

BASIC PRINCIPLES OF AUM THERAPY



Author
Dr Nagendra Prasad Dubey

Co Author
Dr Naveen Prakash Dubey

BASIC PRINCIPLES OF AUM THERAPY

(Comprehensive Approach for Integrated Health and Holistic Care)

(Based on Indian Sanskrit)



Author

Dr. Nagendra Prasad Dubey

MBBS (KU); DTCD; DY (BHU); MD (Inte. & Trad..Med.); Ph.D; D.Sc (Inte. Med.);
DIA, DHHC (WAIM); CDHE (WU); CPT, CET, CLT, L FAF (USA); FWAIM

.Founder President

World Association of Integrated of Integrated Medicine
AUM Foundation LLC, NY, USA

Co Author

Dr. Naveen Prakash Dubey

MD (YMSU);CPT; CET (USA); DY;DHHC;
FWAIM; LFAF (USA)

Executive Member

World Association of Integrated of Integrated Medicine

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Medical Advisor : Dr. Hemant Tiwari

Traditional Advisor : Dr. Sheela Dubey

Medical Systems Advisor : Dr. Namika Tiwari

Managing Editor : Dr. Niharika Dubey

Layout & Cover Designer : Brajesh Kumar Singh

Diagram Support by : Navneet Prakash Dubey

Typing Support : Awanish Kumar Patel

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N-10/60, C-1, Kakarmatta, PO – Bazardeeha,
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INTRODUCTION

Service to Man is Service to GOD- Sai Baba

The universe is a unique creation of GOD. It is full of known and unknown creations. Nothing is possible without divine presence; means divinity is present in everything in his own image which is matter of realization not necessarily scientific proving. In fast growing modern era, we have become more materialistic than the real because of ignorance which is the root cause of all i.e. problems, sufferings, disorders and diseases. Many sages and seers (*Rishis*) tried to overcome the ignorance and succeeded to certain extents. On the other hands, many means, methods and modalities were developed to heal and treat the physical problems and sufferings.

AUM Therapy has been brought with broader concepts based on “Principles of Divine Existing”. With divine grace, intuitions and blessing I have made an effort to bring this book “**Basic Principles of AUM Therapy**” to introduce basic information about the presence of divinity, divine universal and individual connectivity along with the holistic aspect of individual as regards to their life, health and well being. The therapy gives newer direction of healing with grace, effects and blessings. The therapy also guides the newer direction of healing and self realization. The entire Aumic Management is an integrated approach along with AUM Therapy. AUM Therapy provides a way to make one to understand the presence of divinity in him through self realization. It includes all techniques in all spheres of universal creations to have auspicious hearing, vision and acts (*Karmas*).

In the text matters the various nomenclature / terminology has been as the correct Sanskrit pronunciation instead of the English nearby translated terms. Example -*Vata for Air* is English term but here, the term has been used as *Vat for Air and Yog for Yoga etc in the text*. This has been chosen in order to retain the proper - **Pronunciation, correct meaning and comfortable understanding.**

I welcome the valued suggestions of the learned physicians, healers and clairvoyance scholars to bring a more comprehensive and revised edition for the benefit of masses.

(Dr. Nagendra Prasad Dubey)

Founder President

AUM Foundation LLC, NY, USA

FOREWORD

Ancient Indian scriptures e.g. *Vedas*, *Parana's*, *Upanishads* along with Ayurvedic medical treatises etc and our sages have utilized the cosmic creative principles for human relief, health and well being (*Physical, Mental, Social, Moral, Spiritual and Environmental*) since the manifestation of our universe.

AUM is “*Pranav*” is the word used as divine name in the beginning of sacred mantras and is the GOD itself. The three syllables e.g. “A” stands for creative energy “U” for life energy “M” annihilation of the universe representing three dimension/functions of “God” as *Brahma*, *Vishnu* and *Mahesh* respectively for the evolution of the cosmos according to laws of nature which follow in cycled manner one after another without any disturbance.

‘AUM Therapy’ utilizes the vibrating energy produced during pronunciation of “AUM” apart from its divine quality, for the physical, mental, social, spiritual evolution and well being of human race. Proper pronunciation is the mainstay of this therapy apart from its divine quality.

I commend the effort of Dr. Nagendra Prasad Dubey. He is a clairvoyant scholar equipped with special divine vision; intuition as well as have developed thoughts which has forced him to bring the book “**Basic Principles of AUM Therapy**” for the welfare of the universal creations. The philosophy and its possible scientific methodology are appreciable.

I am sure the holistic principle, diagnostic and therapeutic aspects of this book “**Basic Principles of AUM Therapy**” is beyond the reach of strict experimental scientific method of treatment and healing. I am sure this book will make its own space in the existing universe and will provide the solution for all problems in each and every sphere of life.

(Prof. Dr. R.R. Dwivedi)

M.B.B.S., M.D., D.Sc., F.W.A.I.M.

Former Professor

Dept. of Preventive & Social Medicine

Institute of Medical Sciences

Banaras Hindu University, Varanasi

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(Dr. Nagendra Prasad Dubey)

MBBS; MD (Inte. Med.); Ph D.; D Sc. (WAIM); DTCD; DY; (BHU)
DIA; ND; DHHC (Holistic Health); FWAIM; LFAO (USA)

Founder President

World Association of Integrated of Integrated Medicine
AUM Foundation LLC, NY, USA

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PHILOSOPHY OF AUM

The study of applied cosmology has following major terms to understand and further follow.

Cosmos - This is a whole harmonious and orderly system. It is governed by Cosmic Natural Law. Cosmos is 250 times bigger than visible universe. **Universe** - This space including every existing thing as - time, space, matter. This is governed by Universal law. Life of Universe is about 14 billion years old thus; we cannot see the things beyond 14 billion light years away at a glance.

Cosmology - This is a broad discipline covering *scientific, religious or philosophical* aspects of the cosmos and its nature. The religious and philosophical approaches include the spiritual entities from cosmos. The cosmos also deals the matters outside the physical universe.

- Introduction.
- Divine Theory.
- Vedic Theory.
- Scientific Theory.
- Applied Philosophy.

Almighty GOD is Omnipresence and Omnipotent. GOD is the Father and Nature is the Mother of all cosmic, universal and individual creations. In the word GOD, each letter is representative of specific divine supreme power (SDSP). Here, G - Represent as Generator; O - Represent as Operators and D - Represent as Destroyer of all cosmic, universal and individual creations existing in its different form and name. Thus, GOD is the creator of all its cosmic, universal and individual contents whether they are sentient or insentient.

स्व प्रकाश में स्थिति होकर, सम्पूर्ण निर्धार किया,
सम्पूर्ण निर्धारित करके, खण्ड खण्ड विस्तार किया।
सभी खण्ड को स्वेच्छा से, अपना ही उपहार दिया,
एक सूत्र होने के नाते, अपना ही आधार दिया।।⁽¹⁾

Meaning: O! GOD, Remaining in your “Cosmic Light” You decided the entire Universe and after decision, You divided the Cosmos in various **Khands** (*Divisions*) called **Cosmic Khands** (*Brahm Khand, Deo Khand, Brahmand Khand, Gyan Khand and Bhautik Khand*). You willingly provided your gifts to all Khands (*Divisions*) and being the same source of origin, You provided the same base to all with Your linkage.

AUM is the sound energy of GOD means GOD and is the precursor of all energy. Thus, all the cosmic, universal and individual energy are one or the other way derived from Supreme Energy AUM. Keeping in view, the philosophy of omnipresence and omnipotent, GOD has been well described in AUM Prayer as –

तूँ है कृपा सिन्धु सा रूपा, ओम् तुम्हारी बानी,
तूँ है स्वामी सकल भुवन का, ब्रह्माण्ड रजधानी॥⁽²⁾

Meaning - O! GOD, You are the Ocean of Mercy, AUM is your Voice means You., You are the Head of GOD of Entire Universe and Your Capital is in the Universe (means You prevail in each and every aspects of all in the cosmos, universe and individual level).

The imperishable word AUM is whole of this visible universe. Its explanation is as follow- what has become, what is becoming and what will become, - verily, all of this is AUM. And what is beyond these three states of the word of time - that too, verily, is AUM. AUM is practiced in almost all religions with little variation in pronunciation but having the same sense of holistic care, purpose and effects. The various synonyms are –

- AUM - Hindu.
- HUM – Tibetan.
- AMIN - Muslim.
- AMEN - Greeks, Romans and Christians.
- AHUM – Zoroastrians.

DIVINE THEORY

In accordance to intuition and thought, GOD might have had thought to create something in the Cosmos. The divine law operated and on the wish of GOD and Nature, the divine cosmic energy (DCE) appeared as the sound energy called AUM. This sound energy appeared in the image of GOD as precursor of all, thus, AUM is **Pranavaswarupa** of all creation. This is suggestive of presence of GOD in all existing of the cosmos and its various universes. Thus, all the cosmic and universal creations are result of Aumic energy and its vibration components. At an individual level, the soul is sound and the body components are vibrations. Aumic energy distributed and condensed in various directions leading to formation of the separate universe with its contents. Thus, the entire universe are having same origin and ultimately having the same ending. They are balanced by their intra and inter universal attractive and repulsive forces. The imperishable word AUM is whole of this visible universe. Its explanation is as follow- what has become, what is becoming and what will become, - verily, all of this is AUM and what is beyond these three states of the word of time - that too, verily, is AUM.

VEDIC THEORY

Keeping in view, the divinity as omnipresence and omnipotent, various thoughts, intuitions and the summary of *Manduky Upanishad* (belongs to *Atherveda*),

the opinion derived indicates that all are the creation of Almighty GOD. It is very much clear from- (3)

SANSKRIT

Åi Hknı d.kfHk% _ .k;ke nok%
 Hknı i";ek{kfHk;t=k%A
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 LofLr u bUnkı o)Jok%
 LofLr Uk% i"kk% fo"oonk%A
 LofLr uLrk{;kı vfj"Vufe%
 LofLr uk ogifrn/kkrıAA
 Åı 'kkfUr% 'kkfUr% 'kkfUr%

ENGLISH

AUM! Bhadram karnebhih s'rnuyama devah
 Bhadram Pasyemakshabhiryajatrah
 Sthirairangaistushtuvamsastanubhir
 Vyasema devahitam yadayuh
 Svasti na indro vriddhasravah
 Svasti nah pusha visvavedah
 Svasti nastarkshyo arishtanemih
 Svasti no brihaspatirdadhatu
 AUM Santih; Santih; Santih;

AUM! GOD, may we hear auspicious words with the ears; while engaged in sacrifices, may we see auspicious things with the eyes; while praising the GOD with steady limbs, may we enjoy a life that is beneficial to the GOD (in service to others).The first rhyme (*Shlok*) starts with the beginning of the divine sound as AUM, the sound which is the base of creation. It enters in ears to act and create vibrations. The elated souls of individual, sages and seers (*Rishis*) who have attained or achieved the goal always hear auspicious through the ears, see auspicious through the eyes and enjoy the full span of life beneficial in the service of humanity (service to man is service to GOD).

May *Indr* (the GOD of rain and ancient fame as *Vishnu*), be auspicious unto us; may be supremely rich *Pusha*, (the GOD of earth for all creations as *Brahma*) be auspicious unto us; may *Graud*, (the GOD of destroyer of all evil as *Shiv*) be auspicious unto us; may *Brihaspati* (the GOD of welfare as *Guru*) bestow upon us auspiciousness. The second rhyme (*Shlok*) indicates, the GOD in three forms - as all creations (*Generator*); all growth and developments (*Operator*) and all destruction of evils (*Destroyer*) to maintain the universal equilibrium. According to AUM Chalisa the second generation of deities is *Indr*, *Brihaspati* and *Garud* who play the role of GOD as *Generator*, *Operator* and *Destroyer* as follow:

SCIENTIFIC THEORY

Science is the systematic knowledge derived out of the philosophy. The divine cosmic energy (DCE) aspect is most scientific and is the source of all past, present and future science. According to modern concept, the divine cosmic energy is also convertible in various types of energy as per divine wish and the need of individual. The divine cosmic energy (DCE) is sound energy which could be heard with the ears. The ancient sages and seers heard the divine verses through *Akashvani*. They were able to see the power and applicability of these sounds and thus they were

called *Mantradrashtha Rishis*. Scientifically, there was propounded a theory known as **Big Bang Theory** which is based on sound energy. According to this theory,

***“In the beginning was the Word
and the Word was with the GOD
and the Word was with the GOD (AUM)
and the GOD in his own Image
created the entire Universe.*”**

We know that every creation requires energy. AUM, the divine cosmic energy (DCE) appeared for universal creation. This energy made a series of changes in the cosmos leading to the creation of five elements (*Punchmahabhutas*) one after the other as- Sky (*Ether*), Air (*Vat*), Fire (*Agni*), Water (*Jal*) and Earth (*Prithvi*).

APPLIED PHILOSOPHY

All the universal creations are the divine gift to each of its existing whether we understand or not because of our ignorance. They are meant as complementary and supplementary to each other. Out of all, the human beings are considered to be highly brained and have the rights for newer acts (*Karmas*). Every universal existing in one or the other way is in the image of AUM. This fact has to be realized and recognize by everyone but not possible due to very many reasons. To make the realization, the Almighty sends someone as messenger or sometimes come directly as incarnation (*Avatar*) to guide the mass and establish the truth. All universal existing have their definite known and unknown roles according to their past acts (*Purv-karm*) in form of *Sanskar* which is governed with divine wish. Everyone after completing his definite roles and duties merges with GOD. After the final journey some are liberated and some further reappears as rebirth. The entire process of appearance and reappearance is called the *divine cyclic* where there is creation, operation, destruction and reappearance except few who merge with GOD. This cycle is in operation for millions of years and will continue till indefinite period on divine wish. The age of this universe is beyond calculation in terms of years. The human being has noted few traditional landmarks in the process of evolution. So far the literature is concerned, the *Vedas* are considered to be the most ancient literature (about 10,000 years old). Though, it also contains the descriptions of incidences happened long ago in the past brought down by the various ancient saint and sears (*Rishis*) through Oral Tradition Era. These saints and sears (*Rishis*) passed down the messages through their disciples. Majority of these saints and sears (*Rishis*) saw the divine verses and realized their power for the welfare of the universe as they had special vision (*Mantradrashtha*).

These saints passed down the information through the verses (*Mantras*) to their disciples who existed in societies through oral traditions. Later on the scholars who became the teachers (*Gurus*) collected the past knowledge, experienced them and further passed down in society through same traditions. All the information

remained unrecorded for quite a long times. With passage of time, some of the knowledge came down which were accumulated in Vedas and further in Vedic literatures during Vedic era. These verses were collected in various *Vedas*, *Vedanga* and *Upanishads* and other related literatures. Out of all *Mandukya Upanishad* is one (belongs to *Atharveda*) which provided a symbol for meditation and realization of Supreme Reality though AUM (ॐ)



“SYMBOLE OF AUM FOR YOG AND MEDITATION”

AUM is the word of all words. It comprised of three prominent sounds A, U, M and a fourth one silent as to ultimate submerges into infinite.

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CHAPTER - 2

AUM AND THE SELF

AUM! This imperishable Word is the whole of this visible universe. Its explanation is as follows: What has become, what is becoming and what will become, in reality verily, all of this is AUM and what is beyond these three states of the word of time and space are also AUM. All this in reality is the *Brahman*, the *Self* is the *Brahman* and so the *Self* is AUM. Thus, all is GOD i.e. *The Brahman*, the *AUM* and the *Self*. The *Self* has four quarters. AUM is GOD, the *Brahman*, and the *Self*. All the universal creations are the gift of GOD (*AUM*) in his image. Thus, all is GOD i.e. *The Brahman*, the *AUM* and the *Self*.

- Introduction
- Quarters of Self.
- AUM and Self
- Qualities of Quarters.
- Quotation from AUM Katha.
- Universal Trio-Facts.

QUARETR OF SELF

AUM is the GOD, *the Brahman* and *the Self*. The *Self* has four quarters. Each quarter has special feature related to the individual. The four quarters of the *Self* are:

1. Vaisvanar.
2. Taijas.
3. Pragyan.
4. Turiya

1. **VAISVANAR (*Phase of Prosperity*)**: It is first quarter, its field is waking state (*Jagrat*) and its consciousness is outward-turned. It is seven-limbed and nineteen-mouthed. It enjoys gross objects. It is the first sound **A**, because this encompasses all. Those who knows / understands it; he encompasses all desirable objects and becomes the first. It brings prosperities.
2. **TAIJAS (*Phase of Knowledge and Wisdom*)**: It is second quarter. Its field is dreaming state (*Swapan*) and its consciousness is inward-turned. It is seven – limbed and nineteen-mouthed. It enjoys subtle objects. It is the second sound **U**. It is an excellence and contains the qualities of other two also i.e. A and M. Those who know / understand it, he exalts the flow of knowledge and becomes equalized and everyone who will be born in his family are enlightened. It brings knowledge and wisdom.

3. **PRAGYAN (*Phase of Attainment*)**: It is third quarter. It is deep sleep or field of dreamless sleeps (*Susupti*). Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. His mouth is consciousness. It is the third sound. This phase is phase of measurement. Here all enters so those know / understand it; he measures all and becomes all.
4. **TURIYA (*Phase of Liberation*)**: Turiya is Sanskrit word meaning is fourth. Here, it is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit Aanand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is neither inward-turned nor outward-turned consciousness nor together. It is infinite, cannot be described in words. Its sole essence being the consciousness its own self. It is peaceful, blissful; and non-dual without a second. This is the *Atman*, the *Self*. This is to be realized. Those who know / understand it, he merges his self in the *Self* and attain ultimate goal.

AUM AND THE SELF

AUM is the GOD, the Brahman and the Self. The Self has four quarters. These quarters are present in all, in one or the other form. The four quarters of the Self can be seen at different places in the image of AUM. The proper chanting of AUM is called *Aumkar*. It generates positivity in self and surroundings. Continuous and interrupted both types of chanting increase the positivity in respective desired fields. AUM is *Brahman*, the *Self*.

The Self has four quarters, *Vaisvanar*, *Taijas*, *Pragyan* and *Atman*. Thus, the Self, the AUM has four quarters. Out of all the four quarters, there are three distinguished quarters as-*Vaisvanar*, *Taijas* and *Pragyan*. *Vaisvanar* has the sound A; *Taijas* has U and *Pragyan* has M. The fourth quarter is *Turiya* / *Atman* which is represented as (∞). It is soundless, unutterable, a quieting down of all relative manifestations, it is blissful, peaceful, and non-dual. Thus, in reality, AUM is the *Atman*. Those who understands and knows it, he merges his self in the *Self* or *Atman*. The diagrammatic correlation of AUM, the Self (All Quarters of Self) is shown on coming page.

THE AUM $\equiv$ THE BRAHMAN $\equiv$ THE SELF



“DIVINE REPRESENTATION OF AUM”

QUALITIES OF QUARTERS

AUM has many synonyms as- *the AUM, the Brahman, and the Self*. All are the same and creator of all the existing in cosmos and universe. It has four quarters. To have better understanding, the qualities of the each quarter are mention below –

Sl. No.	Qualities	Vaisvanar	Taijas	Pragyan	Turiya
1.	State of Quarter	First	Second	Third	Fourth
2.	Field	Waking State (<i>Jagrat</i>)	Dreaming State (<i>Swapan</i>)	Dreamless (<i>Susupti</i>)	Indwelling Controller
3.	Consciousness	Outward turned	Inward turned	Consciousness its own self	Neither inward nor outward turned
4.	Limb and Mouth	Seven Limbed and Nineteen mouth	Seven Limbed and Nineteen mouth	Mouth is consciousness	Infinite
5.	Sound	A	U	M	∞
6.	Enjoy	Gross Objects	Subtle Objects	Measures all and Become all	Blissful, Peaceful and Non-dual

7.	Holistic Coverage	Prosperity	Knowledge	Become all	Merge of self in Self
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QUOTATION FROM AUM KATHA

The summary of the qualities of the quarters of *Self* has been mentioned in Gyan Khand of AUM Katha as:

वैश्वानर जाग्रत स्थिति है, वाह्याम्बर में लीन करे,
तैजस स्वप्न अवस्था है, जो अर्न्तध्यान विलीन करे।
प्रज्ञान सुसुप्ती वन कर, निज आत्मन का ध्यान करे,
आत्मन् तुरिया स्थिति में हूँ, सदा चित्त आनन्द करे।⁽¹⁾

Meaning: Out of all four quarters of Self, **Vaisvanar** is a waking state which indicates the outward turned and external appearance while **Taijas** state of dreaming which indicates inward turned and internal appearance. The third is **Pragyan**, the state of dreamless; here the consciousness is its own self (State of meditation.) while the fourth state is **Turiya** which is Indwelling controller. Here the consciousness is neither inward nor outward turned nor does one always remain in state of **Sat Chit Anand**.

UNIVERSAL TRIO-FACTS

AUM is the Truth, Omnipresence and Perfect in all respects. Any existence is not possible without the presence of AUM. It was, it is and it will be till wish of Almighty GOD. As regards to individual being and the health, it is comprehensive integrated health and holistic care. Some of the universally accepted common trio-facts pertaining to all the Cosmo, Universal and Individual existing are worth to be mentioned here. These trio-facts are one or the other way associated with all the existing in all the three planes i.e. *Divine, Universal and Individual*. These important trio-facts have been enumerated at various places in this book along with the forth coming book named “Applied concepts of AUM Therapy”. The commonly used trio-facts are mentioned in tabular form as:

Sl. No.	Cosmo Universal Individual Parameters (CUIP)	Trio-Facts
1.	Three Letters of Almighty	G O D
2.	Three Letters of GOD	Generator, Operator and Destroyer
3.	Three Synonyms of GOD	AUM, Brahman and Self
4.	Three Names of GOD	AUM, TAT and SAT

5.	Three Letters of AUM	A U M
6.	Three Defined Quarters of AUM	Vaisvanar, Taijas, Pragyan
7.	Three Aumic Polarity	Central, Intermediary and Peripheral.
8.	Three Phases of AUM	Prosperity, Knowledge and Attainment
9.	Three Sounds in Chanting	A (ॐ) U(ऊ) M (ॠ)
10.	Three States of Consciousness	Outward, Inward and Undifferentiated.
11.	Three Forms of GOD	Brahma, Vishnu and Mahesh (Shiv)
12.	Three Forms of Goddess	Durga, Lakshmi and Sarswati
13.	Three Representative of GOD's	Pusha, Indr and Garud.
14.	Three Auspicious Acts	Hearing, Vision and Prayer.
15.	Three Wings of AUM	Upper, Middle and Lower.
16.	Three Aumic Planes	Divine, Universal and Individual.
17.	Three Sub-planes (Loks)	Akash Lok, Bhu Lok, and Patal Lok.
18.	Three Celestial Bodies	Stars, Zodiacs and Planets.
19.	Three Periods of Time	Past, Present and Future.
20.	Three Groups of Chakras	Lower, Intermediary and Higher.
21.	Three Ways to GOD	Work, Worship and Wisdom
22.	Three Divine Contents of Body	Senses, Mind and Ego.
23.	Three Aumic Sense Content	Senses, Mind and Wisdom / Buddhi
24.	Three Body Humors	Air (<i>Vat</i>), Bile (<i>Pitt</i>), and Phlegm (<i>Kaph</i>).
25.	Three Phases of Respiration	Inspiration, Pause and Expiration
26.	Three Phases of Pranayam	Poorak, Kumbhak and Rechaka
27.	Three Effects of AUM	Care, Cure and Longevity
28.	Three Qualities (<i>Guns</i>) of Life	Satv, Rajas and Tamas
29.	Three Types of Food	Satvic (Pure), Rajas (Kingly) and Mixed
30.	Three Resonators of Sounds	Plants, Animals and Human
31.	Three Steps of Integrated Yoga	External, Bridge and Internal
32.	Three Steps of Internal Yoga	Dharana, Dhyana and Samadhi
33.	Three Types of Environment	Internal, External and Universal
34.	Three Ways of Achievement	Sincerity, Honesty and Regularity
35.	Three Aims of Individual Life	Healthy, Prolonged and Blissful
36.	Three Bodies of Upper Triad	Higher Mental, Buddhic and Atmic
37.	Three Bodies on Physical Body	Ethric, Astral, Lower Mental
38.	Three Governors of Organs	Knowledge, Intellects and Mind
39.	Three Steps of Atmic Plane	Spiritual, Monadic and Devine Plane
40.	Three Individual Divine Energy	Soul (<i>Atma</i>), Senses (<i>Indries</i>) and Mind (<i>Manah</i>).
41.	Three "Ds Vision" of AUM	Determination, Devotion and Dedication
42.	Three Individual Phases	Birth, Life and Death.
43.	Three Phases of AUMIC Life.	Emergence, Sustainability and Merger
44.	Three Ways to Achievement	Sincerity, Regularity and Honesty.

Most of the above universal trio-facts may come in one or the other ways in the life of every existing of all creations. It has been very well described in AUM Prayer.:

जय जय कृपा निधान, सकल भुवन आधार,
कण कण के संसार तुम, हरते सबका भार।।⁽²⁾

Meaning: O! AUM, Your Greatness (*Jai Jai*), You are the Treasurer of Mercy, You are the base of entire Universe, You are the world for each particle of the Universe and You remove all the problems of all your Universal creation (sentient and insentient).

REFERENCE

1. Dubey; Nagendra P; AUM Katha; Gyan Khand; First Edition; Fifth Rhyme, 2022.
2. Dubey; Nagendra P; AUM Prayers; AUM Chalisa; Second Edition 2015; P. 2 & 4.

AUM AND PRAN

AUM is *Pranav* or *Pran* or *Life*. It has various synonyms as *Chetana*, *Vital Forces*, *Chi* or *Qi*, *T-Chi*, *Ruh* etc. Thus AUM is also called **Pranavaswarupa** (*Pranava* means *Pran* and *Swarupa* means *Similar* or *Like*). Individual's soul is invisible and indemonstrable physically. It is fraction (*Ansh*) of Almighty GOD (*Parmatma*). In physical body, it is maintained by divine cosmic energy through *Pranavayu*. It is the superior in nature while the inferior nature is visible, demonstrable physically which is comprised of eight fold i.e. earth, water, fire, air, space, mind, intellect and egoism. The soul as *Pran* descends to individual through *Parmatmic* and *Atmic Chakra*. Thus, the *Pran* is divine cosmic life energy for all the existing of the universe. All universal existing has their specified span of life leaded by the existence of their *Pran*. The presence of *Pran* can be observed within certain parameters but cannot be bound in physical boundaries.

- Introduction.
- AUM as Pran.
- Descend of Pranic Energy.
- Respiration and Pranayam.
- AUM and Self.
- AUM and OM.
- Chanting of AUM.
- Mechanism of Chanting.

At physical level, the *Pran* is regulated by *Pranayam* which is nourished by *Pranic energy* of cosmic origin. This is observed in living beings only. The proper chanting of AUM e. i. **Aumkar** is one of the best way to strengthen the *Pran* with the help of *Pranic energy*. The AUM is deeply adhering with *Pranayam*. It helps in living beings by carriage of Pranic air (*Pranavayu*), through the process of inhalation (*Poorak*) in *Pranamay Kosha* of the individual to maintain the defined span of life. It also removes the volatile ill effects through the process of expiration (*Rechak*). It has been describe in AUM Chalisa as-

पूरक वन ब्रह्माण्ड से तुम ही, प्राण वायु भरते हो,
रेचक से सब कष्ट हरण कर, सर्व शान्ति देते हो।⁽¹⁾

Meaning: O! AUM, You are *Pran* (Life Force), You fill up the *Pranvayu* from *Brahmand* in individual through the process of inspiration (*Poorak*). You remove all the pain (*Kasht*) by the process of expiration (*Rechak*) and provide all peace (*physical, mental, social, moral, spiritual and environmental*) to the sufferers.

