

# APPLIED CONCEPTS OF AUM THERAPY



**Author**  
**Dr Nagendra Prasad Dubey**

**Co Author**  
**Dr Naveen Prakash Dubey**

# APPLIED CONCEPTS 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  
AUM Foundation LLC, NY, USA

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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,  
Varanasi, UP-221106, INDIA  
Email: [integratedmedicine@yahoo.com](mailto:integratedmedicine@yahoo.com)  
Website: [integratedmedicineindia.org](http://integratedmedicineindia.org)

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# INTRODUCTION

AUM Therapy utilizes the divine 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.

AUM Therapy has been brought with broader concepts based on “*Principles of Divinity in all Universal Creation*”. In this book I have tried my level best to infuse the applied concept of divine grace, blessings and intuitions attained in divine dedication more than fifty years. The “**Applied Concept of AUM Therapy**” contains the major aspects of the Applied Aumic Philosophy, Aumic Holistic Scientific through divine-universal-individual connectivity (DUIC), Applied, General and AUM Specific diagnostic tools and techniques to ascertain the cause of the root problems. The wider aspects of coverage of problems and aumic management are the chapters of great academic importance of further research. The “**Applied Concept of AUM Therapy**” gives newer direction of healing and management of the individual with aumified divine, universal and physical materials used directly and indirectly. The “**Applied Concept of AUM Therapy**” is being offered for the benefits of all who are involved in the field of holistic, traditional, modern healing and therapies along with in search of divinity. This book is recommended as one of the guide for the courses of AUM therapy. The book provides the guidelines for aumified life and further self realization, the ultimate aim of AUM Therapy. The central theme of the Aumic Management is to elevate the level of aumification to an individual to have - *Auspicious hearing, auspicious vision and auspicious acts (Karmas)*.

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

I welcome the valued guidance 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**

World Association of Integrated of Integrated Medicine

AUM Foundation LLC, NY, USA

## FOREWORD

It is auspicious calling to write a foreword to this invaluable book “**Applied Concepts of AUM Therapy**”. Ancient Indian scriptures (*Vedas, Vedangs, Puran’s* and *Upanishads*) have recognized the integral reach of cosmic energy as an intervention for health and well being.

AUM is *Pranav* means *Pranavaswarupa* is the word synonymous with GOD which is beginning and end of the beginning. AUM is prefixed at beginning of sacred mantras. The three syllables of AUM-“A” stands for creative energy “U” for life energy “M” dissolution of the universe representing three dimension/functions of “God” as *Brahma, Vishnu* and *Mahesh* respectively for the evolution of the cosmos according to the cosmic laws. The Applied Concepts of AUM Therapy introduced by Dr Nagendra P Dubey is a ground breaking work. ‘AUM’ or the *Pranav* is the primordial sound that is the very basis of creation and origin of the universe and universal contents. The ancient Sages and Rishis have realized the potential of ‘AUM’ for the benefit of all sentient and insentient beings. *Mandukya Upanishad* has explained the syllable of the word and the four states of consciousness of human beings namely, *Waking, Dream, Deep sleep* and *Transcendental*. ‘AUM’ is verily the ‘Self,’ the Atman. The Self has four quarters i.e. *Vaisvanar, Taijas, Pragyana and Atman /Turiya*

Dr. Dubey has taken the essence of AUM experienced by the Sages and Rishis and explained it in a succinct practical book “**Applied Concepts of AUM Therapy**”. I have personally seen the excellent way of theatrical and practical training of AUM Therapy and Aumic Healing given by Dr Dubey in NY, USA which attracted a number of people of every sector irrespective cast, creed and religion of New York and its vicinity. The Aumic Sound Vibration can restore the health and re-establish our divine cosmic connection. AUM Therapy can remove the blocks, negative energies and bring balance and vitality to the body, mind and consciousness. Sound is indeed the basis of the entire creation and therefore, it is logical that healing is initiated through sound frequencies of AUM. I am sure this book will make its own space in the existing field of holistic therapy and healing.

I congratulate Dr. Nagendra Prasad Dubey for the vision and divine intuition that has infused in the book “**Applied Concepts of AUM therapy**” for the benefit of mankind through the grace and blessings of Bhagwan Sri Sathya Sai Baba.

**(Darmin T Bachu)**

Attorney At Law

8746 VanWyck Expressway,  
Jamaica, NY, 11419, USA

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**(Dr. Nagendra Prasad Dubey)**

**Founder President**

World Association of Integrated of Integrated Medicine

AUM Foundation LLC, NY, USA

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## CHAPTER-1

# APPLIED CONSIDERAION OF AUM

ॐ तत्सदिति निर्देशो ब्रह्मणस्त्रिविधः स्मृतः।  
ब्राह्मणास्तेन वेदाश्च यज्ञाश्च विहिताः पुरा।<sup>(1)</sup>

**Meaning:** AUM, TAT and SAT have been declared as triple appellation of *Brahman*, who is Truth, Consciousness and Bliss. By that the **Brahmins**, the **Vedas** as well as **Sacrifices** (*Yagyas*) created at the cosmic drawn.

