

IS IT POSSIBLE TO LIVE ON LIGHT ALONE?



FROM THE PRODUCER OF
WE FEED THE
WORLD &
LET'S MAKE
MONEY

IN THE BEGINNING THERE WAS

LIGHT

WITH JASMUHEEN | DR. RUEDIGER DAHLKE | MATAJI PRAHLAD JANI A.M.O.

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IN THE BEGINNING THERE WAS LIGHT

A film by P.A. Straubinger

LOGLINE

From the producers of the highly successful films *WE FEED THE WORLD* and *LET'S MAKE MONEY* comes a new, provocative and incredible picture – *IN THE BEGINNING THERE WAS LIGHT*. Is it possible that human beings can survive without food and fluid over many years and live on light alone? Are we confronted with quackery or with forgotten knowledge? How does traditional science react to this phenomenon? Have there been any attempts to explain the phenomenon of *BREATHARIANISM* or Prana?

In the tradition of *WHAT THE BLEEP DO WE KNOW* and *AYURVERDA – THE ART OF BEING* the film *IN THE BEGINNING THERE WAS LIGHT* searches for traces of a fascinating mystery of human life.

SYNOPSIS

IN THE BEGINNING THERE WAS LIGHT follows the phenomenon which only a few in our Western world are aware of, as the topic has been totally ignored by the media. The picture deals with human beings who can survive without food and fluid, over weeks, years and even decades.

Most people would spontaneously say that this just cannot be. It's impossible! But based on certified reports of personal experiences, interviews and scientifically documented laboratory experiments, the picture follows the phenomenon of "living on light" aka "breatharianism". As incredible as it may be, fact is that there are people today and some existing thousands of years back too, who do not need food either to live or to sustain their metabolism. They live on light alone.

LIGHT

As modern people we experience this phenomenon as an incredible attack on our western, scientifically orientated concept of the world.

Hence this picture starts on a fascinating and intriguing journey around the globe and includes not only the latest explanatory models taken from quantum physics but touches on the knowledge from eastern spiritual tradition as well.

It is not the film's intention to advocate that one should stop eating but it does trigger food for thought and it aspires to challenge the prevailing mechanistic-materialistic philosophy dominating our society today, to open up other perspectives and enhance new ways of thinking and living. Or does the saying "what cannot be shall not be" still prevail?

DIRECTOR'S STATEMENT

IN THE BEGINNING THERE WAS LIGHT – will by no means motivate people to stop eating or prove that breatharianism works for everybody.

The audience shall be stimulated to question official thought patterns and invoked to consider new standpoints. The picture shows the viewer a world in which irrevocable conventions and principles are turned topsy-turvy. Highly renowned scientists provide perspectives which could be interpreted as pure esoteric.

The picture takes its dramatic power out of a compulsion to explore, like a tenacious detective trying to solve an inexplicable case. However so much evidence exists that you have to be nearly dead not to be intrigued by this." (Dr. David Albert, Columbia University)

Living on light certainly has a tangible "hook", with a high portion of the mood found in shows like "TERRA X" and "WORLD OF MIRACLES"; it aims to stimulate the audience to question the background and multiple levels of scientific and ideological discourse.

The introduction to the topic results from a subjective point of view, as well as personal amazement and inquisition, portrayed through voice-off commentary.

After the initial introduction ("Dieter – the first contact"), the narrative style will be replaced by a dialect montage in which pro and contra, thesis and antithesis, will be edited with each argument against the other. **Orthodox medical practitioners** take on important roles as antagonists representing the views of majority of the public, with their doubts and questions. In the course of the film it will be interesting to see how controversial point of views will converge with the emergence of every new fact.



IN THE BEGINNING THERE WAS LIGHT is a search for clues, which through every single statement and every single visual will offer the viewers an additional piece to the puzzle. With the support of authentic video material, the audience will get the feeling that they are an active part of the exploration.

The mix of material, from professional and semi-professional shots, archive footage, TV and Internet pictures, strengthens the impression, that here, with the help of all imaginable resources and sources from around the globe, a complete, inherent and "colourful" film will be created.