AUM AS PRAN

AUM is Omnipresent. It is present as subtle cosmic energy in all universal existing (living and nonliving). In living being, it is regulated by *Pranayam* and nourished by *Pranic energy*. The concentration of *Pran* is more in *Pranamay Kosh*

which needs still to be explored in detail with advanced modern techniques. All the universal creations have been derived from the five elements (*Panchmahabhuts*). Here, we are concerned with human being whose body is also composed of five elements (*Panchmahabhuts*) represented by three humors (*Tridoshas*), seven body tissues (*Saptdhatus*) and five waste products (*Punchmals*). The three humors are air (*Vat*), bile (*Pitt*), and phlegm (*Kaph*). Air (*Vat*) carries *Pranic energy*. There are five types of air (*Vat*), out of these, *Pranavayu* is one of the cosmic energy, which enters and comes out of the body with (*Vat*) predominately through respiration. The regular practice of *Pranayam* through *Aumkar* strengthens the *Pranic energy*.

According to *Patanjali Astang Yog*, the fourth step of external yog is *Pranayam*. It is concerned with the regulation and nourishment of *Pran*. It is the best way to strengthen more *Pran* in *Pranamay Kosh*. Regular practice of *Pranayam* extends the life span of an individual by increasing the *Pranic energy* and strengthening the *Pranamay Kosh*. The *Yogis* regulate their *Pran* through *Pranayam*. There were and are still many *Yogis* who can control their respiration and heart beat for a long times i.e. from minutes to months. They preserve their *Pran* in their *Pranamay Kosh* and reverse it in physical body whenever they wish.

DESCEND OF PRANIC ENERGY

Though, *Pran* is implanted at the time of conception in intrauterine life of the individual but the *Pranic energy* activate the *Pran* as special subtle cosmic energy for consciousness (*Chetna*) of individual being. It is concerned with individual's active life span. It enters into the body through the universal forces and energize with the help of spleen chakra which is the distributor of *Pranic energy* to all the major chakras. Spleen chakra is the main source to vitalize the ethric body. Divine Pranic Vitality (DPV) enters into the body through three forces centered at:

1. Spleen chakra.
2. Place in epigastrium just below the diaphragm.
3. Between the shoulder blades (above *Anahat chakra*.)

At these three places, there are saucer shaped depressions on the surface of ethric body which rotate and linked by a triple thread of energy form Pranic triangle. From Pranic triangle the *Pran* is drawn at spleen chakra where it is processed to regulate its potency according to the need of the body. It is then poured into major chakras at proper vibratory rates from where it goes to ethric web of minor and mini chakras and channels (*Nadis*) to give vitality to body. The dense physical body and ethric body is one cohesive unit. Any damaged to ethric body leads to proportional damage in physical body.

RESPIRATION AND PRANAYAM

Respiration is an active process of inhalation and exhalation of vital gases (*Oxygen, Carbon-dioxide, Nitrogen* etc) in varying quantity and quality. It maintains

the *Pran* through its most potent constituent known as *Pranvayu* while *Pranayam* is process to regulate, retain and strengthen the *Pran* in *Pranamay Kosh*. The correlation and interdependence are given below:

Sl. No.	Parameters	Respiration	Pranayam
1.	State	It is active process of inhalation and exhalation of gases in varying quantity and quality.	It is yogic process of regulation of breathing
2.	Extents	From visible inspiration to expiration.	Invisible control of Pran through Pranayam.
3.	Controlled by	Respiratory Centre	Divine Cosmic Power
4.	Carriage	Main vital gases as <i>Oxygen</i> , <i>Carbon dioxide</i> and <i>Nitrogen</i> in varying amount.	Pranic air (<i>Pranvayu</i>)
5.	Rate	18-20 cycle per minute in adult	Depends on practice and regulation
6.	Phases	Inspiration, Pause and Expiration	Poorak, Kumbhak and Rechak
7.	Provides	Vital gases to all cells and tissues	Strengthen Pranic energy
8.	Holistic Influence	Allows the smooth allotted span of life.	Helps to lead a peaceful, blissful and prolonged life.

AUM AND SELF

The proper chanting of AUM is called *Aumkar*. It generates positivity in self and surroundings. Continuous and interrupted both types of chanting increase the positivity in respective desired fields.

AUM is *Brahman*, *the Self*. The Self has four quarters, *Vaisvanar*, *Taijas*, *Pragyan* and *Atman*. Thus, the Self, the AUM has four quarters. Out of all the four quarters, there are three distinguished quarters as-*Vaisvanar*, *Taijas* and *Pragyan*. *Vaisvanar* has the sound A; *Taijas* has U and *Pragyan* has M. The fourth quarter is *Turiya / Atman* which is represented as (∞). It is soundless, unutterable, a quieting down of all relative manifestations, it is blissful, peaceful, and non-dual. Thus, in reality, AUM is the *Atman*. Those who understands and knows it, he merges his self in the *Self* or *Atman*.

AUM AND OM

Most of the people are chanting AUM start as OM which is not correct in order to fulfill the perfect individual aims. The chanting of OM has limited meaning and effects. Chanting of OM corresponds to nearly only two quarter of the Self i.e. part of *Taijas* whose sound is “U” and ends with *Pragyan* whose sound in “M”. Those who chant OM, they remain deprived of the proper merits of three quarters i.e. *Vaisvanar*, part of *Taijas* and *Atman* which are mainly responsible for prosperity, intellect and recognition of the self. The individual chanting simple OM hardly achieve about 30-35% of cosmic powers as the share from AUM. Thus, the proper chanting of all quarters is useful for Aumic attainment.

The correct word is AUM. AUM energy is used by all the existing of the universe. It consists of three distinct letters i.e. **A** (अ) **U** (ऊ) **M** (म्) and last *Atman* denoted as with the letter is infinite (∞). These letters have strong power of qualitative creations in various aspects of all the universal creations. The correct chanting of AUM maintains all the universal equilibrium, achievement of all desirable objects, exalts the flow of knowledge and becomes equalized, measures all and becomes all means recognize the *Self* or the *Atman*.

CHANTING OF AUM

Keeping in view, the *Self* and correlation with AUM in accordance to its division in four quarters and their merits, the proper chanting of AUM is very important in order to achieve, the worldly matters, intelligence, proper peace and satisfaction for blissful and prolonged life. The chanting of AUM is called “**Aumkar**” This will give additional holistic response besides the therapeutic response.

MECHANISM OF CHANTING

Irrespective of caste, creed, religion or race, anyone can chant AUM (*Aumkar*). Any individual interested in chanting can be easily being trained for chanting of AUM (*Aumkar*) with little practice according to their tradition, culture and custom. The chanting is related to respiration and is performed during expiratory phase with the help of lips and vocal cards. There are following steps involved in proper chanting of AUM (*Aumkar*).

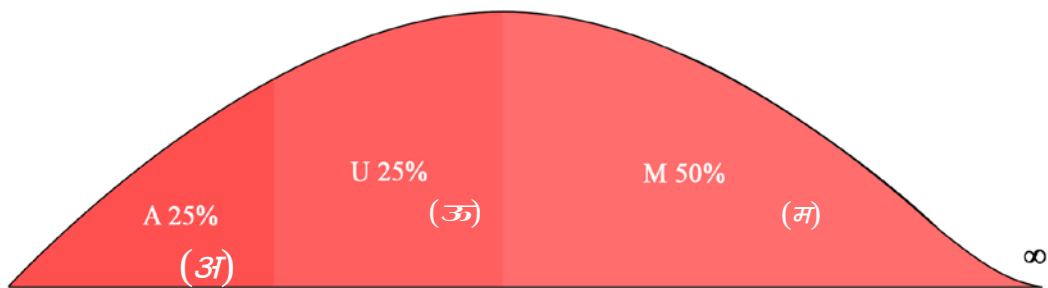
- I. Step A (अ)
- II. Step U (ऊ)
- III. Step M (म्)
- IV. Step Infinite (∞)

(I). STEP- A (अ) (Step of Initiation):

In this step, one has to sit in relaxed posture, wait for two to three minutes to have normal breathings, then starts the chanting A (अ) with the help of vocal card and slight displacement of middle third of the lips. This step last for initial 25% of the total phase of expiration of the individual. A corresponds to *Vaisvanar* quarter of the *Self* (AUM).

(II). STEP- U (ऊ) (Step of Peak):

In continuation of step A, change the sound with slight more narrowing of the opening of lips in central parts of mouth to chanting U (ऊ). This step forms the peak of the pitch of the sound. This step last for next 25% of the total phase of individual expiration. It corresponds to *Taijas* quarter of *Self* (AUM).



“Diagrammatic Representation of Chanting of AUM”

(III). STEP-M (म) (Step of Declination):

In continuation of step U, change the sound with closing the slit opening of the lips for chanting M (म) with the help of laryngeal involvement. Here, the pitch of the sound gradually merges with the base with the step of infinite (liberation). This step is comprised of almost last 50% of total phase of individual's expiration. A corresponds to *Pragyan* quarter of the *Self* (AUM).

(IV). STEP INFINITE (∞) (Step of Liberation):

The end of the sound merges in infinite (∞). It is soundless, unutterable, quieting down of all relative manifestations, blissful, peaceful and non-dual. It is infinite. It corresponds to the *Atman* quarter of the *Self*. It is the beginning and end of all beginning.

AUM is all for every universal existing. Thus all the gross and subtle aspect of individual is AUM. It has been well mentioned on AUM Chalisa as:

प्राण, ज्ञान, मन जीवन तूँ है, विश्व रूप में स्वामी,
जीवन का आधार तुम्ही हो, सकल मनोरथ कामी॥⁽²⁾

Meaning: O! GOD (AUM)! You are *Pran* (Pranav / Life), *Gyan* (Wisdom / Intellect), *Manah* (Mind) and *Jeevan* (Life Time) in form of Vishwrup; You are the base of life and You fulfill all wishes of desired persons.

REFERENCE

1-2. *Dubey; Nagendra P*; AUM Prayers; AUM Chalisa; Second Edition 2015; P. 7 & 8.

AUMIC BODY

AUM is the beginning and end of all the beginning. Study of AUM in spiritual scientific term is called Aumology. The Aumic Philosophy has descended down through a series of alteration and moderation to the level of general and subsequently to individual level for the benefit of all existing. From the vast philosophy, the systemic demonstrable knowledge emerged known as Science. Thus, AUM is precursor of all philosophy and all sciences. Out of so much innovation and scientific development, there is no yet modern scientific scale to define, identify and classify the science of AUM in many respects of life. Some efforts have been made through *Cosmology* (the study of cosmos and its energy) and *Vedology* (the study of Veda and Vedic sciences). These have revealed some facts which are not enough to understand the complete Aumic science. Modern science is moving around the studies of these Sciences (*Cosmology* and *Vedology*). The divine energy AUM appeared as supreme source of energy (SSE) in form of sound energy in the cosmos.

- Introduction.
- Spiritual Concepts.
- Aumic Planes.
- Chakral Body and AUM.
- Holistic Structure of AUM.
- Aumic Plane and Holistic Body.
- Structural Correlation.

The sound created motion due to vibration in the sky (*Ether*) resulted blowing of air (*Vat*). The faster blowing of air produced fire (*Agni*) through frictions which on cooling formed water (*Jal*), the water settled to form the earth (*Prithvi*). This way, the creation of five elements (*Punchmahabhutas*) took place in this universe for further creations. The divine creation of five elements (*Punchmahabhutas*) was followed by appearance of various zodiacs, stars, planets and other celestial bodies with its contents. Earth is a planet which is equipped with many livings and non-livings. The living beings were grouped in animal and plant kingdoms. All the existing (living and non-living) is the creation of GOD (AUM) in his own image; means AUM (GOD) is present in all. Human being acts as an ordained shoulder of GOD according to their **Sanskar** (Sanskar is collection of generational acts i. e. Karmas).

Every existing in this universe needs certain energy for their survival. This energy comes from AUM i.e. supreme source of energy (SSE) through Cosmo-universal medium. Human body itself is integrated mass of matter having condensed energy. This energy is under control of AUM and used by individual according to his **Sanskar** which may be or creative or destructive.

SPIRITUAL CONCEPTS

All the knowledge has been derived from AUM. According to *Hindu mythology*, *Vedas* are considered to be the most ancient and sacred collections of knowledge and wisdoms derived during various cultures. The culture and tradition descended down and later were compiled in four major text known as Vedas i.e. *Atherved*, *Regved*, *Yajurved* and *Samved* according to its age (from earliest to the latest) and its allied literatures as *Upanishads* and *Aranyak*. Out of all these literatures, *Manduky Upanishad* is one compiled by *Manduky Rishi* has given the physical structure of monosyllable AUM (ॐ) which helps in meditations and yogic practices.

AUMIC PLANES

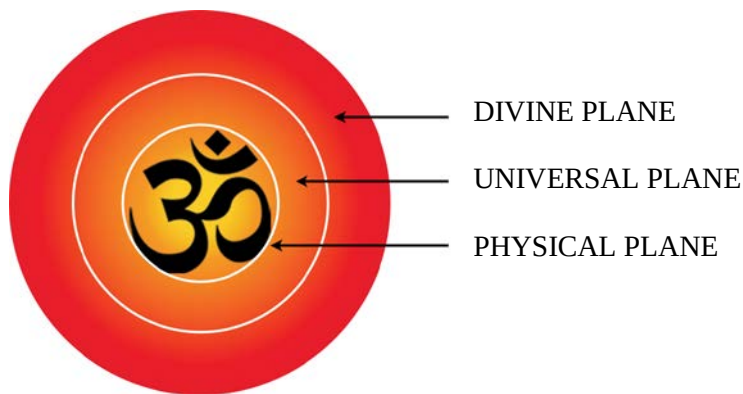
Aumic space is space between Infinite GOD (AUM) to an Individual level. It is divided in three major planes as mentioned below.

I. Divine Plane (*Plane of Infinite*).

II. Universal Plane (*Plane of Existence*).

III. Individual Plane (*Plane of Individual*).

(I). Divine Plane (*Plane of Infinite*): This is the plane of beginning and end of the beginning. It is the plane of supreme source of energy. All divine, universal and physical existence is attached with this supreme energy through subtle connectivity known as Divine-Universal-Individual Connectivity (DUIC). This is the plane of *Omniscient*, *Indwelling Controller* and the *Sources of All*. This is soundless. This is infinite, cannot be described in words and boundaries. This is *Atman*; the *Self*. This can be realized.



“AUMIC PLANES”

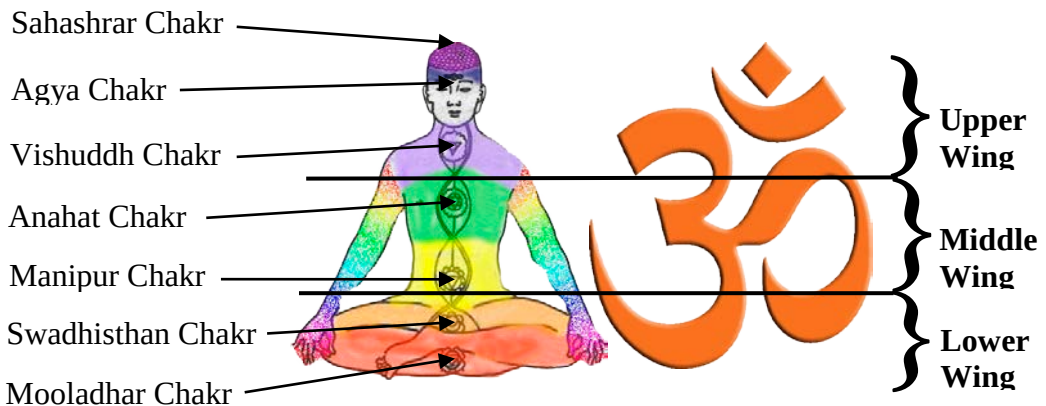
(II). Universal Plane (*Plane of Existence*): This is the lower plane and extends between divine and physical plane. It extends as high as per the Individual's

Visual Thought (IVT). **Individual's Visual Thought (IVT) is the distance measured in terms of vision and thoughts. It is proportional to the individual's spirituality and attainment.** It submerges into divine plane. This plane has the existing like zodiac, stars, planets and celestial bodies. It maintains inter and intra universal balances with the help of various zodiacs, stars, planets and other unknown celestial bodies.

(III). Individual Plane (Planes of Individual): This plane is also called Physical Plane. The physical shape of AUM (ॐ) has been derived from *Atherveda* and its allied *Mandukya Upanishads*. GOD (AUM) has created all the existing of the universe in the image of AUM. Everything can be imagine within the AUM and the vice versa. Thus, each individual having physical body or structure in the image of AUM has its connectivity with GOD (AUM) through universal plane to divine plane.

CHAKRAL BODY AND AUM

We cannot bind the aumic science in strict modern scientific boundaries. The philosophy is the base of science. The systemic scientific knowledge has been derived from philosophy. The Chakral human body, in view of aumic philosophy could be very well understood as per Big Bang **theory "GOD (AUM) in his own Image created the entire Universe.** So for the human body is corned, AUM is present in each and every universal existing and every existing is in the image of AUM. The correlation of the Chakral human body and the broad divisions of aumic wings is given as under:



"CHAKRAL BODY AND AUM"

HOLISTIC STRUCTURE OF AUM

AUM is universally accepted in almost all major religions, race and cultures with deepest sense of similar pronunciation, feeling and realization. The study of

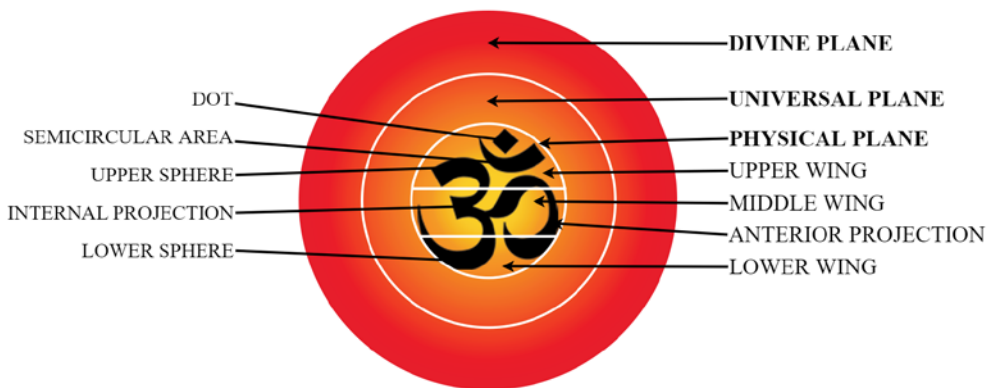
AUM in spiritual scientific manner is performed under Aumology. An individual study in the image of AUM is required in order to understand the anatomical structure, physiological function, spiritual correspondence, chakral location and scientific demonstration. Here, AUM has been considered in context of a human body. The physical symbol has been divided into three major wings.

- (I). Upper Wing
- (II). Middle Wing
- (III). Lower Wing

(I). Upper Wing: This is the upper most structure of AUM. It includes - universal plane in its anterior, superior and posterior vicinity, upper semicircle with dot, vacuum between semicircular area and body of AUM, 30% of the upper sphere and 5% of the upper part of anterior projection of physical structure of AUM (ॐ). In qualitative terms, it is lightest structure and is enriched with sky (*Ether*) and air (*Vat*) elements of five elements (*Panchmahabhutas*). It corresponds to *Akash Lok* of three cosmic sub-planes. It represents *Pragyan* and *Atman* component of the *Self*. It is the seat for throat Vishuddh Chakr, Agya Chakr, Sahashrar Chakr, Atmic and Parmatmic Chakr.

(II). Middle Wing: This is the middle structure of AUM. It includes - universal plane in its anterior and posterior vicinity, lower 70% of upper sphere, central body of AUM symbol (including entire internal and 85% of external projections), and upper 40% of the lower sphere. This is heavier structure and is enriched with fire (*Agni*) and water (*Jal*) elements of five elements. It corresponds to *Bhu Lok* of three cosmic sub-planes. It represents *Taijas* component of the *Self*. It is the seat of Manipur Chakr and Anahat Chakr.

(III). Lower Wing: This is the lower most structure of AUM. It includes fraction of universal plane in its anterior, inferior and posterior vicinity; 60% of the lower sphere and 10% of the anterior projection. This is the heaviest structure. It is enriched with earth (*Prithvi*) and water (*Jala*) elements of five elements. It corresponds to *Patal Lok* of three cosmic sub-planes. It represents *Vaisvanara* component of the *Self*. It is the seat for Mooladhar Chakr and Swadhisthan Chakr.



“HOLISTIC STRUCTURE OF AUM”

AUMIC PLANE AND HOLISTIC BODY

The correlation between AUM plane and holistic human body can very well understand by keeping in view the subtle division of AUM and holistic body. The related subtle structures are mentioned under:

Sl. No.	AUMIC Plane	Holistic Body
1.	Divine Plane	Pertaining to Divinity (Parmatmic and Atmic connectivity.)
2.	Universal Plane	Between Buddhic body and Atmic body.
3.	Physical and Subtle Plane	Physical and Subtle Body :
	I. Upper Wing	• Buddhic Body • Higher Mental Body • Lower Mental Body
	II. Middle Wing	• Astral Body
	III. Lower Wing	• Ethric Body • Physical Body

STRUCTURAL CORRELATION

The subtle and structural correlation of AUM with the subtle and physical human body (holistic body) and its associated physical body organs are given in forth coming table on next page.

Sl. No.	AUMIC Planes	Morphology	Corresponding Structures of Holistic Body
1.	Divine Plane	Pertaining to divinity and area around the universal plane	<i>Parmatmic and Atmic connectivity.</i>
2.	Universal Plane	It is linkage between individual's <i>Buddhic</i> and <i>Atmic</i> plane	Superconsciousness level. Corresponding to IVT, it is seat for <i>Sahashrar chakr.</i>
3.	Physical and subtle Planes of AUM	The entire structure of Monosyllable AUM	It involves Physical body and its various organs.
	I. Head	The upper semi circular area including dotted structure.	Head, brain, meninges (with <i>Buddhic</i> and higher mental bodies). It is seat of <i>Agya chakr.</i>

	II. Neck	The structure between head and upper sphere and anterior projection of body of AUM	Neck with great vessels, vital tubes (trachea, esophagus and spinal cord), thyroid and parathyroid glands, muscles, cervical vertebrae and other supporting structures. It is seat of <i>Vishuddh chakr</i> .
	III. Upper Sphere	It includes upper attached body of semicircular structure, upper part of anterior projection.	Upper limbs and upper part of the thorax (including upper and middle lobes of lungs), supporting structures (muscles, vessels and bones).
	IV. Middle sphere	It includes lower most part of upper sphere, full internal and anterior projections and upper most part of lower sphere	Lower lobe of lungs, heart, diaphragm, liver and gall bladder, spleen, kidneys, pancreas and other supporting structures. It is seat for <i>Anahat</i> and <i>Manipur chakras</i> .
	V. Lower Sphere	It includes lower semi-circular structure of AUM, lower part of anterior projection.	Lower abdominal viscera, pelvic organs (including uro-genital system) and lower limbs and supporting musculoskeletal structures. It is seat for <i>Swadhisthan</i> and <i>Mooladhar chakras</i> .

AUMIC HOLISTIC BODY

We live in physical world and believe in the same. The modern science has strengthened the thinking of modern life. Every universal existing has its own size, shape and image which can be imagined in the image of AUM. The physically observed human being is something more beyond what we see in his physical form. What is beyond the physical body is holistic body and beyond this is holistic body Aumic holistic body. The aumic holistic body is over and above the holistic body. It is better understood by the clairvoyant scholars having Aumic Holistic Quality (**AHQ**) which is combination of- *Intuition, Realization, Imagination, Transformation and Visibility*.

- Introduction.
- Features of Holistic Body.
- Representation of Holistic Body
- Salient Features of Bodies.

FEATURES OF HOLISTIC BODY

The Aumic concepts of the holistic body and their common important features are given in the tabular form (*from Higher to Lower body*)⁽¹⁾.

Sl. No.	AUMIC HOLISTIC BODIES (According to Aumic Concept)	IMPORTANT FEATURES
7.	ATMIC BODY: (Divine / Superconscious Plane) • Divine Plane (<i>First Cosmic Ether</i>) • Monadic Plane, (Second Cosmic Ether) • Spiritual Plane (Third Cosmic Ether)	Bliss Sheath • Place of Divinity, Yog- Samadhi • Intelligence, Love and Wisdom • Active Intelligence.
6.	BUDDHIC BODY (Intuitional Plane)	Spiritual Threads • Intelligence Sheath • Buddhist Permanent atom • Yog-Dharana, Dhyana and Meditation
5.	HIGHER MENTAL BODY (Mental Abstract Plane / Causal Body)	Mental Sheath • Place for Soul • Yog-Pratyahar
4.	LOWER MENTAL BODY (Mental Concrete Plane)	Mental Unit • Involved in worldly affairs
3.	ASTRAL BODY (Astral Plane)	Emotion and Desire • Pleasure and Pain • Fear and Courage

2.	ETHRIC BODY (Ethric Plane)	Energy Body •Energizes, & Vitalizes Physical body
1.	PHYSICAL BODY (Physical Dense Plane)	Physical and Vital Sheath •Matter and energy •Structures-Solid, Liquid, Gas •Requires-Diets herbs and Gems •Yog- Yam, Niyam, Asan and Pranayam

REPRESENTATION OF HOLISTIC BODY

The holistic human body is diagrammatically divided in two parts which is represented as triad and quaternary as mentioned below⁽⁴⁾.

I. Upper Triad.

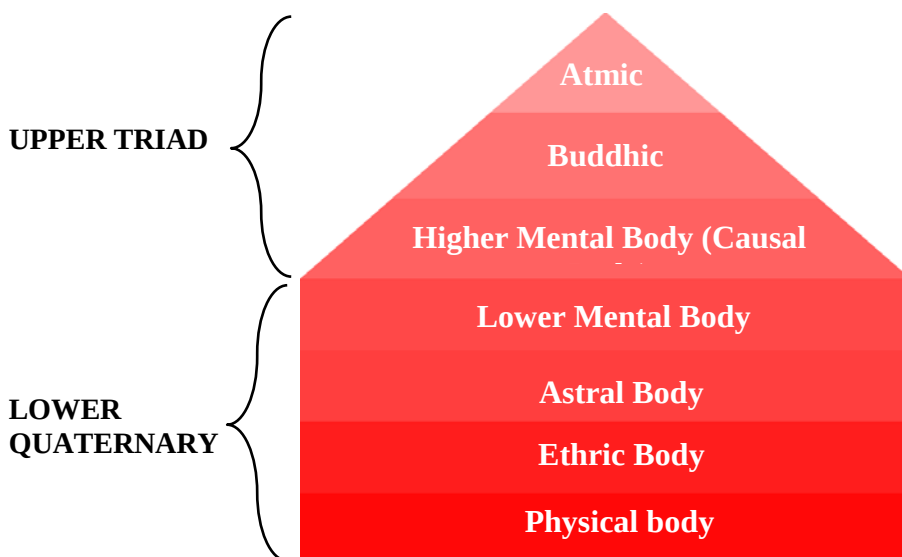
II. Lower Quaternary.

I. UPPER TRIAD

It is triangular representation representing the superior aspects of holistic body indicating the ultimate merger towards the Supreme / Ultimate.