GOD (AUM) is the creator of the entire universe and its contents (sentient and insentient). AUM is GOD and GOD is AUM. GOD (AUM) is Vishwaswaroop, Omnipresence and Omnipotent. HE is Generator, Operator and Destroyer of all. HE withholds all universal creation with a fraction of his *Yog Maya*. He is present in all but no one present in him He prevails in all universal and individual existing in either form. HE makes to realize his presence to those who wish from his heart and has open eyes. AUM is the way to remember the creator of entire Cosmos and further Universe.

- Introduction.
- Divine Considerations.
- Cosmic Considerations.
- Vedic Consideration.
- Scientific Considerations.
- Scientific Basis.
- Applied Philosophy
- AUM and Divinity.
- AUMIC Realization.

बहूनि मे व्यतीतानि जन्मानि तव चार्जुन।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप।<sup>(2)</sup>

**Meaning:** Sri Bhagwan Said: O! Arjun, you and I have passed through many births; I remember them all; you do not remember.

## DIVINE CONSIDERATIONS

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।



## AUMIC DIVINITY

Almighty GOD is Omnipresence and Omnipotent. GOD is the Father and Nature is the Mother of all divine, universal and individual creations. GOD is also represented as Generator; Operators and Destroyer of all divine, universal and individual creations existing in its different form and name. GOD is the creator of alldivine universal and individual creations whether they are sentient or insentient. The divine aspect of AUM for the individual being is definitely there which has been conveyed and communicated in various sacred literatures and has also been mentioned by many sages, seers, philosophers and clairvoyant scholar. The aspect is unique combination of nature; its products and divinity are present as divine gift to the universe. The divine individual combination and continuity is the base of universal existing. The combination of Nature and GOD has been well explained in *Srimad Bhagwadgitaas*:

- Introduction.
- Aumkaram
- AUM and Self.
- AUM and Self
- Qualities of Quarters.

भूमिरापोनलो वायुः खं मनो बुद्धिरेव च।  
 अहङ्कार इतीयं मे भिन्ना प्रकृतिरष्टधा।।<sup>(1)</sup>  
 अपरेयमितस्त्वन्यां प्रकृतिं विद्धि मे पराम्।  
 जीव भूतां महाबाहो ययेदं धार्यते जगत्।<sup>(2)</sup>

**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 Nature (Person) 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*). It has well described in AUM Chalisa as:

तूँ है कृपा सिन्धु सा रूपा, ओम् तुम्हारी बानी,  
 तूँ है स्वामी सकल भुवन का, ब्रह्माण्ड रजधानी।।<sup>(3)</sup>

## DUI - CONNECTIVITY

*DUI - Connectivity is also known as Divine Universal Individual Connectivity (DUIC) which is subtle connection between Divinity and Individuality (Supreme Self and self).*

All Cosmo universal individual presence irrespective of sentient and insentient is the divine gift to the universe means all universal creations are withheld by the Almighty with His fractional power. All individual's evolutions from conception to liberation happen through the subtle divineconnectivity known as Divine Universal Individual Connectivity (DUIC). This connectivity is the source of divine and life force to individual from GOD. The divine supreme energy (DSE) and universal energy (UE) of maintaining the life through this connectivity as long as the divine wish and will. All individual's development takes place from womb (*Birth*) to tomb (*Liberation*) through this connectivity. Thus, the connectivity is the way to connect the individual soul to the supreme Self.

- Introduction.
- DUI Division.
- DUI Planes.
- DUI - Khands.
- Planes vs. Khands.
- Aumic Connectivity.
- Functions of Connectivity.

### DUI- DIVISIONS

In order to understand the Divine Universal Individual Connectivity (DUIC), it is very much required to understand the state and status of various structures coming across and in vicinity of the connecting path. The entire aumic path is divided in two cosmo universal divisions:

- DUI - Planes.
- DUI - Khands

### DUI - PLANES

The entire DUI –plane is divided in three major planes as:

- I. Divine Plane,
- II. UniversalPlane
- III. IndividualPlane.

## INTEGRATED AUMIC BODY

Integrated aumic body is combined study of the known and unknown existing components of divine, universal and individual / physical planes and structure. Based on this the integrated aumic body consists of three bodies – *Aumic Holistic Body, Aumic Planes Body and Aumic Structural Body*. In order to implement the AUM Therapy, the study

- Introduction.
- Applied Integrated Body.
- Aumic Holistic Body.
- Aumic Planes Body.
- Aumic Structural Body.
- Aumic Plane vs Holistic Body.
- Structural Correlation.

of the Integrated Aumic body is very much required. The study is necessary to implement the aumic philosophy, science, diagnostic and aumic management and healing. 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 applied aumic structure of human body and its holistic aspects are 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. All 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..

