

# **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

This 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 according to culture and civilization through various healings and medical care called traditional medicine and healing.

From various traditional treatment and healing, the modern medicine emerged on scientific basis but the aims of all the systems remained the same i.e. relief of suffering. AUM Therapy has been brought with broader concepts based on "Principles of Divine Existing". Though, I am not competent enough to write about the divinity and divine care, however, a small effort has been made with divine grace and intuitions. **Basic Principles of AUM Therapy** is a ***Comprehensive Approach for Integrated Health and Holistic Care***. It provides a newer direction of healing and self realization. It is an integrated approach of traditional, holistic and modern systems and its principles, diagnostic and or therapeutic measures with addition of divine concept AUM. The approach is practical and systematic. AUM Therapy provides a way to make one to understand the presence of divinity in him through self realization and or through the help of aumic healer. This opens the gate for action of all therapeutic measures and healings provided applied properly. It includes all techniques in all spheres of universal creations to have auspicious hearing, vision and acts (*Karmas*).

The present book is being offered for the benefits of all who are involved in any way in the field of holistic, traditional, modern healing and therapies along with divinity. It will also provide basic ideas of humanity, health and holistic spheres of individuals who are in search of any kind of reality with special reference to the problems, sufferings, disorders and diseases. This book is the main guide for the courses of AUM therapy.

***In the text matters the various nomenclature / terminology has been tried to use the correct Sanskrit pronunciation instead of the English translated terms and pronunciation for example - Vata (for Air), the term is used as Vat (Air). 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)

## 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. N.P. Dubey who is a clairvoyant scholar with special divine vision and intuition has developed the thought and has brought 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, spiritual and therapeutic part of this book "**Basic Principles of AUM Therapy**" is beyond the reach of strict experimental scientific method of treatment and healing. I am sure this book will make its own space in the existing universe and will provide the solution for all problems in each and every sphere of life.

**(Prof. Dr. R. R. Dwivedi)**

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I acknowledge my very special thanks to *Mr. Darmin T. Bachhu*, Vice President and Legal Advisor to AUM Foundation LLC who gave all supports to establish AUM Foundation LLC at New York, USA.

It will be a great injustice on my part if I fail to express my indebtedness to my family member’s specialty my wife *Smt. Sheela Dubey* and my grandson *Navneet Prakash Dubey* who has suffered a lot due to my busy academic activities. I dedicate my edition to my “*Beloved Son Neeraj Prasad Dubey*” who had been the source for me in the search of truth.

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## CHAPTER-1

# PHILOSOPHY OF AUM

This Universe is the wish of Almighty of GOD - Dr. N.P. Dubey

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 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. AUM is the sound energy of 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 –

- Introduction.
- Divine Universal Theory.
- Vedic Theory.
- Scientific Theory.
- Applied Philosophy.
- The Self and AUM.
- AUM and Self
- Qualities of Quarters.
- Universal Trio-Facts.

तूँ है कृपा सिन्धु सा रुपा, ओम् तुम्हारी बानी,  
तूँ है स्वामी सकल भुवन का, ब्रह्माण्ड रजधानी।।<sup>(1)</sup>

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

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

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

## DIVINE UNIVERSAL THEORY

In accordance to intuition to me and my thought, GOD might have had thought to create something in the Cosmos. The divine law operated and on the wish of GOD and Nature, the divine cosmic energy (DCE) appeared as the sound energy called AUM. This sound energy appeared in the image of GOD as precursor of all, thus, AUM is also called as *Pranavaswarupa*. This is suggestive of presence of GOD in all existing of the cosmos and its various universes. Thus, all the cosmic and universal creations are result of AUMIC energy and its vibration components. At an individual level, the soul is sound and the body components are vibrations. AUMIC energy distributed and condensed in various directions leading to formation of the separate universe with its contents. Thus, the entire

universe are having same origin and ultimately having the same ending. They are balanced by their intra and inter universal attractive and repulsive forces.

The imperishable word AUM is whole of this visible universe. Its explanation is as follow- what has become, what is becoming and what will become, - verily, all of this is AUM. And what is beyond these three states of the word of time - that too, verily, is AUM.

## VEDIC THEORY

Keeping in view, the divinity as omnipresence and omnipotent, various thoughts, intuitions and the summary of *Mandukya Upanishad* (belongs to *Atherved*), the opinion derived indicates that all are the creation of Almighty GOD. It is very much clear from-

<i>SANSKRIT</i>	<i>English</i>
ॐ भद्रं कर्णेभिः श्रुणुयाम देवाः भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गुष्ठैस्तुष्टुवांसस्तनूभिः व्यषेम देवहितं यदायुः ॥ स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति नः पूषा विश्ववेदाः । स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः स्वस्ति नो बृहस्पतिर्दधातु ॥ ॐ शान्तिः शान्तिः शान्तिः	AUM! Bhadram karnebhiih s'rnuyama devah Bhadram Pasyemakshabhiryajatrah Sthirairangaistustuvamsastanubhir Vyasema devahitam yadayuh Svasti na indro vridhdhasravah Svasti nah pusha visvavedah Svasti nastarkshyo arishtanemih Svasti no brihaspatirdadhatu AUM Santih; Santih; Santih;

AUM! GOD, may we hear auspicious words with the ears; while engaged in sacrifices, may we see auspicious things with the eyes; while praising the GOD with steady limbs, may we enjoy a life that is beneficial to the GOD ( in service to others).

May *Indr* (the GOD of rain and ancient fame as *Vishnu*), be auspicious unto us; may be supremely rich *Pusha*, (the GOD of earth for all creations as *Brahma*) be auspicious unto us; may *Graud*, (the GOD of destroyer of all evil as *Shiv*) be auspicious unto us; may *Brihaspati* (the GOD of welfare as *Guru*) bestow upon us auspiciousness. Every sound ends with peace: *AUM! Peace! Peace! Peace! (Mandukya Upanishad)*.

