas, burgers, fried chicken, candies, ice cream, a variety of all you can eat buffets and wash it all down with sodas, concentrated fruit juice, cow's milk, etc and think that this is normal, in fact we don't just think it's normal, we actually think we are thriving on it. We can also manufacture and duplicate fake versions of all the above so vegetarians and vegans don't miss out on destroying their bodies too and people just love that idea, Vegans spend so much time and energy campaigning and trying to get the point across about animal cruelty only to go and eat a fake burger made with fake meat, now what is the point of that, there is no justifying that, you're either against all concepts of animal cruelty or you're not and your certainly not going to support a fake version of the very thing your against and what many Vegans don't realise is that the same company that makes their fake meat products actually makes the real meat products too.

How far have we gone from nature when we can spray our fruits and vegetables with all kinds of deadly chemicals for economic gain? Unfortunately the average person in the street neither knows nor cares about the food they are putting into their bodies or how it's made and even if they did they wouldn't care as long as it tasted good.

I find that naysayers that don't know squat about Breatharianism ask questions like when's the last time I ate, like it's a competition for who can go without food the longest or something and tend to make stupid arguments as to why one should even bother wanting to live the lifestyle, they don't really care about the answers, to me it's just too much pressure. In my opinion, as someone that is experiencing this lifestyle for myself, is that it makes perfect sense to be extremely mindful of what you put inside your body because in my opinion, in it's ideal state, the body doesn't need any outside help from us, the key is being dedicated and patient enough to get your body in it's ideal state. In my opinion Breatharianism is only possible after you have mastered Raw veganism, Fruitarianism and liquidarianism and that takes many, many, many years of conscious loving intent and cleansing to reach that point and when done properly has nothing to do with purposely restricting yourself from food, in fact it's nothing to do with food, not feeling the need eat simply comes natural

therefore there is no need to impose restrictions with the intention of causing suffering, etc.

Like I said, Breatharianism goes beyond the understanding of many people and unless you practice it and experience for yourself you will never understand it fully. I find that like anything else, people will do things when they are not ready and mess up and quit, then blame the diet/lifestyle, etc, which is why there's so much conflicting info. I've heard it said from some people attempting Breatharianism that they feel high, from my own experience I do not feel high or anything but grounded. I strongly believe that with breatharianism the body produces what it needs by recycling and getting nutrients from the elements of nature, often times with the quality of the air and with the use of air conditioning, drinking water is sometimes needed by some to supplement the water they cannot get from the air, me, I really do not care if someone wants to drink small amounts of water and still regard themselves as a Breatharian. Some may also talk about prana/living on light and will get real deep into all the technical details. I don't believe that Breatharianism as it is defined is healthy or even possible for everybody because I think some people are tropical people and do better as Fruitarians and some people are cold people and do better in colder climates, I see a lot of Breatharians based in Europe. I

don't believe that either should be taught or coached like some people try to do, to me if you have to be coached then you're not ready for it, it's a very personal rite of passage for those that are ready.

People can be very, very mean and display intense anger at the thought of me not eating food, they act like they only have my best interests at heart but really they are just scared of the idea of somebody not wanting to eat they always insist that Breatharianism is impossible and ask me why on earth would I want to go Breatharian and to prove their point many of the doubters will state that Breatharianism is not possible because everything on the planet eats something and if it was possible then why do animals eat? Well I find this argument pretty weak. Me, I say that animals eat for the same reasons humans do, out of boredom, taste, comfort and because basically what else is there to do, heck, think about it, why are their millions of obese people on the planet stuffing themselves full of food, why does millions of peoples social life revolve around food, well because there's nothing else people would rather be doing, people want to spend their time tasting things and possibly escape their current emotional state or get into a certain emotion after all have you tried having a party only serving water anybody that has gone out with drunk friends and stayed sober knows that the

drunks friends always seem to have more fun and that's because their emotions are altered and they are spared the apparent agony of having nothing to do and being left to internalize. Then the doubters bring up hunger and again this argument is so weak, well what really is hunger, to me it's a feeling of anxiety brought on by movement of debris and waste in the intestines and shrinking internal organ, so essentially we are back to the emotional side of things effecting our actions and reasoning. Look at it like this; if you were a horse stuck in a field all day with nothing to do with your food just lying around wouldn't you eat it. Animals know nothing about nutrition or making sure they get their vitamins and proteins, all they know is that there's food around so why not eat it, if you left chocolate bars on the ground animals would eat it, so their behaviour is no indication as to what ours should be. I don't read the minds of animals so this is basically my guess/opinion. These angry people always make comparisons between animals and humans when it comes to diet, I think they only do this when it suits them though because when it comes to something like sex it's another story, humans are the only beings that have sex at random or for the fun of it, so it's no surprised to see that, that comparison isn't used very often.

It soon became a sad fact of life that as a Breatharian that

I was going to have to deal with some very angry people. It's crazy because these people will try to lie and discredit me but while they scream fake and fraud I don't think they realise that I actually have a life where I live with and mix with various people that see what I do on a daily basis, they seem to think that if they can't do it or if they don't believe it than it doesn't happen or cannot be done. People often react angrily when they find out what I do yet still want to know all the ins and outs of what I do, they demand I give them everything I know down to every detail, for me this is a total waste of time because I have nothing to prove to anybody, also, I always have to be careful who I share information with, people would lash out and call me a fake especially as a way of revenge or spite, for instance if someone I knew didn't get what they wanted or if a friendship went sour, in fact I got called a fake so many times that at one point I started to believe it myself. I became super nervous about going anywhere or doing anything that had food anywhere near it for fear of there being some person in the bushes with a camera ready to jump out and scream busted.