II. LOWER QUATERNARY

It is rectangular representation representing the various higher body plane over the physical body for which the majority is concern.



“REPRESENTATION OF HOLISTIC BODY”

SALIENT FEATURES OF BODIES

Based on the lower quaternary and upper triad, the various bodies and their salient features (*from Lower to Higher*) are given below:

I. PHYSICAL BODY

This body is also called *Physical Dense Plane*. The physical body comprised of five elements according to traditional medicine and healing. According to modern medicine, the physical body is consists of cells, tissues, organs and systems bounded in physical and vital sheaths. These are in form of solid, liquid and gas. The physical body and vital sheath allow the highest plane to acts on physical level. It requires proper diets and herbs to maintain it. Recommended yoga to maintain the physical body is external yog in form of *Yum, Niyam, Asan* and *Pranayam*.

II. ETHRIC BODY

This body is also called *Ethric Plane*. It has fine lines of energy force as web upon which physical body is molded. It forms a cohesive unit with physical body. It energizes and vitalizes the physical body and integrate man with the energy field of the earth. The ethric body contains fine tubular energy channels called *Nadi*. These *Nadis* have their representations in endocrines through nervous system (Central, Peripheral and Autonomous). These *Nadis* arise from highest source of energy called *Chakr*. The Ethric body has three basic functions which are interrelated. It is **Receiver**, **Assimilator** and **Transmitter** of energy. It gets disturbed due to two factors.

A. Subjective Factors

B. Objective Factors.

A. SUBJECTIVE FACTORS: -The subjective factors cause enhances flow or dam-up of energy. These factors are:

- Mental Shock.
- Anxiety.
- Worry.

B. OBJECTIVE FACTORS: -Here the factors lie on the ethric body and cause disturbance of flow of *Pranic* energy in the Chakra. These factors are –

- Miasma** - Syphilis, Tuberculosis and Cancer.
- Toxin** - Bacterial, Chemical and Environmental.
- **Physical Anomalies**- Congenital and Acquired.
- Trauma**- Physical trauma.

III. ASTRAL BODY

This body is also called *Emotional Plane*. It is situated over the Ethric body and play sensitive roles in life. It is responsible for all types of **Emotions and Desires**. It is also called desired body. It helps in experience of – **Pleasure and pain; Fear and Encouragement; Love and hate and Expression of Emotions**. Here, constant chaotic interplay of energy takes place leading to disease in this plane.

IV. LOWER MENTAL BODY

This body is also called *Mental Concrete Plane*. It is the lower part of mental body. It is responsible for **Worldly affairs of daily routine** which may be wrong or right.

V. HIGHER MENTAL BODY

This body is also called *Mental Abstract Plane*. It is the highest level of mental body. It has mental abstract (*Antahkaran*), mental sheath and is the **Seat for Soul**. It is connected with lower mental below and intuitional plane above. Recommended yog is *Pratyahar*.

VI. BUDDHIC BODY

This body is also called *Intuitional Plan*. It is body between the higher mental and the divine plane. It is also called fourth cosmic ether plane and is **Responsible for the Intuitions**. This contains Spiritual sheath, Intelligence sheath and Buddhic permanent atom. The recommended yogic steps are- *Dharana, Dhyan and Meditations*.

VII. ATMIC BODY

This body is also called *Divine Plane*. Every individual has Atma (Soul) which is immortal. It can be is neither created nor be destroyed by anyone. It is beyond the control of any individual. The divine plane is divided onto three cosmic ether planes.

A.Divine Plane.

B.Monadic Plane.

C.Spiritual Plane.

A. Divine Plane: It is also called *Superconscious Plane*. It is the superior most aspect of subtle body in ether field. It is the place Divinity. The yog for this state is Samadhi.

- B. Monadic Plane** - It is the highest aspect for human being. It uses Chetna as vehicle of expression. Chetna also uses the lower planes to gain the experience. It is responsible for – ***Intelligence, Love and Wisdom.***
- C. Spiritual Plane:** It is the third lowest plane of Atmic plane based on Buddhic body (Intuitional plane) it is responsible for spiritual activities at physical level. It is seat of - ***Active Intelligence.***

REFERENCE

1. *Dubey; N.P.:* Principles of Holistic Integrated Medicine; Holistic Concept of Human Body; International Integrated Medical Forum, Vol.17, No.5; July- September -2004; P. 2.

APPLIED AUMIC BODY

Understanding of applied aspect of aumic body is necessary in order to implement the aumic philosophy, science, diagnostic and management in direction of management and healing to individual who seek for AUM therapy. All the implementation of aumic process is based on a unique aumic connectivity system known as divine-universal-individual-connectivity (DUIC). This connectivity helps to ascertain the reason, evaluation and desired aumic management. Man himself is a replica universe. Each individual irrespective of sentient and insentient has been described within the image of AUM and vice-versa. The proper understanding of aumic applied structure of human body is the fundamental base of aumic management. Thus, the proper application of aumic evaluation and management (*AUM Therapy and Healing*) give absolute relief to individual provided it has been applied properly.

- Introduction.
- Parts of Applied Body.
- Holistic Body.
- True Self.
- Body Sheath, Diet and Yog.

PARTS OF APPLIED BODY

Applied aspects of holistic body are necessary to understand for practical purposes. In order to implement the integrated holistic treatment and healing, the applied aumic body structures function and spiritual connectivity along with its special features of the body one must understand. Based on these facts the Aumic body is divided in two bodies:

- Holistic Body.
- True Self (*Atma*).

HOLISTIC BODY

The holistic body is an integrated structure comprised of three bodies. These bodies (from lowest to highest) are:

- I. Physical Body.
- II. Astral Body.
- III. Higher Mental Body.

I. PHYSICAL BODY

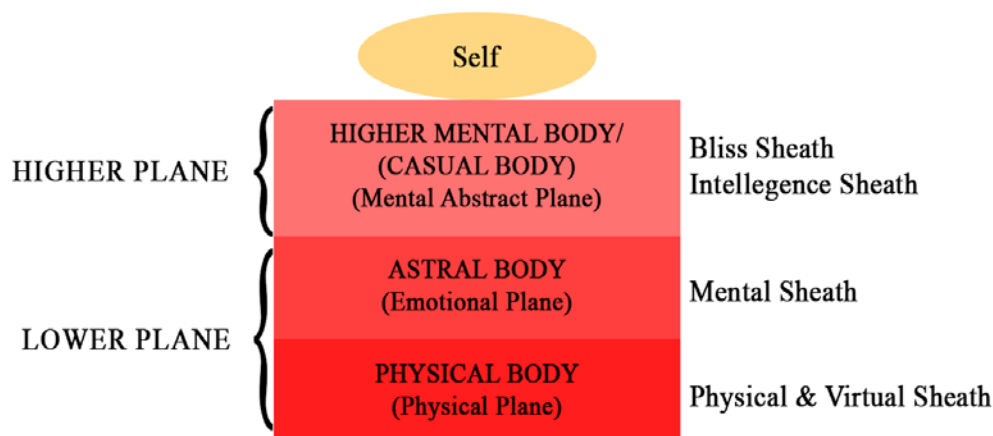
It is also called *Physical Dense Plane*. It composed of integrated mass of matter having condensed energy in various types of cells, tissues, organs and systems in solid, liquids and gas forms bounded with physical and vital sheaths. Recommended yog to maintain the physical body is external yoga in form of *Yum, Niyam, Asan* and *Pranayam*.

II. ASTRAL BODY

This body is also called *Emotional Plane*. It is for thought and emotions attached with ethric and further below by physical bodies. It is connected with mental sheath with lower mental body. It helps in experience of – *Pleasure and pain; Fear and Encouragement; Love and hate and Expression of Emotions*. It includes ethric, astral, (emotional) and lowers mental body.

FUNCTIONS: The higher bodies remain in association of physical body throughout the life. It keeps the physical body in proportion to the pleasure and misery happening in higher body planes of the individual. Besides these, the higher bodies have following functions.

- Repelling the negative energy form lower plane (physical body.)
- Self discipline and controls.
- Detachment with worldly affairs.
- Keeping the soul (*Atma*) in state of bliss.



“REPRESENTATION OF HOLISTIC BODY”

III. HIGHER MENTAL BODY

This body is also called (Causal Body) *Mental Abstract Plane*. It is the highest level of mental body. It has mental abstract (*Antahkaran*) and mental sheath. It has bliss and intelligence sheath. This is the Seat for Soul. It is connected with lower mental below and intuitional plane above. Recommended yog is *Pratyahar*.

TRUE SELF (ATMA)

True body is in subtle continuum to higher plane (mental body / causal body). It is further comprised of two body levels (From lower to higher).

- I. Atmic Level.
- II. Parmatmic Level.

I. ATMIC LEVEL

Its other name is *Mental Abstract Plane (Antahkarana)*. It has mental sheath and is the **Seat for Soul**. It continues above to Buddhic Body and Atmic Bodies. Its Yog is *Pratyahar*. Over and above all is the seat of Soul (*Atma*).

II. PARMATMIC LEVEL

Here, it is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit Aanand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is neither inward-turned nor outward-turned consciousness nor together. It is infinite, cannot be described in words. It is peaceful, blissful; and non-dual without a second. This is the *Atman*, the *Self*. This is to be realized. Those who know / understand it, he merges his self in the *Self* and attain ultimate goal.

BODY SHEATHS, DIET AND YOG

The physical body is condensation of mass of matters comprised of five elements in various proportions. The body is enveloped within the holistic body which subtle and invisible by naked eyes. The holistic body has sheaths which binds the human physical body in a shape. Each sheath needs some special diet and necessary exercise in form outside. The sheath, its dietary requirement and yogic steps are given below.

Sl. No.	SHEATHS	DIET	YOGIC STEPS
1.	Physical Sheath	Diet, herbs	Yam, Niyam, Asan
2.	Vital Sheath	Herbs, Gems	Pranayam
3.	Mental Sheath	Mantr	Pratyahar
4.	Intelligence Sheath	Meditation	Dharana, Dhyan
5.	Bliss Sheath	Union absorption	Samadhi

AUMIC DIVINE CHAKRAS

In general the chakras are considered to be the centre of energy. Though, all chakras are one or the other way divine chakras. In aumic system, the higher chakras above the Sahashrar Chakra are considered to be divine chakras as they are mainly concerned to

- Introduction.
- Types of Divine Chakras.
- Parmatmic Chakr.
- Atmic Chakr.
- Location of Divine Chakras.
- Features of Divine Chakras.

Atma and *Parmatma*. According to aumic concepts the entire chakras are grouped in two group i.e. **Divine Chakras** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Supreme Self i.e. Almighty GOD (*Parmatma*). Divine Chakr is concerned with divinity. They are ill defined, limitless and widely spread. Below the divine chakras are having its linkage in Bauddhic body (*Intuition Plane*) located in higher mental body. The divine chakras are attained in steps ladder manners. They are connected below with the highest Individual chakras known as *Sahashrar Chakr* which acts as the bridge between the Divine and Individual chakra.

Individual chakras act on direction of divine chakras in sequential manner. The individual chakras are concerned with the holistic body indicate seven major individual energy centers in the body. They are the opening of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes. The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*). The individual chakras has been dealt separately in a chapter.

TYPES OF DIVINE CHAKRAS

The divine chakra is extending below from Sahashrara chakra and extending in continuum to the *Atmic* and *Parmatmic chakr*. Based on the concept, the divine chakras have two major and some minor sub steps. The details are described as under in the features of divine chakras. These chakras are also called superior chakras (*Para Chakras*) extending from physical body plane of the individual to continuum with GOD (*Parmatma*). These chakras pertain to divinity. They are attaining in steps ladder manners. It is well connected with the Supreme Realty (GOD) as well as with the individual body planes. These chakras control the individual chakras through divine pathways. These chakras (*from above down words*) are:

- Parmatmic Chakra.
- Atmic Chakra.

PARMATMIC CHAKRA

This is the highest level for individual irrespective of sentient and insentient. They are attaining in step ladder manner. This is the level of GOD (*Parmatma*) who cannot be bound in any structure like figure, shape or form. This is representative of GOD for individual who is ill defined Omnipresent and Omnipotent. It has four steps corresponding to four quarters of *Self*. According to Aumic philosophy, AUM is the sound and representative of GOD. All the universal creations are the gift of GOD (*AUM*) in His image. Thus, all is *The AUM*, *The Brahman* and *The Self*. The Self has four chakras (*from below up word*) in steps or quarter manners.

- A. Vaisvanar.
- B. Taijas.
- C. Pragyan.
- D. Turiya (Atman).

A. VAISVANAR (*Phase of Prosperity*): It is first quarter, its field is waking state (*Jagrat*) and its consciousness is outward-turned. It is seven-limbed and nineteen-mouthed. It enjoys gross objects. It is the first sound **A**, because this encompasses all. Those who knows / understands it; he encompasses all desirable objects and becomes the first. It brings prosperities.

B. TAIJAS (*Phase of Knowledge and Wisdom*): It is second quarter. Its field is dreaming state (*Swapan*) and its consciousness is inward-turned. It is seven – limbed and nineteen-mouthed. It enjoys subtle objects. It is the second sound **U**. It is an excellence and contains the qualities of other two also i.e. A and M. Those who know / understand it, he exalts the flow of knowledge and becomes equalized and everyone who will be born in his family are enlightened. It brings knowledge and wisdom.

C. PRAGYAN (*Phase of Attainment*): It is third quarter. It is deep sleep or field of dreamless sleeps (*Susupti*). Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. His mouth is consciousness. It is the third sound. This phase is phase of measurement. Here all enters so those know / understand it; he measures all and becomes all.

D. TURIYA (*Phase of Liberation*): Turiya is Sanskrit word meaning is fourth. Here, it is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit Aanand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is neither inward-turned nor outward-turned

consciousness nor together. It is infinite, cannot be described in words. Its sole essence being the consciousness is its own self. It is peaceful, blissful; and non-dual without a second. This is the *Atman*, the *Self*. This is to be realized. Those who know / understand it, he merges his self in the *Self* and attain ultimate goal.

ATMIC CHAKRA

This is also called *Para Chakr* situated in divine plane of an individual. This is the highest plane of individual higher body and its respective auric field. It is well connected with the Supreme Realty (GOD) as well as with higher and physical body plane of individual. This chakras control the individual chakras through divine pathways. This is divided in three sub planes as chakras (*above down word*) in steps or quarter manners.

- A. Divine Plane.
- B. Monadic Plane.
- C. Spiritual Plane.

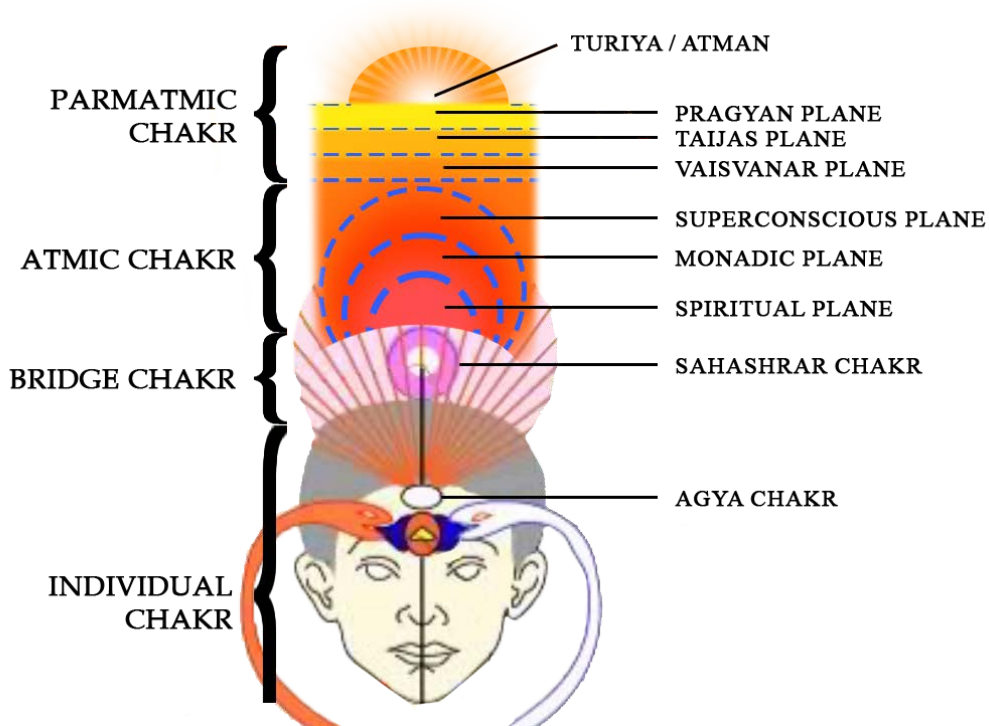
A. DIVINE PLANE (*First Cosmic Ether*): It is also called Superconscious Plane. It represents the first part of cosmic ether so called First Cosmic Ether. It is in continuum to Monadic Plane below and above to outer sphere of Parmatmic Chakr in continuum i.e. Vaisvanara chakr. It is the place Divinity. Here the yog for this state is Samadhi.

B. MONADIC PLANE (*Second Cosmic Ether*): It represents the second part of cosmic ether so called Second Cosmic Ether. It is in continuum to the Spiritual Body below and above to Divine Plane. It is called *Monadic Plane*. It is the highest aspect for a human being. It uses consciousness (*Chetna*) as vehicle of expression. This consciousness (*Chetna*) also used to gain the experience from lower planes. It is responsible for – ***Intelligence, Love and Wisdom.***

C. SPIRITUAL PLANE. (*Third Cosmic Ether*): It represents the third part of cosmic ether so called third Cosmic Ether. It is in continuum to the Intuition Plane below and above to Monadic Plane. it is responsible for spiritual activities at physical level. It is seat of Active ***Intelligence.***

LOCATION OF DIVINE CHAKRAS

The diagrammatic subtle location and connectivity of Divine chakras with Individual chakras with the help of bridge chakr known as Sahashrar chakr is given on coming page.



“DIAGRAMATIC STATE OF DIVINE CHAKRAS”

EATURES OF DIVINE CHAKR

The aumic chakras are the highest chakras who give direction to live and lead the life in accordance to their past acts (*Purvkarmas*) and Sanskar. The chakr, their sub levels and important features are mentioned in the in the table on coming page (*from Higher to Lower Chakr*).

Sl. No.	DIVINE CHAKR	SUB LEVEL OF CHAKR	IMPORTANT FEATURES
3	Parmatmic Chakr	• Atman/Turiya.	Sat Chit-Anand Swarupa → Phase of Liberation.
		• Pragyana.	One become Undivided → Phase of Liberation.
		• Taijas.	Enjoy Subtle Objects → Phase of Knowledge and Wisdom.
		• Vaisvanar.	Enjoy Gross Objects → Phase of Prosperity.

2.	Atmic Chakr	• Divine Plane / Superconscious Plane	Bliss Sheath for Love and Wisdom
		• Monadic Plane.	Active Intelligence.
		• Spiritual Plane	Yoga and Samadhi.
1.	Sahasrar Chakr	Base of Divine Chakr	Bridge for Divine and Individual Chakr.

AUMIC INDIVIDUAL CHAKRAS

The Chakra is Sanskrit word standing for wheel or disk. There are many chakras in holistic body plane of human body. The major chakras are of two types i.e. **Divine Chakras** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Almighty GOD (*Paramatma*). They are ill defined, limitless and widely spread. They are achieved in steps manners. They have been discussed in earlier chapter. Individual chakras are concerned with the holistic body and indicate seven major individual energy centers in the body. They are the openings of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes.

- Introduction.
- Types of Individual chakras
- Spiral Structure.
- Location of Chakras.
- Physicochakral Correlation
- Sources of Chakral Energy.
- Functions of Chakras.
- Causes of Chakral Disorders

The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*). They signify basic energy center in the body. Each individual chakra correlates with the major nervous plexuses branching from the spinal column. In addition, the chakras also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions etc. The individual chakras are over the spine, the energy channels *Ida* and *Pingla* cross 21 times. There are 21 **Minor Chakras** where they cross 14 times and 49 Mini Chakras where they cross 7times. From **Mini Chakras**, the *Nadis* are originated which carries energy to all the part of the body. On most of the acupressure point the *Ida* and *Pingla* cross 3 times. Each individual chakra correlates with the major nervous plexuses branching from the spinal column. In addition, the chakras also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions.

TYPES OF INDIVIDUAL CHAKRA

These chakras are under the control of divine chakras especially the Atmic Chakr. They are further divided in two groups Higher and Lower Chakras. They are located in ethric, astral and some in higher body plane of the individual's physical body. They are linked with divine chakras with the intermediary chakra known as *Sahashrara chakr*. These chakras (**from above down words**) are:

1. Sahashrar Chakr.
2. Agya Chakr.
3. Vishuddh Chakr.
4. Anahat Chakr.
5. Manipur Chakr.
6. Swadhisthan Chakr.
7. Mooladhar Chakr.

SPIRAL STRUCTURES

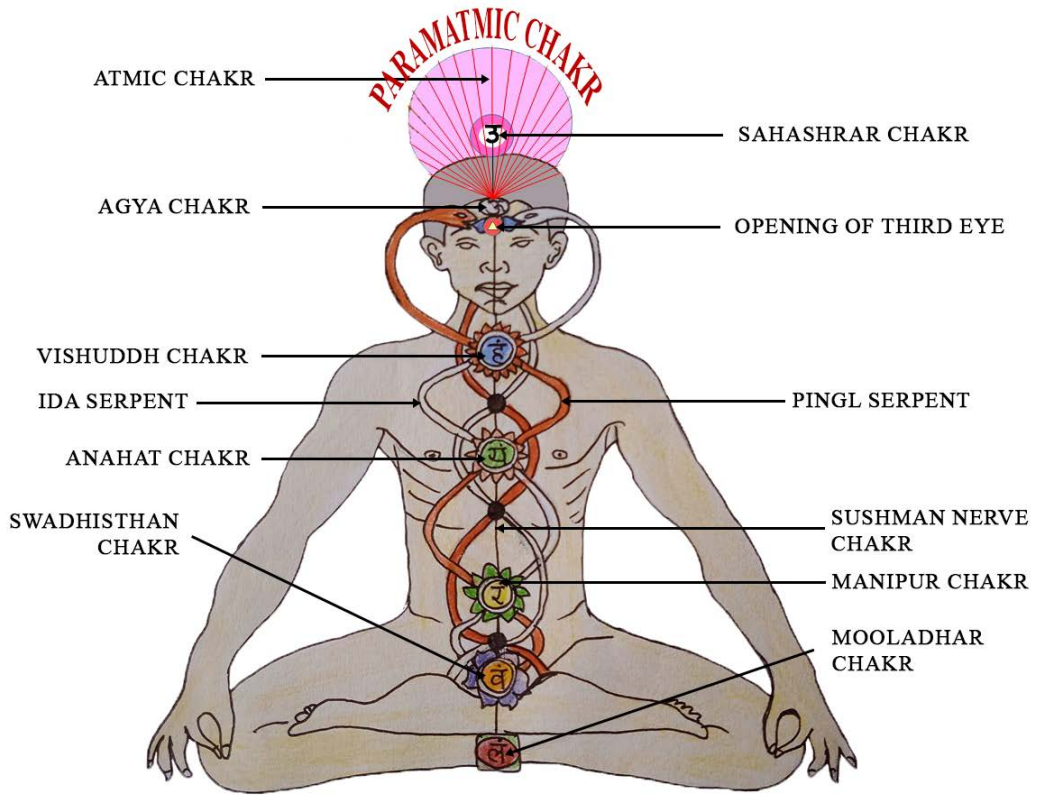
These structures are based on intuition, visualization, revelation and realization by clairvoyant scientists, sages and seers. These structures are invisible and cannot be demonstrated scientifically. Each individual chakra is made up of three concentric interblending whorls of energy:

- Left (Ida),
- Right (Pingla),
- Centre (Sushmana).

In all the **seven individual major chakras** which are situated on the surface of ethric body where energy channels *Ida* and *Pingla* cross 21 times. There are **21 Minor** chakras where they cross 14 times. There are **49 Mini** chakras where they cross 7 times. From Mini chakras, the Nadis are originated which carries energy to all the parts of the body. Thus, on most of the acupressure points **Nadis**, the *Ida* and *Pingla* **cross 3 times**.

LOCATION OF CHAKRAS

The individual lower chakras are mostly situated in ethric and astral bodies in various state of activity. They are also seen in astral and concrete mental body. The Vishuddh and Anahat are contained in lotus of soul at higher mental plane. The chakras reflect the physical, mental, emotional and spiritual quality of the individual. The lower Individual chakras are in holistic body and are in correspondence to specific nerve plexuses of the physical body while the higher individual chakras correspond to individual's higher body plane. A diagrammatic description of entire chakras (*Divine and Individual*) is given on forthcoming page.



“LOCATION OF CHAKRAS”

PHYSICO CHAKRAL CORRELATION

The *chakras* reflect the physical, mental, emotional and spiritual quality of the individual. The names and the corresponding situations are as under:

Sl. No.	Name of the Chakras		Corresponding Situations	
	<i>Sanskrit Name</i>	<i>English Name</i>	<i>Nerve Plexus</i>	<i>General</i>
1.	Mooladhar Chakr	Root Chakr	Sacro-Coccygeal Plexus	Base of Coccygeal Spine
2.	Swadhistan Chakr	Genital Chakr	Lumbo-sacral Plexus	Base of Sacral Spine
3.	Manipur Chakr	Umbilical Chakr	Celiac or Solar Plexus	Umbilical area
4.	Anahat Chakr	Heart Chakr	Cardiac Plexus	Over Heart
5.	Vishuddh Chakr	Throat chakr	Carotid Plexus	Front of Throat

6.	Agya Chakr	Brow Chakra	Cavernous plexus (Hypothalamus)	Between both Eyebrows
7.	Sahashrar Chakr	Crown Chakr	Pineal gland (Upper brain)	Top of the Head



“SURFACE LOCATION OF CHAKRA”

SOURCES OF CHAKRAL ENERGY

The higher chakras are directly derived from divine source and thus they take the required energy from the Supreme Source of Energy (SSE) while the individual lower chakras receive the various types of energy from following sources:

- Sun (Solar energy) or Cosmos (Cosmic electromagnetic energy)
- Color (Color energy)
- Smell (Essence energy)
- Sound (Voice energy)
- Touch (Heat and cold energy)
- Taste (Nutritional energy)
- Thought (Constrictive energy)

FUNCTIONS OF CHAKRAS

All the individual lower chakras are directly under control of the divine chakras. The individual lower chakras are connected with minor and mini chakras and ultimately to the respective organs in accordance to the distributed areas of the chakras. They receive, modulate and transmit the vital energy into physical body which gives rise to- *Physical, Mental, Emotional and Spiritual Qualities*. In general the major chakras have following functions.

- 1.The divine chakras energize, regulate and maintain the span of life.
- 2.They higher individual Chakras vitalize the physical body.
- 3.They help in development of self consciousness.

They receive, modulate and transmit the vital energy into physical body which gives rise to-

- Physical Qualities,
- Mental Qualities.
- Emotional Qualities.
- Spiritual Qualities.