इन्द्र, वृहस्पति, गरुड रूप में, सकल सृष्टि के दाता,  
सकल वनस्पति जीव जगत के, तू ही प्राण प्रदाता ॥<sup>(2)</sup>

O! Lord AUM, You are present in all- You are *Indra* (Lord of rain for growth), You are *Brihaspati* (Lord of wisdom and knowledge) and You are *Graud* (The destroyer of evil). Thus, You provide the life to all (sentient and insentient) of the Universe.

The first rhyme (*Shlok*) starts with the beginning of the divine sound as AUM, the sound which is the base of creation. It enters in ears to act and create vibrations. The elated souls of individual, sages and seers (*Rishis*) who have attained or achieved the goal always hear auspicious through the ears, see auspicious through the eyes and enjoy the full span of life beneficial in the service of humanity (service to man is service to GOD).

The second rhyme (*Shlok*) indicates, the GOD in three forms - as all creations (*Generator*); all growth and developments (*Operator*) and all destruction of evils (*Destroyer*) to maintain the universal equilibrium.

## SCIENTIFIC THEORY

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

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

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

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

## GENESIS OF FIVE ELEMENTS

With mere thought and wish of GOD, the divine law operated for some creation in the cosmos and the sound AUM appeared from Almighty which created vibrations in the cosmos which is full of ether, thus these vibrations created movement in ether leading to formation of air. The fast movement of air created friction led to the creation of fire. When the fire cooled, the water was formed. When the water settled down the earth came out. In the water and on the earth GOD created all sentient and insentient. All the universal creations came in the universe as one or the way, the complementary and supplementary to each other.

## APPLIED PHILOSOPHY

All the universal creations are the divine gift to each of its existing whether we understand or not because of our ignorance. They are meant as complementary and supplementary to each other. Out of all, the human beings are considered to be highly brained and have the rights for newer acts (*Karmas*). Every universal existing in one or the other way are in the image of AUM. This fact has to be realized and recognized by everyone but not possible due to very many reasons. To make the realization, the Almighty sends someone as messenger or sometimes come directly as incarnation (*Avatar*) to guide the mass and establish the truth. All universal existing have their definite known and unknown roles according to their past acts (*Purv-karm*) in form of *Sanskar* which is governed with divine wish. Everyone after completing his definite roles and duties merges with GOD. After the final journey some are liberated and some further reappears as rebirth. The entire process of appearance and

reappearance is called the *divine cyclic* where there is creation, operation, destruction and reappearance except few who merge with GOD. This cycle is in operation for millions of years and will continue till indefinite period on divine wish.

The age of this universe is beyond calculation in terms of years. The human being has noted few traditional landmarks in the process of evolution. So far the literature is concerned, the *Vedas* are considered to be the most ancient literature (about 10,000 years old). Though, it also contains the descriptions of incidences happened long ago in the past brought down by the various ancient saint and sears (*Rishis*) through Oral Tradition Era. These saints and sears (*Rishis*) passed down the messages through their disciples. Majority of these saints and sears (*Rishis*) saw the divine verses and realized their power for the welfare of the universe as they had special vision (*Mantradrashtha*).

These saints passed down the information through the verses (*Mantras*) to their disciples who existed in societies through oral traditions. Later on the scholars who became the teachers (*Gurus*) collected the past knowledge, experienced them and further passed down in society through same traditions. All the information remained unrecorded for quite a long times. Out of all, some of them came down which were accumulated in *Vedas* and further in Vedic literatures during Vedic era. These verses were collected in various *Vedas*, *Vedanga* and *Upanishads* and other related literatures. Out of all *Mandukya Upanishad* is one (belongs to *Atharveda*) which provided a symbol for meditation and realization of Supreme Reality though *AUM* (ॐ). This is the word of all words. It comprised of three prominent sounds A, U, M and a fourth one silent as to ultimate submerges into infinite.



***“AUM Symbol for Meditation and Realization”***

AUM 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. The *Self* has four quarters embedded with AUM.

## THE SELF AND AUM

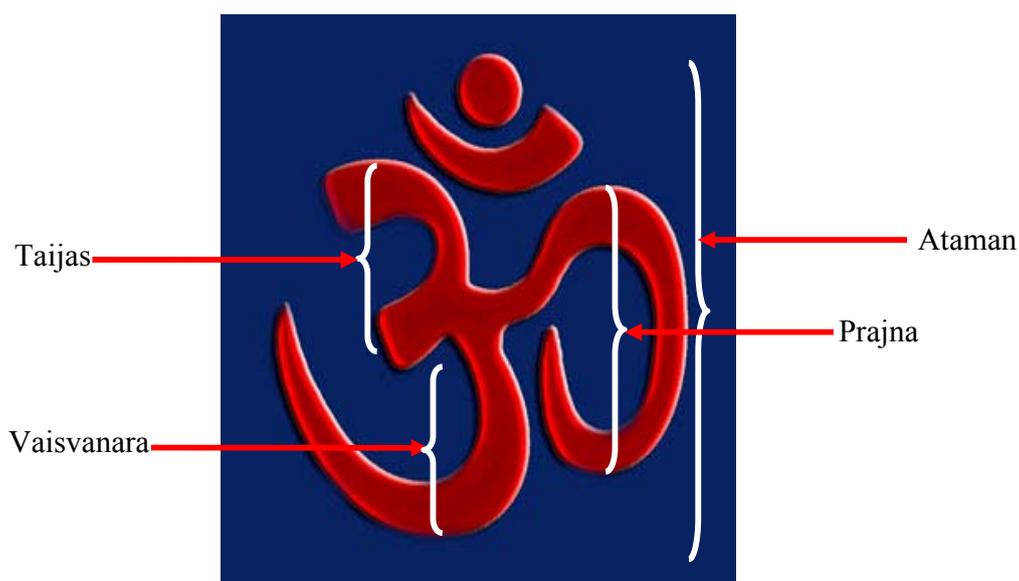
AUM is GOD, the Brahman, and the Self. All the universal creations are the gift of GOD (*AUM*) in his image. Thus, all is GOD i.e. *The Brahman, the AUM* and the *Self*. The *Self* has four quarters.