I soon realised that I didn't want to live in constant fear because it was just too stressful, especially since I wasn't doing anything wrong or to hurt anybody. Situations were coming up where I had to get money changed and

the cheapest way to do that was to get a chocolate bar, chewing gum or a drink or a situation where I needed to go to the rest room and the only place to go was a fast food joint, I wasn't going to put myself under that kind of pressure. Now, I have no problem getting that chocolate bar and giving it away or going inside that fat food joint and using the rest room and I couldn't care less because I'm no longer attached to the Breatharian label, I'm no longer feel attached to the idea of living up to everybody's expectations and being that super pure Breatharian that can do no wrong, heck, I'm still the rough diamond that I've always been and will probably always be messing up somehow so I guess I'll always be giving people something to talk about.

Since day one of my journey I've I learnt that you will not please these doubters and naysayers ever and trying to will simply get you burnt out, you will get no peace from these people because even though they are not the ones living the lifestyle they will act as if you have a gun to their head demanding they do what you do and proclaim Breatharianism as the perfect diet for mankind, it makes me laugh because after all you're the one living the lifestyle so shouldn't you be the angry one. I'm kind of making light of this because I'm an old war horse and eat naysayers/doubters for breakfast but in fact these people

can be very disruptive to your progress and if you let them get in your head they can really stop you in your tracks or plants the seeds that will eventually go towards you quitting at a later time when things start to add up. My advice here is to go underground, seek out like minded people yet listen only to your own intuition and if you must fight folks pick your battles because you need to protect your mindset.

Looking back on it I would also say that it's really not worth it to try to prove or convince people about anything because most folks do not want to believe, they just want to bash you, vent and waste your time trying to be intellectual when they really know nothing about your day to day life, I'm the kind of guy that doesn't bug anybody for their lifestyle/diet choice as long as they return the favour and it doesn't effect, harm me or my family but like I experienced with Fruitarianism, people tend to react violently/defensive when they are toe to toe with someone like me that's going so far against the grain. People/family will get very offended or will feel uncomfortable, even upset if you do not eat with them, you will be perfectly happy and content to enjoy their company but they will often struggle to understand why you would want to refuse their food or not eat and to them the only thing that makes sense is that you don't

like what they have to offer , I remember spending times bargaining with friends and family as to what I will want to eat with them and it's always very funny to see what they consider to be extreme, like simply not eating meat is suicide for most of my old friends/family , then when they learn that I won't even drink water with them they are completely up in arms but the good thing is that all the people I keep in my life already know I'm free spirited and crazy so they don't take offence, plus I will tell them straight that I'm doing my own thing and not to worry. Some folks are not so lucky and for a quiet life will throw all their progress down the drain because they are simply not willing or prepared to deal with the backlash and all the questioning.

When I was a Fruitarian I gained some online buddies that felt I represented their high fruit cause, to them with my intense athletic ability and training methods I became an example of the possibilities of being on a high fruit diet, I was a success story that they shared with all their friends but the minute I shared my progression to Breatharianism I was shot down as a sick/unhealthy and even unstable individual and these so called buddies/supporters vanished as soon as they had jumped on my coat tails. What happened, why the uproar, I was still the same person, I simply made my own personal shift, I

followed my intuition and progressed to Breatharianism. Did Breatharianism and the thought of not eating suddenly make me a bad person to these people or was it the fact that I was moving onwards and upwards and was no longer the shining example that they could share to their non raw buddies. Maybe people just didn't want to be associated with the whole anorexia thing or didn't want to be around if it all went south, either way I soon found out who my friends were. Whatever the reason for peoples departure, it became pretty darn lonely all of a sudden and it became hard to not be a little resentful of the effect Breatharianism was having on my life but I still knew in my heart that what I was doing was the right thing and that I couldn't let the fears of others get me down or in my way, plus, I had reached a stage where doubt wasn't even an issue or an option, I had come way too far to get soft now or have any regrets.

A major lesson on my journey was learning the art of letting go and that included learning to throw away all questions out of the window, so for years I had stopped questioning what I was doing or what was happening to me and it felt so good and liberating, so if I wasn't answering my own questions I sure as heck wasn't going bust a gut to entertain answering anybody else's questions because doing that just felt like I was going backwards. Over

the years I've shared snippets of information about my journey that I felt I intuitively felt led to share but it often back fired on me because the mistake I made was trying to reach anybody and everybody and even though I was helping people I was also opening up the flood gates for every idiot and crazy person, which wasn't good because normally at any other time I'm a very private person and not very sociable at the best of times and I just don't like people constantly up my butt asking repetitive questions or in my space just hanging around, especially people I don't know or people whose energy I don't like, I can't tell you how many people I upset because of this but I simply was not prepared to play the many games that came with doing what I do.

