

Breatharianism, II

{coping with asthma}



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The reason why I had brought up the idea of learning to breath water while underwater (in the previous post):

Breatharianism

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... as a technique to acclimate to breatharianism is because the body and mind must get used to lowering its metabolic rate while in the waking state of consciousness if we are to subsist on air, alone. People drown only because they're asphyxiating due to the lowered intake of the oxygen content of water as compared to the oxygen content of healthy normal air. But if they had first reduced their rate of oxygen consumption, or else were able to immediately downshift their metabolic rate in an instant (and on demand), then they would never

have drowned when immersed in water for lengthy periods of time. Thus, they could become breatharians, as well, since this type of lifestyle demands less oxygen consumption for its success.

Maharishi Mahesh Yogi's guru never slept. He spent the night singing hymnal praises to God. His metabolic rate was so slow, that he was continuously in a state which was deeper than that of a hibernating animal, deeper than dreamless sleep. All creatures who eat food need to sleep. That is the demand which we place upon the body and the mind. This continuous state of deep rest is the only way to sidestep the need to sleep. It is achieved by alternating the nervous system between states of deep rest versus active waking states. In this way, the nervous system automatically integrates the two divergent states of consciousness, gradually, over time, until there is no difference between the two states all the time. This is a fully integrated individual.

Several decades ago, sometime around the late 1980s, I had an asthma attack. I don't do drugs. I don't do pharmaceuticals. So, I thought to myself, "why don't I meditate at a TM center? Maybe, then, my condition will evaporate - especially if it is merely due to stress?"

So, I drove out to the TM Center where Sunset Blvd. meets the PCH in Santa Monica, and next door to the SRF hideaway (where Paramahansa Yogananda lived in his later years). In those days, TM was still so popular that not all meditation checkings were performed by the initiate's teacher. Instead, if the meditator had already finished his/her training, then a substitute person filled in for the teacher to reduce the teacher's workload. And this person was called, a "checker", who was specifically trained in guiding the meditator through a checking routine. When properly followed, the checking was largely automatic all of the time in eliminating any difficulties the meditator might be having with his, or her, meditation. I was not having any problems with my meditation. I simply had ulterior motives to possibly succeed at

alleviating my asthma attack by giving me the opportunity to meditate at the TM Center where I would more likely get intensified results than if I had meditated an extra session at home. Since I was hoping to alleviate my asthma attack, or eliminate it altogether, this was important that I should go to all this trouble to drive several miles to the beach from the outskirts of the UCLA neighborhood where the closest TM Center was located.

Meanwhile, while driving, I was still having my attack.

Of course, anyone who has personally experienced an asthma attack knows that a panic attack goes along with it since this is no different than being asphyxiated to death (or drowning) in as much as the lack of oxygen is concerned.

At the terminus of my checking session, I got in my car and drove home. Since I wasn't performing strenuous activity, I didn't mind that I failed to fully come out of the meditation state. For, I had retained the same status of shallow breathing, while fully awake during the mild activity of driving a car, which I had achieved during my meditation with the "checker". And I still had the asthma attack. But the panic was gone and I was at peace with the asthma because, although the asthma was still putting a restriction on my breath, my lowered metabolic rate was easily accommodating during the mild activity of driving a car on the freeway while in a fully wakeful state. I was not drowsy. I was fully awake with the same level of conscious awareness which I would normally possess while driving a car or performing any other activity more rigorous, such as: riding my bike. But unlike strenuous activity, conscious awareness does not require excessive oxygen consumption. Only strenuous physical activity requires it. So, I was fine with my asthma while fully awake until the asthma subsided and I could return to strenuous activity requiring an elevated intake of oxygen.

I make a distinction between strenuous activity and rigorous activity in as much as strenuous activity indicates that the nervous system is not

operating at its optimum efficiency. This implies strain. And strain requires more oxygen to feed a highly excited status of neural and muscular activity.

But rigorous activity implies a more efficient status of the body and mind in which activity feels like, “frictionless flow” or gliding on air or ice. The whole body feels this way and most importantly the mind feels it too.

So, it's not the challenge which activity may pose, but how efficiently or poorly we respond to it that determines how efficiently we metabolize our nutrients, such as: air.