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

1. **VAISVANAR (*Phase of Prosperity*)**: It is first quarter, its field is waking state (*Jagrat*) and its consciousness is outward-turned. It is seven-limbed and nineteen-mouthed. It enjoys gross objects. It is the first sound **A**, because this encompasses all. Those who knows / understands it; he encompasses all desirable objects and becomes the first. It brings prosperities.
2. **TAIJAS (*Phase of Knowledge and Wisdom*)**: It is second quarter. Its field is dreaming state (*Swapan*) and its consciousness is inward-turned. It is seven – limbed and nineteen-mouthed. It enjoys subtle objects. It is the second sound **U**. It is an excellence and contains the qualities of other two also i.e. A and M. Those who know / understand it, he exalts the flow of knowledge and becomes equalized and everyone who will be born in his family are enlightened. It brings knowledge and wisdom.
3. **PRAGYAN (*Phase of Attainment*)**: It is third quarter. It is deep sleep or field of dreamless sleeps (*Susupti*). Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. His mouth is consciousness. It is the third sound. This phase is phase of measurement. Here all enters so those know / understand it; he measures all and becomes all.
4. **TURIYA (*Phase of Liberation*)**: Turiya is Sanskrit word meaning is fourth. Here, it is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit Aanand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is neither inward-turned nor outward-turned consciousness nor together. It is infinite, cannot be described in words. Its sole essence being the consciousness its own self. It is peaceful, blissful; and non-dual without a second. This is the *Atman*, the *Self*. This is to be realized. Those who know / understand it, he merges his self in the *Self* and attain ultimate goal.

## AUM AND THE SELF

AUM is the GOD, the Atman and the Self. The Self has four quarters. These quarters are present in all, in one or the other form. The four quarters of the Self can at different places in the image of AUM. The diagrammatic correlation of AUM and The SELF is shown on coming page.



### SELF AND AUM

#### QUALITIES OF QUARTERS

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

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

## UNIVERSAL TRIO-FACTS

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

Sl. No.	Cosmos, Universal and Individual Parameters	Trio-Facts
1.	Three Letters of Almighty	G O D
2.	Three Letters of GOD	Generator, Operator and Destroyer
3.	Three Divine Synonyms	Brahman, Atman and Self
4.	Three Names of GOD	AUM, TAT and SAT
5.	Three Letters of AUM	A U M
6.	Three Defined Quarters of AUM	Vaisvanar, Taijas, Pragyana
7.	Three Aumic Polarity	Central, Intermediary and Peripheral.
8.	Three Phases of AUM	Prosperity, Knowledge and Attainment
9.	Three Sounds in Chanting	A (ॐ) U (ऊँ) M (म्)
10.	Three States of Consciousness	Outward, Inward and Undifferentiated.
11.	Three Forms of GOD	Brahma, Vishnu and Mahesh (Shiv)
12.	Three Forms of Goddess	Durga, Lakshmi and Sarswati
13.	Three Representative of GOD's	Pusha, Indr and Garud.
14.	Three Auspicious Acts	Hearing, Vision and Prayer.
15.	Three Wings of AUM	Upper, Middle and Lower.
16.	Three Aumic Planes	Divine, Universal and Individual.
17.	Three Sub-planes (Loks)	Akash Lok, Bhu Lok, and Patal Lok.
18.	Three Celestial Bodies	Stars, Zodiacs and Planets.
19.	Three Periods of Time	Past, Present and Future.
20.	Three Groups of Chakras	Lower, Intermediary and Higher.
21.	Three Ways to GOD	Work, Worship and Wisdom
22.	Three Special Contents of Inferior Nature	Indries ( <i>Senses</i> ), Mind ( <i>Manah</i> ) and Ego.
23.	Three Aumic Holistic Content	Indries ( <i>Senses</i> ), Mind and Wisdom ( <i>Buddhi</i> )
24.	Three Body Humors	Air ( <i>Vat</i> ), Bile ( <i>Pitt</i> ), and Phlegm ( <i>Kaph</i> )
25.	Three Phases of Respiration	Inspiration, Pause and Expiration
26.	Three Phases of Pranayam	Poorak, Kumbhak and Rechaka
27.	Three Effects of AUM	Care, Cure and Longevity
28.	Three Qualities ( <i>Guns</i> ) of Life	Satv, Rajas and Tamas
29.	Three Types of Food	Satvic (Pure), Rajasic (Kingly) and Mixed
30.	Three Resonators of Sounds	Plants, Animals and Human
31.	Three Steps of Integrated Yoga	External, Bridge and Internal
32.	Three Steps of Internal Yoga	Dharana, Dhyana and Samadhi
33.	Three Types of Environment	Internal, External and Universal
34.	Three Ways of Achievement	Sincerity, Honesty and Regularity
35.	Three Aims of Individual Life	Healthy, Prolonged and Blissful
36.	Three Bodies of Upper Triad	Higher Mental, Buddhic and Atmic
37.	Three Bodies on Physical Body	Ethric, Astral, Lower Mental
38.	Three Governors of Organs	Knowledge, Intellects and Mind

39.	Three Components of Atmic Plane	Spiritual, Monadic and Devine Plane
40.	Three Components of Life	Soul, Mind (Manah) and Senses (Indries).
41.	Three “Ds Vision” of AUM	Determination, Devotion and Dedication
42.	Three Individual Phases	Birth, Life and Death.
43.	Three Phases of AUMIC Cycle	Emergence, Life and Merger
44.	Three Ways to Achievement	Sincerity, Regularity and Honesty.

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

*जय जय कृपा निधान, सकल भुवन आधार,  
कण कण के संसार तुम, हरते सबका भार।।<sup>(3)</sup>*

O! AUM, You, the treasurer of mercy, You are the base of all Universe, You are the world for each particle of the Universe and You remove all the problems of all creation (sentient and insentient) of the Universe.

### **REFERENCE**

1, 2 & 3. *Dubey; Nagendra P;* AUM Prayers; AUM Chalisa; Second Edition 2015; P. 2 & 4.