I learnt very quickly that once people find out I'm a Breatharian they will be extremely eager to ask many, many questions that if I'm not mindful about protecting myself will drain every ounce of my joy and vitality because even though much interest is shown, when it's all said and done very few of them are actually prepared or willing to live the lifestyle, so for me it's total waste of time and energy trying to explain anything just to satisfy people curiosity on demand and I refused to do it. Throughout the entire time going through my "initiations" I never intended to be a big shot or guru, I shared what I was

doing for the fun of it and because people said I couldn't do it, I just wanted to show people the possibilities and go about my business, I never wanted fans or to be put up on a pedestal and I didn't want anybody telling me that I was the reason why they don't eat any food because my intention was not to convert anybody, for instance, a guy at a talk I did once told me that I was the inspiration behind him not eating and I was very disturbed by this because it was clear by listening to what he was saying that he had not understood my philosophy and was only listening to what he wanted to.

People also got mad because I shared what I wanted to share, when I wanted to share it because I felt it was a part of my spiritual calling but people would insist on contacting me foaming at the mouth wanting more information and wanting me to be their leader even though I never made any claims or tried to teach, the problem here was that I had one reason for sharing select information about what I was doing and the general public had a different interpretation based on their very limited knowledge and understanding and many people simply had their own plan which mostly involved observing every move I made and treating me as their own personal lab rat but I had to learn all of this the hard way, at times I put my trust in the wrong people and learnt a lot from those experiences.

I'm always asked how I can live as a Breatharian and I can never give a straight answer because I really have no idea how myself, the only thing I do know is that I'm not in control, I can do what I can do not because of my own will power or mind control because if that was the case I'd still be trying to get off cooked foods now, in fact to be honest with you I don't even think I'd still be on this journey if it was down to my own efforts. I know for a fact that I can do what I do only because it's the right time to do so, I believe a higher spiritual source within me and divine timing is the only reason I can do what I do. People's idea of Breatharianism, was nowhere near the reality of actually living it and I found that a lot of peoples concept of it was still based on people claiming to be some holy person, getting sick because of not eating or death due to starvation. In the early stages of my Breatharian "initiation" I tried to be sociable and a lot of my time and energy was spent trying to correct and educate people but most folks simply wanted to spend their time and energy debating the validity of the Breatharian lifestyle and getting angry at me and after a long while this was really starting to effect my happiness and I had to do something to protect myself. Going public about being a breatharian opened me up to an incredible amount of instant glorification and severe scrutiny that I really wasn't ready for because all

of a sudden on one hand you have an angry mob ready to lynch me for just bringing up the idea of not eating and then on the other you have misinformed people that simply have no idea what they are getting into but feel that they are destined to go Breatharian and are looking to me to sell them the dream.

The worst thing is that people from both sides ask a never ending flow of questions, the only difference between the two is the tone in which they are asked. Once you go public your under such scrutiny from others to the point where it's impossible to do anything even if it's something you did in the past, people will try to put your life under a microscope so they can twist any information they can get their hands on to justify their own belief. As far as I'm concerned I do what I need to do when I need to do it, regardless of what anybody thinks, I very conscious of where I am and I know from cleansing during my Fruitarian days that no matter how many cleanses you do, how clean you think you are or how clean you think your current diet is, if you eat anything then your polluting your body and getting clean and reversing all the years of storing filth and debris isn't going to be done overnight so if I need to do a cleanse I will do one and if that makes me less of a Breatharian then that's fine by me, I'll still be doing what works for me, I only use the label of Breatharian only to

describe what I do, I don't use it to describe who I am.

The truth is that becoming a Breatharian takes a whole lot of dedication over a period of many, many years for many, many different reasons. I've learnt that there's a great responsibility that comes with Breatharianism and for me that has been the lesson, learning to guard the information and remain true to myself above anybody or anything else has been the most important lesson of all. To the great frustration of others I never did do any research or read up on any other Breatharians because I saw no point in learning about other people's experiences or lives, also, I knew the power of the mind and I didn't want to consciously or sub consciously adopt any ideas or notions of how anything was supposed to be. Like all my other "initiations" my Breatharian "initiation" was not without its slip ups but again I learnt much from them. The biggest mistake people made was not realising that this whole journey was about constantly transitioning and at no point did anything just happen, people totally missed the point because they were too occupied with getting their questions answered, they forgot that there was always work to be done and that was reflected in their questioning.

How long was I Breatharian and when was the last time I ate were a couple of the many questions I grew to hate

because it just wasn't as clear cut as that, the questioning was so demanding and repetitive that I had to learn how to adjust to it, I learnt that because of the constant questioning and negativity I had become a martyr and it was wrecking my life, I had to learn very quickly to not attach myself to anyone's expectations, ideas of what I was supposed to do or how I was supposed to act as a Breatharian and that the most important thing I could do for myself was to withdraw from the public eye and focus on doing what I had to do for my mind, body, soul and living a happy life. I don't know why but the realisation that I had to strive at all times to be happy was a new one, I think it seemed like that because I had been fighting the same type of people for so long and maybe I had even become addicted to it, either way I had reached the point where I no longer felt the need for all the fussing and fighting over what food I did or didn't eat in my life anymore. When I made the decision to disappear it felt so natural, so liberating and like it was the best thing to do spiritually, I deleted all my online social networks, stopped using the raw food forums and even stopped communicating with people that only talked to me because of my lifestyle, of course people good and bad came looking for me but I didn't care what they said or did and to be honest, I had made some very good buddies online but I felt that it was

time to release those people and move on. I didn't want anything in my life that wasn't serving me any purpose or anything that was causing me any stress in my life and I was ruthless in the manner that I went about wiping the slate clean.