### APPLIED INTEGRATED BODY

For proper application of ATMTherapy, the brief understanding of integrated aumic body is required. Depending on aumic planes, location and structure, the integrated aumic body is combination of following three bodies:

- Aumic Holistic Body,
- Aumic Planes Body,
- Aumic Structural Body

## APPLIED AUMIC PROBLEMS

All universal creations are the gift to one and another. Amongst the animal and plants kingdom, they are complementary and supplementary to each other. Human beings are considered to be highly brained and analytic. 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 leads to ***problem, disorder, suffering, disease, complication, sequelae and ultimately submerge to GOD.***

- Introduction.
- Theories of Problems.
- Aumic Flow of Life
- Aumic Factors.
- Divine Factors.
- Universal Factors.
- Individual Factors.

### THEORY OF PROBLEMS

It is very difficult to describe the divine driving power to the universe and further individual. The individual pleasures and suffering are also divine gift according various thoughts, acts and inherited Sanskar. There are following theories of aumic suffering.

- I. Divine Theory.
- II. Theory of Aumic Polarity.
- III. Theory of Aumigenesis and Aumilysis.

#### I. DIVINE THEORY

The soul (*Atma*) is divine component for an individual. It 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 enters in other body, it carries the essence of organs (*Indries*) and mind (*Manah*) with it. As for as the health is concern, the balanced of divine components soul and its associated factors organs

## CHAPTER - 6

# GENERAL EVALUATIONS

GOD (AUM) is the greatest evaluator of His plan at all levels as- *Divine, Universal and Individual*. Every individual being according to their identity have some or the other ways have their evaluating system. Man being more analytic has developed their own way of evaluation according to their systems and methodology. The aumic philosophy and science (Aumology) is vast and cannot be bind in modern scientific boundary. The concepts of aumic holistic body are beyond the individual developed modern medical sciences. So is the aumic evaluation is vast under various heads. The aumic evaluation cannot be complete only with modern medical evaluation parameters. The aumic evaluation involves all possible divine, universal and individual including- *traditional, modern, alternative and holistic evaluating tools and techniques*.

- Introduction.
- Roles of Evaluation.
- Aumic Evaluations.
- Observatory Evaluation.
- External Evaluation

## ROLES OF EVALUATION

The aumic evaluation is the broad base divine, universal and individual evaluation to detect the cause of problems pertaining to individual. The aumic evaluation has following roles in solving the problems of individual.

- To find the individual' identity of caste, creed, religion, race and spiritual status.
- To find out individual's holistic states.
- To find out the impacts of individual's past and present acts (*Karmas*).
- To find status of Individual health.
- To find out the root cause of the problems, sufferings, disorders and diseases
- To assess the prognosis and fate of individual.

## TYPES OF EVALUATION

Our Rishis and Sages had strong observatory divine gifted aumic power to observe most of the problems of individual being and evaluate its long term effects either positive or negative. In the field of evaluation and treatment the traditional practitioners had practiced the traditional medicine and healing with the involvement

## CONSTITUTIONAL EVALUATION

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 and egoism**, while the Higher Nature (*Spiritual Prakriti*) is the Soul (*Atma*) of individual derived and in continuum with GOD (*Parmatma*). In considering the aumic constitutional evaluation, we have to consider the both natures (*Prakriti*). It is difficult to evaluate the higher nature so some of the points based on experience have been included in individual's physical body constitutional evaluation.

- Introduction.
- Constitutional Parameters.
- Observation.
- Calculation.
- Interpretation.

The physical body of an individual is comprised of three humors (*Tridosh*), seven body tissues (*Saptadhtus*) and five elements (*Punchmahabhutas*). A person is healthy when all the constituents are in state of equilibrium. Any imbalance leads to production waste products (*Malas*) which obstructs the channels depending of the waste products and cause diseases. Efforts were made by our ancient sages (*Rishis*) and Ayurvedic Physicians (*Vaidyas*) to develop various diagnostic tools and they succeeded also to certain extents to find out the cause of illness and its holistic treatment. There are urgent need of emergency measures and more specific and sensitive diagnostic tools in traditional medicine. The World Association of Integrated Medicine (WAIM) has integrated some of the modern, traditional, holistic and spiritual parameters in the light of aumic evaluation.

### CONSTITUTIONAL PARAMETERS

The aumic constitutional evaluation (ACE) is made on the basis of following 22 parameters and their associated variables.

1. Body built.
2. Look.
3. Eyes.
4. Face.
5. Appetite.
6. Liking of food.
7. Liking of weather.
8. Mental status.
9. Mood.