## CHAPTER-2

# AUM AND PRAN

AUM is life (*Pran*). It has various synonyms as *Chetana, Vital Forces, Chi or Qi, T-Chi, Ruh etc.* 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. 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 शक्ति देते हो।<sup>(1)</sup>

O AUM! You are *Pran* (Life Force), You fill up the *Pranavayu* from *Brahmand* (Cosmos) 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 the existing (living and nonliving) in the universe. In living being, it is regulated by *Pranayam* and nourished by *Pranic energy*. The concentration of *Pran* is more in *Pranamay Kosh* which needs still to be explored in detail with advanced modern techniques. All the universal creations have been derived from the five elements (*Panchmahabhuts*). Here, we are concerned with human being whose body is also composed of five elements (*Panchmahabhuts*) represented by three humors (*Tridoshas*), seven body tissues (*Saptdhatus*) and five waste products (*Punchmals*). The three humors are air (*Vat*), bile (*Pitt*), and phlegm (*Kaph*). Air (*Vat*) carries *Pranic energy*. There are five types of air (*Vat*), out of these, *Pranavayu* is one of the cosmic energy, which enters and comes out of the body with (*Vat*) predominately through respiration. The regular practice of *Pranayam* through *Aumkar* strengthens the *Pranic energy*.

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

## DESCEND OF PRANIC ENERGY

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

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

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

## RESPIRATION AND PRANAYAM

Respiration is an active process of inhalation and exhalation of vital gases (*Oxygen, Carbon-dioxide, Nitrogen* etc) in varying quantity and quality. It maintains the *Pran* through its most potent constituent known as *Pranvayu* while *Pranayam* is process to regulate, retain and strengthen the *Pran* in *Pranamay Kosh*. The correlation and interdependence are given below:

Sl. No.	Parameters	Respiration	Pranayam
1.	State	It is active process of inhalation and exhalation of gases in varying quantity and quality.	It is yogic process of regulation of breathing
2.	Extents	From visible inspiration to expiration.	Invisible control of Pran through Pranayam.
3.	Controlled by	Respiratory Centre	Divine Cosmic Power
4.	Carriage	Main vital gases as <i>Oxygen, Carbon dioxide</i> and <i>Nitrogen</i> in varying amount.	Pranic air ( <i>Pranvayu</i> )
5.	Rate	18-20 cycle per minute in adult	Depends on practice and regulation

6.	Phases	Inspiration, Pause and Expiration	Poorak, Kumbhak and Rechak
7.	Provides	Vital gases to all cells and tissues	Strengthen Pranic energy
8.	Holistic Influence	Allows the smooth allotted span of life.	Helps to lead a peaceful, blissful and prolonged life.

### AUM AND SELF

The proper chanting of AUM is called *Aumkar*. It generates positivity in self and surroundings. Continuous and interrupted both types of chanting increase the positivity in respective desired fields. AUM is *Brahman, the Self*. The Self has four quarters, *Vaisvanar, Taijas, Pragyan and Atman*. Thus, the Self, the AUM has four quarters. Out of all the four quarters, there are three distinguished quarters as-*Vaisvanar, Taijas* and *Pragyan*. *Vaisvanar* has the sound A; *Taijas* has U and *Pragyan* has M. The fourth quarter is *Turiya / Atman* which is represented as ( $\infty$ ). It is soundless, unutterable, a quieting down of all relative manifestations, it is blissful, peaceful, and non-dual. Thus, in reality, AUM is the Atman. Those who understands and knows it, he merges his self in the *Self* or *Atman*.

### AUM AND OM

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

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

### CHANTING OF AUM

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

### MECHANISM OF CHANTING

Irrespective of caste, creed, religion or race, anyone can chant AUM (*Aumkar*). Any individual interested in chanting can be easily being trained for chanting of AUM (*Aumkar*) with little practice according to their tradition, culture and custom. The chanting is related to respiration and is performed

during expiratory phase with the help of lips and vocal cards. There are following steps involved in proper chanting of AUM (*Aumkar*).

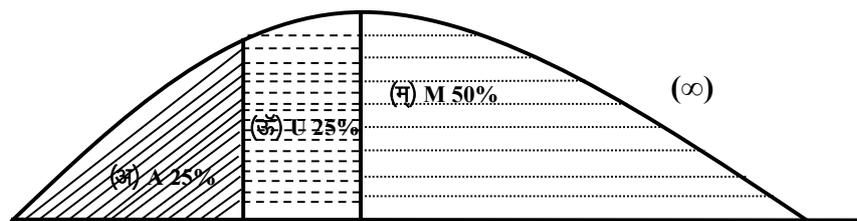
- I. Step A (अ)
- II. Step U (ऊ)
- III. Step M (म)
- IV. Step Infinite (∞)

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

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

**(II). STEP- U (ऊ) (Step of Peak):**

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



“Diagrammatic Representation of Chanting of AUM”

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

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

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

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

Thus, AUM is all for every existing in the universe. All the gross and subtle aspect of individual is AUM. It has been mentioned on AUM Chalisa as:

प्राण, ज्ञान, मन, जीवन तूँ है, विश्व रूप में स्वामी,  
जीवन का आधार तुम्ही हो, सकल मनोरथ कामी।।<sup>(2)</sup>

O GOD (AUM)! You are Almighty Swami, You are *Pran* (Life Force), *Gyan* (Knowledge and Wisdom), *Manah* (Mind) and *Jeevan* (Life) in form of Vishw Roop; O AUM (GOD! You are the Base of Life and You fulfill all wishes and desires.

### **REFERENCE**

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

## AUM AND SCIENCE

“Aumic Science is Divine and beyond the Physical reach,  
Modern Science is Physical and within the Human reach”

-Dr. N. P. Dubey

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

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

The divine creation of five elements (*Punchmahabhutas*) was followed by appearance of various zodiacs, stars, planets and other celestial bodies with its contents. Earth is a planet which is equipped with many livings and non-livings. The living beings were grouped in animal and plant kingdoms. All the existing (living and non-living) is the creation of GOD (AUM) in his own image; means AUM (GOD) is present in all. Human being acts as an ordained shoulder of GOD according to their *Sanskar* (*Sanskar is collection of generational acts i. e. Karmas*).