At this point I had already been through thick and thin as a Fruitarian and I knew the dangers of an addicted or undisciplined mind and because of this I knew I had to protect my mindset and I knew that if it went on long enough all the repetitive questions would eventually mess up my progress because in the past they always got me thinking too much and because of my inexperience I would always allow doubt to creep in, so I was very stubborn when it came to answering certain questions at certain times. I had to learn how to protect myself and I wasn't afraid to tell people know when I needed to. My issue wasn't that didn't want to answer questions or share because I did answer a lot of questions and shared a lot of information in radio and TV interviews, etc, the problem was that the more I shared the more people wanted to know, people wanted to get too specific and too personal, also I didn't view my journey in the normal way, for instance, I couldn't and wouldn't separate my "initiations" because the transitions were too subtle and I often transitioned without even noticing it until well into

the next “initiation” plus I didn’t feel it right to separate the “initiations” and I wasn’t going to bend for anybody. Another thing that was frustrating was that people would forget that I had to work hard at getting through my “initiations” many people got mad at me if I didn’t tell them what they wanted to hear but as I said earlier, I was still learning for myself and I never saw myself as any kind of teacher plus I felt people just wanted too much information and I was uneasy about keeping track of things so obsessively and performing on demand, I did all that obsessive monitoring stuff in the early days and it was in my own way and for my own purposes and because the journey was so tough on me I wanted to just move on and not look back but people were not allowing me to move on with all their questions and trying to make me do things that I wouldn’t normally do just to satisfy their curiosity and I wasn’t going to put up with because things were hard enough as it was.

I’ve always said that I blame cooked foods for all our behavioural problems as a species and as a society. I believe that cooked food throws humans off centre and creates a false body and mind and I think this is the reason why people use meditation, religion, etc in an effort to get back to their spiritual state, it’s my theory that this spiritual state or intuitive state is like a beacon and is

always trying to reach out to us so we can find our way back to it again, once you follow the calling and get off cooked food there is no need to seek religion, meditate or to exercise mind fullness because you already have all of these things and they automatically come back to the surface once you stop distracting and self medicating yourself with food. Some folks think that just because I'm Breatharian I'm supposed to sit in a forest in nothing but a loin cloth with my legs crossed levitating six inches from the floor sipping dew from blades of grass but although that sounds all great and spiritual, for me that's far from the truth, it's all been about breaking the cycle of attachment and adjusting to being different. All my life I have felt different, I never knew what it was I just knew that I was happy and loved everything, I was always the loner, it was not that I was disliked at school because that was far from the case, it was just what it was, I played at school with other children, never got bullied but at outside of school I was the loner.

I don't want to lose myself or be someone I don't want to be by trying to be "spiritual" I actually love who I am even though I'm a rough diamond at times. I want my own truth, I want to see the facts for myself and not follow second hand experiences from books or gurus. My spirituality is my personal health and fitness, that's where

I find myself and go within, I believe meditation is not just done by sitting on the floor in the lotus position, it can be walking, jogging, exercising, loving, etc, whatever gets you to that peaceful place within yourself. You can do all the searching you want but at the end of the day your still left with yourself to put the work in, all this stuff about having to do certain things to be enlightened doesn't sit well with me. learn as we go and that's all you can do, live and learn, take what you can use and move on, I think that's the ultimate plan but I also think that once people get in a group they get into worship mode and also forget that spirituality is a very personal thing. I always considered myself as a rough diamond because although I had to adopt a hard exterior in order to get through life as a Fruitarian and now Breatharian I knew I had a loving heart but now I was being judge by the spiritual people as someone holding on to anger or a former self, I knew what I felt inside my heart on a personal level but now that was being questioned by people that didn't even know me and had trouble controlling their own ego, this caused me much frustration and I felt resistance when it came to being in group situations, I felt like if I didn't do or feel what the others were feeling or doing then I wasn't being spiritual. To me to reach the level of Breatharian you have to already have some divine intervention of

some kind so maybe I already had what I was searching for or maybe all that spiritual stuff was for people that had their mind, body and soul blocked up by cooked food. One thing I knew was that my search was over because the battle was already won in another space and time, my life was already planned out, I'm sure of this now, the only thing I didn't know was how, what and when but then maybe I wasn't meant to know all the answers in the first place, maybe I was just meant to live life and let it unfold naturally as it was planned to.

As I write this I'm being really drawn to the information in astrology and investigating this because I have a very strong feeling that my life is already planned out somehow and the answer to who we are in the universe. Some people say that you create your situation but because of my experiences and love for astrology, I'm starting to feel otherwise, I believe that the basics of who we are and how we behave are already mapped out in the stars and all we create is how we get to what is already planned and then I believe we are linked up internally to the universe and I call this my intuition, now I don't know about all the spiritual guide stuff and I don't know how people can be so specific as to how we made contracts before we got to this earth, how we incarnated, what our purpose in life is and why we are here on this planet but if it helps people

to make it through the initial stages until they understand and grow in the knowledge that they are their own source of intuitive power.