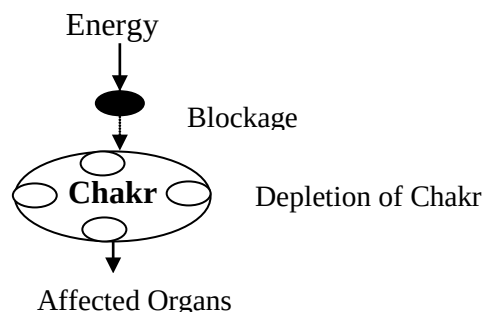
CAUSES OF CHAKRAL DISORDERS

These form a depression on Ethric body which is linked by a triple thread of energy with *Pranic triangle*. The *Prana* it is drawn to spleen chakra where it is processed, built up by rotation in *Pranic triangle*, which regulate its potency according to need of body. It is then discharged in to Ethric web of Major chakras and the Nadis to give vitality to the body. In healthy individual all the chakras are perfectly balanced, correctly awakened and properly energized. The proper co-ordination of *Nadis*, *Nerves* and *Endocrines* maintains the health of the individual. The physical derangement or non-ailments are due to some disturbance in specific chakras leading to malfunctioning of corresponding organs and further diseases. The common cause of disease is;

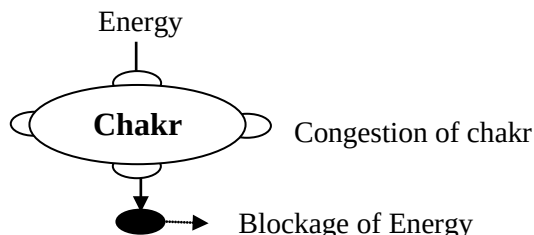
- 1.Violent Trauma,
- 2.Operation,
- 3.Sudden emotional shock,
- 4.Fear and anxiety.

These lead to blockage of the flow of energy in Chakras either at the site of **entry in or exit out** from the chakra giving rise to various manifestations as clinical problems.

Entry in Block: When there is entry block, the chakras are depleted due to lack of energy as the energy is directed back to its original source leading to hypo function and consequently the physical and mental disorders.



Exit out Block: When there is exit block, the energy is accumulated in chakras causing to congestion due to excess accumulation of energy and ultimately bursting, leading to hyper function and consequently the physical and mental disorders.



COMMON CHAKRAL DISORDERS

These changes are seen as its lower down effects (Hypo Effects) or higher effects (Hyper Effects). In all condition, the manifestation is at organs (*Indries*) level. The functioning of chakras is of two types according to its activity.

- (1) Hypo Function (Decreased activities).
- (2) Hyper Function (Increased Activities).

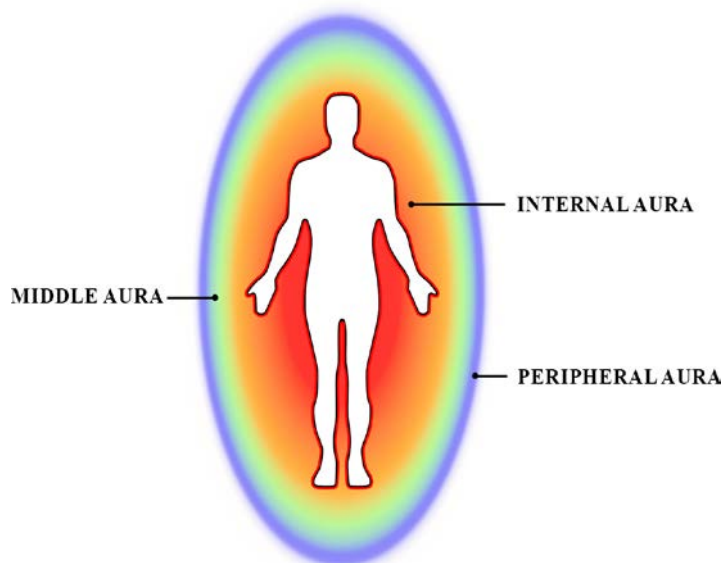
Sl. No.	Name of the Plexus (Chakra)	Hypo Function	Hyper Function
1.	Sacro-Coccygeal Plexus (Mooladhar Chakr)	Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica	Neuro-circulating Asthenia,
2.	Lumbo-Sacral Plexus (Swadhisthan Chakr)	Psychoneurosis, Impotence, Infertility, Fragility	Animal behavior, Syphilis, Gonorrhea, HIV/AIDS, Tumor of Testes, Prostate, Ovary, Uterus.
3.	Celiac or Solar Plexus (Manipur Chakr)	Cancer, Diabetes mellitus	Peptic ulcer, Cirrhosis Liver& Gall Bladder, Psoriasis, Neurasthenia.
4.	Cardiac Plexus (Anahat Chakr)	Depressive Psychosis, Hypotension, Arrhythmias Heart block.	Arrhythmias, Hypertension, Heart attacks, Blood disorders

5.	Carotid Plexus (Vishuddh Chakr)	Vertigo, Anemia, Allergy, Fatigue, Asthma, Sore- throat, Menstrual Disorders.	Psychosomatic Disorders, Bone Disorders, Hyperthyroidism
6.	Hypothalamus (Agya Chakr)	Hypopituitarism with Hypo function of all endocrines	Migraine, Mania, Gigantism, Acromegaly Disorder of Eye, ENT.
7.	Upper Brain or Silent Area (Sahasrar chakr)	Depressive Psychosis	Encephalitis, Brain Tumor, Mania

AUMIC AURA

The aumic aura is the electromagnetic field that surrounds the human holistic body to individual's divinity. It is called divine human energy field (DHEF). It has subtle connectivity with divinity through divine-universal-individual connectivity (DUIC). Every existing in the universe irrespective of sentient and insentient has their divine means their own aumic aura. This divine human energy field (DHEF) is having varying densities. The auric field permeates and emits or exit from the physical body of a living person. The energy particles are suspended around the healthy human body in an oval shaped manner beyond the normal auric area it merges with the universal aura and submerge with divine aura. This is called "**Aumic Auric Field**". A diagrammatic presentation is given below.

- Introduction.
- Parts of Aumic Aura.
- Auric Manifestations
- Chakra and Holistic Body.
- Auric Body Requirement.
- Kirlian Photography.



“AUMIC AURIC FIELD”

PARTS OF AUMIC AURA

The Aumic aura has widest range which is not possible to measure or capture in photo graphs. Thus, based on measurable and non measurable, the aumic aura has been divided in two parts.

- I. Divine Aura.
- II. Physical (Electromagnetic) Aura.

I. DIVINE AURA

Divine aura is the human energy field in continuum to physical aura. It is beyond measurement and covers the universal and divine plane of the individual.

II. PHYSICAL / ELECTROMAGNETIC AURA

The physical aura is the electromagnetic field that surrounds the human body. It is also called human energy field (HEF). It emits from the body. Thus, ***“Aura is defined as dark bluish, purple waves surrounded by light blue or gray layers which are yellow over the head.”*** In general the aura means the Electromagnetic Aura. This aura is measurable and demonstrable.

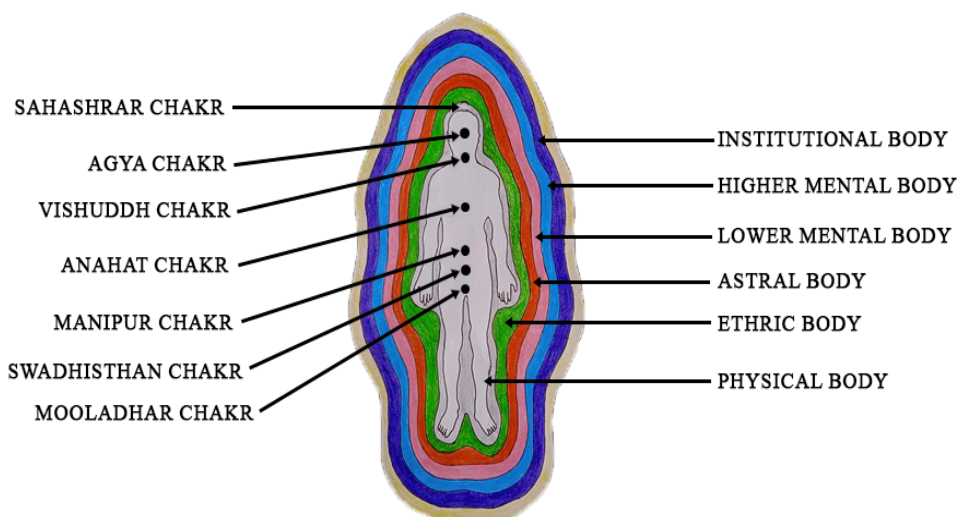
AURIC MANIFESTATIONS

The human aura consists of seven layers, each one of them represents one body called auric or holistic body. Physical body is visible while other six are subtle bodies are around the physical body in different layers. Each body has its own frequency. They all are interrelated and affect one another. Therefore any imbalance in one of the bodies leads to a state of imbalance in the others. The average area is about 3-4 feet (average 1 meter) on all sides of body.

It is more and prominent around head. In general, it is representative of individual's OJUS. It is representative of subtle energy body (*Sookshma Sharer*) where all emotions, thoughts, memories and behavior pattern are located. It is present all around the body but more prominent in upper Chakral areas as – Anahat, Vishuddh and Agya. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 feet and that of female is 2.5 to 3.5 feet. Normally, it varies with time, place, mood, emotions, thoughts etc.

CHAKRAS AND HOLISTIC BODY

The holistic body is integration of auric and chakral bodies with physical body. They are subtle and deeply associated with each other. The diagrammatic correlation of Aura, Chakras in Holistic body is given as under:



“CORRELATION OF CHAKRAS IN HOLISTIC BODY”

AURIC BODIES REQUIREMENT

The auric body or energy body is around the physical body. They are also known as subtle body (*Sookshma Shareer*). These bodies are the seat of realization of senses, will, mind, desire emotions etc. They have their need and ways of its fulfillment which is mentioned in the table-

Sl. No.	Name of Body	Need	Fulfillment
1.	Physical Auric Body	Physical sensation	Physical comfort, pleasure and health
2.	Ethric Auric Body	Emotions with self-respect	Self-acceptance and love
4.	Astral Auric Body	Relation with others	Pleasant interaction with family and friends.
5.	Lower Mental Auric Body	Strong Divine Will	Commitment to speak and follow the truth.
6.	Higher Mental Auric Body	Divine love	Feeling of Unification
7.	Buddhic (Intuitional) Body	Divine mind	Connection with divinity and understanding the grater universal pattern.

KIRILIAN PHOTOGRAPHY

For centuries, the specialists had been able to see auras by naked eyes. The colour of aura exhibits meanings. During 1939, Semyon Kirlian was working in a high voltage atmosphere. Accidentally, he discovered that if an object on a photographic plate is connected to a high-voltage source, an image is produced on the photographic plate. The technique has been variously known as "electrography", "electro photography", "corona discharge photography" (CDP), "bioelectrography", "gas discharge visualization (GDV)", "electro photonic imaging (EPI)", and, in Russian literature, "Kirlianography". Kirlian photography has been the subject of scientific research but it has been used in alternative medicine research. He developed a photographic camera of high voltage to measure the *aura*. Photography through this camera is known as Kirlian photography. Kirlian photography equipment captures a subtle field of electromagnetic energy which radiates from all living and non-living things.

PROCESS OF PHOTOGRAPHY

Here, sheet film is placed on top of a metal plate, called the discharge or film plate. The object to photograph is placed on top of the film. If the object to be Kirlian photographed is inanimate, such as a coin or leaf, earth ground is connected to the object.

CHAPTER - 10

AUMIC YOG

The meaning of Aumic yog is union of individual self to Supreme Self i.e. the Atman of AUM (GOD). Yog is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. The yog has many benefits for physical, mental and spiritual benefits. Though, all of these benefits have been backed by science.

Medical yoga is defined as the use of yoga practices for the prevention and treatment of medical conditions. Medical yoga also incorporates appropriate breathing techniques, mindfulness, and meditation in order to achieve the maximum benefits. Based on the methods, practices and attainments, AUM Foundation, NY, USA, has developed Aumic Yog. Aumic Yog is a systemic, holistically scientific way to improve the status of self and the society. The aumic yog is of two types *i.e. Physical Aumic Yog* for disability management and physical fitness and *Spiritual Aumic Yog* for spiritual growth and attainment of the Ultimate Goal (Union of self with the Self).

- Introduction.
- Applied Yog.
- Essentials of Aumic Yog.
- Aumastak Yog.
- Aspects of Aumastak Yog.
- Method of Practice.
- Observatory Steps.

APPLIED YOG

Everyone has come in this universe with definite span of life and vision. He acts during the life according to their past acts (*Purv-karm*) which has provided the inherited *Sanskar* for present acts. Everyone knows the good and bad aspects of life even then some are involved bad activities because of their *Sanskar*. It is very much required to inculcate the good *Sanskar* with good acts in everyone's life in order to have good *Sanskar* in next coming life. This yogic practice leads the way to improve the present acts and the better further *Sanskar* of next life. There is no any physical tool or instrument or medicament which could be administered to facilitate the way to improve the *Sanskara*. Aumic Yog is the best method.

Aumic yog is base on the Astang Yog propounded by *Maharishi Patanjali* about 2500 years ago is most acceptable, practical and scientific. This eight step Aumic Yog is called **Aumastak Yog**. The eight step is same as of Patanjali Astang Yog. It is easy to attain with little practice. The addition of Aumic tools, techniques and methodology with this Aumastak yog facilitate the process of attainment as it acts as holistic catalyst. Aumic yog can be followed by all, irrespective of caste,

creed, religion or race. Anyone, who is in search of the truth of life and divinity can easily practice and attain the goal.

ESSENTIALS OF AUMIC YOG

Aumastak yog encompasses of aumic era which has enormous enough energy, serenity and pioucity leading to early aumigenesis in individual. It improves both internal and external atmosphere of individual. It provides a more quick special vision than other aumic rituals to individual. This vision is also called aumic three dimensional visions (ATDV). This vision is also has an inherited quality for his success in routine as well as in the spiritual life. The person equipped with Aumic three dimensional vision (ATDV) is most rich in spiritual life. It determines the individual's capacity and capability to lead him to his goal. It is associated with deep *Sanskar*. It helps adequately to lift up one from a lower plane to highest plane (*Physical body plane to Atmic Plane*) to attain the ultimate Goal. This is individual's property and one inherits it from past life (*Purvjanm*). The past acts are inherited as *Sanskar* to plays role in present life. The Aumastak yog is catalyst for the promotion of future *Sanskar*..

AUMIC VISION

Every one wants to attain the Supreme Reality or Ultimate Goal of life but hardly a few could get it. For the attainment, The AUM Foundation has ascertained the presence of Aumic three dimensional visions (ATDV) which are:-

1. Aumic Determination
2. Aumic Devolution
3. Aumic Dedication

1. **Aumic Determination:** It is individual's power of firmness to take decision and prove the result, no matter what it is? It varies from one individual to another and is directly proportional to individual's will power.
2. **Aumic Devotion:** It is individual's worship or loyalty or affection to AUM or any of the divinity of his choice.
3. **Aumic Dedication:** Means complete surrender to AUM. It facilitates attainment.

AUMASTAK YOG

Aumastak Yog is a systemic and holistically scientific way to improve the status of self, family and the society. It is a way of individual aumification through realization of self in the image of AUM. There are eight steps of Aumastak yoga so

called **Aumastak Yog**. Here, one has to follow all the steps within aumic environment.

AUMIC ENVIRONMENT

Aumic environment is a place where aumification is performed with aumic chanting in presence of a Symbol of AUM or the place of continuous slow aumic recitation or silent aumic chanting is going on. The aumic environment is created in following ways:-

1. Short and long Aumic Chanting.
2. Continuous Aumic Chanting with Device.
3. Presence of Statue of AUM.
4. Continuous Chanting of AUM Brahm Mantr.
5. AUM Yagy.
6. AUM Agnihotr.
7. Temple, Mosque, Church or Gurudwra.

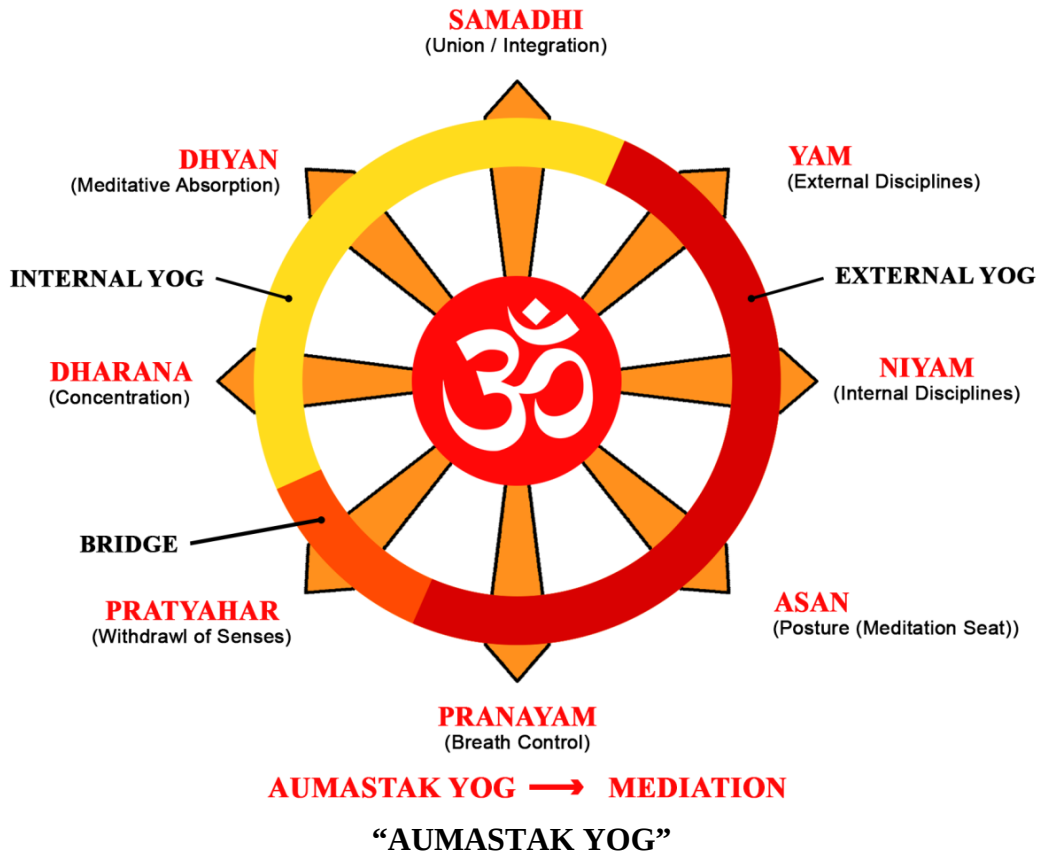
PRE-AUMASTAK PRACTICE

Pre-Aumastak Practice is the state of introduction of AUM to a person willing to accept the Aumic practices as - Aumic Yog, Meditation, healing, Therapy etc by exposing them to aumic environment in order to enhance the perception of AUM. The period of this practice is 3 to 9 days at least one hour daily.

ASPECTS OF AUMASHTAK YOG

Aumastak yog is practice of aumic yog to attain the ultimate goal within Aumic Aura. It can be represented in continuum in cyclic manner. The entire circle has AUM in the center as well as within the AUM. Thus the Aumastak Yog is considered as yog within the Aumic Aura. The entire aspects are in continuum but divided in three parts:

- I. Central AUM,
- II. Aumastak Circle.
- III. Peripheral AUM.



I. CENTRAL AUM

This is presumption of AUM within the center of Aumastak Circle which represents the individual body. It has maximum aumigenic potency to initiate the aumigenesis and thus the progress of Aumastak Yog. The center is the nucleus to initiate the self induced Aumastak Yog. In terms of Aumastak aura central AUM represents the internal aura of Aumastak Yog. The practice of yog starts from the central AUM.

II. AUMASTAK CIRCLE

This represents the individual body. It requires potency to initiate the aumigenesis to progress of Aumastak Yog in individual. The central AUM initiates the thought and process of self induced Aumastak Yog. In terms of Aumastak aura, it represents the middle or intermediary aura. This is the base of attainment. The Aumastak circle is the seat beam around which aumic process generate the aumic energy field which permeates the holistic body of individual to aumify the individual

in order to achieve the goal of life within the intermediary or middle auric field.. The Aumastak circle has three continuous inter linked Yogic Parts.

1. External Yog.
2. Bridge Yog.
3. Internal Yog.

1. EXTERNAL YOG

The external yog is visible as it can be observed by other person that someone is doing some yogic practice. The external yog involves four yogic steps.

- Yam,
- Niyam,
- Asan,
- Pranayam.

2. BRIDGE YOG

This is the fifth step of the Aumastak yog practice. Here one practices to connect from his outward to inward. It stands for control of desires or control of senses. It involves fifth steps called:

- Pratyahar

3. INTERNAL YOG

The internal yog is invisible as it can be observed the internal status of anybody from outside. The practice of this yog leads to the state of Aumic meditation. The external yog involves the following steps. It involves three steps.

- Dharana,
- Dhyan,
- Samadhi.

III. PERIPHERAL AUM

This is the presence of AUM around the Aumastak circle. We know that all is AUM i.e. what we see and what is beyond it is AUM. Here, the circle represent as conductor of subtle aumic vibration energy between inner and outer AUM. Thus, the practice of Aumastak Yog communicates inner and outer self quickly and ultimately attains the Goal.

AUMASTAK EIGHT STEPS

After preparing the person, they are allowed to move for Aumastak Yog. The Aumastak Yog has following eight steps based on Patanjali Astang Yog. The Steps, English terminology and behavioral meaning is mentioned on coming page.

SI No.	Steps	English Meaning	Behavioral Meaning
1.	Yam	Social Ways	Social Behaviors
2.	Niyam	Individual Ways	Personal Behaviors
3.	Asan	Positions of Body	Physical Postures
4.	Pranayam	Respiration	Breathing Exercise
5.	Pratyahar	Control of Desires	Control of Sense Organs
6.	Dharana	Sincere Practice	Practice of Concentration
7.	Dhyan	Focus at a Point	Concentration
8.	Samadhi	Liberation	Union

METHOD OF PRACTICE

Nobody is perfect in the world; perfect is only i.e. *Omnipresence*. Practice makes a man perfect to a certain extents. One should try to attain the perfectness. The level of perfectness varies from individual to individual based on many factors. So for the yog is concern, Aumic yog is the most perfects. It is easy, acceptable, practical and scientific and holistic.

The practice should be started in either of the above aumic environment. Before, starting one should keep in view the aumic three dimensional visions (ATDV) and Pre-Aumastak Practice. Once the practice of Aumic yog is initiate, it should not be discontinued unless until there is definite positive indication of aumification. The proper follow of practice lead a fast way to reach the goal. The earlier aumification changes start coming and can be observed in step of *Yam* and *Niyam* which gradually move to the steps of internal yog (*Dharana*, *Dhyan* and *Samadhi*) and thus the attainment of the ultimate Goal. Once the effect starts at Koshas level, it gradually extends to cells, tissues, organs, systems and ultimately the holistic body to attain the ultimate goal. The steps of practice and its effects are mentioned in forthcoming table.

OBSERVATORY STEPS

The proper practice of Steps of Aumastak Yog, English Meaning, Behavioral Meaning and Methods of Practice are described in under.

Sl. No.	Steps	English Meaning	Behavioral Meaning	Methods of Practice
1.	Yam	Restraint (Practice to eliminate)	Social Behavior	Non-violence (Ahimsa), Truth fullness (Saty), Non-stealing (Astey), Moderation (Brahmachary), Non-hoarding (Aparigraha).
2.	Niyam	Individual Ways	Personal behaviors (Cleanliness)	Framing a self rule for social ways; purity of body and mind, contentment, austerity (<i>excess balanced</i>) in every sphere of life, study of relevant literatures, practice and devotion to AUM. <i>Regularly, sincerely and honestly.</i>
3.	Asan	Sitting Positions	Physical Postures	Sitting in specially comfortable posture, realizing them self within the symbol of AUM at least for 10- 15 minutes daily
4.	Pranayam	Breath Holding	Control of Breathing	Slow and deep inhaling from one nostril (<i>Poorak</i>), holding the breath for some times (<i>Kumbhak</i>) and then slow exhaling through other nostril (<i>Rechak</i>). This practice to be repeated one by one from both nostrils and then slowly inhalation, holding and exhalation from both nostrils. It should be practiced for at least 10-15 minutes daily.
5.	Pratyahar	Control of Desires	Control of Sense Organs	Stop the activities of all the sense organs (gate-keepers of body and mind).
6.	Dharana	Sincere Practice	Practice of Concentration	Choose the symbol of AUM and concentrate on it. It requires perseverance and Will Power. The process should be developed gradually, regularly, and continuously. Try to concentrate on the head of AUM.
7.	Dhyan	Focus at a Point	Concentration	Always think to merge with AUM at any end point of its wing preferably the dot on the top.
8.	Samadhi	Liberation	Union with the <i>Self</i>	Ultimate aim of <i>Aumic yoga</i> i.e. union of the individual self with step of infinite (∞) of AUM which is the merger of the self with the <i>Supreme Reality</i> .

AUMIC UNIVERSAL ENERGY

जन्म आयु के दाता हो तुम, कण-कण में रहते हो,
चर औ अचर रूप में तुमही, सकल भुवन भ्रमते हो॥⁽¹⁾

Meaning: O! AUM, You are the provider of birth and life, You prevail in each and every universal particle, You move in all universe in form of sentient and insentient.

You energize all universal atoms with your aumic energy. You are the beginning and end of all the energies. The modern scientists could only define the demonstrable energy which could be generated and used. Such energies are physical, chemical, biological which is just a fraction of supreme source of energy. Major portion of aumic energy is yet to be identified. This energy has different names in different planes as – **Divine energy** in divine plane, **Universal energy** in universal plane and **Known energy** in **Individual plane**. Some of the fraction of aumic energy comes directly to each individual without any change in its name and qualities for energization through divine-universal-individual connectivity (DUIC). The rest energy comes down to individual through various planes with addition and deletion of necessary energy according to individual tolerance.

- Introduction.
- Types of Energy.
- Route of Entry of Energy.
- Effects of Energization.

TYPES OF ENERGY

In every creation or destruction there is an involvement of energy in one or the form. We know only about the physical energy which we generate, operate and distribute. Besides the known energy, there is other energy used by the universal contents during their existence in the universe. Thus, the aumic universal energy is divided in two groups.

- (I) Known energy
- (II) Unknown energy

I. KNOWN ENERGY

The energy which is generated, operated and distributed for the proper use of mankind is called known energy. The known energies may be in static or dynamic states. These are derived from the universal creations i.e. Five Elements (*Punchmahabhutas*). There are two groups of major universal creations:

1. Heavenly Bodies
2. Physical Matters.

1. HEAVENLY BODIES

These are called celestial bodies which are the combination of various known zodiacs, stars and planets. They look belts of heavens, point of light and heavenly bodies. They have their functions in it as well as have its effects on the other universal structures. Every individual has his related celestial bodies (*zodiacs*, *stars* and *planets*) situated at various degrees, planes and axis. They have their direct effects on individual from the time of conception till the end of life. The known celestial bodies and their numbers are:

A. Zodiac = 12

B. Stars = 28

C. Planets = 09

The details of these celestial bodies are described separately as a chapter.

2. PHYSICAL MATTERS

All the living and non-living available on the earth are physical matters. They are available in either of three forms as- *Solid*, *Liquid* or *Gas*. They can be converted to either form. During the conversion, there is either requirement or liberation of some energy. Such energy can be generated, operated and distributed (utilized) according to need. They have their names, units and uses. Some of the common types of energy generated from physical matters are mentioned as –

- A. **Physical Energy:** These are used as- sound, heat, light, magnet, electricity, electronics, etc.
- B. **Chemical Energy:** These are used as- metal in forms of atoms, molecule, nuclear etc; besides this, petroleum and its derivatives etc.
- C. **Biological Energy:** These are the derivatives of animal and plant products either directly or indirectly.
- D. **Mineral Energy:** These are used as salts, minerals, gems, stones and trace elements.
- E. **Bio-technical Energy:** These are used in form of solid, liquid, gas and its derivatives to provide necessary energy.