Longer interview sequences on scientific and ideological discourse, especially in the last third part of the film, will be illustrated with the help of a montage of associative pictures (partly stock footage and archive material). We shall by no means attempt to visualize "the transcendental" or "the divine", as trying to do this can only result in failure. This aspect of the film will be enhanced to appeal emotionally with the specific use of music and sound design.

P. A. Straubinger, director

PRODUCER'S STATEMENT

As an enlightened citizen of the Western world it is rather tempting to dismiss this statement as pure esoteric nonsense. But we consider this topic exciting, fascinating and at the same time weird and disturbing.

Those who experienced WHAT THE BLEEP DO WE KNOW and have heard about its success story (the film earned more than \$12 million at US box offices alone, without any large scale PR campaign and in Germany it made more than 200.000 box office admissions) or AYURVEDA – THE ART OF BEING, will be in no doubt that fringe issues also have the capacity to attract large audiences."

Helmut Grasser, Producer



QUOTES FROM THE PICTURE

“There is a legacy of people in India who can live without food. It makes no sense to ignore things just because we cannot understand them.”

(Dr. med Rüdiger Dahlke, specialist in the field of fasting and best selling author)

“We all are scientifically educated and research orientated doctors. We racked our brains and it was the greatest surprise of our hitherto existing life... As if a bomb had hit us! The complete history of science has to be written anew. And our entire knowledge has been shaken to the core”

(Dr. med Sudhir Shah, Head of Special Studies, Sterling Hospital)

“One starts to question things that were never questioned before. Something sorely needed today... The point is, and I am not just talking about not eating and drinking, I’m talking about different thinking...”

(Dr. Michael Werner, living on pranic nourishment since 2001)

“We tend to ignore phenomena which we encounter and which we cannot classify within the narrow bounds of the official theory. We tend to interpret them differently within the standards of the theory or to declare them as irrelevant. ”

(Prof. Dr. Dr. Harald Walach, University of Freiburg, author of “Weak Quantum Theory – A theoretical basis for the understanding of transpersonal phenomena”)

“Cases like the one of Prahlad Jani are very interesting but they are not singular cases. What seems to be a miracle is obviously a performance of the consciousness. Consciousness must be able to create in a special kind of way a new subject.”

(Prof. Dr. Amit Goswami, Quantum Physician, University of Oregon)

“This experiment is not directly concerned with people that don’t eat, but it seems to show that there is something in Food which has been overlooked until now by scientists. If one develops the idea further, it is absolutely conceivable, that someone through intention alone can extract what they need for life from their environment.”

(Phd. Msc. Dean Radin, Consciousness Research, Petaluma, USA)

“It is a sad fact that certain research fields – such as Telekinesis or Telepathy for instance – are considered in the scientific world as fraud or nonsense. As soon as this happens, all evidence not considered nonsense, can no longer be published, and that’s the reason why people continue to believe that everything is fraud.”

(Prof. Brain Josephson, Nobel Prize Winner for Physics, Cambridge)



PROTAGONISTS

JASMUHEEN

Ellen Greve was born in 1957 in New South Wales, of post-war Norwegian migrant parents. She married and had two children. Thereafter, Ellen developed her financial and business management skills, working full-time in the industry. From 1992, she began to combine her experience in business and finance with meditation, selling access to workshops and seminars on the topic. She changed her original name by deed poll for a more esoteric version 'Jasmuheen' which was better suited to her new professional role.

Jasmuheen has stated that she has lived on approximately 300 calories per day for the last fourteen years, maintaining full health by supplementing a fluid intake with 'cosmic particles' or 'micro-food', which she describes as prana. Jasmuheen has also stated that she has not yet mastered the ability to be fluid-free for more than short periods.

Jasmuheen has several websites and blogs: www.jasmuheen.com and the Cosmic Internet Academy: www.selfempowermentacademy.com.au, where she propagates "personal and planetarian peace". She also gives advice on how to eliminate the world famine crises, how to contact aliens; and sells her paintings, esoteric products, and works. She holds numerous lectures and offers spiritual seminars in many countries worldwide, these are partially financed with the sales of her numerous books and cds.