I'm also realising that all this stuff about asking your "angels" for what you want is not valid for me, it just wasn't happening, it was exactly the same as praying to God and asking for something. Since I stopped doing that, I found I got what I needed and wanted anyway, basically, if the time wasn't right no matter how or who I asked, I wasn't getting squat, divine timing was the be all and end all in all of this. I used to be big on the "angel" thing when I first became aware of my intuition but after a while I realised that things weren't panning out as people said or in the way they said and I found that these people that gave me "angelic" readings were in fact being used by what I believe to be my greater self to give me messages of future tests and not by any "angel" that for all I knew was a figment of someone else's imagination, ego or another interpretation of what I believe to be my own intuition. I don't ask for anything anymore, my intuition knows what I need and I simply trust it to provide when the time is right. I care a great deal about my spiritual side and finding out who I am or used to be, I've spent so much time over the years searching but I'm just not pushing to find out answers like I used to, all that has done is opened

me up to a whole bunch of crazy people, guess work and now I'm tired of hearing about other people's spiritual visions, experiences and I'm simply not interested in their opinions or interpretations on angels, past lives, reincarnation because nobody really knows what they are talking about and everybody has a different interpretation of the same story to tell based on where they are at in life. I'm hungry for real, personal, specific and direct information about myself that I hope will help me understand my purpose and why I am like I am and I believe that astrology gives that and out of everything so far it's made the most sense and has been the most consistent but then sometimes I think that even if I did know all the answers, had all the visions, etc, what difference would it really make because I still have to get through this life, I don't know, I guess one day I'll find out who I really am for sure in a way that will be perfect for me.

I've learnt that I'm big into feeling spiritual energy in other countries, when I was in Mexico it was the same, I'm drawn to these places where the spiritual energy is strong. Yeah, my biggest lesson to learn has been to sit back and trust that things are taken care of and will unfold as it should, after all, why stress out over something that I believe is already planned out and why get in the way and make things take longer, it took me a long time to

figure what that was all about but when I got it boy was it a powerful realisation and I have not looked back since, for a while after that I still kept my realisation under wraps and acted like I was still unaware but not anymore, I trust now, I've experienced being provided for by my inner self. I often refer to guides/angels, I use the term guide for the want of a better word and it also serve a purpose for me, it shifted the focus off of the fact that my own intuition was in fact the powerful "guide", I don't know why I felt the need to shift that focus off of me. Like I say, I don't know if angels or spiritual guides really exist or not but when I've heard people talk about their "angels" some say they just see colours, well, when I went to Mexico, I was so scared that I asked "angels" to protect me on my flight and while over there. Well the about half way into the flight I noticed these purple and green colours by the wing these colours stayed there the whole time I tried to see them by looking elsewhere in the sky thinking that it was just some light reflection thing but the colours stayed there the whole time. The more I looked away the clearer I saw them. As it happens, I really found myself in Mexico, since then I've stopped trying to be human and living by human understanding, I live the life of a soul now, no need to fit in, I'm just neutral. It drives people crazy but others on the path know who I am instantly.

I think the major key points to finding myself spiritually has been walking the path by myself, getting off of cooked foods and acknowledging that everybody has their own interpretation of the same thing, somebody from another part of the world with a different culture and belief system could have a completely different explanation of what is actually the same thing, so now I don't attach myself to anybodies stories or experiences. I also had to take a step back and accept that I'm different yet a great divine being and that I have a specific job to do on this planet, I've known this for some months already but never really trusted or fully embraced the fact. I can honestly say that the old me has left town and I'm a different animal, I've grown in leaps and bounds, I just don't talk all the "spiritual" language or dress up in white robes and call myself a guru/master, so people think I'm not in the know. I play my "spiritual" self down too much because I try not to believe in the hype or draw in the spiritually pretentious 'sheeple' that allow themselves to be put in a box and just end up being followers just like in any other religion, so to me, I'm thinking what's the point of all of all this learning stuff if you're only going to go from one frying pan into another. Well I'm drawn to finding out the truth and not relying on hearsay or second hand information. It's been full steam ahead for a while and it's been great

letting go of everything, the trick now is to not pick anything else up which is why I can't do the group thing, I get sick of the "worship" energy, it seems that some people just can't help being like that, whatever they are into, it might be Buddha, Jesus or some other icon and they have to "worship" them. I don't know everything and I don't want to because everything is already everything so it is what it is, therefore I don't need to know anything I just need to be. Yeah, I have clear duties for sure, I've been guided with such precision and perfect timing, people have been put in place at perfect points with perfect words. I feel like I'm a universal soldier on a tour of duty and must complete my tour/mission before I can go home. People I love dearly have been taken out of my life because they will be a distraction and my own emotions protected, money has been held from me so I stay in certain places, I'm being guided by a power that already knows me and my path. Well, I never had any spiritual knowledge or background, I learnt in ignorance I think, I had no one to tell me the real deal, I had to just figure it out. I've been through some tough initiations/tests. The ultimate test has been going through the transition from cooked food to breatharian, I feel breatharianism is the goal and is a sign to me that this is my final reincarnation.

Most of this journey has been about seeing the world for

what it really is, it's been extremely hard and I really wish I could give you a candy coated story of this journey but I can't because my journey wasn't sweet or a pleasure, it was hell on earth for various reasons but it was a journey that I had to take if I wanted to break free from the cycle of sickness and disease and I would gladly take it again and if I was to take my journey again the only thing I would do different is I would keep my mouth shut, I think that's when everything went crazy. In the grand scheme of things food is such a small part of life when compared to the importance of being happy and spiritually aware but so many people use food to gain that happiness when the truth is it only brings misery but for some it's all they have. So what's next for me, well, I want to live, live life to the fullest, love hard and just be who I am at any given moment. As far as I'm concerned I'm not a teacher or guru, I've nothing to prove, I'm simply an example of the possibilities, people will always try to ask questions and give me guru status but I'm not having all that crap, to me that's just setting me up for someone else to try tear me down, I'm tired of dealing with that type of energy and I'm not interested in satisfying anybody's curiosity, especially with strangers and people with no intention of doing anything about living the lifestyle, it's just too draining answering everybody's questions and still getting cussed

out anyway, so now I just live my life doing what I want because I realise that I got to be happy and I think that with all the hype people forget that I have a life to live. I have so much more fun just doing my thing; I don't feel the need to broadcast what I do anymore or be such an open book. To me going Breatharian was a four part personal and spiritual journey which was more like a coming of age initiation, so I'm not going to make it all science fictional and go on about teleportation, etc but I feel that the possibilities are endless for me and I no longer believe in limitations but at the same time I am not going to say that I have reached any spiritual enlightenment or I am any better than anybody else but I have become a better man for this whole experience.