II. UNKNOWN ENERGY

The aumic energy comes directly to each individual without any change in its name and qualities to energize to the Individual throughout the life. These energize are - *Soul (Atma)*, *Senses (Indries)* and *Mind (Manah)*. These are present in an individual as Life Force. These are subtle energy which shows its presence as life without a demonstrable source hence forth it is called unknown energy. This energy is beyond the human generation, operation and distribution. This is operated with divine wish. These energies have definite roles during the life through various means, modes and

methods of formation and transformations. Some of such energies are described below:

1. **Soul (Atmic) Energy:** Each soul (*Atma*) is divine and miniature representative of GOD. It is implanted with divine wish to provide them life. It is Superior Nature (*Higher Prakriti*) of individual *being* is derived from GOD. It is continuum with life force (*Pran*). It is beyond the organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*). It remains in *Atmic plane* of an individual. It controls all aspects of individual being.
2. **Pranic Energy:** Pran is life (*Chetna*). It is in continuum with soul. It is implanted in newer body with the soul at intra uterine life (IUL) at the time of conception and activated at the time of birth. It remains in *Pranamay kasha*. After birth, it is activated and nourished by Pranic energy (*Pranvayu*) directly derived from air element of prime components of aumic energy.
3. **Sanskar Energy:** *Sanskar* is collection of acts (*Karmas*) from generations to generation. The acts are performed through various senses and organs (*Indries*). The *Sanskar* may develop on either side i.e. divine or devil according to the acts done by senses (*Indries*). These are further strengthened by the present acts (*Karmas*) of life which is nourished by the Sanskar energy. Depending on past acts (*Purv-karmas*), the energy activates the present life to act on either side i.e. divine or devil.
4. **Mind Energy:** The soul carries senses (*Indries*) and mind (*Manah*) from one life to another after the liberation from the earlier physical body. The mind energy enhances the level of intelligence of the individual. Depending on many factors of past life (*Purv-karm*) one get the intelligence in present life.
5. **Neo-Energy:** This is group of unknown divine subtle energies derived from supreme source of energy. It promotes the innovations in individual according to divine wish.

ROUTE OF ENTRY OF ENERGY

The life (*Pran*) is implanted in intrauterine life (IUL) with soul. During intrauterine life (IUL), the foetus gets energy from mother and SSE through maternal chakras. At the time of birth, the baby charkas get activated through cosmic energy through divine-universal-individual connectivity (DUIC). There are two common rout of entry of energy in the physical body:

- (I) Direct Routes
- (II) Indirect Routes

I.DIRECT ROUTES

Here, the energy enters through direct routes into the body. There are three direct routes for the entry of the divine (cosmic) and universal energy and its further derivatives in one or the other form.

(1). **Divine Routes:** The main entry takes place through Parmatmic, Atmic and ultimately in Crown chakr (*Sahasrar Chakr*) and other *Charkas* in higher bodies as - Atmic, astral and ethric bodies.

(2). **Natural Openings:** The physical body has many natural openings to receive and perceive the divine and universal energies. These openings are- Eye, ear, nose, mouth, Genito-urinary tracts and pores in the skin.

(3)**Physical Methods:** The energy enters directly in the body through various physical methods as- Conduction, convection and radiation.

II.INDIRECT ROUTES

Here, the modulated cosmic energy enters in the body through some vehicles used as foods, drinks, juices and medicaments. The human being has developed the ways to make them suitable to cross various barriers of body and provides necessary energy to target cells, tissues, organs, systems and thus to the body. These vehicles are –

(1) **Food:** There are various kinds of food according to the climate and culture. The food carries the nutrients in form of Carbohydrates, proteins, fats, vitamins, minerals and water. These foods are developed by of Cosmo-universal energy. The foods are vegetarian and non-vegetarian. They mainly contain the naturally defined quantity of carbohydrates, proteins, fat, minerals vitamins and water in varying quality according to its nature to provide the required energy to the cells and tissues for proper functioning.

(2) **Fruits:** There are many fruits which are consumed just after cleaning while others are used after necessary processing in form of vegetable, pickles, jam, jelly and juices. They mainly contain the naturally defined quantity of carbohydrates, proteins, fat, minerals vitamins and water in varying quality

(3) **Drinks:** Drinks are most common and easily available vehicle to carry the certain nutrients. The common drinks are - fruits juices, salt, sweet juices, and other beverages.

(4) **Medicaments:** There are various aumic medicaments derived from plants (*herbs, shrubs and trees*), chemicals and minerals resources. They are used in health and diseases according to their indications. These medicaments have promotive, preventive, curative and rehabilitative values. They are used as vaccines, tablets, capsule, caplet, syrup, drops, infusions, injections, inhalants, decoctions, vapors, and applicaps etc.

EFFECTS OF ENERGIZATION

It is process of providing adequate energy to the cells, tissues and organs in order to function properly. Any energy, after entry into the body gets absorbed and

passes through the known and unknown, major and minor tubes and channels (*GIT, trachea, fallopian tube nerves, Nadis, lymphatic and blood vessels*) to the target organs, tissues, cells, genes, chakras, sakhas and koshas. Some of the energy crosses the body and again merges with divine-universal-individual connectivity (DUIC) and ultimately to supreme source of energy. The assimilated energy energizes and allows the target genes and cells for proper functions for appropriate period. Energy has its definite effects and functions while unknown energy has indefinite effects and functions which cannot be measure but can be definitely realized. The effects of energization can be studies under three broad groups.

- I. Divine Effects.
- II. Universal effects.
- II. Individual effects.

I.DIVINE EFFECTS

The divine effects of aumic energization can be observed in general and in human beings. The effects can be monitored as:

- (1) Maintenance of the proper ratio of generation, operation and destruction leading to optimal growth rate in terms of population.
- (2) Adequate supply of *Pranic energy* to each atom of the universe leading to prolonged existence of all universal contents.
- (3) Maintenance of all the balance amongst the three sub-planes (*Tri Loks*) i.e. *Akash Lok, Bhu Lok and Patal Lok*.
- (4) Balance in all the three planes as – *Divine, Universal and Individual*.

II.UNIVERSAL EFFECTS

The universal effects of aumic energization can be observed in general and on human beings as follows:

- (1) Maintenance of equilibrium amongst all the known celestial bodies as – *Zodiacs, Stars and Planets*.
- (2) Purification of all the three environments as - *Internal, External and Universal*.
- (3) Adequate production and supply of divine-universal energy to energize the nourishment of *Foods, Grains, Fruits and Drinks*.
- (4) Establishing peace and harmony amongst the entire universe existing.
- (5) Maintenance of equilibrium in all resonators of sound as- *Plants, Animals and Human beings*.

III. INDIVIDUAL EFFECTS

The individual effects of aumic energization can be observed in general and on individual being. The effects vary from individual to individual even in twin born babies. It is observed in following ways:

1. Balanced effects of the three defined quarters of *Self* i.e. - *Vaisvanar*, *Taijas* and *Pragyan* leading to happy, healthy, prolonged and blissful life.
2. Balancing of five elements (*Panchmahabhuts*), three humors (*Tridosha*), seven body tissues (*Saptdhatus*) and five wastes (*Punchmals*) of individual resulting optimum health.
3. Prominence of *Satvic Qualities* out of three qualities (*Triguns*) as - *Satv*, *Rajas* and *Tamas*.
4. Changes in individual personality as - *Increased AUM score*, *N.P. Score*, *Aura*, *Awakened Kundalini*, *Adequately Energized Chakras* and *Glowing of face*.
5. Proper correlation and co-ordination in all genes, cells, tissues, organs and systems of body leading to minimal damage or handicap after illness and accident- which could be easily corrected by Aumic therapy.
6. Inclination towards divinity through maintaining the triad of success as regularity, sincerity and honesty for reaching the ultimate goal or attainment.
7. Appearance of signs of achievement of goal or attainment i.e. - *Auspicious Hearing*, *Vision*, *Acts* and *Dedication to Service of Humanities*.

REFERENCE.

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CHAPTER - 12

ZODIACS

These are the belts of heavens beyond which neither the sun, moon nor other planets passes. It is band of the celestial sphere extending about 8° on either side of ecliptics. It represents the path of path of movement of Moon and Sun. This band is divided into twelve equal parts called signs of zodiac. It predicts the natures, strength and weakness of the individual. It contains 12 zodiacal constellations. Each part is 30° wide. The use of stars as the (12 signs of the zodiac) sun, moon and planet are in practice of our traditional system of treatment and healing. The integration of all (zodiacs, stars and planets) with medicinal plants, herbs, minerals, auspicious stones along with yog and medicine in various combination is far superior practice then any single practice. It predicts the natures, strength and weakness of the individual.

- Introduction.
- Zodiac and Constellation.
- Nature of Zodiacs.
- Zodiacs and Health.
- Zodiacs Govern by Planets.

ZODIAC AND CONSTELLATION

It is band of the celestial sphere extending about 8° on either side of ecliptics. It represents the path of path of movement of Moon and Sun. This band is divided into twelve equal parts called signs of zodiac. The ancient Astrologers and Sages (*Rishis*) divided the 360 degree zodiac into 12 houses which form 12 zodiacal constellations. Each house is further subdivided in 27 Nakshatras (Star-constellations). It predicts the natures, strength and weakness of the individual. Each part is 30° wide. They are 12 in numbers.

1. Aries (Mekh)
2. Taurus (Brikhabh)
3. Gemini (Mithun)
4. Cancer (*Kark*)
5. Leo (Singh)
6. Virgo (Kanya)
7. Libra (*Tula*)
8. Scorpio (Brishchik)
9. Sagittarius (*Dhanu*)
10. Capricorns (*Makar*)
11. Aquarius (*Kumbh*)
12. Pisces (*Meen*).

NATURE OF ZODIACS (*RASHI*)

On the basis zodiac signs, we can find out the compatibility between two individuals and can predict the nature, strength and weakness of an individual. We can also find out the general nature as - liking, disliking and habits of an individual. It also helps in finding out the soul mate. Some of the common finding of each zodiac as Theme Nature, and General Nature is given as under:

Sl. No.	Name of Zodiacs (English & Hindi)	Theme Nature	General Nature
1.	Aries (<i>Mekh</i>)	Enthusiastic	Honest and romantic partners. They are highly dependent on each other. They discuss all purposeful matters daily.
2.	Taurus (<i>Brikhabh</i>)	Progressive in love.	They are caring and loving for their partners. They love each other throughout life.
3.	Gemini (<i>Mithun</i>)	Fascinating and Unpredictable	Frequent changing moods Making appointments can be difficult.
4.	Cancer (<i>Kark</i>)	Affectionate	Enjoy a steady relationship with partners. Dependent on all the matters on partner. Self-protective and well accepted individuals.
5.	Leo (<i>Singh</i>)	Enthusiastic.	They are supportive in their relationships. They are career oriented. They are always confident in their abilities.
6.	Virgo (<i>Kanya</i>)	Always Preplanned.	They cannot be controlled. They will not change program in last minute. They are concise and calculated in all matters.
7.	Libra (<i>Tula</i>)	Good looking and Sweet tongue.	Very selective in all respects. Require appreciation and attention of partner. Caring in relationships.
8.	Scorpion (<i>Brishchik</i>)	Careful and protective	They are concern for well being their partner. They are satisfied with family relations.
9.	Sagittarius (<i>Dhanu</i>)	Futuristic Nature	Relaxed and enjoying pleasures of life. Easily disappointed, Believe in to do better next time.

10	Capricorn (<i>Makar</i>)	Fond of Relationship	They wait for right person. They unnecessarily waste time and energy.
11.	Aquarius (<i>Kumbh</i>)	Interesting and loving.	They are unfaithful individuals. There are bright and cheerful individuals.
12.	Pisces (<i>Meen</i>)	Romantic	The partners are demanding in relationships They are highly involved in relationships.

ZODIACS AND HEALTH

Each zodiac represents different part of human body and has different influences. The adverse influence is mentioned in under lying table:

Sl. No.	Zodiacs	Representing Body Parts	Adverse Effects.
1.	Aries	Head, Brain and Eye	Headaches, Migraines, Mental illness and Eye problems
2.	Taurus	Neck, Vocal cords and Thyroid gland	Chronic sore throats, Hypo and Hyper Thyroidism.
3.	Gemini	Nervous system, hands, arms, and lungs	Breathing problems and Anxiety.
4.	Cancer	Chest, Breast and Stomach:	Indigestion, eating disorders.
5.	Leo	Heart, Spine, Spinal Column and Upper Back:	Heart palpitations,
6.	Virgo	Entire body.(Psychic level)	Struggling to clean out the excess from body.
7.	Libra	Kidney, Skin, Lower Back and Buttocks.	Desire for balance of all body parts leads the quest to create balance leads to possessiveness causing loses balance and ultimately Problem.
8.	Scorpio	Human Genitalia.	Chronic UTIs, yeast infections, and bacterial infections.
9.	Sagittarius	Always out of home.	Problems liver problems
10.	Capricorn.	Joints and Skeletal System:	To aim higher, to reach the top.
11.	Aquarius	Ankles and Circulatory System.	Nervous sign.
12.	Pisces	Feet and Lymphatic System.	Affect their immune system. Sensitive to harmful substances.

ZODIACS GOVERNED BY PLANETS

There are twelve zodiac signs which are ruled by the planets in the following manner:

- Aries is governed by Mars.
- Taurus and Libra are governed by Venus.
- Cancer is governed by Moon
- Leo governed by Sun.
- Gemini or Virgo is governed by Mercury.
- Scorpio (Element water) is ruled by Pluto (In old Scorpio is also ruled by Mars).
- Sagittarius (Element fire) is governed by Jupiter
- Capricorn is governed by Saturn.
- Aquarius is governed by Saturn and Uranus. (Aquarius is governed by Uranus)
- Pisces is governed by Neptune. (By Jupiter also).

According to astrologers, Rahu rules Aquarius and Ketu Scorpio. Rahu is categorized as an affiliate of Saturn while Ketu is known as a negotiator of Mars.

CHAPTER - 13

STARS

These are the celestial bodies that produce their own heat and light. They are self luminous celestial bodies consisting of mass of gas held together by its own gravity. They are very far from us so they appear tiny visible at night. There are millions of stars. **Many stars join together, forming a pattern called Constellation (*Nakshatr*)**. One of the constellations is Urs Major (Great Bear) which can be seen in northern sky. It is called Seven Sages (***Sapt Rishi***). These are relatively stationary. They appear usually as twinkling point of light in the night.

- Introduction.
- Description of Nakshatras.
- Common Applied Nakshatras.

DESCRIPTION OF NAKSHATRAS

Each zodiacal constellation is sub divided in 28 Nakshatras (Star-constellations). The name of **Nakshatras** (*Star-constellations*) and its brief descriptions as its Lord (*Planets*) and symbol are given in underlying table:

Sl.No.	Name of Nakshatras	Brief Descriptions
1,	Ashvini	Lord: Ketu. Symbol : Horse's head,
2.	Bharani	Lord: Shukra. Symbol: Yoni.
3.	Kritika.	Lord: Surya (Sun), Symbol: Knife,
4.	Rohini.	Lord: Chandra (Moon) Symbol: Cart or chariot, temple, banyan tree.
5.	Mrigashīrsha.	Lord: Chandra (Moon) Symbol: Cart or chariot, temple, banyan tree.
6.	Ardra.	Lord: Rahu (North lunar node) Symbol: A human head.
7.	Punarvasu.	Lord: Guru (Jupiter), Symbol : Bow and quiver,
8	Pushya.	Lord: Shani (Saturn), Symbol : Cow's udder, lotus, arrow and circle,

9.	Ashlesh.	Lord: Buddh (Mercury), Symbol: Serpent,
10	Magha.	Lord: Ketu (South lunar node), Symbol : Royal Throne,
11.	Poorva Phalguni.	Lord: Shukra (Venus). Symbol: Front legs of bed.
12	Uttara Phalguni	Lord: Surya (Sun) Symbol: Four legs of bed.
13	Hast.	Lord: Chandra (Moon) Symbol: Hand,
14.	Chitra.	Lord: Mangal (Mars), Symbol: Bright jewel or pearl,
15.	Swati	Lord: Rahu (North lunar node), Symbol: Shoot of plant,
16.	Vishakha.	Lord: Guru (Jupiter) Symbol: Triumphal arch.
17	Anuradha.	Lord: Shani (Saturn) Symbol : lotus
18.	Jyeshtha.	Lord: Buddh (Mercury), Symbol: Umbrella,
19.	Mool.	Lord: Ketu (South lunar node), Symbol: Bunch of roots tied together,
20	Poorva Ashadh.	Lord: Shukr (Venus), Symbol: Elephant tusk (Large bed),
21.	Uttar Ashadh.	Lord: Sury (Sun), Symbol : Elephant tusk (Small bed),
22.	Shrawan.	Lord: Chandra (Moon) Symbol: Ear.
23	Dhanishta.	Lord: Mangal (Mars) Symbol: Drum or flute.
24.	Shatabhisha.	Lord: Rahu (North lunar node), Symbol: Empty circle, 1,000 flowers or stars.
25.	Poorva Bhadrapad	Lord: Guru (Jupiter), Symbol: Swords,
26	Uttara Bhadrapad.	Lord: Shani (Saturn) Symbol: Twins.
27	Rewati .	Lord: Buddh (Mercury) Symbol: Fish.
28	Abhijit.	Lord: Brahma (Creator). (It is an additional)

APPLIED NAKASHATRAS

Any one of the 28 Nakshatras can be the best depending upon the placements of their ruling planets. Rohini, Magha, and Uttara Bhadrapad are considered royal stars. These three Nakshatras tend to make their natives quite prosperous. According to applicability, the Nakshatras are broadly grouped in five groups:

- I. Nakshatras and Lucky Numbers.
- II. Good Nakshatr for Birth.
- III. Good Nakshatr for Education.
- IV. Good Nakshatr for Marriage.
- V. Bad Nakshatras.

I. NAKSHATRAS AND UCKY NUMBERS

Nakshatras	Favorable Numbers
Pushy.	8
Ashlesh.	5
Magha.	7
Poorva Phalguni.	9

II. GOOD NAKSHATR FOR BIRTH

The following Nakshatr (Star-constellations) are considered auspicious with suggested letter of name of child.

Birth Star	Suggested Letters
Bharani	Li, Lu, Le, Lo, Lee
Kritika	A, Aa, Ae, Ai, E, Ee, , I, O, Oo, U
Rohini	O, V, Va, Vi, Vee, Wa, Wu
Mrigashira	Ve, Vo, K, Ka, Ki, Kee, We, Wo

III. GOOD NAKSHATR FOR EDUCATION

- **Good Nakshatras** - For the starting day of a child's education - *Swati, Punarvasu, Shravan and Ghanishth.*
- **Milder Nakshatras** like - *Hast, Ashwini, Pushya and Mool.*

- **Very Auspicious Nakshatras** - *Mrigashira, Chitra, Purvashad, Purvaphalguni, Purvabhadrapad.*
- **Intelligent Nakshatras**- Birth in *Ashwini Nakshatr.*
- **Month and Intelligence**- September borne children are smartest in entire. People born on the seventh day of the month are lucky and have a great sense of making the right decisions. They also have excellent intuition and well-developed imagination that helps them in their daily lives.

III. GOOD NAKSHATR FOR MARRIAGE

- Abhijit Nakshatr,
- Capricorn,
- Uttara Ashadh,

III. BAD NAKSHATR

No one Nakshatras can be singled as worst. Some astrologist describes certain stars as dreadful Nakshatras. These are ***Jyeshth, Ashlesh, Mool and Ardra.*** These are considered to have the decisive, piercing, and separation qualities.

CHAPTER - 14

PLANETS

Planets are heavenly bodies revolving around sun. They do not have their own heat and light. They shine with the light reflected from the sun. All the planets are spherical in shape. The planets move at varying speeds, some are faster and some are slower depending on the distance of the planet from the Sun.

- Introduction.
- Location of Planet.
- Stars Vs Planets.
- Extra Solar Planets.

Each planet applies its most powerful energy over the Sign it Rules. The planets in the solar system have its significant role in individual's life. A planet is any of the large bodies that orbit the Sun. It has influence on people and events. The planet has special features which differentiate them from other celestial bodies. The special features of the planet depend on relation to orbit to star, its size and other features. Thus, a planet has following three Criteria:

- It must orbit a star (specially sun),
- It must be big enough to have enough gravity to force a spherical shape,
- It must cleared away of any objects of a similar size near its orbit.

LOCATION OF PLANETS

According to Vedic system, there are Nine Planets in the Solar System. Planets are heavenly bodies revolving around sun. They do not have their own heat and light. They shine with the light reflected from the sun. All the planets are spherical in shape. The planets move at varying speeds, some are faster and some are slower depending on the distance of the planet from the Sun. Each planet applies its most powerful energy over the Sign it Rules. The planets in the solar system have its significant role in individual's life. These planets produce different results while placed in the 12 different signs. There are nine known planets till date.

- Sun (*Sury*).
- Moon (*Chandrama*)
- Mars (*Mangal*)
- Mercury (*Buddh*)
- Jupiter (*Brihaspati*)
- Venus (*Shukr*).
- Saturn (*Shani*).
- Rahu (Rahu)
- Ketu (Ketu).

STARS Vs PLANETS

Based on certain criteria the difference between stars and planet has been mentioned as under:

Sl. No.	Criteria	Stars	Planets
1.	Energy Radiation (through nuclear reaction)	High radiation.	No radiation.
2.	Brightness	Very bright.	It reflects some radiation from parent stars.
3.	Twinkle	Present, seen by naked eye, it comes to change the color.	Absent but seen by naked eye.
4.	Appears	As pin point of light.	As pin point of light.

EXTRA SOLAR PLANETS

Extra solar planets are also called exoplanet, any planetary body that is outside the solar system and that usually orbits a star other than the Sun. Extra solar planets were first discovered in 1992. More than 4,301 are known extra solar planet in 3176 planetary system identified up to August 01, 2020 and about 6,000 await further confirmation. Their sizes are variable which is ranging from the Moon to twice of Jupiter. Out of these more than 100 planets are the sizes of earth.

PLANETS, DIET AND HUMORS

Normally, every individual being is radiating some invisible energy in the universe and vice-versa. The harmony of life depends on the interaction of energy received from the universe and energy radiated from individual's own body. The horoscope provides the detail of illness of individuals. There nine planets produce different results while placed in the 12 different zodiacal signs. The roles of planets can be understood by placing them in zodiac sign in respect to birth chart. Mercury causes disturbance of all the three humors. The horoscope provides the detail of illness of individuals. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors. The influential factors of horoscope are:

- I. Dietary Influence.
- II. Humoral Influence.

I. DIETARY INFLUENCE

Every individual has some or the other taste of their diet. Depending on the taste and other factors they are broadly classified in three groups. Each group of diet has influence of some planets as mentioned below:

Sl. No.	Group	Influenced by Planets
1.	Purely (Satvic)	Sun, Moon and Jupiter
2.	Kingly (Rajasic)	Venus and Mercury
3.	Mixed (Tamasic)	Saturn, Mars, Rahu and Ketu

II. HUMORAL INFLUENCE

Each body humor has some influence of the planet but the major influence comes on the predominating humor as mentioned below:

Sl. No.	Humoral Factors (<i>Doshas</i>)	Effect of Planets
1.	Energy (<i>Pitt</i>)	Sun and Mars
2.	Inertia (<i>Kaph</i>)	Venus, Moon and Jupiter
3.	Motion (<i>Vat</i>)	Saturn, Ketu and Rahu

Mercury causes disturbance of all the three humors. Astrological knowledge helps the

AUMIC POLARITY

AUM is the biggest magnet for all known and unknown atoms and ions leading to form the existing sentient and insentient in the universe. The ultimate smallest individuals units are atoms and ions called Aumic atoms and Aumic ions. They all are operated by AUM. Here, we are concern with the mainly

- Introduction.
- Life and Polarity.
- Zones of Polarity.
- Factors affecting Polarity
- Polarity and Disorders.

aumic ions. The aumic-ions compensate the ionic changes in the universe to maintain the universal polarity in order to balance the intra and inter universal forces leading to universal balance. At individual level, the human body is a constituted of aumic ions in the image of AUM. Man is also a replica of universe itself. Whatever the changes takes place in the universe, it directly influence the respective individual through aumic celestial body's ions through its polar effects.

The AUM is the supreme source of all aumic polarities from where each and every universal and individual atom and ion gets polarized. AUM has all ingredients of polarities required for all universal and individual existing. The aumic polarity brings aumic changes through aumification and aumilysis in individual. The changes depend on the density (concentration) of aumic ions in that aumic field. The density is more centripetally and gradually becomes lesser as we move to the periphery. AUM is divine sound and can be generated with varying pitch. The polarity is directly proportional to the aumic pitch (intensity of the sound). Based on the polarity the aumification takes place.

LIFE AND POLARITY

The GOD is Father and the Nature is Mother. They are the base of all Cosmo, universal and individual creations. Each and every creation in the universe has two Aumic Poles between GOD and Nature. As long as these poles remain in equilibrium one remain in the universe as an individual. Like magnetic poles these poles are having equal and opposite aumic power of attraction and repulsion. The balance of polarity maintains the status of equilibrium to lead a stable, healthy and longevity. The effects of two poles are called aumic effects. These aumic poles are denoted like magnetic poles as- **Positive (+^{ve}) and Negative (-^{ve})** symbols according to the nature and effects. In aumic state of equilibrium, these poles maintain the status-co of the individual in terms of the stability, strength and longevity.

ZONES OF POLARITY

AUM is full of aumic polarity of varying intensity. Any object that comes in the contact AUM and aumic field starts getting aumifying and ultimately gets aumified. Based on concentration (Density) of the aumic atoms and aumic ions, the polarity has been divided in three zones. These are not clearly demarcated; they remain in continuum to each other. As you go away from center, it goes on decreasing. Based on the maximum to minimum, the polarity has been divided in three zones:

- I. Central Zone.
- II. Intermediary Zone.
- III. Peripheral Zone.

I. CENTRAL ZONE

The central has highest density of aumic ions or we can say the density of aumic ions is highest in central zone. It is in the image and shape of AUM. It is the core of creation of the aumic vibration. The central zone initiates aumification fastest than any other zone because of its highest density of ions. The central zone is indicated for aumification of common worldly people who just wish for transformation.



“AUMIC POLARITY ZONES”

II. INTERMEDIARY ZONE

The intermediary zone has lesser density than central and higher than peripheral zone. The densities (concentration) of aumic ions start decreasing as it

move centrifugally. This concentration of aumic ions reduces to the extent to the level to become the periphery or the aura of AUM. It is the field of the aumic vibration. These polarities increase the vibration effects in the holistic body of an individual. This polarity is required to those individual are in the way transformation.

III. PERIPHERAL ZONE

The peripheral zone is continuum of intermediary polarity. The concentration of aumic ions is lowest in this field which goes on rarer as we move beyond. Here the concentration of aumic ions takes the shape of solar radiation. It is the field of dispersal of the aumic ions. These polarities maintain the aumification in holistic body and lead the way to aumification (liberation). The polarity is required for those who has transformed.