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

### SPIRITUAL CONCEPTS

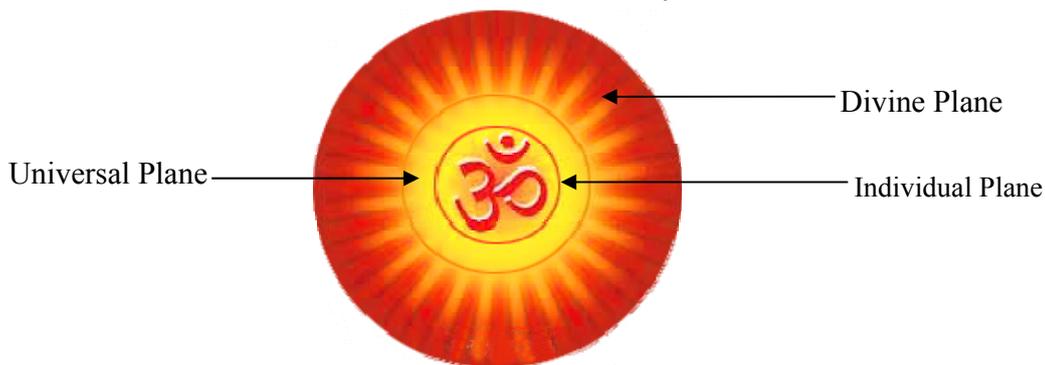
All the knowledge has been derived from AUM. According to *Hindu mythology*, *Vedas* are considered to be the most ancient and sacred collections of knowledge and wisdoms derived during various cultures. The culture and tradition descended down and later were compiled in four major text known as *Vedas*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

## AUMIC PLANES

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

- I. Divine Plane (*Plane of Infinite*).
- II. Universal Plane (*Plane of Existence*).
- III. Individual Plane (*Plane of Individual*).

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



“AUMIC Planes”

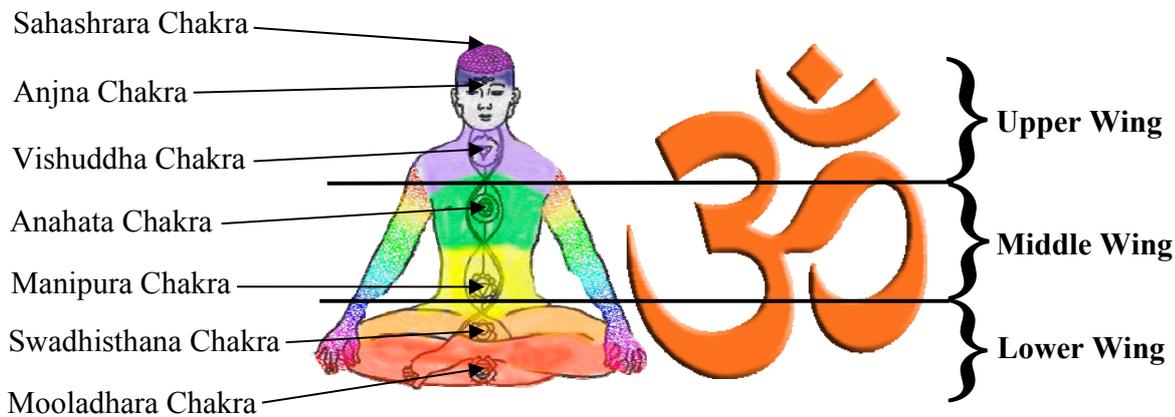
**(II). Universal Plane (*Plane of Existence*):** This is the lower plane and extends between divine and physical plane. It extends as high as per the Individual’s Visual Thought (IVT). *Individual’s Visual Thought (IVT) is the distance measured in terms of vision and thoughts. It is proportional to the individual’s spirituality and attainment.* It submerges into divine plane. This plane has the existing like zodiac, stars, planets and celestial bodies. It maintains inter and intra universal balances with the help of various zodiacs, stars, planets and other unknown celestial bodies.

**(III). Individual Plane (*Planes of Individual*):** The physical shape of AUM (ॐ) has been derived from *Atherveda* and its allied *Mandukya Upanishads*. GOD (AUM) has created all the existing of the universe and physical planes in the image of AUM. Everything can be imagine within the AUM and the vice versa. Thus, each individual having physical body or structure has his connectivity with the AUM through universal plane to divine plane. In individual human being, it has been very well described in the holistic concept of human body.

## HOLISTIC BODY AND AUM

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

correlation of the Aumic human physical body, its associated chakras and the broad divisions of Aumic wings is given as under:



“AUMIC HUMAN BODY”

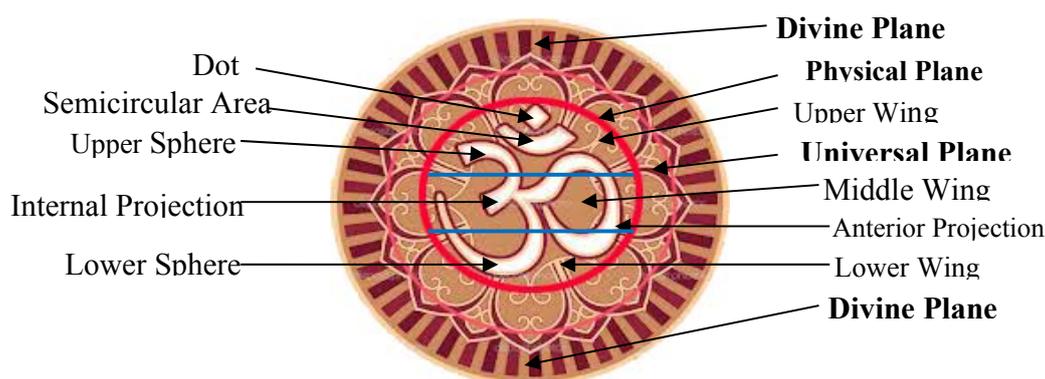
### AUM AND HOLISTIC BODY

AUM is universally accepted in almost all major religions, race and cultures with deepest sense of similar pronunciation, feeling and realization. The study of AUM in spiritual scientific manner is performed under Aumology. An individual study in the image of AUM is required in order to understand the anatomical structure, physiological function, spiritual correspondence, chakral location and scientific demonstration. Here, AUM has been considered in context of a human body. The physical symbol has been divided into three major wings.