I have learnt so much over the years and now I am done with all the experimenting, monitoring and will simply want to live life as a regular human being, yes I said regular because to me this is the regular state of humans. My main wish is that people get to see that there are plenty more possibilities that can be explored. As for me I just try not to think too much about things anymore, what happens will happen and it will probably be what I create between my mind and body. As for the future, this is it, I don't intend to do anything else or live any other way, I'm

not going to promise that no food or liquid will ever pass my lips again, I'm just not that type of Breatharian, I'm happy to just live in the moment and without restriction, I'll leave all the karate kid stuff to the other people that are not living the lifestyle that always want to put that kind of pressure on. Since going Breatharian, I've come to see the new body as a light house with a never ending powerful beam of light trying to reach out as far as it can and the lighter and cleaner the body is the further out the light can reach and I've come to see anything that is put into the body as an off switch that puts the light out.

Does this mean that you will never see me eating a veggie burger and fries or having a glass of juice, no, it does not because I never say never and I would not be where I am today if I lived by restriction myself, if I lived like that then I would be in some mental ward with padded walls somewhere but seriously, will I ever be munching on a veggie burger, probably not. I thrive as a Breatharian and I want to be Breatharian and I will do whatever I need to do to maintain a food free life if that's what I want to do. I still go into pubs, fast food joints and so on because I still have friends and loved ones that eat cooked foods, so if you see me walking out of some fast food joint do not go running to the raw food boards on the internet

screaming, I told you he was a fake, I could be me simply using the toilet, getting change. The chance of it being me slipping up would be very small because once the body goes through the physical change it is really not an easy option to go back and forth, it is a completely different ball game once you go through the physical change but it is still nice for me to fool myself into thinking that on occasion I can be free and open enough to allow myself the pleasure of enjoying some cooked food and going back to Breatharianism but the truth is that it just doesn't work like that anyway due to the physical changes.

Going 100% Fruitarian showed me that as far as eating food for pleasure is concerned, you cannot go into changing your diet unprepared or light hearted because there's simply so much more to our diet and why we eat than meets the eye, also there's so much that we do not question, we simply go on with life feeding our addictions and emotions, addictions and emotions that many of us don't even realise we have to deal with. Anybody that really knows me knows that I don't recommend anybody go Fruitarian, Liquidarian or Breatharian at the drop of a hat, that's a personal choice that's up to the individual to decide if they want to go through all the turmoil that comes with it. I always tell people that ask about it,

research and be sure they know what they are getting into and to be very, very careful because if they have any mental issues like depression, anxiety, etc because going 100% Fruitarian, Liquidarian or Breatharian and cleansing will bring it to the surface quick, fast and in a hurry. I've seen people jump in feet first, get beat up by their detoxification symptoms and turned into mental cases in a heartbeat before they even knew what hit them.

I say if you absolutely must go 100% Fruitarian, Liquidarian or Breatharian be prepared for an emotional fight, a fight that may last years and will change you forever but it's a fight that will get easier as you cleanse and persist. Everyone's detox experience is different depending on their past eating habits but at some point it's going to get tough, it may not be at the same time or as tough as mine but it will express itself clearly eventually, it's all relative to how you actually go Fruitarian, Liquidarian or Breatharian , some people will swear that they are 100% Fruitarian, Liquidarian or Breatharian and have never been through a detox but that's probably because they are still eating fake raw foods/gourmet recipes with dressings, oils or doing something they are not aware of that is surprising their purging, etc. Trust me when you transition properly, meaning, when you go from cooked foods or raw gourmet

recipes to whole fresh fruits in their raw state and if your body is in good working order then you will get a good butt whooping detox in no time. When I went Breatharian and all that heavy physical detox was done, I felt like I'd come full circle, I'd overcome my major hurdles and I felt that I could speak about my own experience with added confidence knowing that it is my own truth and no one can take that away from me or dispute me, I knew that no one could tell me that they have the secrets to going 100% Fruitarian, Liquidarian or Breatharian, I now know that all your personal secrets are inside you and it's up to you to take time to learn about yourself, if you don't take that time to learn anything about yourself then you're wasting your time and will keep hitting brick walls at every turn until you quit running away and go within. I learnt that going Fruitarian, Liquidarian or Breatharian is just a matter of going closer to your original state and getting in tune with your body and you will only know what that original state is when you go within and have your own personal experience.