FACTORS AFFECTIG POLARITY

In general, the individual effect means the increased or decreased in aumic ions positivity or negativity in individual in relation to aumification. The increased or decreased ionic effect leads to various disorders. The main factors affecting the individual polarities are:

- **Age:** In infants and children, there as more requirement of energy, thus the requirement of positive polarity is more in growing children. It increases with age to certain levels then become static for some times. After that, it starts declining and ultimately there is increase negativity leading to problems, disorders, diseases and ultimately death.
- **Sex:** Male requires more positive polarity than female. Amongst female it more s during pregnancy and lactation.
- **Diet:** Vegetarians food increases the positive polarity.
- **Nature of Work:** Persons involved in mental and spiritual works have more positive polarity than poor labors.
- **Tradition and Believe:** Follow up of tradition and believe in culture is directly proportional to the positive polarity.
- **Divinity:** It is directly proportional to positive polarity.
- **Aumic Vibrations:** Any type of aumic ritual is directly proportional to positive polarity.

POLARITY AND DISORDERS

Every individual being is comprised of two Natures (*Prakriti*) i.e. Higher Nature and the Lower Nature. The divine component **soul (Atma)** is derived from Higher Nature (*Higher Prakriti*). The physical body is the Basic or Lower Nature (*Inferior Prakriti*). The lower nature is comprised of eight folds i.e. **sky, air, fire,**

water, earth, mind, intelligence and egoism. Out of all Soul is immortal; it cannot be destroyed by any means, method or medium. It changes the physical body as per divine wish. When the souls leave one body and enter in other body with essence (*Indries*) and mind (*Manah*) with it.

So for the aumic health is concern, it is observed at individual's physical level. The entire individual's aumic polarity flow in its all the three planes i.e. **Divine, Universal and Individual** through Divine Universal Individual Connectivity (DUIC). The Aumigenesis and Aumilysis take place in all the planes with the help of Positive and Negative polarities. In state of equilibrium, the both polarity are equal and opposite in all the planes. The disturbance in one plane affects the other plane leading to ultimate effect on individual and or community level at large. These disturbances affect either of its two ways process:

1. **Aumigenesis**- A process of increase aumic positive polarity due to hyper production of aumic ions and atoms leading to its hyper - function and activity. It is anabolic process.
2. **Aumilysis** - A process of reduction or loss of aumic positive polarity due to hypo production of aumic ions and atoms leading to hypo-function and activity. It is catabolic process.

Excess of everything is bad. Excessive hypo and hyper polarity, beyond the compensatory level lead to changes causing problem, disorder, suffering, disease, complication and sequelae in individual or community at large.

AUMIC LAWS OF LONGEVITY

Aumic Holistic Effect (AHE) is a direct effect created by auspicious hearing, auspicious vision and auspicious acts by ears, eyes and organs (*Indries*). There are many ways of living to improve the present life and acts in order to lead a holistic life. Out of all, aumic holistic way is the best way to achieve the desired goal. This is at spiritual-scientific methods which can be understood by spirituality and explained on possible scientific basis. It has its own way of communication known as divine universal individual connectivity (DUIC). It cannot be bound in strict scientific boundary. The life and acts (*Karma*) are the basic indicators of the past and future life. Most of the acts are performed by senses / organs (*Indries*). The present act (*Karma*) acts of life form the *Sanskar* for the next coming life what we do and enjoy during present life has inherited from the past acts (*Purv-karm*). Thus, the past acts (*Purv-karms*) define the present path as divine or devilish. According to *Srimad Bhagavad-Gita*:

- Introduction.
- Aumic Laws of Longevity.
- Quadri Effect of Aumic Law.
- Effects of Aumic Law.

शरीरं यदवाप्नोति यच्चाप्युत्कामतीश्वरः ।

गृहीत्वैतानि संयाति वायुर्गन्धानिवाशयात् ॥⁽¹⁾

Meaning: As the wind carries away odours (*Gandh*) from their seat of flowers, so the Soul, (the controller of the body constituted of five elements with mind, intellect and ego) taking the mind (*Manah*) and the senses (*Indries*) from the body which it leaves behind and migrates to the body which it acquires.

AUMIC LAWS OF LONGEVITY

AUM is *GOD, Supreme; Omnipresence, Highest and Ultimate*. AUM is the beginning and end of the beginning. All universal contents are derived from AUM and ultimately merge with AUM. AUM maintains all universal contents in its holistic and original form to its maximum time but changes take place in its size, shape, age and longevity due to the effect of the Nature. Here, all changes are defined and determined by AUM as Father and Nature as Mother. The changes are governed by certain laws called aumic law of longevity. These laws are mentioned as under:

- (I) Law of Divinity.
- (II) Law of Similarity.

- (III) Law of Trio-facts.
- (IV) Law of Compatibility.
- (V) Law of Auming and Aumang.
- (VI) Law of Divine Universal Individual Connectivity (DUIC).

I. LAW OF DIVINITY

AUM is omnipresent and omnipotent and present in every atom of the universe. The divine presence is enough to say that divinity is operating the particular's life. Mere realisation of presence of AUM in an individual is enough to elate the person for divine perceptions. Thus, the presence and realisation of divinity in him as compare to common men with the help of positive polarity and divine push lead to have a long blessed life. It is the matter of an individual's realization.

II. LAW OF SIMILARITY

Each and every creation in this visible universe is in the image of AUM. The image of AUM is flexible, perfect and holistic. The feeling of the image of AUM around the individual always showers the aumic energy for positive creation for their nourishment and growth. This process goes on throughout the life by similar realisation that AUM is individual and individual is AUM. Those who develop this practice have long blessed life.

III. LAW OF TRIO-FACTS

AUM regulates the life within the trio-facts of *Generation*, *Operation* and *Destruction* headed by Brahma, Vishnu and Shiw. The above trio facts can be very well observed in universal creations. They are borne, grow and destroyed. This circle is a continuous process in universe. Some realizes the facts and try to explore the facts and found the role of acts (*Karmas*) which may guide the individual being to go ahead with good acts (*Karmas*) which may lead to prolonged blessed life and ultimate to liberation to be away from cyclic process.

IV. LAW OF COMPATIBILITY

All the creations in this universe are derived from one or the other way from the Nature with its Prime Element called Five Elements (*Punchmahabhutas*). All have rights to remain in state of harmony to maintain the proper compatibility with each without any disturbance. So long the compatibility remains in harmony; one enjoys the benefit of compatibility. Any undue aumilytic change in anyone element initiates incompatibility leading to problems, disorders, diseases.

V. LAW OF AUMING AND AUMANG

Each ion in the universe is charged with two equal and opposite charges to maintain the ionic structure. These charges are divine gift and known as Aumong (*Positive*) and Auming (*Negative*) respectively. In each Auming there is some Aumong and vice versa. The individual remains in state of healthy equilibrium through presence of divinity in individual as Soul (*Atma*) and presence of nature as five elements (*Punchmahabhutas*). These are balanced by the Aumong and Auming effects. The excess or low on either side leads to disturbance causing problems, disorder and disease. The longer the balance of equilibrium, the longer is the life.

VI. LAW OF DUIC

The law of DUIC is called Divine Universal Individual Connectivity. This law indicate the subtle connectivity between the Individual self to the Supreme Self.. Every individual is connected with GOD (AUM) with his Soul (*Atma*) by subtle connectivity. This connectivity is divine-universal-individual connectivity (DUIC). In order to remain healthy with prolonged life, the connectivity must remain intact between individual and divinity through this connectivity. The stronger the connectivity, the longer is the life.

QUADRI EFFECT OF AUMIC LAWS

The Quadri effects of the aumic laws of longevity are is special divine law in operation of aumic holistic life. The effect is also due to aumic life style. The Quadri effects are mention as:

- I. Aumic Care.
- II. Aumic Cure.
- III. Aumic Longevity.
- IV. Aumic Divinity.

I. AUMIC CARE

Aumic care of health is a state of total health care of holistic body (*Physical, Ethric, Astral, Lower mental, Higher mental, Buddhic and Atmic*). In general, we are more concerned with the physical body because we live in physical world. Thus, we consider health care more on the physical body where holistic health care confines to care of all bodies' i.e. *physical, mental, social, moral, spiritual*

and environmental well being. On physical body level, there is need of balance of i.e. body humors (*Doshas*), enzymes (*Agnies*), tissues (*Dhatus*) and waste products (*Malas*). The already inherited Aumic Components as- Soul (*Atma*), senses (*Indries*) and mind (*Manah*) are divine gift to the existing body. Thus, this body needs nourishment for further maintenance and development. The nourishment we have to find from the worldly gift of the Nature. The properly used worldly gift brings aumic holistic life which is balance of all i.e. *Doshas*, *Agnies*, *Dhatus*, *Malas*, *Indries*, *Manah* and *Buddhi*. We use in our routine daily life as food, drinks, exercise and ritual that affect our Intellect (*Buddhi*). The effect intellect reflects in our routine life as divine or devilish acts. The use of Satvic diet, yog, meditation and aumic rituals give positive holistic effects leading to enhance the positive ionic polarities in life. Rest diets negative polarities to play the negative or devilish role in life. Regular aumification with aumic rituals go on adding positive ionic polarities at all levels. The aumic polarity varies in individual from one plane to the other plane of body. It is maximum at *Atmic* and higher mental levels and minimum at other and physical levels. Regular aumic rituals lead to aumic health care through aumification. The aumic care is observed as:

- Nil to minimal problem and minor illness.
- Improved AUM resistance.
- Improved AUM Scores.
- Improved N.P. Score.
- Improved *aura* of individual.
- Normal *Chakral* activities.
- Peaceful and blissful life.

II. AUMIC CURE

Any problem or illness results from gradual increased negative polarity leading to negativity in individual which gradually involves the affected genes, cells, tissues, organs, systems and body. It remains for sometimes and then there are two ways one it naturally cured with development of *Aumic Resistance* or may further progress to develop disorder and disease which is either cured or lead to death. Regular aumification increases the positive polarities leading to balance the disturbed polarity at all levels through energizing the chakras and higher body planes. It acts gradually, stops the progress of disease, replace negativity with adequate positivity and ultimately cure. The effects are observed as:

- Early recovery from acute and chronic diseases.
- Minimal problems and minor illness.
- Diseases are cured automatically or cured with minimal dose of medicaments..
- Fast recovery of *Aura*.
- Increased AUM.

- Increased N.P. Scores.
- If death is inevitable, it is peaceful.

III. AUMIC LONGEVITY

Aumic longevity is a prolonged peaceful and blissful life due to aumic effects. The supreme level of individual holistic body is Atmic body where *Atma* mostly abode. During life time all the acts (*Karmas*) are performed by the organs (*Indries*) which built the *Sanskar* for the next coming life. Depending on the past acts (*Purvakarm*) the person get the present life which may be divine or devilish based on *Sanskar*. The serviceable life is divine gift and should be the aim of every individual. Adequate service full and positive life leads to prolonged life. The effects of positively prolonged life are observed as:

- No or less common or chronic illness.
- Sharp and clear Palmar lines specially the life and fate line
- Unique personality.
- Change in overall personality through transformation.
- Strong supporter of divinity and divine life.
- Believe in all religion and race.

IV. AUMIC DIVINITY

AUM is GOD and GOD is AUM, Aumic Holistic Life is divine gift to an individual who has vision of **Aumic Triads** comprises of *Auspicious Hearing*, *Auspicious Vision* and *Auspicious Acts*. The supreme level of individual holistic body is Atmic body where *Atma* mostly abode. It is the place for the rest of the soul (*Atma*). It is beyond the human reach. Soul (*Atma*) never dies. The Soul (*Atma*) passes from one life to another with senses / organs (*Indries*) and mind (*Manah*) and acts according to the *Purvkarman* in present life. Aumic divinity provides an aumified life characterised by following individual aumic divinity:

- Change in overall personality through transformation.
- Early recognition of the *Self*.
- Always have auspicious hearing, vision and acts (*Karmas*).
- Less involvement's in worldly affairs.
- Prolonged blissful life.
- No place of any discrimination or hate of caste, creed and community.
- Respected by all.

EFFECTS OF AUMIC LAWS

The effect of aumic law of longevity can be observed by the aumic healers, clairvoyant scholar and certain specialized healers of holistic healings. Thus the observed effect lead healthy, prolonged peaceful and blissful aumified life through to aumification (divine changes as ***auspicious hearing, auspicious vision*** and ***auspicious acts***). Aumic law of longevity has widest holistic spectrum health which is beyond the human reach. Here, the aumic effects are operated through its known and unknown Aumic Laws leading to care, cure and prolongation of life along with aumification leading to divinity. Besides these, it improves the future *Sanskar* for next life and clears the way to liberation provided they are practiced through triad of achievement (*sincerely, regularly and honesty*). Regular aumic holistic life leads aumification which is observed through following qualities:

1. **Clarity in All Planes:** Divine, Universal and Individual.
2. **Care of All Bodies:** Physical, Ethric, Astral, Lower mental, Higher mental, Buddhic and Atmic.
3. **Consciousness in All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **Concepts of All Humors:** Air, Bile and Phlegm.
5. **Concepts of All Types of Tissues:** Body fluid, Blood, Muscular tissue, Adipose tissue, Nerve tissue and bone marrows, Sperm and ova.
6. **Clearing of All Waste:** Stool, Urine, Sweat, Nails and Hairs.
7. **Coordination in All Enzymes:** Normal Enzyme, Hypo active Enzyme and Hyper active.
8. **Coordination in All Divine Components:** Organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*).
9. **Divinity:** Aumification leading to Divinity.

REFERENCE

1. *Srimad Bhagavad-Gita*; Gita Press Gorakhpur; Fourth Reprint; Chapter; 15; Shlok 8, P177-178.

AUMIC HEALTH

Aumic health is a positive health of an individual in all spheres of life due to aumic effects. Each universal exiting has right to enjoy its fullest span of healthy life. We know that everything is not in our hand. We all are governed by the divine wish. It is the mercy of GOD (AUM) to give us long aumic healthy life. So far as the health is concerned, every one wishes to have healthy life but it does not happen. During their life time, everyone has some or the other problems and fights against it accordingly to overcome the same. GOD has created animal and plant kingdoms as complementary and supplementary to each other. In natural course of time, everyone needs the support of another for their proper survival and to remain in state of harmony. This understanding remained for a quiet long times.

- Introduction.
- Aumic Health.
- Aumic Equilibrium.
- Aumic Factors.
- Aumic Prevention.

Modernization is need of the day but not on account of disturbance of nature and traditional heritage. Let us take the example of modern medicine which has gone up to the level of super specialties and tertiary care. It further trying to move even beyond the present status. This level has been achieved because of our limited considerations which are confined to physical, mental, social health and wellbeing only. We have forgotten the other aspects of human body and health which constitute holistic body and holistic health. The addition of **Environment** by World Association of Integrated Medicine has much contributed towards holistic health care delivery. The care of holistic body is taken care in holistic healing system. Aumic health is divine health care and is beyond to all health definition and approach. The aumic holistic health is governed through a subtle connectivity called Divine-Universal-Individual connectivity (DUIC).

AUMIC HEALTH

“Aumic Health is divine gift to an individual to enjoy prolonged, healthy, peaceful, blissful and aumified life leading to auspicious hearing, auspicious vision and auspicious acts”. Here, therapist maintains the health by keeping in view the ***Nine Aumic Gifts (NAG) - Aumic Life Cycle: Past, Present and Future.*** The Aumic Health is maintained by keeping in view the ***Nine Aumic Gifts (NAG) – Aumic Life Cycle - Past, Present and Future.: Aumic Holistic Bodies - Physical, Ethric, Astral, Lower Mental, Higher Mental, Buddhic and Atmic; All Wellness - Through Integrated Health and Holistic Care; All Approach - Divine, Universal***

and Individual; **All Problems** - Daihik, Daivik and Bhautic; **All Health** - Physical, Mental, Social, Moral, Spiritual and Environmental; **Effective Levels** – Origin, Prevention, Promotion, Relief, Curative and Rehabilitation; **Therapeutic Measures** - AUM Therapy, Kundalini Therapy, Astro Medicine, Yoga and Meditation, Natural Medicine and Auric Healing **Aumic Linkage**- Divine- Universal-Individual-Connectivity (DUIC).

AUMIC EQUILIBRIUM

Aumic equilibrium is a state within the Aumigenic circle to maintain the Aumic health (**A positive health in all spheres of life.**). The equilibrium is balanced by Aumic factors. These factors have sufficient divine components in order to maintain the aumic equilibrium. At each level, the factor has wide range of flexibility to compensate with the disturbances created by any factor. These factors maintain the equilibrium to certain extent without any local or focal changes in individual's routine. Aumic factors vary from level to level. These factors are highest in divine level and lowest at individual level.

AUMIC FACTORS

Aumic factors are those divine factors which help in maintaining the aumic equilibrium in state of proper balance without any local or focal changes in individual's routine. The normal aumic cycle is maintained by following aumic factors:

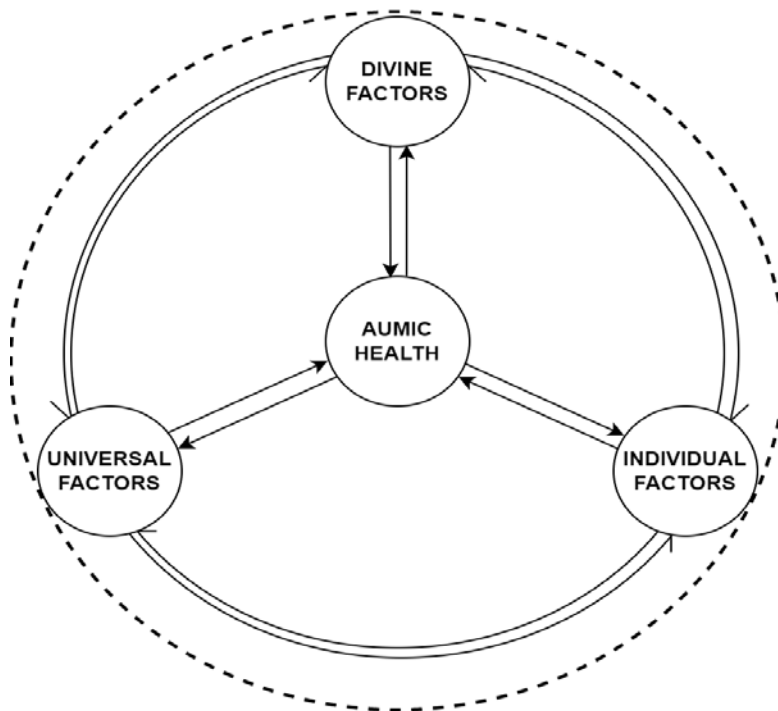
- I. Divine Factors.
- II. Universal Factors.
- III. Individual Factors.

I. DIVINE FACTORS

The Superior Nature (*Higher Prakriti*) of an individual is Soul (*Atma*) which is pertaining to Almighty GOD (*Parmatma*). The individual soul and Supreme Self are connected with subtle connectivity known as divine-universal-individual connectivity (DUIC). The divine wish operates the individual through this divine linkage. Though, the universe is creation of GOD and all belongs to GOD. Out of all, the three divine contents in individual are divine components. They are carried over from one life to the other life unless until the individual soul (*Atma*) is liberated. The individual's Soul passes from one life to the other with Senses (*Indries*) and Mind (*Manah*).

- (1) **Soul (Atma):** The soul is the link between the individual and the Almighty (*Parmatma*) The soul is the carrier of senses and mind from one life to another life.

- (2) **Senses (*Indries*):** It is pure, most powerful, undividable and universal truth. During life time all the acts (*Karmas*) are performed by the senses with sense organs (*Indries*) which built the *Sanskar* for the next coming life. Further the coming life may or may not be useful to the service to the humanity depending on *Sanskar*. The serviceable life is divine gift and should be the aim of every individual.
- (3) **Mind (*Manah*):** It is purer and most powerful than the organs (*Indries*). Mind is the seat anchor for all acts (*Karmas*) leading according to allocated *Sanskar* and its further development on either side. The mind is under control of Intellect (*Buddhi*) and Soul (*Atma*). An awakened person works with mind having faith with wisdom. This led to the way to the liberation.



“AUMIC EQUILIBRIUM OF HEALTH”

II. UNIVERSAL FACTORS

This universe is derived from the cosmos. All the universal existing is derived from five elements (*Punchmahabhutas*). Depending on predominance of elements, they have their quality and effects. The higher universal existing is termed as celestial bodies. These are the heavenly structures situated in the universal plane. Majority of them, emit light or appear as single or as shining belt of heaven. They are fixed in number. These bodies are-

- (1) **Zodiacs (Nakshatras)** – These are the belt of heavens beyond which no planet can reach. There are twelve (12) in numbers.
- (2) **Stars (Tare)** – These are points of light in the sky. There are twenty seven (27) known stars till date.
- (3) **Planets (Grahas)** – These are the heavenly bodies revolving around the Sun. They are 09 in number. Everybody has their stars, zodiac and planets in different combinations at various axis and planes. They are decided at the time of conception. They start their effects from intra uterine life (IUL) till last breath. They change their position which is above governed by the divine wish and below by the individual acts and worldly materials. They emit their effect on individual health.
- (4) **Celestial Bodies** – These are heavenly bodies are objects in the universe as sun, moon, planets and stars. They form the vast universe. They are very far from us. The common celestial bodies are: **Stars, Planets, Satellites, Comets, Asteroids, Meteor and meteorites and Galaxies.**

Every individual is having their zodiacs, stars and planets. They determine the present and future path of the life of individual. They decided from the birth chart of the individual provided it is recorded accurately.

III. INDIVIDUAL FACTORS

Each and every individual in the universe is composed of one or the other way of five elements (*Punchmahabhutas*). Amongst all the living being, the human beings are considered to be highly brained. He is surrounded by the nature and its products. Out of all the natural existing some or useful and some are useless. The useless are mostly hazardous. The individual health depends on the ratio and interaction of the following three factors.

1. Host Factors.
2. Agent Factors.
3. Environmental Factors.

1. HOST FACTORS

Everyone who is negatively affected by the other is called host. In biological terms, the organism from which another organism obtains its nourishment. Each host before getting affected by the agent resists with his inherited and or acquired immunity to an extent. The resistance varies from individual to individual and disease to disease. The host factors are based on following facts.

(A) **Constitution of Body:** It is related to individual constitutions as – air (*Vat*), bile (*Pitt*) and phlegm (*Kaph*). Certain disorders are more common in certain types of constitution.

- (B) **Individual Immunity:** Everyone is born with definite (innate) immunity which lost for definite period. In the meantime, further immunizations or immune stimulating factors are required to increase the immunity.
- (C) **Holistic Score:** It is directly proportional to individual's inclination towards divinity (*Positivity*). It determines the individual nature, attitude, acts (*Karmas*), custom, believe, mental status, health etc to a great extents. These scores are assessed by assessing the individual Aumic constitution, AUM and N.P. Score.
- (D) **Living in Higher Body Plane** – An individual living in higher body plane, especially in Buddhic body plane has high positive intuitions leading to positive thoughts and productivity.

2. AGENTS FACTORS

AUM Therapy considers the agent in widest term. Here, anyone agent who is against or adverse to another is agent. Sometimes, one becomes agent for himself because of his acts (*Karmas*). In modern medicine, the agents are considered to be the disease producing factors. The agent factors are present in and around the individual. They have been grouped in following groups.

- (A) **Biological Agents:** These are of two types:
 (i) **Micro-organisms** - Protozoan, bacteria, virus, fungus, spirochetes etc.
 (ii) **Macro-organism**- Insects, animals, contacts and enemies.
- (B) **Physical Agents** as – Cold, heat, burns, radiation, shock etc.
- (C) **Chemical Agents** – It is available in various form as- Solid, liquid and gas. They affect through burn, poisoning and suffocations due to ingestion and inhalation.

3. ENVIRONMENTAL FACTORS

According to AUM therapy, each individual is comprised holistic body. The holistic body requires holistic environment in order to lead a peaceful, blissful and long life. The holistic environment gets sometimes disturbed by some factors. These factors are-

- (A) **Environmental Agents** – Any agent causing pollution in the environment. It is present in form of - Sound, dusts, dirt, fumes, gases, pollens, grains etc.
- (B) **Anti-social Elements** – These are the persons with highly charged with negative polarity because of their acts (*Karmas*) and poor *Sanskar* e.g. - terrorists, extremists, dacoit, thief and enemies.
- (C) **Accidental Factors**- Any type of accident may take place at any time. Those who are working in hazardous environment are more prone to have more similar accidents which may be minor to the major one leading to death.

(D) Miscellaneous Agents – Natural calamities as – Eruption of volcano, tsunami, flood, drought, appearance of certain epidemics which remains as endemics and sporadic.

Normally, in static state, Aumic health remains in positive state for all progress of future while in dynamic state; the aumilysis begins which is compensated by addition of aumigenesis (positivity) accumulated during anabolic stage. This leads to balance of the aumolytic polarity. Continuous aumilysis lead to problems followed by sufferings and ultimately disease. The disease first appears in higher body planes then in physical body.

AUMIC PREVENTION

Here, we consider all the maintenance of the Aumic health. Overall, the hierarchy plays the major roles. The aumic prevention prevents all levels means the aumic prevention is derived from GOD (AUM). It has governing effects on divine, universal and individual factors in order to lead full span of life. The aumic prevention takes care of following three levels.

- I. Divine Level.
- II. Universal Level.
- III. Individual Level

I. DIVINE LEVEL

The following aumic preventive measures are taken in account to maintain the divine level and associated factors:

1. Follow the principles of “Service to man is service to GOD”.
2. Worship of Prime Element (*Punchmahabhutas*) and related deity.
3. Use of Pure Food (Sativic diet).
4. To follow **Aumic Triad** for *Auspicious hearing, vision and Acts*.
5. Worship of GOD and Nature.
6. Worship of specific deities Brahm Khand.
7. Worship of Specific deity of Deo Khand.
8. Recitation of Aumic Prayer.
9. Aumic Yog and Meditation.
10. Meditation of aumic *Mantras, Tantras and Japas*.
11. Other practices as advised by Aumic Practitioner.

II. UNIVERSAL LEVEL

The universe is space between divinity and individuality. It is comprised universal energy, five elements (*Punchmahabhutas*) and celestial bodies as *Zodiacs, Stars, Planets* and Celestial bodies. All the specific and non specific

structures are created by GOD (AUM). The following aumic universal preventive measures are taken in account to maintain the effects of universal plane and associated factors:

1. Use of Pure Food (Satvic diet).
2. To follow the universal law of living.
3. **Aumic Triad** for *Auspicious hearing, vision and Acts*.
4. Worship of individual or combined zodiacs, stars and or Planets.
5. Worship of specific deities *Deo* and *Brahm Khand*.
6. Worship of Specific deity of Deo Khand.
7. Recitation of Aumic Prayer.
8. Aumic universal Yog and Meditation.
9. Worship with aumic universal *Mantras, Tantras and Japas*.
10. Other universal practices as advised by Aumic Practitioner.

III. INDIVIDUAL LEVEL

Each individual like is a micro-unit in this universe. The individual acts play roles in the present life in accordance to the inherited Sanskar. The following aumic universal preventive measures are taken in account to maintain the effects of universal plane and associated factors:

1. Use of Pure Food (Satvic diet).
2. To follow the universal law of living.
3. **Aumic Triad** for *Auspicious hearing, vision and Acts*.
4. Worship of individual or combined divine universal deities.
5. Recitation of Aumic Prayer.
6. Aumic universal Yog and Meditation.
7. Worship with aumic individual - *Mantras, Tantras and Japas*.
8. Aumic Rituals as – *Hawan, Yagy and Agnihotr*.
9. Living in synergy all animal and plant kingdom.
10. Follow the family values and possible culture and tradition according to the civilization.
11. Try to recognize self and surroundings.