## INTEGRATED EVALUATION

All the divine contents are one or the other way derived from five elements (*Punchmahabhutas*) in various combinations. Out of all creations the human being are considered more intelligent and analytic. In due course of time they found the means methods of their survival. He developed various medicaments for their well being. They developed various diagnostic tools and techniques for correct diagnosis and treatment.

- Introduction.
- Types of Evaluation.
- Traditional Evaluations.
- Modern Evaluations.

### TYPES OF EVALUATION

Integrated evaluation is required in order to have proper diagnosis and management. A proper evaluation is the key of integrated management. AUM therapy considers all possible divine, universal and individual contents in management of aumic disorders. Based on above the integrated evaluating tools and techniques are divided in two groups:

- Traditional Evaluations.
- Modern Evaluations.

## TRADITIONAL EVALUATIONS

India has been the rich heritage of traditional medicine and healing since time immemorial. The tradition and culture of maintaining health and hygiene is worth to be remembering. Traditional method of diagnosis and treatment has been the supporting hands to maintain the health of individual through – Yog, meditation, herbs, minerals and other natural resources. The traditional treatment was based on traditional diagnostics. The commonly used traditional tools and techniques are mostly old and still used in evaluation. In general traditional evaluation is divided two parts.

- I. External Evaluation.
- II. Physical Evaluation.

## APPIED AUMIC EVALUATION

Every universal creation is unique in itself. Human brain being more analytic has tried to simplify the things by various classification and grouping systems for its memorizing. Out of all, there are two main broad basis of this classification i.e. *philosophical and scientific*. The philosophical basis is broad and unlimited. The philosophical basis has wider views which is non demonstrable. On the other hand, the scientific one is narrow and limited which is demonstrable. The aumic specific evaluations are combination of divine, philosophical, holistic and culture bound techniques to find out the cause within the individual who is one or the other way replica of the universe. Such evaluation need not required to be done in very high profile laboratory with the help of big costly machines.

Here, the mental faculty and thought process of the healer is enough to reveal the hidden facts which are beyond the modern machines. It requires a calm, clean and holistic place (*Temple, Churches, Mosques, Gurudwara, Pooja Place or Isolated Place in or outside home*).

- Introduction.
- Type of Evaluators.
- Specific Evaluations.
- Divine Chakral. Evaluation.
- Individual Chakral Evaluation.
- AUM Score Evaluation.
- Auric Evaluation.
- NP Score Evaluation

### TYPE OF EVALUATORS

In order to systemize the system, the aumice valuation can be performed by any trained person, healer and practitioners of any system of medicines and healing as – *Aumic Healers, Holistic Healers, Clairvoyant Scholars; Spiritual Scientists, Traditional healers, Astrologers, Traditional medicine practitioners, Modern medicine practitioner*.

### SPECIFIC EVALUATIONS

There are various methods of evaluating the Aumic health of individual. It varies from place to place and country to country. Out of all, the following are commonly used in practice.

- Divine Chakral Evaluation.
- Individual Chakral Evaluation.



## AUMIC UNIVERSAL EVALUATION

According to Big Bang moment about 13.8 billion years ago the universe began as a tiny, dense, fireball that exploded. Thus it began with explosion of space. It started from extremely high density and temperature, space expanded and later cooled led to formation of elements. Due to gravitational forces the matters were drew together to form the first stars and first galaxies. Most astronomers use the Big Bang theory to

explain how the universe began. But what caused this explosion in the first place is still a mystery. The birth of our universe may have come from a black hole. Most experts agree that the universe started as an infinitely hot and dense point called a singularity. The Universe is everything. Here we can touch, feel, sense, measure or detect. The universe is the whole of space. Before the birth of the Universe, time, space and matter did not exist. There is not only one universe means there are other universe thus, it called Multi-universe. Universe includes - *Living things, planets, stars, zodiacs, galaxies, dust clouds, light and even time.*

- Introduction.
- Extent of Universe.
- Celestial Bodies.
- Celestial Body.
- Astrology.
- Astro Medicine.
  - *Zodiacs.*
  - *Stars.*
  - *Planets.*

### EXTENT OF UNIVERSE

Universe is 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. Universe starts from individual and extent up to Individual Visual Thought (IVT). IVT is measured as distance between individual and their thought of distance of vision. The shape of the universe one cannot bind in exact boundary and shape. However it has three basic shapes.

- A Flat Universe (Zero Curvature),
- A Spherical or Closed Universe (Positive Curvature),
- A Hyperbolic or Open Universe (Negative Curvature).
- A Infinite having without any shape merges with Supreme Self.

## PALMAR EVALUATION

कराग्रे वशति लक्ष्मी, कर मध्ये सरस्वती,  
कर मूले तु गोविन्द, प्रभाते कर दर्शनम्।<sup>(1)</sup>

**Meaning:** Goddess Lakshmi is located in anterior part of hands, while Goddess Sarswati is located in the middle of hands while base of hand is the location of GOD so one must see the hands after waking in the morning.