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

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

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



**“HOLISTIC STRUCTURE OF AUM”**

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

### **AUMIC PLANE AND HOLISTIC BODY**

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

Sl. No.	AUMIC Plane	Holistic Body
1.	Divine Plane.	Pertaining to Divinity (Divine/Atmic connectivity.)
2.	Universal Plane.	Between Buddhic body and Atmic body.
3.	Physical and Subtle Plane.	Physical and Subtle Body :
	I. Upper Wing	<ul style="list-style-type: none"> <li>• Buddhic Body</li> <li>• Higher Mental Body</li> <li>• Lower Mental Body</li> </ul>
	II. Middle Wing	<ul style="list-style-type: none"> <li>• Astral Body</li> </ul>
	III. Lower Wing	<ul style="list-style-type: none"> <li>• Ethric Body</li> <li>• Physical Body</li> </ul>

### **STRUCTURAL CORRELATION**

The subtle and structural correlation of AUM with the subtle and physical human body (holistic body) and its associated physical body organs are given below:

Sl. No.	AUMIC Planes	Morphology	Corresponding Structures of Holistic Body
1.	Divine Plane	Pertaining to divinity and area around the universal plane	<i>Divine/Atmic</i> connectivity.

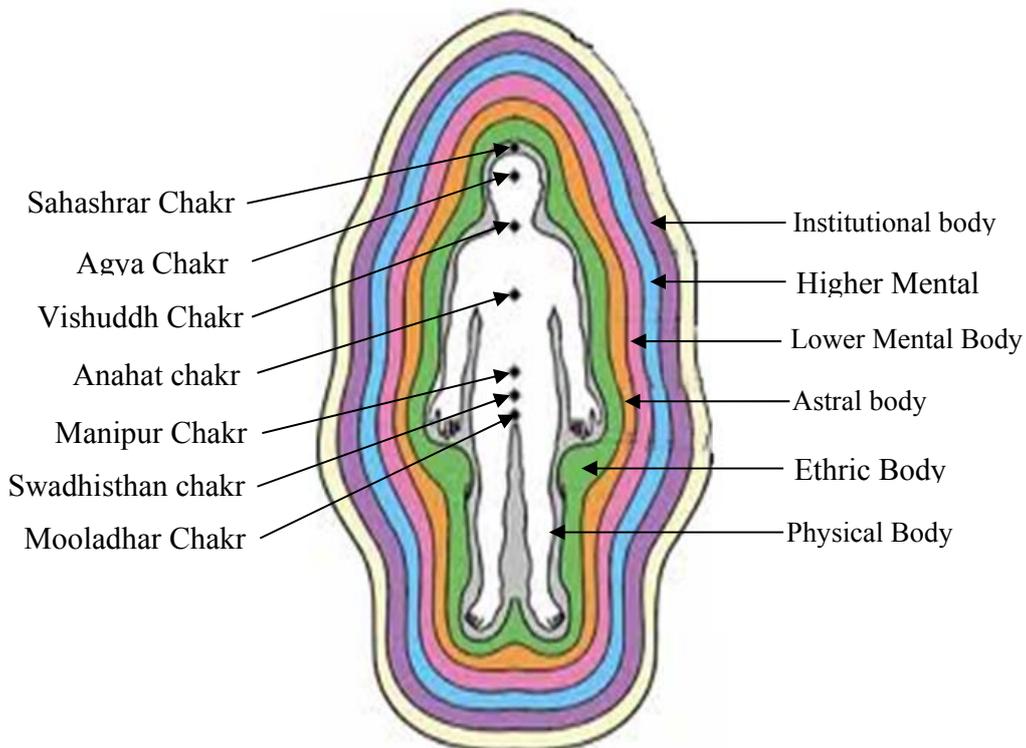
2.	Universal Plane	It is linkage between individual's <i>Buddhic</i> and <i>Divine /Atmic</i> plane	Superconsciousness level. Corresponding to IVT, it is seat for <i>Sahashrar chakr.</i>
3.	Physical and subtle Planes of AUM	The entire structure of Monosyllable AUM	It involves Physical body and its various organs.
	a. Head	The upper semi circular area including dotted structure.	Head, brain, meninges (with <i>Buddhic</i> and higher mental bodies). It is seat of <i>Agya chakr.</i>
	b. Neck	The structure between head and upper sphere and anterior projection of body of AUM	Neck with great vessels, vital tubes (trachea, esophagus and spinal card), thyroid and parathyroid glands, muscles, cervical vertebrae and other supporting structures. It is seat of <i>Vishuddh chakr.</i>
	c. Upper Sphere	It includes upper attached body of semicircular structure, upper part of anterior projection.	Upper limbs and upper part of the thorax (including upper and middle lobes of lungs), supporting structures (muscles, vessels and bones).
	d. Middle sphere	It includes lower most part of upper sphere, full internal and anterior projections and upper most part of lower sphere	Lower lobe of lungs, heart, diaphragm, liver and gall bladder, spleen, kidneys, pancreas and other supporting structures. It is seat for <i>Anahat</i> and <i>Manipur chakras.</i>
	e. Lower Sphere	In includes lower semi-circular structure of AUM, lower part of anterior projection.	Lower abdominal viscera, pelvic organs (including uro-genital system) and lower limbs and supporting musculoskeletal structures. It is seat for <i>Swadhisthan</i> and <i>Mooladhar chakras.</i>

## AUMIC HOLISTIC BODY

*“What we see is not the truth, the truth remains unseen,  
- Dr. N. P. Dubey*

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 imagine 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? The answer is holistic body. The human body has six more bodies (*Ethric, Astral, Lower Mental, Higher Mental, Buddhic and Atmic bodies*) which is subtle and associated as higher bodies. Thus the total of physical and subtle higher bodies forms the holistic body which is full of energy to govern the physical body. The presence of subtle bodies are not visible, though it exist whose activities are represented through physical body in form of acts (*Karmas*), *Aura* and *Chakral activities*. A diagrammatic representation of holistic body with chakral representation is below-

- Introduction.
- Concept of Chetna.
- Features of Holistic Body.
- Representation of Holistic Body.
- Salient Features of Body.
- Aumic Body Planes
- Applied Aumic Body.
- Aumic Merger.



