

BASIC PRINCIPLES OF AUM THERAPY



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BASIC PRINCIPLES OF AUM THERAPY

(Comprehensive Approach for Integrated Health and Holistic Care)

(Based on Indian Sanskrit)



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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)

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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.

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CONTENTS

SL. NO.	SUBJECTS	PAGES
-	• Introduction	i - i
-	• Forewords	ii - ii
-	• Acknowledgement	iii - iii
1.	Philosophy of AUM	01 - 05
2.	AUM and the Self	06 - 11
3.	AUM and Pran	12 - 17
4.	Aumic Body	18 - 23
5.	Aumic Holistic Body	24 - 28
6.	Applied Aumic Body	29 - 32
7.	Aumic Divine Chakras	33 - 37
8.	Aumic Individual Chakras	38 - 44
9.	Aumic Aura	45 - 48
10.	Aumic Yog	49 - 55
11.	Aumic Universal Energy	56 - 61
12.	Zodiacs	62 - 65
13.	Stars	66 - 69
14.	Planets	70 - 72
15.	Aumic Polarity	73 - 76
16.	Aumic Laws of Longevity	77 - 82
17.	Aumic Health	83 - 89
18.	Aumigenic Effects	90 - 94
19.	Aumilytic Effects	95 - 98
20.	Aumic Factorial Changes	99 - 102
21.	Basis of Aumic Management	103 - 105
22.	Aumic Ritual Management	106 - 110
23.	Aumic Material Management	111 - 114
24.	Aumic Remedial Management	115 - 118
25.	AUM Therapy – A Divine Therapy	119 - 122
-	• Index	123 - 124

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, Brahmmand 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 –

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.

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*.

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) inform 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.

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 a 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

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.

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 groups 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 (*Intuitional 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 attained 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.

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 (*Parmatma*). 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

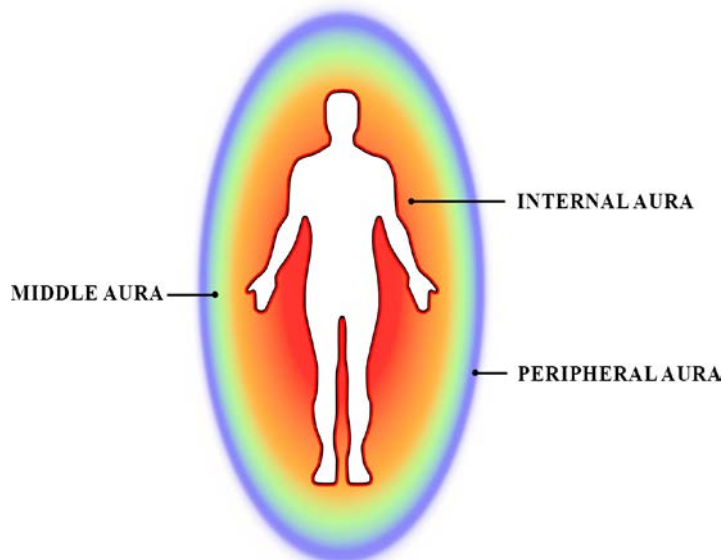
These chakras are under the control of divine chakras especially the Atmic Chakr. They are further divided in two groups Higher and Lower Chakras. They are located in ethric, astral and some in higher body plane of the individual's physical body. They are linked with divine chakras with the intermediary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

CHAPTER - 9

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.

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,

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.

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 than 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*).

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,

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).

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.

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,

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

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*:

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.

AUMIC HEALTH

Aumic health is a positive health of an individual in all spheres of life due to aumic effects. Each universal existing 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**

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, Dhyana 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.

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.

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.

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.

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 atmic; **All Health** - Physical,

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.

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.

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*.

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.

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.

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

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 sufferers.
- The whole person and health to be taken in account.
- Priority to prevention and if fails proper treatment.

WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



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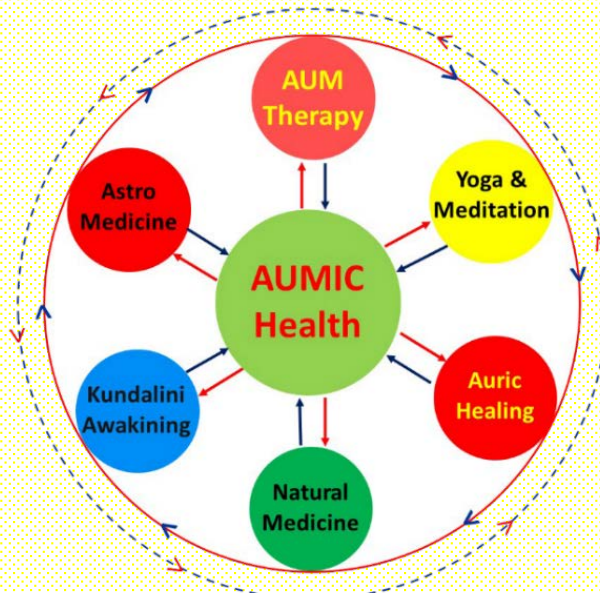
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