Palmistry is an art / practice of interpreting a person's character and predicting their future by examining the lines

and other features of the hand, especially the palm and fingers. Hands are the mirror of the mental activities of the brain. Due to various constant activities, the mental pressure brings changes in palm especially in the Palmar lining. These linings change in proportional to the mental changes. The palm depicts much information as- *individual's nature, life, health, family life* etc.

- Introduction.
- Evaluation of Palm.
- Grouping of Population.
- Qualitative Classification.
- Nature and Palmar Lining.
- Palmar Lines and Effects.
- Interpretation.

### EVALUATION OF PALM

During the evaluation of palm, the following structures to consider for general purpose:

1. Construction of Fingers.
  2. Shape of Thumb.
  3. Palmar Elevations
  4. Palmar Linings
- (1) **Construction of Fingers:** The evaluator must see the entire finger (especially the terminal phalanx) and observe its shape and size.
- (2) **Shape of Thumb:** Observe for the shape, size, elevation and depression on thumb.
- (3) **Palmar Elevations:** The Palmar elevations are called Palmar Mountains and are named on the names of planets (*Grahas / Nakshatras*). There are seven major planets. Base on these planets, the entire population has been grouped in seven groups. Each group has some common special features.

## AUMIC APPROACH

*Aumic approach is systemic approach to individual problems, origin, cause, confirmation of the cause and finding the suitable aumic management.* The approach encompasses all *i.e.* divine, universal and individual holistic, traditional, alternative and modern methods in case finding, diagnosis, management and healing.

The aumic approach of health is made holistically through promotion, prevention, healing, treatment, rehabilitation and ultimate inculcation of divinity to attain the ultimate Goal of life. It strongly believes in divinity and its power in all sphere of life of sentient and insentient. In other way Aumic approach is the spiritual scientific method to find out the root cause of the problems and decide its management with the involvement of all divine, universal and individual contents or its derivatives in isolation or on combinations. The aumic approach is unique way of effective, acceptable and pleasant method to lead a **Aumic Life** *i.e. Prolonged, healthy, peaceful, blissful and aumified life.*

- Introduction.
- Aumic Approaches.
  - .I. Personal Approach.
  - II. Social Approach.
  - III. Observatory Approach.

### AUMIC APPROACHES

The aumic approach is an integrated approach of arriving to the root cause of problems through combination of divine, holistic, traditional, alternative and modern methods in history, diagnosis, management and healing. The aumic approach is made through following approaches:

- I. Personal Approach.
- II. Social Approach
- III. Observatory Approach..

#### I. PERSONAL APPROACH

The personal details are fully related to the individual. The approach is made by certain questionnaires. The following historical details are considered in this approach.

- History of Problems.
- General Bio data.
- Birth Details.
- Individual Details.

## PRINCIPLES OF AUMIC MANAGEMENT

*Aumic Management is an individual's management with cosmouniversal individual contents or its derivatives used either in isolation or in combination for protection of aumic body and health to lead an aumified life.*

The management consists of two aspects i.e. aumic philosophy and holistic therapy. The ***aumic philosophy***

leading to - *Prevention, promotion, healing, along with aumification* and the ***holistic therapy*** leading to - *Prevention, promotion, treatment, rehabilitation, aumification and Aumified Life*. The universe is full of cosmouniversal energy along with and creations. Out of all the universal existing, the human being is 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 right 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 and gift of our ancestors and many past spiritual scientists. 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. We are losing our traditional, cultural and human values day by day resulting loss of the recognition of even own self due to ignorance (*Maya*). Ignorance of itself is major cause of -Problem, suffering, disorder, disease, complications and even death. In physical world, excess of anything is bad especially when that is not fulfilled. In absence of fulfillment, it creates stress and strain to individual, leading to stimulation to many etiological factors causing imbalances to create- *Problem, suffering, disorder, disease, complications and even death*.

- Introduction.
- Basis of Management.
- Aims of Management.
- Managerial Terminology.
- AUM Therapy and Factors.
- Classification of Problems.
- Factors Influencing Management.
- Types of Management.

### BASIS OF MANAGEMENT

The aumic management is based on the principal theme of GOD and Nature who are our divine father and mother. The human body is unique combination of

## 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.*

The effect takes place by creating the related aumic sound vibrations (ASV). The vibrations are of varying pitch and intensity for defined time and duration created by performing the aumic rituals. Here, the process of healing is based on the vibrations energy which is created by performing various type aumic rituals depending on situation. Here, the aumic sound vibration (ASV) 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 type 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 Ritual Management.
- Mode of Healing.