“AUMIC BODY WITH CHAKRAS”

## CONCEPT OF CHETANA

*Chetna* is *Prana*, the *Brahman*. It is also called life force. It is present in every universal particle which controls the individual but individual has no any control over *Chetna*. According to *Srimad Bhagwadgita*:

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।  
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः।<sup>(1)</sup>

**Means** - Weapons cannot cut it nor can fire burn it; water cannot wet it nor can wind dry it.

*Chetna* cannot be touch; taste, see, hear or smell. It is present in all sentient and insentient of the universe. It induces dynamic changes in every individual. It is also called *Atma*, *Prana*, *Brahman* or *Soul*.

## FEATURES OF HOLISTIC BODY

The Vedic and Chetna concepts of the Aumic holistic body and their common important features are given in the tabular form (*from Higher to Lower body*)<sup>(2)</sup>.

Sl. No.	VEDIC CONCEPT	CHETANA CONCEPT	IMPORTANT FEATURES
7.	<b>ATMIC BODY</b>	<b>Divine Plane</b> <b>/Superconscious Plane</b> (1st Cosmic Ether) <b>Monadic Plane</b> (2nd Cosmic Ether) <b>Spiritual Plane</b> (3rd Cosmic Ether)	<b>Bliss Sheath</b> Love Wisdom Active intelligence Yoga-Samadhi
6.	<b>BUDDHIC BODY</b> (Intuitional Plane) (4 <sup>th</sup> Cosmic Ether)	Intuitional Plan	<b>Spiritual Threads</b> Intelligence Sheath Buddhic Permanent atom Yoga-Dharana, Dhyana and Meditation
5.	<b>HIGHER MENTAL BODY</b> (Causal Body)	Mental Abstract Plane (Antahkarana)	<b>Mental Sheath</b> Place for Soul Yoga-Pratyahara
4.	<b>LOWER MENTAL BODY</b>	Mental Concrete Plane	<b>Mental Unit</b> Involved in worldly affairs
3.	<b>ASTRAL BODY</b>	Astral Plane (Emotional plane)	<b>Emotion and Desire</b> Pleasure and Pain Fear and Courage
2.	<b>ETHRIC BODY</b> (Ethric Double)	Ethric Plane	<b>It is double of Physical body</b> Energizes and Vitalizes the Physical body
1.	<b>PHYSICAL BODY</b> (Physical Plane)	Physical Dense Plane	<b>Physical Sheath and Vital Sheath</b> Matter and energy Structures-Solid, Liquid, Gas Requires Diets- Herbs and Gems. Yoga- Yama, Niyama, Asana, Pranayam.

## REPRESENTATION OF HOLISTIC BODY

The holistic human body is diagrammatically divided in two parts which is represented as triad and quaternary as mentioned below <sup>(2)</sup>.

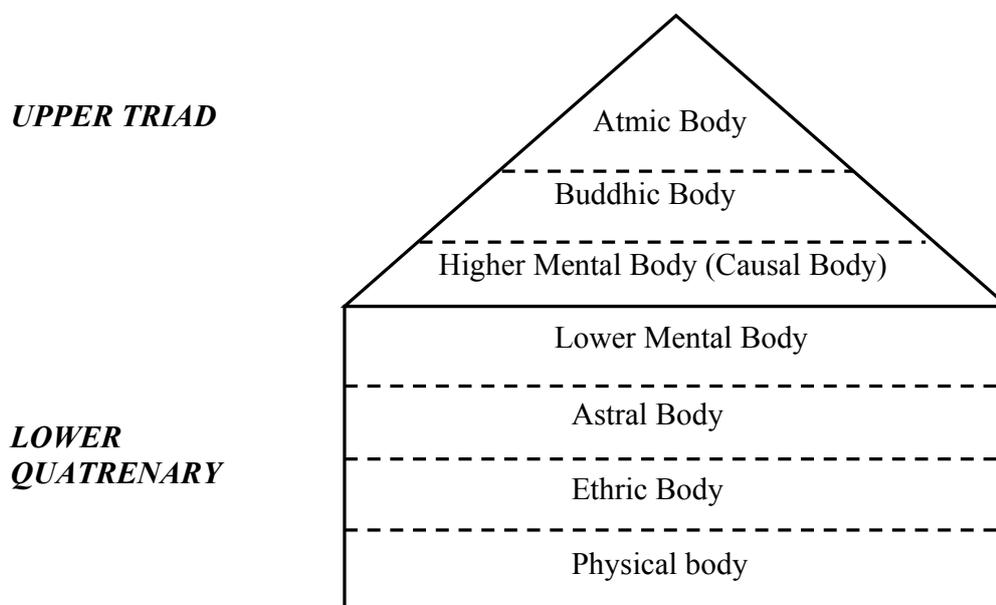
- I. Upper Triad.
- II. Lower Quaternary.

### I. UPPER TRIAD

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

### II. LOWER QUATERNARY

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



“Representation of Holistic Human Body”

## SALIENT FEATURES OF BODIES

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

### I. PHYSICAL BODY

This body is also called *Physical Dense Plane*. The physical body comprised of five elements according to traditional medicine and healing. According to modern medicine, the physical

body is consists of cells, tissues, organs and systems bounded in physical and vital sheaths. These are in form of solid, liquid and gas. The physical body and vital sheath allow the highest plane to acts on physical level. It requires proper diets and herbs to maintain it. Recommended yoga to maintain the physical body is external yoga in form of *Yama, Niyama, Asana* and *Pranayam*.

