

# **God Like Powers & Abilities**

By Martin K. Ettington

And How you can learn these Abilities Yourself

## Chapter 21: Cessation of Hunger and Thirst



Figure 1-Giri Bala who didn't eat or drink for fifty years

One ability that most people have never heard of is the ability to live in the physical body without eating or drinking.

I quote the Yoga Sutras Book 3 Sutra 31:

*By performing Samyama on the gullet, the cessation of hunger and thirst.*

Now I know this sounds pretty ridiculous, but there are some stories of a few adepts who lived for many years without eating or drinking.

- a. A recent news story on a breatharian man tested in India



Figure 2-Living man who doesn't eat

By Lindsay Goldwert Daily News Writer

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Indian military analyzes 'holy man' who drinks no water, consumes no food

## Chapter 20

Holy man or hoax?

An Indian man has the attention of the Indian military because of his claim that he does not require food or water to survive.

Prahlad Jani claims to a "breatharian," someone who can live on "spiritual life force." He says that his powers come from a goddess who pours a magic elixir into a hole in his palate, according to the London Telegraph.

While some dismiss him as a "village fraud," India's Defence Research Development Organization says Prahlad may hold the key to helping soldiers survive longer without food, or aid disaster victims.

He has been analyzed for the past six days in a hospital in Ahmedabad, Gurjara, and doctors say his body has not yet shown signs of hunger or dehydration despite no drinking or eating.

"If his claims are verified, it will be a breakthrough in medical science," Dr. G. Ilavazhagan, director of the Defence Institute of Physiology & Allied Sciences told the Telegraph. "We will be able to help save human lives during natural disasters, high altitude, sea journeys and other natural and human extremities. We can educate people about the survival techniques in adverse conditions with little food and water or nothing at all."

Doctors will continue observing him for 15 days in which time they would expect to see muscle wastage, serious dehydration, weight loss and likely organ failure.

Most humans cannot go longer than three to five days without water.

b. Story by Yogananda

The following story is excerpted from the book "Autobiography of a Yogi"

By Paramhansa Yogananda (8):

"Her name is Giri Bala," I informed my companions. "I first heard about her years ago from a scholarly gentleman, Sthiti Lal Nundy. He often came to the Gurpar Road home to tutor my brother Bishnu."

"I know Giri Bala well," Sthiti Babu told me. "She employs a certain yoga technique which enables her to live without eating. I was her close neighbor in Nawabganj near Ichapur."

I made it a point to watch her closely; never did I find evidence that she was taking either food or drink. My interest finally mounted so high that I approached the Maharaja of Burdwan and asked him to conduct an investigation.

Astounded at the story, he invited her to his palace.

She agreed to a test and lived for two months locked up in a small section of his home.

Later she returned for a palace visit of twenty days; and then for a third test of fifteen days. The Maharaja himself told me that these three rigorous scrutinies had convinced him beyond doubt of her non-eating state.'

"This story of Sthiti Babu's has remained in my mind for over twenty-five years," I concluded.

"Sometimes in America I wondered if the river of time would not swallow the *yogini* before I could meet her. She must be quite aged now.

I do not even know where, or if, she lives. But in a few hours we shall reach Purulia; her brother has a home there."

"Yes, my sister is living. She sometimes stays with me here, but at present she is at our family home in Biur." Lambadar Babu glanced doubtfully at the Ford. "I hardly think, Swamiji, that any automobile has ever penetrated into the interior as far as Biur. It might be best if you all resign yourselves to the ancient jolt of the bullock cart!"

As one voice our party pledged loyalty to the Pride of Detroit.

"The Ford comes from America," I told the lawyer. "It would be a shame to deprive it of an opportunity to get acquainted with the heart of Bengal!"

"May Ganesh go with you!" Lambadar Babu said, laughing. He added courteously, "If you ever get there, I am sure Giri Bala will be glad to see you. She is approaching her seventies, but continues in excellent health."

"Please tell me, sir, if it is absolutely true that she eats nothing?" I looked directly into his eyes, those telltale windows of the mind.

"It is true." His gaze was open and honorable. "In more than five decades I have never seen her eat a morsel. If the world suddenly came to an end, I could not be more astonished than by the sight of my sister's taking food!"

We chuckled together over the improbability of these two cosmic events.

"Giri Bala has never sought an inaccessible solitude for her yoga practices," Lambadar Babu went on. "She has lived her entire life surrounded by her family and friends.

They are all well accustomed now to her strange state.

Not one of them who would not be stupefied if Giri Bala suddenly decided to eat anything!

## Chapter 20

Sister is naturally retiring, as befits a Hindu widow, but our little circle in Purulia and in Biur all know that she is literally an 'exceptional' woman."

(Skipping several pages of the trip to her village)

"Soon a short figure came into view in the doorway Giri Bala!

She was swathed in a cloth of dull, goldish silk; in typically Indian fashion, she drew forward modestly and hesitatingly, peering slightly from beneath the upper fold of her *swadeshi* cloth.

Her eyes glistened like smouldering embers in the shadow of her head piece; we were enamored by a most benevolent and kindly face, a face of realization and understanding, free from the taint of earthly attachment.

"Meekly she approached and silently assented to our snapping a number of pictures with our 'still' and 'movie' cameras. Patiently and shyly she endured our photo techniques of posture adjustment and light arrangement.

Finally we had recorded for posterity many photographs of the only woman in the world who is known to have lived without food or drink for over fifty years.

(Therese Neumann, of course, has fasted since 1923.) Most motherly was Giri Bala's expression as she stood before us, completely covered in the loose-flowing cloth, nothing of her body visible but her face with its downcast eyes, her hands, and her tiny feet.

A face of rare peace and innocent poise wide, childlike, quivering lip, a feminine nose, narrow, sparkling eyes, and a wistful smile."