### AUMIC SOUND VIBRATION

The aumic sounds vibrations (ASV) are the vibration created by chanting the AUM called Aumkar. The rituals are performed in aumified place. The sound may be of varying intensities from audible to silent in inner self. Some of the common ways of creating the aumic sound vibrations are:

- AUM Aarti,
- AUM Chalisa,
- AUM Brahm Mantras,
- AUM Katha,
- AUM Bijakshr,
- AUM Bij Mantra.

The vibration affects the individual through divine-universal-individual connectivity (DUIC). The connectivity develops either directly and indirectly by aumification.

## AUMIC MATERIAL MANAGEMENT

*Aumic material management is method aumic healing with cosmouniversal material derived in the name of specified deities. Such materials are enriched with cosmouniversal energy (CUE) after necessary aumification.*

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

The universe is unique creation of GOD (AUM). All sentient and insentient are having their role according to their origin and Nature. Out of all creations, the so called lives 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 healers/therapist finds out the appropriate materials for healing. Thus, selected materials are subjected to aumification in order to potentiate the effects.

Here, 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

There is long list of aumic materials used in aumic 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 individual contents or its derivatives used either in isolation or in combination for protection of aumic body and health to lead an aumified life.*

Aumic management includes the aumic philosophical aspects leading to - *Prevention, promotion, healing, along with aumification* and aumic therapeutic aspects of aumic management leading to - *Prevention, promotion, treatment, rehabilitation, aumification and Aumified Life*. Both aspects remedial management have the almost common and have positive effects except with a little difference. Thus, on integration of the philosophical and holistic therapeutic values give rise a more specific and spiritual remedial name called AUM Therapy.

- Introduction.
- AUM Therapy.
- Spiritual Contribution.
- Origin of Problems
- Sources of Medicament.
- Procurement of Materials.
- Preparation of Medicament.
- Types of Medicament.
- Rout of Administration.

### AUM THERAPY

AUM Therapy is a unique therapy with aumified cosmouniversal individual contents or its derivatives used either in isolation or in combination for protection of aumic body and health to lead an aumified life. The philosophical aspect of AUM therapy includes the aumic philosophy leading to - *Prevention, promotion, healing, along with aumification* and the scientific aspect is therapeutic leading to - *Prevention, promotion, treatment, rehabilitation, aumification and Aumified Life*.

### SPIRITUAL CONSIDERATION

Any individual is mass of matter derived from the Nature (*Prakriti*) is comprised of two aspects 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 is in continuum with GOD (*Parmatma*).

Depending on the predominance of elements, the individual have the qualities of Nature which is more of material nature super added with Higher (Spiritual) Nature as soul (*Atma*). Any abnormality in any one of the eight folds of

## AUMIC BASIS OF HERBS

The origin of this universe and further its creations as the animal and plant kingdoms are still a great mystery but with purpose. Both are having life and span of life. Both are for each other. Out of all, man considered to be highly brained who identified and grouped the animal and plants in various groups and subgroups according to convenience of identification and their use. Both animal and plants were gifted by GOD to remain in state of harmony as complementary and supplementary to each other. As regards the living beings were concerned, the animals were suppose to save the plants and plants were suppose to provide the herbs, its products and medicaments for the growth, development and health of animals. This harmony existed for long time.

- Introduction.
- Aumic Herbal Healing.
- Plant in Aumic Image.
- Plant and Human Life.
- Mode of Action.

Human being besides enjoying the past acts (*Purv-karm*) has rights of innovation and newer acts (*Karmas*). Man being analytical and innovative, searched and researched the food and medicaments from all sentient and insentient for their livelihood and treatment. Out of all, plants, rocks and minerals have been the major source of medicaments. The plants kingdom is the main source. They are in use since divine cosmic era. The use of plants and other materials in care and cure is because one thing in all is the common i.e. The Nature (*Prakriti*). GOD is present in all sentient and insentient as its soul. The divine presence makes the individual as whole (Entire entity). The wholeness is because of the divine component of *Almighty* GOD as soul (*Atma*) of all universal creations. It has been very well described in Bhagwadgita as:

भूमिरापो नलो वायुः खं मनो बुद्धिरेव च ।  
 अहङ्कार इतीयं मे भिन्ना प्रकृतिरष्टधा ।।<sup>(1)</sup>  
 अपरेयमितस्त्वन्यां प्रकृतिं विद्धि मे पराम् ।  
 जीवभूतां महाबाहो ययेदं धार्यते जगत् ।<sup>(2)</sup>

Every individual being has two types of Nature (*Prakriti*) i.e. Material Nature (*Lower Prakriti*) and Higher Nature (*Spiritual Prakriti*). The individual's Material Nature S (*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*) in continuum with GOD (*Parmatma*).