Jasmuheen maintains that the number of her supporters amounts to over 100 million.

When the Australian television programme "60 Minutes" challenged her to demonstrate how she could live without food and water, the supervising medical professional Dr. Beres Wenck discovered that after just 48 hours, Jasmuheen displayed the physical symptoms of acute dehydration, stress and high blood pressure. Jasmuheen claimed that this was a result of 'polluted air'. On day 3, Jasmuheen was moved to a mountain retreat about 15 miles from the city, where she was filmed enjoying the fresh air that she said she could "now live on happily". However, as the filming progressed, her speech slowed, her pupils dilated and she lost over a stone (6 kg) in weight. After 4 days Jasmuheen acknowledged that she had lost weight, but stated that she felt fine. Dr. Wenck stated "You are now quite dehydrated, probably over 10%, reaching a critical 11% level." The doctor also announced, "Her pulse is about double what it was when she started. The risk if she goes any further is kidney failure." Jasmuheen's condition continued to deteriorate rapidly, clearly demonstrating acute dehydration, despite her insistence to the contrary. Dr. Wenck concluded that continuing the experiment would ultimately prove fatal. The film crew concurred with this assessment and ceased filming.



She is quoted by the Correx Archives as saying, about how much she eats: “Generally not much at all. Maybe a few cups of tea and a glass of water, but now and then if I feel a bit bored and I want some flavour, then I will have a mouthful of whatever it is I want the flavour of. So it might be a piece of chocolate or it might be a mouthful of a cheesecake or something like that.”

Jasmuheen is considered a charlatan on the web and also within the scientific community. She was awarded the “Bent Spoon Award” by Australian Sceptics in 2000 (“presented to the perpetrator of the most preposterous piece of paranormal or pseudoscientific piffle”). She was also awarded the 2000 “Ig Nobel Prize” for her book “Pranic Nourishment – Living on Light” in merit for the most fraudulent literary work published. And in 2006 after one of her lectures, the head of the French State Department responsible for sects declared her thesis as “dangerous and exploitative”. © Wikipedia

Zinaida Baranova

Born in 1937, the Russian pensioner Zinaida Gregorieva Baranova declares that she lives without food and fluid since 2000. When she was in her midst 40ies, one of her two children died, which triggered a period of intense meditation and studies of different religions.

In 1993 she became a vegetarian to improve her health and she looked to alternative healing methods.

Zinaida says that the intuition to stop eating was an Act of God; she speaks of an “inner light” that suddenly came over her which helped her to detach herself from all negative influences.

Zinaida maintains that the change to breatharianism helped her to get rid of all diseases within her body. She goes further to explain that she no longer needs fluid, and that her lungs can “generate water from the atmosphere” and she thinks that her biological age is approximately the half of her real physical age.

Zinaida Baranova does not wish to be considered an idol due to the fact that she exists without food. She is open to being interviewed on a regular basis by journalists and to exchange her experiences with the public and with those currently living on light alone, for example her peer Jasmuheen, the pioneer of breatharianism. These exchanges can be screened on YouTube. In one of these interviews Baranova claims that she has access to “interplanetary knowledge” and that in general she gets all answers to her questions from “above” without having to read or to do research.

Zinaida Baranova generally refuses to undergo medical examinations for several reasons, one being that hospitals remind her of prisons.



Mataji Prahlad Jani

The over 80 Indian Yogi and Fakir Prahlad Jani, also known as Matjin, maintains he has been living on light or prana since he was 7 years old. His food (supplied by three Goddesses) comes in the form of nutritional nectar secreted through his gums. Prahlad Jani does not live on normal food or fluid.

In his home state of Gujarat he is considered as being a holy man and lives most of the year in a cave close to the Ambaji temples. Pilgrims visit regularly to get his blessings.