When people find out what I do they are shocked to see that I'm thriving, in fact most people go straight into calling me a fake and a fraud but to me, when I look back it has all made perfect sense. The truth is that now after all that

time transitioning, I've made it to the other side, I'm not weak and wasting away, barely able to walk, I'm thriving and having a blast throwing myself around the exercise stations at the local park, it's been tough but totally worth it and it's all been possible because it was naturally what my body and soul wanted to do and I went with it, it's like we don't realise that after all these years we have been doing things against the true nature of our body and soul and stopping it from doing it's real work. One of the biggest breakthroughs after my transitioning period ended was finding out that I had an intuition that I could go within and consult about my health and divine life purpose and by incorporating my knowledge of my life path with my lifestyle change I was able to gain valuable insights about the possibilities of Breatharianism, doing this enabled me to learn that we know absolutely nothing about our bodies, not us, not the scientists, nobody. Nothing in my life had come anywhere near to making sense until I found this fact out for myself. I strongly recommend anybody that feels drawn to go Fruitarian, Liquidarian or Breatharian get in touch with an intuitive reader and get to know their personal purpose and who their guides or guardian angels are, if you want to make sense of life you must learn about yourself, your life purpose and why you're on this planet.

Getting to know your life purpose is vital, I always knew I was different, I knew I had certain gifts but I simply saw them as negative family traits, I never once thought of them as gifts or tools that were given to me for a specific purpose, to this day the thought of me actually being on this planet to be a positive influence and to help our civilisation uplift themselves still throws me for a loop, the mere fact that I was selected and given these tools even before I was born just blows my mind. Nothing in my life made sense until I found this out. Life is so much easier when you know your divine purpose because you'll realise why you do certain things or act in certain ways at certain times, you'll find out what stops you from making progress in life and you'll also get rid of that nagging feeling of not fitting in anywhere or not being accepted because you will learn that you are unconditionally loved by a higher power within and that you've always had a team of helpers protecting and loving you unconditionally, well, everybody's story is different but I think you catch my drift right, it's important that you know that whatever your interpretation or belief system you have you always have a higher power watching over you and preparing you for the day you decide to take up your own personal calling.

Accepting your calling is only the beginning, the real work is walking on your path and having the courage to be trusting and open to the idea of getting outside help instead of quitting when things get rough. I'm sorry but I'm totally sold, hook line and sinker on the whole spiritual guides, higher source, universal calling, thing and the idea that we are spirits having a human experience on this planet, what the purpose of that experience is who really knows, I just know that there's more to our existence on this planet than we know, in fact if your reading this book thinking all that's rubbish and that all this air and sunshine has finally made me lose my mind, try this out, close your eyes and count to ten in your head, don't count out loud using your mouth, don't talk, just count by using your mind and counting in your head, now when you reach the number ten, open your eyes and tell me how were you hearing yourself counting out loud without moving your mouth/lips, what was that voice in your head and where on earth did it come from. I got calling in my late twenties and I was completely unaware of anything, I was just seeming to amble on in life, I now believe that nothing was coincidental and everything before that calling was preparation for what I was about to go through and boy did that preparation come in handy.

So many people are looking answers, secrets or quick fixes to life, that in the process of searching, they are missing the fact that the very thing they are looking so hard for is already right there within them. We as human beings are really so simple and it's my belief that we make life so complicated because we think we are the master species on this planet, we've added all these super hi-tech gadgets and materialistic distractions to our lives, in fact I don't even believe that some of us are of this planet because of our poor connection with nature in comparison to the animals in the wild. I say this because how many animals in the wild have built aero planes, cars, washing machines, etc, etc, etc, none. What is it in us that feels the need to manufacture and create technology like we do, why are we not happy simply to be, as the animals seem to be. As humans we are not naturally mentally or physically prepared for nature in the same way as animals are, to spend time out in nature we need to again, manufacture, buy special gear and equipment just to live out in nature, when all animals have is the fur or scales on their backs and speaking of men in white coats, humans not being of this planet, animals having fur and scales, it makes me giggle because we as humans talk about aliens being from outer space but let's look on our own doorstep, go to any zoo and you'll see creatures that look like they just stepped

out off of the latest Star Wars set, you have animals with horns, big shaggy coats, stripped skin and the list goes on and on, so as usual we are looking outside, far and wide for something that is right under our nose.

Now I know that my views and opinions about food and spirituality may sound far from normal to say the least but see, in my mind I'm the normal one and it's everybody else that's crazy, it boils down to this, no matter what you or anybody else may think or say about me, this is my personal journey, I'm the one that got the calling to go this way so for anybody to try to make sense of what I do is a waste of time because none of the answers won't makes sense or add up, when you're on your own personal journey then I'm sure things will make perfect sense and all the parts of the jigsaw will fit snugly and it will do so because it's your journey, so if you don't understand why I do what I do or how I do it then don't sweat it or go on the attack, it simply is what it is and remember, I never asked to be this way or chose to be this way so I could get bragging rights, I chose this way because it felt natural and right and for me to continue to ignore my intuition and universal calling to get off cooked foods I'm simply buying into the bondage and enslavement of myself, my loved ones, family and friends. In my opinion getting off of

cooked food, to me is the key to everything. Period.