## AUMIC HERBAL THERAPEUTICS

Plant kingdom is unique gift of nature for fulfil the needs of animal kingdom. Aumic Herbal Preparations are the aumically prepared herbal medicaments used for relieve various problems of the individual living on physical plane. There are limited scientific evidence for the safety and efficacy of plants used in 21st century herbal medicine. Herbal medicines are those with active ingredients made from plant. Herbs are the unique gift of the nature as complementary to all the life in the universe. Animals and the herbs are the creation of Almighty GOD to help each other. Herbs are being useas medicine since the inception of life in the universe. Herbal medicines are derived from the non-toxic plants as whole or its part i.e. *roots, stem, bark, leave, flower, fruit* and *seeds* for the healing purposes. The Aumic Herbal Medicaments are used as Wholistic medicine to give rise holistic care in following ways<sup>(1)</sup>:

- Introduction.
- Aumic Practitioners.
- Aumic Herbal Profile.
- Aumic Herbal Pharmacopeia.
- Aumic Herbal Preparations.

- Good Medical Care.
- Home Remedies.
- Safe Cure.
- Convenience.
- Brings near to the Nature.

### AUMIC PRACTITIONERS

The practitioners practices on the principles and doctrines of AUM therapy. Here, the practitioners are deeply concern with the nature of individual as well as have in view the Wholistic aspect of life. This is possible by taking in account the Natures (*Prakriti*) of individual for its care and cure. The sages, seers, clairvoyant scholars as well as trained practitioners of any systems treatment and healing having knowledge of plants, mineral, chemicals, biological and other constituents could be the best practitioner. Those who have clear concept of both Natures i.e. Material and Spiritual could be proved the best practitioner. Based on this, the **Aumic Therapists** are divided in three groups:

- I. Aumic Practitioners,
- II. Aumic Herbalist,
- III. Aumic Healers

## AUMASTAK YOG

Aumastak yogis a aumicpractice of yog is by feeling of AUM in the centre of body i.e. Heartas well as sitting in within AUM. Nobody is perfect in the world; perfect is only i.e. *Omnipresence*. Every one wish to be perfect but it is not in his hand. What is in his hand is the efforts which he can put forward. Thus one should try to attain the perfectness. In case of health and wellness sector, the same thing is applicable. The fast growing world and routine problems does not allow the person to remain in aumic health equilibrium leading to problems, disorders, diseases and further complications. Keeping in view the present physical world scenario there is an urgent need of available, acceptable, practical, effective, economical and holistic remedy. The remedy is in the laps of Mother Nature as Yog through Aumastak Yog. Aumastak Yog is **available, acceptable, practical, effective, economical and holistic** in most of the problems, disorders and disease conditions. The Aumastak Yog is of two types *i.e. Physical Aumastak Yog* for disability management and physical fitness and *Spiritual Aumastak Yog* for spiritual growth and attainment of the Ultimate Goal (Union of self with the Self).

- Introduction
- Divine Aspects of Yog.
- Aumastak Yog.
- Yogic Aspects of Yog.
- Eight Steps of Yog
- Method of Practice.
- Observatory Steps.
- Impacts of Aumastak Yog.

### DIVINE ASPECTS OF 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 ritualsto 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 withAumic 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 pastacts are inherited as *Sanskarto* plays role in present life. The Aumastak yog is catalyst for the promotion of future *Sanskar*.The entire process takes place through divine- universal- individual connectivity (DUIC).

## AUMIC TRANSFORMATION

जो मन वचन कर्म से स्वामी, तेरे शरण में आवै,  
सुख, समृद्धि, आयु, बल पावै, परम रूप हो जावै ॥<sup>(1)</sup>

**Meaning:** O! AUM, Those who comes in your shelter with mind (*Manah*), speech (*Vak*) and act (*Karm*), he gets all pleasures (*Sukh*), prosperity (*Samriddhi*), age (*Ayu*), strength (*Shakti*) and merges in your shape (*Roop*).

*Aumic transformation is process of changes of an individual from a simple life to anaumified life through aumification.*

- Introduction.
- Basis of Transformation.
- Past Acts and Transformation
- Divine Showering.
- Aumic Effects.
- Levels of Transformation.
- Effects of Transformation.
- Attainments of Goal.

In the beginning; there was nothing except GOD with Nature. HE might have thought to create something in cosmos and uttered AUM in order to create something in the universe and ultimately the universe came with universal existing. AUM is universally available as divine sound energy responsible for entire universal creation. AUM is available in all most all religion with same meaning of **Generation, Operation and Destruction**. The aumification is a process through aumigenesis. It happen through divine- universal- individual connectivity (DUIC). AUM is the beginning and end of all the beginning. Each and every universal atom is empowered with AUM irrespective of sentient and insentient. As regards to health is concern, it is present in all measures, means, methods and modalities of treatment and healings. Aumic energy is used as divine holistic health care and management.