In 2003, Prahlad Jani spent ten days in an observatory room fitted with video cameras, at Sterling hospital in Ahmedabad India. He was under permanent observation by 21 consultants. The examination was realised under the patronage of the Indian Ministry of Defence and under the direction of neurologist Dr. Sushu V. Shah. The evaluation of the video material and of the blood results proved that during the test period, where Prahlad Jani did not eat or drink, he secreted pollutants. The radiological diagnosis showed urine in his bladder which was immediately absorbed by his body.

Prahlad Jani says that he's never ill, never sweats, never gets tired and that he has the gift to meditate over weeks and months. He believes he will live from 1000 up to 10,000 years old.

Dr. Michael Werner

Dr. Michael Werner, born 1949 in Germany, but raised in Basel Switzerland, studied chemistry and worked over several years in South Africa for the chemical industry. Following this he worked as a chemistry and biology teacher at a Waldorf-School in Germany. Today he is managing director of the Society for Research of Cancer in Arlesheim Switzerland where his field of work is research, development and production of, for example, the anthroposophical preparation of the mistletoe.

Dr. Werner says that since 2001 he is also a breatharian i.e. living without food (following the 21 day programme of the Australian guru in the field, Jasmuheen). He too has stopped the intake of fluid over a longer time and insists that he feels well and is full of energy. He underwent two clinical experiments, being permanently observed medically. His family, wife, three children and two grandchildren are not breatharians. His public activities include workshops, seminars and lectures which he holds worldwide on "Breatharianism"



and is also the co-author of the book „Living on Light: Progress report of a scientist“. He is often interviewed on television.

He declares emphatically that his intentions are not to advise other people to go without food but wants to introduce the public to his own personal experiences. He accentuates the difference to fasting (living on food is spiritual, fasting is only physical) and he maintains that he and other breatharians are living proof that existing without food and liquid is possible; and that the widespread accepted scientific conception of the world is flawed. That said his arguments seem to be supported and based in part on religious theories.

„I have no real explanation“, he says. “It seems that the energy of light and matter are transferable into each other if you believe strongly in it.

He claims he only receives positive feedback on his reports and lectures, but like all breatharians he too is treated as a charlatan.

Dr. Qi Duan Li

Dr. Qi Duan Li, a general practitioner, teacher of Qigong, and doctor for traditional Chinese Medicine was born in Beijing in 1950. She studied both TCM and allopath. Following her studies she worked in several hospitals in China, partially in a managerial function. During this time she undertook further training in Qigong and was accepted as teacher and therapist by the International Medical Qigong Society, where she is now vice president, working both in Beijing and Berlin.

In 1990 she moved to Germany, and since 2001 she consults on TCM and Qigong for the treatment of cancer, training doctors both in TCM and in Guolin-Qigong (a special field of traditional Qigong used in the treatment of cancer). Dr. Qi Duan Li is renowned for her successful treatment of cancer patients with Qigong. She continues to give lectures and is a regular host on symposiums, seminars and often speaks at traditional medical congresses.

Regarding “Breatharianism” she gives the Qi as a possible example: i.e. the energy, which runs over the meridians of the body and on which the human body nourishes itself. Living on light or energy can only be achieved, according to Dr. Qi, with the help of a Qigong master.



MASTER YOU XUANDE

Master You Xuande is one of the most famous masters of Wudang Internal Kungfu. He became known internationally through the acclaimed feature “CROUCHING TIGER HIDDEN DRAGON” by Ang Lee.

He is a master of Taoism, a very old Chinese philosophy which says that all living creatures are connected with each other, teaching modesty, self-control and sympathy. You Xuande began to learn martial arts when he was 5 years old. When he was 18 he travelled through different parts of China to train in martial arts under famous Wushu masters. In the early 80ies he visited the holy places of Taoism and visited the province of Hubei, the Wudang Mountain in North-western China, the place where Wudang martial arts originates from. There he finally became the 14th Grand Master of the Wudang clan and also a taoistic monk.

He continues to travel within China and also internationally to promote the culture and martial arts of Wudang and Taoism worldwide. He lectures on the philosophy of Taoism, based on the over 2600 years old wisdom of Laotse. Master You Xuande also trains international students and on occasion accepts invitations to Wudang Taichi Box Events or martial arts championships, in order to promote his students at these venues.