AUMIGENIC EFFECTS

धारणा, ध्यान, समाधि ओम् से, परमगति को जावे,
नागेन्द्र तव कृपा से साई, शरण ओम् की पावे।⁽¹⁾

Meaning: O! AUM, the last three steps Aumastak Yog i.e. **Dharana**, **Dhyan** and **Samadhi** lead one to the merger the individual self to the Supreme Self.. Nagendr Says O! Sai with your mercy I got the way to AUM.

Aumigenic effect is the positive effect generated by aumigenesis. It is an aumibolic process for progress and development. According to aumic philosophy, each universal existing has two equal and opposite ionic charge of positive and negative polarity. Normally, in each positive there is some negative and each negative, there is some positive polarity. These overlapped in each polarity. These charges are to maintain the aumic health in state of equilibrium. The aumigenic effect process has three phases i.e. **initiation, maintenance and declination**. These phases indicate the *Phase of Progress*, *Phase of Maintenance* and *Phase of Declination* which ultimately merges in *Self*. The aumic effect varies with time, space, place, climates and geographical distribution. All the changes are governed by divine-universal-individual connectivity (DUIC). In general, the aumic effect is anabolic, aumogenic and constructive. Thus, all positive effects are due to aumigenesis and all negative effects are due to aumilysis.

- Introduction.
- Aumic Constitution.
- Aumification.
- Aumic Process.
- Types of Aumic Effects.
- Aumigenic Effects on Health.
- Aumified Personality.

AUMIC CONSTITUTION

Almighty GOD (AUM) is omnipresent and omnipotent. HE is the beginning and end of all beginning. All come from GOD and ultimately merges with him. Every individual has two aspects comprised of two Natures (*Prakriti*).

- (I) **Material Nature (Lower Prakriti):** It is consists of eight folds named as – *Earth, Water, Fire, Air, Space, Mind, Intellect* and *Egoism*.
- (II) **Spiritual Nature (Higher Prakriti):** It is the divine and is present in individual in form of Soul (*Atma*) as representative of divine component.

AUMIFICATION

Aumification is process of divine transformation of individual by addition of aumic effects either Self Induce or Mechanical Device Induced. The process takes place through divine- universal- individual connectivity (DUIC). The aumifying changes are for all generation, operation, maintenance and ultimate destruction to submerge to GOD. The process varies from simplest way to the most complex depending divine factors. It all happens due to aumic effects. During the entire phase of aumification, the aumigenesis takes place and ultimately the things get aumified according to their fate.

AUMIC PROCESS

Every universal thing passes through two agonist and antagonist aumic process. The name of the process depends on its use. This aumic process are – *Aumic positive polarities* and *Aumic negative polarities*; *Aumigenesis* and *Aumilysis*; and so on so forth. Broadly, all process is due to aumic effects. The two main processes are:

I. Aumigenic Process.

II. Aumilytic Process.

I. AUMIGENIC PROCESS

The aumigenic process is for positive aumification. It happens due to adequate effects of positive aumic potentials. The aumogenic process appears as – *Genesis, addition, contributions, constructions, consolidation etc.* In all case aumification take place. All aumogenic effects are anabolic effects. Although, all the modes and effects cannot be proved scientifically because they are subtle divine effects which cannot be bind in strict scientific boundaries. The aumogenic changes cannot be demonstrated scientifically but some can be observed by other and some can be realized by self. The aumification is auto regulated system operated through divine-universal-individual connectivity (DUIC). It takes place in individual through following main ways either in isolation or combination.

- 1. Cosmification:** It is process of highest concentration of cosmic energy. The soul of individual is highly cosmified and is implanted in individual during in intra uterine life (IUL) at the time of conception. The soul (*Atma*) brings and receives direct cosmic energy for further Cosmification of their life forces.
- 2. Aumigenesis:** It process of aumification of all universal and individual contents. Aumigenesis is also termed as ***Genesis***.
- 3. Stimulation:** It is process of activation of all hypo activities of holistic and physical bodied.
- 4. Vitalizing:** It is process of promoting the inflow of the vital energy in suffering, diseased and dead cells and tissue.

5. **Detoxification:** It is process of neutralization the ill effects of toxins in target cells and tissues and thus reviving the affected cells and tissues and individual.
6. **Synchronization:** It is process of equalizing the ill effects by flow of desired aumic polarities to function the suffering cells in synchronous with normal cells.
7. **Virilisation:** It is the process of increasing the strength (*masculinisation*) of weak and feminizing cells and tissues.
8. **Attenuation:** It is process of abolition of virulence of micro and macro-organisms to the level of attenuation.
9. **Microstatic:** It is process of reducing the number of growth of micro organisms (*bacteria, virus, fungus and protozoa etc.*) to a level to finish their effects.
10. **Microcidal:** It is process of destruction of the micro organisms (*bacteria, virus, fungus and protozoa etc.*) and development of immunity.
11. **Micronisation:** It is process of breaking down of macro ill effecting factors as-waste products into micro microns particles to enhance their expulsion from the target cells through respective channels.
12. **Segregation:** It is process of separating the similar waste products together and directing them for expulsion through the proper channels.
13. **Polarization:** It is process of re-establishing the polarity to lead normal function of disturbed cells.
14. **Vaporization:** It is process of evaporation of the waste products of body as gas and vapor to function the systems properly..
15. **Excretion:** It is process of excreting the waste products through various natural orifices and surface.
16. **Sterilization:** It is process of complete destruction and removal of infecting organisms from the target cells and tissues.
17. **Hyper-receptivity:** It is process of hyper activation of receptors to receive more required energy to meet the demand quickly. In terms of aumification, this task is performed by chakras and higher body plane for universal energy.
18. **Immunization:** It is process of creating immunity against certain infectious diseases.
19. **Vascularization :** It is process of development of newer vessels in diseased tissues in order to provide rich blood supply for quick healing.
20. **Realisation:** It is process of recognition of the Self or the achievement of goal or ultimate aim of life.

TYPES OF AUMIC EFFECT

Aumic effects are subtle come from supreme source of energy (SSE) through divine-universal-individual connectivity (DUIC). These effects can be self realized and observed by others. In the beginning the effects are minimal which could be realized by the individual self but the continuous aumification leads to gross changes

which can be observed by others. All effects cannot be demonstrated scientifically. There are two types of effects:

- (I) Early Effects.
- (II) Delayed Effects.

I. EARLY EFFECTS

All the early effects are under control of individual divine soul (*Atma*) which carries two life components from earlier life. These components are senses (*Indries*) and mind (*Manah*). The early effects start with the positive growth as:

1. Positive thoughts of conception.
2. Pregnancy without any problem.
3. Healthy foetus with normal delivery.
4. No congenital anomalies.
5. Normal growth of baby with proper mile-stones.
6. Positive personality as elevated Soul.
7. Excellent aura.

II. DELAYED EFFECTS

The delayed effects are due to individual acts and omissions which also under control divinity. They are governed by individual past acts (*Purv-karm*) as **Sanskara** in present life as well as the present newer acts.. Each individual has their own body constitution and celestial bodies which govern them to lead the aumified or aumilytic life. The delayed effects start later with the positive growth as:

1. Positive health.
2. Balancing trio-facts.
3. Very well accepted in society.
4. Good Aura.
5. Good to Excellent AUM and N.P. Scores.
6. Minimal Suffering.
7. Easier acclimatization.
8. Healthy, peaceful and blissful life.

AUMIGENIC EFFECTS ON HEALTH

The aumigenic effects influences all sphere of individuals life. The health effects could be observed under following effects:

1. **Promotive Effects:** Aumification has comprehensive divine effects on individual. It affects all planes, bodies and health in order to lead productive life.

2. **Preventive Effects:** Aumic prevention is always better than any cure. The effects are due to aumigenesis and aumification. These processes enhance the aumic resistance to resist against all ailing factors all plane on all body planes.
3. **Curative Effects:** Treatment is required when the disease is either settling or settled down in physical body. The proper aumification are aimed to remove the cause as early as possible without having any local or focal or systemic ill effects and damage.. The effect can be enhanced with aumified medicaments and food supplements.
4. **Rehabilitative Effects:** It is process of returning to normal function of affected cells and tissues and organ. Early aumification promotes all health, prevent serious problems, relief most of the sufferings and brings nil or minimal disability.
5. **Prolongation of Life:** All individual with aumified personal have minimal diseases or diseased free **life**.
6. **Transformation of Life:** The ultimate aim of life is to attain the Goal through aumification.. All the observable changes towards divinity are indicator of transformation.

AUMIFIED PERSONALITY

Aumified personality is unique which is characterized by high aumic indicators. The aumic indicators are ascertained with some Oro-visual holistic assessment (OVHA). Oro-visual holistic assessment (OVHA) is process of assessment an individual based on oral questions and visual observations. The assessment is done with following nine aumic indicators.

Sl. No.	Parameters	Appearance
1.	Personality	Saintly.
2.	Attitude	Positive
3.	Confidence	Developed.
4.	Divinity	Devoted.
5.	Humanity	Well developed
6.	Aura	Widened.
7.	Chakras	Glowing.
8.	Kundalini	Awakened
9.	Equanimity	Always

REFERENCE

1. Dubey; Nagendra P; AUM Prayers; AUM Chalisa; Second Edition 2015; Rhyme 20; P.9.

AUMILYTIC EFFECTS

Change is the rule of the nature. The change may be either positive or negative depending on so many factors. The positive changes are for growth and development are due to aumibolic effect by aumigenesis while the negative changes are for deterioration and suffering and are due to aumilytic effect by aumilysis. In due course of time, nobody expects for aumilytic changes. All the major divine changes effect more or less to all universe and universal creations. The changes are not always in good faith of individual. If the result is not in our favor, we call it bad or negative changes and blame the divinity. The aumigenesis and aumilysis changes happen with aumic effects. In terms of modern science, it could be correlated with metabolic and catabolic process respectively. Any changes in excess on either side may lead to problems. At individual levels, the excess aumigenesis and aumilysis due to any reason leads to ultimate suffering and its further complications. In the beginning, any excessive effects is compensatory but later on, it become de - compensatory which leads to morbid changes pertaining to different levels and ultimate result is problems, sufferings, disorders, disease, complication and ultimately death.

- Introduction.
- Aumilytic Process.
- Level of changes.
- Contributory Factors.

AUMILYTIC PROCESS

Aumilytic process is called aumilysis. It happens due to inadequate effects of positive polarities or due to increased negative polarities. The aumilytic process appears as – *Lysis, degeneration, deletion, distributions, destructions and dilution*. All aumilytic processes are catabolic. The aumilytic process produces negative effects resulting suffering, disorders and diseases. The aumilysis takes places through following process:

- 1. Devitalisation:** It is process of gradual slowing down the flow of vital energy to the target cells and tissues.
- 2. Aumilysis:** It process of destruction of aumic energy. Aumilysis is also termed as *Lysis*.
- 3. Depression:** It is process of slowing down the normal activities of the tissues and organs.
- 4. Suppression:** It is process of suppression of all hyper activities.
- 5. Toxicification:** It is process of introduction of toxins lethal (leading to death) to the life.

- 6. Infection:** It is the process of invasion of micro organisms and its growth to a level to produce problems symptoms.
- 7. Virulence:** It is process if increasing the toxicity of infecting organisms.
- 8. Poisoning:** It is process of introduction of poisons in the body in any way.
- 6. Obstruction:** It is process of stagnation or obstruction to flow of vital energy through macro or micro channels.
- 7. Condensation:** It is process of increase concentration and consolidation of negativity.
- 8. Accumulation:** It is process of gradual collection of waste products in the channels of body.
- 9. Inflammation:** It is process of increased in size of normal cells and tissue due to any cause like infection, trauma, neoplasm and obstruction.
- 10. Malignancy:** It is process of purposeless devitalizing growth in any cell or tissue or organ.
- 11. Hypo-sensitivity:** It is process of decreased sensitivity of receptors to remove the waste products from affected cells and tissues.
- 12. Accident:** It is process to sudden exposure to the life threatening or death situations due to divine, universal and individual reason.

LEVEL OF CHANGES

In order to assess the changes, there is need to have sufficient change to be surfaced as external (visible) as well as internal (assessable). These changes are observed under two groups:

- (I) Higher Changes.
- (II) Physical Changes.

I.HIGHER CHANGES

Higher changes takes place in individuals divine and universal planes which come down to physical plane through divine-universal- individual connectivity (DUIC). Thus the changes could be observed as:

- Reduced Aumic Resistance.
- Reduced Aura.
- Abnormality in Chakral activities as- hypo or hyper functions.
- **Divine Disorders** - Characterized by is group of disorders developed due to increased negativity in universal plane leading to –
 - A. Loss of the faith in GOD,
 - B. Lack of Superconsciousness,
 - C. Unable to recognition of the Self.
- Still birth and congenital anomalies.
- Disturbed celestial effects.

- **Remote Disorders-** These are the problems, sufferings, disorders, disease, complication and ultimately death of unknown cause which appears suddenly as an epidemic, leave its effects and disappears with or without in medical aid.
- May or may not respond to holistic healing.

II. PHYSICAL CHANGES

The physical changes are due to involvement of cells and tissues of organ of the physical body. The changes appear as clinical features (symptoms and signs). These changes may or may not be demonstrated by modern diagnostic tools. They may not respond to specific and non-specific modern treatment. The physical morbid changes are observed as:

- Specific and non specific complaints.
- Altered normal functions and findings.
- Altered holistic diagnostic parameters.
- Reduced body resistance in general and particular to the sufferings.
- Presence of certain signs of specific disorder.
- Specific and non specific hematological and bio- chemical changes.
- Presence of demonstrable macro and micro-pathological changes.
- Changes in palmar linings and elevations.
- Proportional acute or chronic sufferings and disorders which may or may not be diagnosed with various diagnostic tools and techniques.
- There may or may not be response with specific or integrated/holistic methods of treatment and healings.

AUMILYTIC EFFECTS

Every individual come with allotted life span of life and assigned duties during the life. During active life, he performs his assigned duties with the help of his organ and mind according to his past acts called *Sanskar* in present life. The present acts accelerate the future *Sanskara*. The following individual acts (*Karmas*) and lead to various sufferings, disorders and diseases.

- **Ignorance** – Unstable personality, aimless life, ill defined acts etc.
- **Violation of Humanity** – Cruelty and destructiveness.
- **Excessive Desire** – Greed.
- **Individual Constitution** – It is divided in two groups.

A. General Disorders: Tuberculosis, obesity, diabetes, hypertension, ischemic heart, paresis and paralysis etc.

B. Traditional disorders: Pertaining to – air, bile and phlegm disorders.

- **Mental Disturbance** – Cerebral palsy, low IQ (*Intelligence Quotient*), feeble mind, epilepsy, mental instability.
- **Low Social and Cultural Heritage** – Quarrels, tensions, bad family and relations; increase anti-social activities - Thefts, robbery and terrorisms.
- **Low Moral Values** – Corruption, rape and sexual disorders (syphilis, gonorrhea, HIV and AIDS).
- **Disturbed Spiritual Status** – Loss of divinity, loss of faiths, ego, proud, early mental disorders, and divinity syndrome.
- **Decreased Immunity:** Acute and chronic sufferings, systemic diseases, outbreak of epidemics, immune diseases and divine disorders.
- **Miscellaneous:** It leads deficiencies, metabolic sufferings and immune disorders, diseases and sufferings.

AUMIC FACTORIAL CHANGES

All universal creations are the divine gift to one or the other. Amongst the plants and animal kingdom, they are complementary and supplementary to each other. Human beings are considered to be highly brained and analytic. In

- Introduction.
- Aumic Factors.
- Applied Aumic Changes.

In course of evolution, various positivity and negativity appeared leading to pleasure and pain. Out of all, the suffering is one which seeks attentions to find out the solution. Normally, the *aumigenesis* and *aumilysis* are the aumic metabolic and catabolic process respectively in routine aumic scientific life. This guides the individual to act within a normal range of aumic cycle. Any changes in excess either positivity or negativity leads to problem, disorder, suffering, disease, complication and sequelae. In terms of aumic science, the excess of *aumigenesis* and *aumilysis* due to any reason leads to accelerate the catabolic effects and ultimately the aumilytic effects. In the beginning, any excessive or deficient effects is compensatory but later on, it become non compensatory which leads to morbid changes. The excess of morbid changes ultimately problem, disorder, suffering, disease, complication and sequelae.

AUMIC FACTORS

At every level there are some known and unknown factors which are responsible for affecting the individual life directly and indirectly. Based on the plane, the factors are divided in three major group related to plane.

- I. Divine Factors,
- II. Universal Factors,
- III. Individual Factors.

I. DIVINE FACTORS

The following divine factors are responsible for problem, disorder, suffering, disease, complication and sequelae;

1. **Soul** (*Atma*) – The carrier of senses and mind from one to another life.
2. **Senses** (*Indries*)- Leading to acts (*Karmas*) and thus it develops Sanskar.
3. **Mind** (*Manah*) – Controller of senses and organs responsible for acts.

II. UNIVERSAL FACTORS

The universe is between the individual and the Almighty. The Soul is the linking bond which connects individual with GOD through the universe via divine-universal-individual connectivity (DUIC). The universe is full of celestial bodies. Each individual has his own universe. The following universal factors plays important role in uniform activities of the individual;

- 1.Stars,
- 2.Zodiac,
- 3.Planes,
- 4.Celestial Bodies.

III. INDIVIDUAL FACTORS

Each universal sentient and insentient is composed of five elements (*Punchmahabhutas*). Human being is surrounded by various nature and its products. Out of all some or useful and some are useless. The useless are hazardous. These hazards appear as problem creating factor to individual in one or the other way. Thus, the individual factors are divided in three groups.

1. Host Factors.
2. Agent Factors,
3. Environmental Factors.

1. HOST FACTORS

Everyone individual who suffers is host. The host factors are attributed to following facts.

- Constitutional Factor,
- Immunological Factors,
- Socio-cultural Factors,
- Living Factors.

2. AGENT FACTORS

Here, anyone who is against or adverse to another is agent. Sometimes, one becomes agent for himself because of his acts (*Karmas*). In modern medicine, the agents are considered to be the disease producing factors. The agent factors are present in and around the individual. They have been grouped in groups mentioned on coming page.

- Biological Factors,
- Physical Agents,
- Chemical agents.

3. ENVIRONMENTAL FACTORS

Any individual and his environment can be affected by environment. The environment involves following factors.

- Atmospheric Factors,
- Anti-social Elements,
- Accidental Incidences.

APPLIED AUMIC CHANGES

Any local or focal changes in physical body is reflexion of aumic changes. Based on evaluations the changes are grouped in two major groups.

- I. Higher Body Changes.
- II. Physical Body Changes.

I. HIGHER BODY CHANGES

Higher body changes take place in individual starting from divine changes to the subtle holistic body level. The changes are subtle and due to divine universal factors which first appear in higher body plane and later manifest in physical. These subtle changes can be seen and observed by the aumic healer, priests, sages and clairvoyants scholars who have developed extra sensorial powers. The following common changes have been noted so far:

- Reduced *aura*.
- Abnormality in *chakral* activities as- hypo or hyper functions.
- Disturbed Celestial Effect.
- Non responsive to holistic healing.
- Still birth and congenital anomalies.
- **Divinity Syndrome** - Characterized by a group of negative manifestations causing increased negativity in universal plane of individual leading to:
 1. Apathy in GOD,
 2. Loss of the faith in divinity,
 3. Unable to universalize,
 4. Lack of Superconsciousness,
 5. Unable to Recognition of Self.

II. PHYSICAL BODY CHANGES

The physical body changes are those which are symptomatic, visible or can be demonstrated at physical body plane. Some of these manifestations can be demonstrated or can be proved scientifically also. There are some changes but cannot be demonstrated with modern diagnostic tools. They may or may not

respond to specific and non-specific treatment. Some of them are diagnosing with only holistic techniques. Some of the notable changes are:

- Specific and non specific problems / complaints and its progression.
- Altered Physical status.
- Altered holistic diagnostic parameters.
- Reduced body resistance in general and particular to the sufferings.
- Presence of Specific disorder, Changes in Palmar lining and elevations.
- **Universal Disorders :**

These are the sufferings due to direct hypo and hyper activities Prime universal element i.e., five elements (*Punchmahabhutas*). These disorders manifest as

1. Thunder,
2. Turmoil,
3. Eruption of Volcano,
4. Drought,
5. Flood,
6. Tsunami,
7. Earthquakes,
8. Other DUIC Disorders.

BASIS OF AUMIC MANAGEMENT

This universe is full of divine creations fed by *Brahm*, *Deo* and *Brahmand Loks*. Out of all the universal existing, the human beings are available in *Gyan* and *Physical Loks*. Human beings are considered to be highly brained and fortunate also. He is entitled to enjoy the act (*Karm*) of past life (*Purvkarms*) as well as have the power to perform the newer acts (*Karmas*) while other living is to enjoy the past acts (*Purvkarms*) only. Man has searched many things for their uses as – food, grains, fruits, drinks, medicaments, places, society, pets etc during their generational journey from the divine cosmic to modern era. The existing situation is contribution of our many past spiritual scientists and our ancestors. With the passage of time, the things got changed, converted and carried with co-relation of ancient culture and civilization. The modern time has become more and more materialistic and analytic. Our traditional and human values are losing day by day resulting loss of the recognition of their own Self due to ignorance (*Maya*). Ignorance of itself is major cause of problems, sufferings, disorders and diseases. In physical world excess of anything due to greed is bad especially when that is not fulfilled. In absence of fulfillment, it create stress and strain to individual, leading to stimulation to many etiological factors causing imbalances to create problems, sufferings, disorders and diseases.

- Introduction.
- Aumic Management.
- Principle Theme.
- Aims of Management.
- Methods of Management.
- Aumic Material Management.
- Aumic Remedial Management.

AUMIC MANAGEMENT

Aumic management has wider spectrum of AUM therapy but in practical the entire aspects are covered under AUM Therapy. Thus, **“AUM Therapy is combination of cosmouniversal creations used in either isolation or in combination to maintain the aumic body and health through aumification.”** The therapy acts through streamlining the divine-universal-individual connectivity (DUIC) which helps in attaining the aim aumic life i.e. **“Prolonged, Healthy, Peaceful, Blissful and Aumified Life”**. AUM Therapy considers **Ten Aumic Life Factors (TALF)** to achieve its aim of therapy as - **Aumic Life Cycle** - Past, Present and Future; **Aumic Life** - A Union of - Body, Mind, Sense, Soul and Superconscious; **All Planes** - Divine, universal and individual; **All Aumic Bodies** - Physical, ethric, astral, lower mental, higher mental, buddhic and atmik; **All Health** - Physical,

mental social moral, spiritual and environmental; **All Techniques-** Aumic, Holistic, Traditional and Modern; **All Level Problems-** Daihik, Daivik and Bhautik; **All Level of Problems :** Preventive, Promotive, Curative and Rehabilitation; **Remedial Sources--** Divine, Universal and Natural contents. **Aumification** - Through Aumic practices.

PRINCIPAL THEME

Nature is our mother while GOD is father. A child is considered to be more safe with the mother as she provide required nourishment and necessary care provided the child remains in state of harmony with her, while father is to provide the guidance, extra guidance and right path in life.

AIMS OF MANAGEMENT

The aumic management is divine holistic comprehensive management (DHCM) based on the principal theme of GOD and Nature who are our divine father and mother. The human body is unique combination of nature and divinity as divine gift to the universe. As long they remain in aumic synergy they live in the universe and play the defined role as per their past acts (*Purvkarms*). The combination of Nature and GOD has been well explained in *Srimad Bhagwadgita* as mention on coming page.

भूमिरापोऽमलो वायुः खं मनो बुद्धिरेव च ।
अहङ्कार इतीयं मे भिन्ना प्रकृतिरष्टधा ॥⁽¹⁾
अपरेयमितस्त्वन्यां प्रकृतिं विद्धि मे पराम् ।
जीवभूतां महाबाहो ययेदं धार्यते जगत् ॥⁽²⁾

Meaning: Earth, water, fire air, ether, mind, intellect (reason) and also ego – these constitute. My nature divided into eight parts. This indeed is my lower (material) nature; the other than this, by which the whole universe is sustained, know it to be My higher (or Spiritual) nature in form of **Jiva** (the life principle).

Explanation - Human body is a mass of condensed matter derived from the Nature (**Prakriti**). Every individual is comprised of two parts i.e. Material Nature (**Lower Prakriti**) and Higher Nature (**Spiritual Prakriti**). The individual's Material Nature (**Lower Prakriti**) consists of eight folds i.e. **earth, water, fire, air, space, mind, intellect (reason) and egoism**, while the Higher Nature (**Spiritual Prakriti**) is the Soul (**Atma**) of individual derived and in continuum with GOD (**Parmatma**).

Thus aumic management cares for both Natures (**Prakriti**). As regards to the aims of aumic management is concern, our aims are multifold. Out of all, as regards

the problems and its related scenarios are concern, therapy helps on following aspects of problems and diseases.

1. Prevention from problems.
2. Protection of health.
3. Early detection of problem and effective management.
4. Disability limitation and rehabilitation.
5. Prolonged healthy, peaceful and blissful life.
6. Recognition of Self.

METHODS OF AUMIC MANAGEMENT

Being a divine comprehensive management, the AUM therapy involves all holistic, spiritual, traditional and modern tools and techniques in prevention, diagnosis, elimination, treatment, healing, and rehabilitation and further induces the inclination to divinity. Based on measures, means, method and materials, the aumic management has been divided in three groups –

- Aumic Ritual Management.
- Aumic Material Management.
- Aumic Remedial Management.

(Each management has been dealt separately a chapter on coming pages)

REFERENCE

1&2. *Srimad Bhagwadgita*; Gita Press Gorakhpur; Fourth Reprint; *Chapter*; 7; Shlok 4 &5 ; P 92

AUMIC RITUAL MANAGEMENT

Aumic ritual management is the method of aumic healing based on the recitation of aumic rituals associated with cosmouniversal deities and derivatives.

It is based on the vibrations energy created by aumic rituals depending on situation. Here, the aumic sound vibration (ASV) of varying pitch, intensity and duration is taken in account to produce sufficient aumic vibrations to aumify the sufferer by aumification. Thus created aumification helps in establishing the coordination between both parts of individual i.e. Material Nature (*Lower Prakriti*) and Higher Nature (*Spiritual Prakriti*). The individual's Material Nature (*Lower Prakriti*) consists of eight folds i.e. ***earth, water, fire, air, space, mind, intellect and egoism***, while the Higher Nature (*Spiritual Prakriti*) is the Soul (*Atma*) of individual derived and in continuum with GOD (*Parmatma*).

- Introduction.
- Aumic Sound Vibration.
- Aumification.
- Modes of Aumification.
- Method of Management.
- Common Aumic Rituals..

AUMIC SOUND VIBRATION

The aumic sounds vibrations (ASV) are the vibration created by chanting the AUM called Aumkar and certain rituals as – ***Aumic verses, Aarti, Prayers, Mantras and Brahma Mantra, Bijakshra, Bijamantra etc.*** It affects the individual through divine-universal-individual connectivity (DUIC). The connectivity develops either directly and indirectly by aumification.

AUMIFICATION

Aumification is process of divine transformation of individual by addition of aumic effects either Self Induce or Mechanical Device Induced. The process of aumification is done with aumic vibrations of varying intensity for varying period. During the entire phase of aumification, the aumigenesis takes place and ultimately the things get aumified according to their fate. The aumification brings positive divine effects. The aumification affects individual through divine-universal-individual connectivity (DUIC). There are two types of aumification:

- I.Auto Aumification.
- II.Motivated Aumification.