As I go through life visiting old friends and family I get lots of concern, comments and questions because people just cannot get their heads around the whole not eating thing, they believe that we need to eat to live or we will drop down dead, the thing with that is most of my friends and family have awful diets and so to say that if you don't eat you will die takes on a whole new meaning to me because it's not like you're talking about food with any nutrition in it, you're talking about doughnuts, pizza, burgers, ice cream, fizzy drinks/soda, cookies, fried fast food, etc, etc, etc, now this is my thing, so, knowing what food we are talking about are you telling me that if you stopped eating these processed foods such as dough nuts, etc, that are completely dead nutritionally you will suddenly drop down dead, knowing what I know now I find that really hard to believe that the body lives/survives on processed foods at all. It's my own personal belief that the body gets on with life in spite of cooked food not because of it, I don't believe we are even close to being our true selves while on cooked foods, cooked food insulates us from our soul. I mean how on earth can a man made doughnut really enable a human to live, if that was really the case we could simply make anything up and live or in fact we

would simply just need to keep making doughnuts and nothing else because we wouldn't need anything else. Fruits are the same too, they are so messed up, we now have to watch out for fake fruits and veg that have been altered/bred to not reproduce, have a longer shelf life or not have certain nutrients.

Fruits that actually have nutrition would be like steroids to us if we really got nutrition from cooked/processed foods or any food, so to me the whole we need food to live thing makes no sense at all. I believe the body has the ability to do whatever it needs to survive in spite of cooked or raw food and not because of it. I think what we do as a society and how we eat/live gets in the way of what the body really wants to do, I also think that we really have no idea of what the body is really capable of because we are so dumbed down and desensitized because of our lifestyle. For me I have to ask what powers our breathing, our heart beat, what is the source of that voice within us that we know as thought/our spirit, I know for a fact that food doesn't have anything to do with any of these things at all because if it did there would be no need to try to find the secret of life because we would already have the answers and have created it in the form of cookies, etc and then every bodies quests would be over and there would never

be any sickness or disease, there would be no need for any hospitals, doctors, pharmacy, etc, etc, etc because everyone would be eating food therefore getting from the food they eat but it's not working like that is it, we still have sickness and disease even though we manufacture all this great cooked food, we even manufacture fruits to be a certain way.

We all have our callings and one thing I've always said about going Fruitarian, Liquidarian or Breatharian is that if you're going to do it, you can't be a wall flower, you got to have testicles the size of water melons if you're going to dare to be different and come anywhere close to being successful, not only because of the negative reactions from others but because the whole getting off cooked foods, putting the work in to be successful, cleansing, detox, breaking down and rebuilding the body back up thing really is hardcore and bigger than life itself and yes, then there's the people that may help or hinder you with their own fears, stupidity and negativity. This is one of those situations where you really will find out who your friends are because everything in society revolves around food and once you take the pleasure of food out of the mix most people will no longer have anything to relate to or hide behind and will scatter under the nearest rock like roaches.

Having said all that, if I had to do it all over again, I'd do it again and wouldn't change a thing, why, because it was the right thing to do and I learnt a ton from the experience. I can't blame the food industry or any other industry for my health going bad if I'm still stuffing doughnuts down my neck, the change has to start with me and only me. I can't expect the medical industry to bail me out because I ignored my bodies signals to make a change because I'm worth more to them sick, it has to be me that takes action. So if you're feeling drawn to raising your consciousness, improving your health by getting off cooked foods then spend some time going within and follow your gut instincts, you've read this book and you now know what's the worst you can expect, now ask yourself if you have what it takes and if this is what you really want, you may need to ask your higher power to guide you but please give it careful thought and make sure you know what you're getting into.

At the end of the day we all need to look after ourselves and realise that we are divine beings, we are Gods, Goddesses, Kings and Queens, we have been conditioned to look good but feel crap and value material objects more than the health and condition of our bodies. Well I'm here to tell you to quit that mess and realise your own

inner beauty, your own inner strengths because you are beauty and strength in its greatest form and you need no one's approval or validation because you live by no one's standard but your own, if you see something about yourself or areas in your life such as neglected health and fitness then by all means don't be scare off by naysayers and doubters, dare to be different and take action today because you are truly worth every single minute because you are a divine being, a God, a Goddess, a King and a Queen and don't let anybody tell you or treat you different, so cherish yourself and others around you.

I hope this book has helped you see past the BS, romance and idealism of going Fruitarian and beyond, I know it hasn't been the most positive book in the world but at the end of the day it's my story and I can only tell it like it happened, it's been tough and I feel it's important to include the good and the bad because without the bad to learn from I wouldn't be here to tell the tale, I'd still be eating cooked food taking the easy way out, I didn't learn anything from the good stuff but I'm thankful for both. Our society is on a suicide mission and most people go through life on cooked food knowing what they are eating is bad for their health but they cannot stop or break away from doing it and I've seen many people that would rather

die of cancer than stop smoking or die of liver damage rather than stop drinking alcohol, I didn't want to go through life knowing that I was the one that was killing myself, I wanted to get back in control and live a real life as a real person and not a dumbed down clone, so I fought to make a change, I sincerely hope that you will have the desire to do the same.

This book has been written for you to take with you as a companion on your journey.

I love you.

A handwritten signature in black ink, appearing to read "J. L. White". The signature is fluid and cursive, with a long horizontal line extending from the top of the "J" across the top of the page.





JERICHO SUNFIRE

Photograph's Taken By:
Marta Photo

Disclaimer

This program discusses the possibility of breatharianism, or living without eating food, and is not a full instruction. For your safety, please do not attempt to cease eating without proper expert guidance.

Copyrights

You may not modify, remove, delete, augment, add to, publish, transmit, participate in the transfer or sale of, create derivative works from, or in any way exploit any of the Content, in whole or in part.

© 2010 Sunfire production. All rights reserved.