In 2008 a training DVD of the Wudang-Esoteric-Kungfu series entitled “**Wudang International Elixir – Method for Life Enhancement**” was released with Master You Xuande as the main protagonist.

It is reported that You Xuande currently lives, together with some of his students and followers, near a temple in Wuhan. He teaches Wudang-Kungfu and studies religious Taoism and classical taoistic publications.

The phenomenon of breatharianism is also described in the theories of Taoism, referred to as BIGU. You Xuande does not however advise people to undergo this procedure without a teacher or a long period of training in Qi Gong and advocates the need to understand the principle of breatharianism rather than considering this phenomenon as just being mere food deprivation.

Prof. Dr. Amit Goswami

Amit Goswami is a theoretical nuclear physicist and member of The University of Oregon Institute for Theoretical Physics since 1968, teaching physics for 32 years. Originally from India, Goswami received his Ph.D. from the University of Calcutta in physics in 1964, and from there he moved to the United States in 1968. After a period of distress and frustration



in his private and professional life at the age 38, his research interests shifted to quantum cosmology, quantum measurement theory, and applications of quantum mechanics to the mind-body problem.

Fully retired as a faculty member since 2003, he is now engaged in far-reaching national and international speaking engagements. He teaches fairly regularly at the Ernest Holmes Institute, the Philosophical Research University in L.A.; Pacifica in Santa Barbara, CA; and UNIPAZ in Portugal, and is a member of the advisory board of the Institute of Noetic Sciences, where he was a senior scholar in residence from 1998 to 2000.

He became best known as one of the interviewed scientists featured in the 2004 film "*What the Bleep Do We Know!?*" Goswami is also featured in the recent documentary about the Dalai Lama entitled "*Dalai Lama Renaissance*" and stars in the newly released documentary "*The Quantum Activist*".

In the late 1980s Goswami developed an idealist interpretation of quantum mechanics, inspired in part by philosophical ideas drawn from Advaita Vedanta and theosophy. Calling his theory "monistic idealism", he claims it is not only "the basis of all religions worldwide" but also the correct philosophy for modern science. In contrast to materialistic conventional science, he claims that universal consciousness, not matter, is the ground of all existence, in congruence with mystic sages. Consciousness, deemed as the precursor of physicality, arises from conscious observation through a process intimately connected to wave-function collapse in a quantum measurement. Once the assumption that there is an objective reality, independent of consciousness is put aside, the paradoxes of quantum physics are explainable, according to Goswami.

As a pioneer of a self-styled multidisciplinary scientific paradigm, he refers to himself as a "quantum activist" engulfing in research on the "science within consciousness", which comprises and explains the "downward causation" and the "upwards drift" in the fields of physics, biology, and psychology and more recently the healing arts, thus resulting in varied theories of integral medicine based on five interchanging levels of existence: the physical, the vital, the mental, the supra-mental intellect and the limitless bliss state.

Dr. Goswami is the author of the internationally known and acclaimed book "Quantum Mechanics" and of the following publications "*The Self-Aware Universe, The Quantum Creativity, Physics of the Soul, God is not dead*" as well as "*The Quantum Doctor*"

Like all Quantum scientists engaged with the Paranormal, respectively with research labelled by the traditional scientific community as Esoteric, Dr. Goswami with his theory on the "Universal Consciousness" and in his acceptance of transcendental perception is open to an abundance of criticism and counter-arguments in scientific journals and on the internet.



TECHNICAL DATA

Length: 89 min.
Format: HDV, 25 fps, 35 mm
Sound format: Dolby Digital 5.1.

Shooting Locations: Switzerland, Germany, Austria, Russia,
USA, UK, India, China

Completion: February 2010

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Special Thanks to

CERN - Europäische Organisation für Kernforschung
European Organisation for Nuclear Research
Wisconsin National Primate Research Center

Supported by

*Österreichisches Filminstitut
Filmfonds Wien*

In Co-operation with:

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