### BASIS OF TRANSFORMATION

The aim of every individual is to attain the goal. The goal may vary according to their inherited *Sanskar* based on past acts (*Purv-karm*). Out of vast majority of people only some wants to realize the truth of life and out of these some tries to attain it. Those who try to attain, hardly a few are able to achieve. The achievement depends on their past acts (*Purv-karm*). Some realize the goal early while some takes longer time. The sooner the realization, the better is the chance of attainment in life. There are possibilities that in spite of all efforts some may not attain the goal but their efforts will not get waste when the soul passes from this life to another life, the acts of earlier life become the fruits in present life and the individual attain the goal

## EVALUATION OF TRANSFORMATION

*Evaluation of transformation is the process of estimation the level of an individual to aumification and aumic management..*

The evaluation is made with the help certain parameters and associated sub parameter (variables). AUM is the source of all Cosmic, Universal and Individual energy. The divine law operates at various planes of each creation to lead a aumic healthy life. Any disturbance in divine, universal, individual level leads to disturbance in divine-universal-individual connectivity (DUIC) which causes problems to individual. Every individual in this universe has some or the other problems, suffering, disorder, disease, complication, cure and ultimately submerge with GOD (AUM). During the life time one enters in one or the other way to aumification to maintain the health or even other as worship, yog or meditation. The continuous practice leads to transformation, attainment ultimate goal and salvation.

- Introduction.
- Parameters of Evaluation.
- Parameters and variables.
- Observations.
- Aggregation.
- Categorization
- Interpretation.
- Aumic Salvation.

### PARAMETERS OF AUMIC EVALUATION

The aumic evaluation of transformation are performed with certain commonly used terminology applied in general assessment, divine universal individual connectivity (DUIC), aumification, healing and after effects. These terms are referred as parameters of aumic evaluation. The evaluation is further strengthened and completed with the help of some sub parameters called variables. The following parameters are assessed with sub-parameters (*variables*) mentioned against each parameters.

1. **Aims:** Fix and Variable.
2. **Inhabitant:** Culture and Religion.
3. **Diet:** Satvic or Rajasic
4. **Aumic Built:** Look and conversation.
5. **Divinity:** Believe and Deity
6. **Aumic Units:** Divine, Universal and Individual.
7. **Aumic Synonyms:** Self, Brahman.
8. **Brahmic Appellate:** AUM. TAT. SAT

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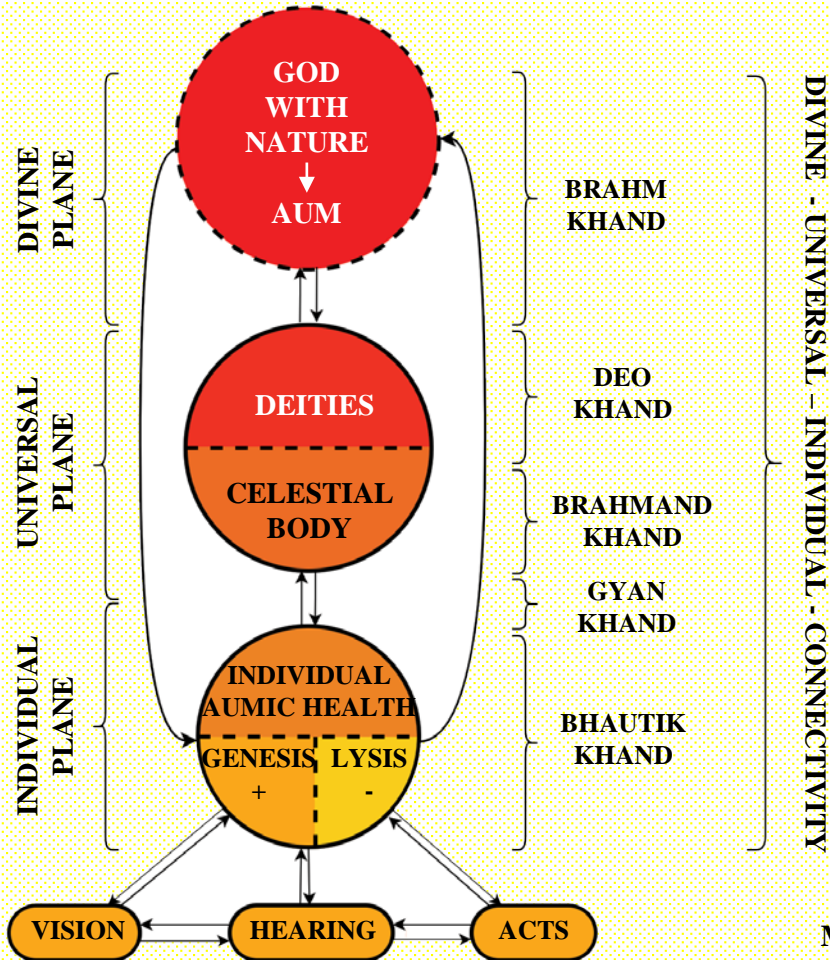


## DR NAGENDRA PRASAD DUBEY

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**



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