I. AUTO AUMIFICATION

Auto aumification is self induced thought and self designed way of aumification. It is totally internal. There no any external show. This type of aumification is developed by special type of individual who is in search of truth and self realization. This motivation is accelerated by divine wish where the mere contact of aumified persons, saints, aumic healers instigate the individual to move of aumification. Thus, the individual thought and drive to proceed for aumification. Such individual get self early motivated, develop, and adopt the practice. The auto motivated aumification aumify the individual directly to the level of his requirement because of quick established divine-universal-individual connectivity (DUIC).

II. MOTIVATED AUMIFICATION

Motivated aumification is the way where aumification is induced by the aumic healer in order to relieve the problems. It is external as it can be observed by others. This type of aumification is indicated in mostly problematic individuals. It is also indicated in the aumic scholars. Here, the healer motivates, prepare the plans and implement in possible effective ways. There is external show. The process is developed by others. Here, the interested individual easily adopts the method and start practicing. The individual gets aumify directly and indirectly.

MODES OF AUMIFICATION

The process of ritual healing takes place through aumification which may take place directly and indirectly both. There are many modes of aumification. The common modes are:

I. Self Aumic Chanting – Chanting of Aumkar.

II. Mechanical Aumic Chanting – Continuous chanting of AUM by mechanical devices.

III. Aumic Rituals: Certain aumic rituals are performed with certain aumic verses. (*Aarti, Prayers, Mantras and Brahma Mantra, Bijakshra, Bijamantra etc*).

AUMIC RITUALS

The Aumic vibrations are created by chanting the sound AUM. The pitch of the sound varies from whispering to loud one depending on many factors pertain to the individual. Though, all methods of vibrations act at all planes and holistic body of the individual. Out of all, some methods start influencing and healing more from the inner self, some from outer self and some both ways. So for the aumic ritual management is concern, the following methods are used:

1. AUM Invocation.
2. AUM Chanting Device.
3. AUM Brahma Mantras.
4. AUM Bijakshr.
5. AUM Yog.
6. AUM Meditation.
7. AUM Agnihotr.
8. AUM Yagy.
9. AUM Yantr.
10. AUM Prayer.

1. AUM Invocation: Every individual being, irrespective of caste, creed, religion or race has right to invoke AUM according to their religion, culture and traditional. The invocation is to be performed in proper way by the individual at particular *pitch (volume), duration, posture and time*. It is a way to initiate the holistic influence and healing from inner self. The self chanting initiates inner healing first followed by the outer. It can be performed either alone or in group.

2. AUM Chanting Devices: It is manmade mechanical device (MMD) for continuous chanting of AUM. It is also called non-stop chanting device (NSCD). This type of Aumic vibrations has aumifying effects on mass. It influences and heals all the layers of holistic body to an extent to resist against all the evil and devil stimuli. The mechanical devices are recommended for all i.e. self, family and surroundings including animal and plant kingdoms.

3. AUM Brahma Mantras: These are the sacred *Mantras* which begin and end with syllable AUM. They are recited or chanted at particular *pitch (volume)*, time, duration and posture. AUM Brahma Mantras are used for individualized problems and disorders. This is decided from the name, date and place of birth, problems, involved chakr and their deity. These have first inner influence followed by the outer influence. Depending on the problem the affected Chakr and related deity is healed and recited with aumic Mantras.

4. AUM Bijakshr: Every Chakr is having a Bijakshr. The Bijakshr is recited meditated. The recitation is made at particular *pitch (volume)*, time, duration and posture focusing on particular chakr. It has inner influence and healing on chakr followed by the outer influence.

5. AUM Yog: It clears the way through both external and internal cleaning. Here, individual is directed to sit in comfortable posture presuming him-self sitting within the AUM (*AUM Asan*) and advised to concentrate on the symbol of AUM with closed eyes or sit in relaxed position and face symbol of AUM. In case of any

physical disability or disorder, the individual is directed to follow the above steps in most comfortable posture. This method has first outer influence and healing followed by the inner influence and healing leading to relieve and realisation of self.

6. AUM Meditation: It is later stage of AUM Yog. Here, individual is directed to contemplate the thinking of AUM inwardly. The person is directed to sit according to his convenient and realize that he is enveloped within AUM. This is followed by contemplation of thinking inwardly by repeating AUM. The meditation has influence followed by realization of self.

7. AUM Agnihotra: It is an individual or collective effort to perform AUM Agnihotr by invoking AUM Brahm Mantras. The effects of Agnihotr come by creating the positive vibration in self and surrounding. It clears all the planes of individual. It brings the positive alignment through divine- universal- individual connectivity (DUIC).

8. AUM Yagy (Hawan): It is a collective effort. It is performed by doing AUM Yagy (*Hawan*) with AUM Brahma Mantras. The Yagy (*Hawan*) is performed with Hawan material which is comprised of- Grains, Ghee, Sugar, Camphor/leaves of auspicious plants (*Tulsi, Mango, Asoka, Pipal and Sandal woods* etc.). This material is put in the fire with added AUM before and after the specified Mantras and deities. The Yagy create fumes to form the clouds for raining for the benefits of all creations. The Yagy purifies the individual, family and surroundings at individual level followed by the environmental and the universal. It brings the positive alignment of divine- universal- individual connectivity.

9. AUM Yantras: Each religion uses some symbol for their worship and meditation. All the symbols have universal origin in one or the other way. These are made-up of worldly materials and signify the presence of divinity according to individual religion, race and community. In aumic healing, they are called AUM Yantras. These *Yantras* are meditated to bring holistic effects. Here, individual is directed to sit in relaxed posture and directed to constantly visualize the *Yantr* with repetition of the name of deity indicated for the *Yantr* with added AUM in the beginning and end of the name. The constant visualization of AUM *Yantr* brings the changes at mental levels to induce positive intuitions and thoughts first in higher bodies then in physical body. The common spiritual AUM *Yantras* are made up of metals as - Brass, Copper, Steel, Silver and Gold or otherwise. Metallic AUM *Yantras* are preferable because of being a good conductor. The common *Yantras* are: **AUM, Trishule, Shree Yantr, Swastik, Crass, Wheel, Bow & Arrow, Circular Ring and Statues.**

10. AUM Prayers: It is an individual way of worship to AUM (GOD). It is performed with comprehensive holistic verses of Almighty GOD (AUM). The aumic verses are available in **AUM Katha (Khand)** having five divisions (*Brahm Khand,*

Deo Khand, Brahmand Khand, Gyan Khand and Bhautik Khand) and **AUM Prayer** having three components – i.e. *AUM Chalisa, Aarati* and *AUM Brahm Mantras*. These are highly charged with supreme source of energy (SSE) for welfare of all the universal creations. It completely cleans (inner and outer self) the individual and his surrounding to clear the way to perfect aumification leading to divinity.

MODE OF HEALING

Here, the aumic sound energy of varying intensities are generated through defined aumic processes leading to aumification of individual. After entering the energy and aumification of various planes of the body and ultimately in physical body, it acts on the target cells, tissues and organs where the varying degree of problem is, the sound vibration dislodge and mobilize the obstruction caused by negativity. Thereby it reestablishes the positivity and removes the negativity from the individual's cells, tissues and organs through various defined and ill-defined opening of the body. This process also creates aumic resistance (*immunity*) in the individual for further prevention of the problems, disorders and diseases. Thus, the aumic resistance provides lifelong aumic holistic care effects.

AUMIC MATERIAL MANAGEMENT

Aumic material management is the method of the aumic healing with auspicious cosmouniversal deities and materials enriched with cosmouniversal energy (CUE) after necessary aumification.

- Introduction.
- Types of Materials.
- Eatable Materials.
- Non-Eatable Materials.

All live creations are broadly divided in animal and plant kingdom. They are one or the other way complementary and supplementary to each other. All the matters used in aumic management are one or the other ways derived from universe and universal creation. They are charged with cosmic and universal energy. The aumic therapist find out the appropriate material depending on some of the common factors as – community, religion, race, custom and believe. Thus, selected materials are subjected to aumification in order to potentiate the effects. Before aumification, the identified material is procured in defined ways with respects and aumic prayer in order to have positive polarity from the source. This positive polarity helps in further increasing of the potential values during aumification and utilization.

TYPES OF MATERIALS

Aumic materials used in routine life and material aumic management has long list of materials. Out of all, only few are used in aumic material management. The materials used in aumic management are broadly divided in two groups:-

- Eatable Materials.
- Non eatable Materials.

EATABLE MATERIALS

Those materials used in one or the other way as food and drink are called eatable material. They are grouped in three categories:

- I.General Food.
- II.Additional Food.
- III.Auspicious Food.

I. GENERAL FOOD

The food is necessary to lead a normal life. The food habit varies from individual to individual. In order to have the healthy life the food must have the necessary constituents to have balanced effects. The main constituents of the healthy vegetarian food are- *carbohydrate, protein, fat, vitamins, minerals and water*. When the animal sources are added to food, it becomes non-vegetarian food. Thus the foods used in various combinations and are divided in three categories.

A.Pure Food (*Satvic Food*).

B.Kingly Food (*Rajas Food*).

C.Mixed Food (*Tamasic Food*).

A. PURE FOOD (SATVIC FOOD)

These are simple, natural food and drinks directly derived from plants and animals in pure natural form without any harm to them. In order to make them eatable, there is hardly made any alteration and modification in its original form. Such foods are having long lasting effects in the body. It includes - *Fruits, fruit juice, milk and its products, raw vegetable, grains and naturally available minerals*. Most of the consumers of such food have long life. Those who use such diet are entitled to lead a long peaceful and blissful life provided he has added aumified way of life.

B.KINGLY FOOD (RAJAS FOOD)

These are compound food and drinks. They are derived from plants and animals. They are consumed in various forms from simple to spicy one. Such foods contain excessive oil, fats and spices. Such foods are mainly derived from plants. It may or may not contain animal products. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and or animal products* in excess. Most of the consumers of such food have average ruling life.

C. MIXED FOOD (TAMASIC FOOD)

These are mixed and complex food and drinks. They are derived from animal and plants. It comprised of live and dead products derived from plants and animals. Besides the food, the consumers use various liquors as alcohol (*wine*) and other beverages in irregular manner. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and animal meat products*. Majority of the consumer of such food and drinks have short and measurable life.

II. ADDITIONAL FOOD

These are mostly vegetarian spices, juices, medicaments derived from plants and natural resources used in addition of routine food and drinks. It includes – *Spices, juices, minerals, medicaments*.

III. AUSPICIOUS FOOD

These foods and drinks are called *Prasadam*. These are made up of pure (*Satvic*) vegetable and animal products. The food is first offered to GOD and then distributed to devotees. The common auspicious foods are - *Holy water, Charnamrit, Bibhuti, Prasadam (Leaves, Flowers, Fruits and Sweets)* etc.

NON EATABLE MATERIALS

These are natural materials not use as food or drinks. They are related to the individual celestial structures. These are derived as salt and minerals from the nature. These materials are used in one or the other forms in various religions all over the world. These materials are grouped in two groups:

I. Gems.

II. Auspicious matters.

I. GEMS

Gem (*Syn. Fine gem, Jewel, Precious stone etc*) is non eatable materials. Most gemstones are hard. In modern use the precious stones are *Diamond, Ruby, Sapphire and Emerald*. The stones are identified by gemologists. The description of gems and their characteristics is described in gemology. Gemologist identifies GEM using chemical composition. For example, diamonds are made of carbon (C) and rubies of aluminum oxide. Gemstones are classified into different groups, species, and varieties. Gems are characterized in terms of refractive index, dispersion, specific gravity, hardness, cleavage, fracture and luster.

MODE OF ACTION OF GEMS

The Gems are in practice from centuries. It emits light waves which affects the individual's zodiacs, stars and planets. The Gems are identified and aumified for a particular period with *Aumic Mantras and Bijakshra* and then used accordingly on the direction of the aumic healer. It helps by correcting the

problems caused by celestial bodies. The gems emit the effective lights of appropriate wave length in astral body of the individual which intersect the adverse effects of opposite celestial bodies from universal plane. The aumified gems emit strong light wave to aumilify the accumulated ill effects in physical body.

II. AUSPICIOUS MATTERS

All the matters used as symbols of worship and meditation as- *Statues, Auspicious symbols, Logo* and religious materials as- *Japmala, Rudraksh, Divine Locket, Rings* etc. by the individual in self or as mass are auspicious matters. These matters are aumified for a particular period and then used as per direction of the Aumic healers. After aumification, the matters emit positive vibrations to reduce the problems, promote the health and reduce sufferings. It also guides the individual toward divinity.

AUMIC REMEDIAL MANAGEMENT

Aumic remedial management is the method of the management with aumified cosmouniversal material either in isolation or in combination to maintain the aumic holistic body and health.

AUM Therapy has broad spectrum of healing and remedial management against many divine, universal and individual problems and disorders. The therapy involves various means, methods and materials of the universal origin. It has wider spectrum of coverage or restoration of health through Divine-Universal-Individual Connectivity (DUIC). The concepts of DUIC connectivity could be understood by keeping in view the various AUMIC Planes.

- Introduction.
- Sources of Medicaments.
- Procurement of Materials.
- Preparation of Medicaments.
- Aumic Prescription.
- Types of Medicaments.
- Routes of Administration

SOURCES OF MEDICAMENTS

As per divine facts all the medicaments lie between divinity and individual means within the **Mother Nature** in the universe. Thus all the universal existing is useful in one or the other ways to all provided they are properly identified and used judiciously. The aumic rituals and medicaments are derived from three major sources.

- I. Higher Sources.
- II. Universal Sources.
- III. Lower Sources.

I. HIGHER SOURCES

The higher source of an individual is his Soul a representative of GOD. The soul establishes the connectivity with individual Material Nature (*Lower Prakriti*). Thus, in every individual, the soul components come directly from GOD (*Parmatma*) at the time of conception during intrauterine life (IUL). The Soul carries mind (*Manah*) and sense from earlier life. All the components are nourished throughout the life directly with cosmic energy. Thus, the major energy is derived from higher sources are **Soul** with **Mind** and **Senses**.

II. UNIVERSAL SOURCES

The universe is full of the heavenly bodies (*Celestial bodies*) which emit light as constant energy for universal creations. Every universal existing receives it according to his celestial bodies. These heavenly bodies care for mainly the individual's holistic body which protects the physical body. There are many types of heavenly bodies. Out of these, following three major types of celestial bodies are known effects – **12 Zodiac, 28 Stars and Nakshatras and 9 Planets.**

III. LOWER SOURCES

The lower sources are available around us. These are comprised of Basic Nature (*Inferior Prakriti*) like an individual. They are the part of the nature. They care for the physical body which has the same constituents as of the Basic Nature (*Inferior Prakriti*) i.e. Five elements plus mind, intellect and egoism. The sources of physical medicaments are:

- **Plants** - Herbs, shrubs and trees.
- **Minerals** - Metals, gems and crystals.
- **Chemicals** - Elements as Solid, liquid and gases.

PROCUREMENT OF MATERIAL

The procurement is only possible from the lower resources as they are easily available universal materials. The higher resources are beyond the human reach. The usual medicaments are derived directly from - *plants, minerals, chemicals* and indirectly from *celestial* sources. Out all the lower sources, the plants and its various derivatives are preferred. Once the plant has been decided for an individual, the aumic healer procures the same or its part with the subtle approval / permission of the plant after the aumic ritual. In all case, before collecting the materials, the aumic rituals is made for the permission to take the required quantity of material for the purpose of preparation of medicament for healing and restoration of aumic health.

PREPARATION OF MEDICAMENT

After procurement of desired part and estimate quantity, the materials are cleaned properly and processed in aumic atmosphere where continuous chanting of AUM is going on in order to add the aumic vibration energy (*aumification*). The chanting is done either self created voice or with the help of continuous chanting device. During the processing, the medicament is prepared in accordance to the

problem of the person as directed by the Aumic Practitioner. Usually, after preparation, the aumification is repeated for 1 hour which give the possibly highest desired Absolute Concentrate AUM (AC^0) i.e. $1AC^0=AC^0$.

AUMIC PRESCRIPTION

This is the way to prescribe the medicaments in therapeutic concentration along with aumic rituals and other necessary measures. The prescription is decided by the aumic practitioner. The Absolute Concentration (AC^0) of medicaments is prescribed in terms of 3.0, 2.0, 1.0, 0.5, 0.25 AC^0 depending on duration of problems and needed AC^0 concentration.. Thus, the medicament is prescribed in total five concentrations i.e. two higher and two lower concentrations on either side of Absolute Concentration $AC^0 = 1$. For higher concentration, the Absolute Concentrations are required to be further aumified for two to three hours. In case of children the most commonly used diluents is aqua (water) at the level of Absolute Concentration (AC^0).

TYPES OF MEDICAMENTS

There are various types of traditional and modern medications used in treatment and healing of various problems and diseases. Keeping all medicaments in view, the medicaments used are broadly divided in two groups:

1. Aumic Medicaments.
2. Aumified Medicaments.

1.Aumic Medicaments: These are those medicaments which are procured and prepared in aumic atmospheres in order to get it fully aumified.

2. Aumified Medicaments: These are the commercially prepared traditional and modern pharmacological preparations which are aumified later depending on various factors pertaining to the individual.

ROUTES OF ADMINISTRATION

The aumically prepared medicaments are administered through following common routes.

- 1. Oral Route:** Most of the drugs and therapeutic agents are given orally. The orally administered drugs and therapeutic agents affect both the gastro intestinal tracts (GIT) as well as systemic effects as *Tablet, Capsules, Syrup etc.*
- 2. Parentral Route:** These routes are preferred when the oral administration is not possible due many medical and surgical reasons. The parental administration is administered through:
 - Ryle's Tube,
 - Intravenous Routs,

- Injections through various Routes.
 - Implantation,
 - Natural Orifices.
 - Inter and Intra-sacs- *Peritoneal, Pericardial and Pleura*.
3. **Rectal Route:** Some of the medicaments are administered through rectal route for local and systemic effects - as *Enema, Seitz bath, Dhauti etc.*
 4. **Inhalational Route:** Some of the volatile substances are used through this route as- Aerosols, Inhalers, Medicated, Nasal Decongestant, Neti etc.
 5. **Rectal Application:** Some of the aumified medicaments are applied locally on the skin especially in skin disorders and injuries as- *Washing, Ointment and Oleation etc.*

AUM THERAPY- A DIVINE THERAPY

AUM Therapy is a divine system of the practice with aumified medicine, healing along with strengthening the faith in divinity. The divine aspects are inculcated by the art and science of socio-cultural milieus available in culture and society. The holistic medical practice aimed to maintain the whole- **Body, Senses, Mind, Soul and Superconsciousness**. To attain this, various means, methods and modalities are evolved through various techniques. All universal creations even the micro organisms need something for their survival. There are no qualified practitioners amongst them even then they have their life span and attain it. How is possible that they have no problem in their life span? They have and they overcome with themselves. Human beings are highly brained and more analytic. They have done a lot but not exactly for the entire world. The tribal people had their own way of survival and lead their normal life according to the culture and believe with their tribal medicine system.

- Introduction.
- Principles of Approach.
- Aumification..
- AUM Thoughts.
- Aumic Health.
- AUM Therapy.
- Divine Showering.
- Effects of Aumification.

The aumic divine system considers the whole aspects of the individual for treatment, health along with inclination towards divinity and ultimately the faith in divinity. The divine aspects of the system starts as soon as a person think about aumic therapy system. The system gradually grows higher and higher and ultimately makes the ill define path between individual self to Supreme Self through divine-universal individual connectivity (DUIC) a way to Supreme Reality.

PRINCIPLES OF APPROACH

AUM Therapy is a combined approach through involvement of divine, universal and individual contents of this universe along with divinity. According to World Association of Integrated Medicine and AUM Foundation, if one has to say that the system is divine must have definite principles of approach. The principles are:

- Optimal Health should be the primary goal.
- Cardinal relation with practitioner and suffers.
- The whole person and health to be taken in account.

- Priority to prevention and if fails proper treatment.
- Restoration of Innate Healing Power.
- Integration of treatment and healing Systems.
- Care of Individuality.
- Aumified Life.

AUMIFICATION

Aumification is process of divine transformation of individual by addition of aumic effects either Self Induce or Mechanical Device Induced. The process takes place through divine- universal- individual connectivity (DUIC). The aumifying changes are for all generation, operation, maintenance and ultimate destruction to submerge to GOD. The process varies from simplest way to the most complex depending divine factors. It all happens due to aumic effects. During the entire phase of aumification, the aumigenesis

AUMIC THOUGHTS

Mere, thinking of AUM is the precursor of initiation of divinity in any one. The study of AUM and its literature brings a lot of changed in individual's life. It is because of aumification and further aumic effects. Further devotion of individual to AUM through aumic literatures, aumic rituals and or use of aumic therapy for any problem in any way as – *Preventive, Curative, Rehabilitative or otherwise ritual* bring a lot of changes in the life of individual because of aumification leading to divinity or divine inclination.

AUMIC HEALTH

. ***“Aumic Health is divine gift to an individual to enjoy prolonged, healthy, peaceful, blissful and aumified life leading to auspicious hearing, auspicious vision and auspicious acts”.*** Here, therapist maintains the health by keeping in view the ***Nine Aumic Gifts (NAGs.) - Aumic Life Cycle: Past, Present and Future.*** The Aumic Health is maintained by keeping in view the ***Nine Aumic Gifts (NAG) – Aumic Life Cycle - Past, Present and Future.: Aumic Holistic Bodies - Physical, Ethric, Astral, Lower Mental, Higher Mental, Buddhic and Atmic; All Wellness - Through Integrated Health and Holistic Care; All Approach - Divine, Universal and Individual; All Problems - Daihik, Daivik and Bhautic; All Health - Physical, Mental, Social, Moral, Spiritual and Environmental; Effective Levels – Origin, Prevention, Promotion, Relief, Curative and Rehabilitation; Therapeutic Measures - AUM Therapy, Kundalini Therapy, Astro Medicine, Yoga and Meditation, Natural Medicine and Auric Healing Aumic Linkage- Divine- Universal-Individual-Connectivity (DUIC).***

AUM THERAPY

Aumic management has wider spectrum of AUM therapy but in practical the entire aspects are covered under AUM Therapy. Thus, ***“AUM Therapy is combination of cosmouniversal creations used in either isolation or in combination to maintain the aumic body and health through aumification.”*** The therapy acts through streamlining the divine-universal-individual connectivity (DUIC) which helps in attaining the aim aumic life i.e. *“Prolonged, Healthy, Peaceful, Blissful and Aumified Life”*. AUM Therapy considers **Ten Aumic Life Factors (TALF)** to achieve its aim of therapy as - **Aumic Life Cycle** - Past, Present and Future; **Aumic Life** - A Union of - Body, Mind, Sense, Soul and Superconscious; **All Planes** - Divine, universal and individual; **All Aumic Bodies** - Physical, ethric, astral, lower mental, higher mental, buddhic and atmic; **All Health** - Physical, mental social moral, spiritual and environmental; **All Techniques**- Aumic, Holistic, Traditional and Modern; **All Level Problems**- Daihik, Daivik and Bhautik; **All Level of Problems**: Preventive, Promotive, Curative and Rehabilitation; **Remedial Sources**-- Divine, Universal and Natural contents. **Aumification** - Through Aumic practices.

DIVINE SHOWERING

Nothing is possible without the wish and will of GOD. Every acts of individual is pre- decided. How it is possible? Yes, it is possible with the subtle connectivity known as divine universal individual connectivity (DUIC). This is the communicating pathway between the individual and the Almighty GOD (AUM). Every individual has his own path of DUIC which communicate individual self to GOD (AUM). The entire path is subtle and is beyond the modern medical approach but it exists and is a matter of future research. The proof of divine shower could be under stand by considering certain divine and related descendent deities through various steps which the matter of great divine individual culture and believe specially the Indian culture. The existing series of the deities, their worships, blessings and thus the flow of divine, universal energy are of great values. The sequence of descend of shower from divinity to individual level can be easily under stood by passage through various divisions of **Cosmic Khands** and the blessings of main associated deities as:

- **Brahm Khand:** Almighty and Nature.
- **Deo Khand:** Brahma, Vishnu, Mahesh; Sarswati, Lakshmi, Durga; Indr, Brihspati Garud etc.
- **Brahmand Khand:** Zodiacs, Stars and Planets etc.

- **Gyan Khand:** Vedas, Vedangs, Upanishad etc.
- **Bhautic Khand:** Animal and Plant Kingdoms.

EFFECTS OF AUMIFICATION

As we know that ***“Aumification is process of divine transformation of individual by addition of aumic effects either Self Induce or Mechanically Induced”*** The effect of aumification are observed by the aumic healers. The ultimate effects of aumification are - ***Prolonged, healthy, peaceful, blissful and aumified life.*** The fully aumified individual ultimately received the divine gifts known as aumic gifts which is characterised by Triple Truth comprised of - ***Auspicious Hearing, Auspicious Vision and Auspicious Acts.*** The aumic effects are operated through its known and unknown Aumic Laws leading to care, cure, prolongation of life, aumification leading to divinity. The general the regular aumic life leads aumification which is observed through following qualities:

- **Clarity in All Planes:** Divine, Universal and Individual.
- **Clarity in Chakral Activities:** Both Divine and Individual Chakras.
- **Coordination in Divine Components:** Organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*).
- **Care of Aumic Bodies:** Physical, Ethric, Astral, Lower mental, Higher mental, Buddhic and Atmic.
- **Care of All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
- **Humoral Equilibrium:** Air, Bile and Phlegm.
- **Balance of All Tissues:** Body fluid, Blood, Muscular tissue, Adipose tissue, Nerve tissue and bone marrows, Sperm and ova.
- **Clearing of All Waste:** Stool, Urine, Sweat, Nails and Hairs.
- **Enzymatic Equilibrium:** Normal Enzyme, Hypo active Enzyme and Hyper active.
- **Aumification:** Leading to Divinity.

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DR NAGENDRA PRASAD DUBEY

MBBS (KU); DTCD; DY (BHU); MD (Inte. & Trad. Med.); Ph.D.; D.Sc. (Inte. Med.);

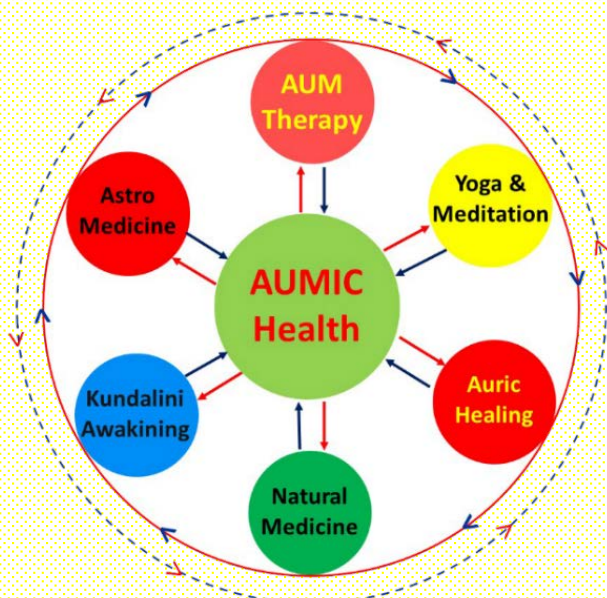
DIA, DHHC (WAIM); CDHE (WU); CPT, CET, CLT, LFAF (USA); FWAIM

Founder President

AUM Foundation LLC, NY, USA

AUMIC HEALTH

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AUMIC APPROACH

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