## II. ETHRIC BODY

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

- A. Subjective Factors
- B. Objective Factors.

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

- Mental Shock.
- Anxiety.
- Worry.

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

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

## III. ASTRAL BODY

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

## IV. LOWER MENTAL BODY

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

## V. HIGHER MENTAL BODY

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

## VI. BUDDIC BODY

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

## VII. ATMIC BODY

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

- A. First Cosmic Ether.
- B. Second Cosmic Ether.
- C. Third Cosmic Ether.

**A. FIRST COSMIC ETHER:** -It is called *Divine Plane / Superconciuous Plane*. It is the superior most aspect of subtle body in ether field.

**B. SECOND COSMIC ETHER:** - It is called *Monadical plane*. It is the highest aspect for man. It uses Chetna as vehicle of expression. Chetna also uses the lower planes to gain the experience. It is responsible for – **Intelligence, Love and Wisdom**.

**C. THIRD COSMIC ETHER:** -It is called Spiritual Plane. It is the third lowest plane of Divine plane based on Buddhic body (Intuitional plane) it is responsible for spiritual activities at physical level. It is the plane for – **Intelligence and Bliss Sheath**. The Yogic step is *Samadhi*.

Thus the all bodies (Physical, Higher bodies) belonging to Lower Quaternary and Upper Triad in combination Individual Divine component constitute the individual holistic bodies. The entire subtle structure is connected through subtle Divine-Universal-Individual connectivity (DUIC).

## REFERENCES

1. *Srimad Bhagwadgita*; Gita Press Gorakhpur; Fourth Reprint 2010; Chapter 2; Shloka 23; P. 27.
2. *Dubey; N.P.*: Principles of Holistic Integrated Medicine; Holistic Concept of Human Body International Integrated Medical Forum, Vol.17, No.5; July- September -2004; P. 2&3.

## APPLIED AUMIC BODY

Understanding of applied concept of aumic body is necessary in order to implement the aumic healing and management to individual who seek for aumic therapy. The aumic process is based on divine-universal-individual-connectivity (DUIC) process. This process helps to ascertain the reason and apply the aumic management. Man himself is a replica universe. Individual has been described within the image of AUM and vice-versa in earlier chapters. 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 (*Aumic Therapy and Aumic Healing*) give absolute relief to individual provided it has been applied properly.

- Introduction.
- Aumic Body Planes.
  - I. Divine Plane.
  - II. Astral Plane.
  - III. Higher Mental Body.
- Aumic Merger.
  - I. Aumic Cyclic Method.
  - II. Aumic Flow Method.

## APPLIED HOLISTIC BODY

Applied aspects of holistic body are necessary to understand for practical purposes. To understand the proper integrated holistic treatment and healing, the human body can be dividing in three major bodies and True Self (*Atma*). The three bodies from lowest to highest are:

- I. Physical Body.
- II. Astral Body.
- III. Higher Mental Body (Causal Body).

### I. PHYSICAL BODY

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

### II. ASTRAL BODY

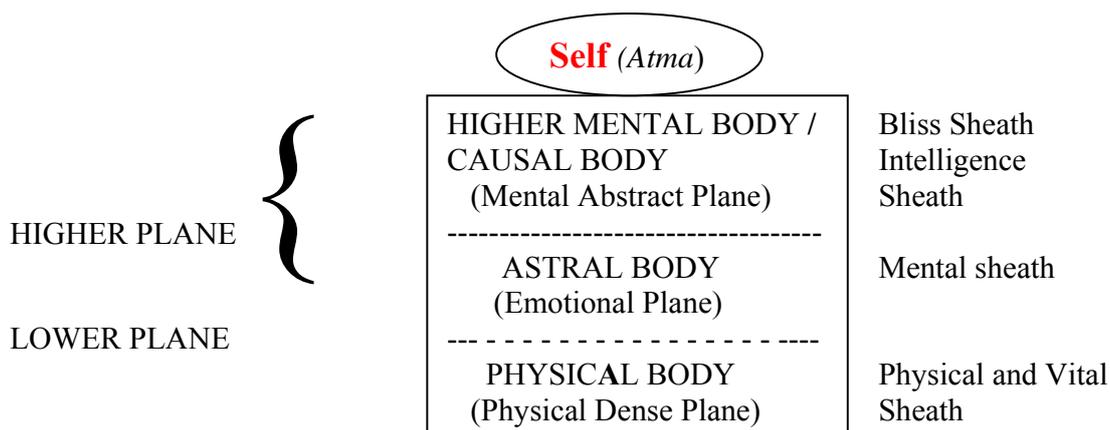
This body is also called *Emotional Plane*. It is for thought and emotions attached with ethric and further below by physical bodies. It is connected with mental sheath with lower mental body. It helps in experience of – *Pleasure and pain; Fear and Encouragement; Love and hate and Expression of Emotions*.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

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

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

### III. HIGHER MENTAL BODY

This body is also called *Causal Body*. Its other name is *Mental Abstract Plane (Antahkarana)*. It has mental sheath and is the *Seat for Soul*. It continues above to Buddhic Body and Atmic Bodies. Its Yoga is *Pratyahara*. Over and above all is the seat of Soul (*Atma*). The diagrammatic representation of applied Holistic Body is given as:



### BODY SHEATHS, DIET AND YOGA

There are five sheaths which binds the human body in a shape. Each one has its dietary and yogic steps as given below.

Sl. No.	SHEATHS	DIET	YOGIC STEPS
1.	Physical Sheath	Diet, herbs	Yama, Niyama, Asana
2.	Vital Sheath	Herbs, Gems	Pranayam
3.	Mental Sheath	Mantra	Pratyahara
4.	Intelligence Sheath	Meditation	Dharana, Dhyana
5.	Bliss Sheath	Union absorption	Samadhi

### AUMIC MERGER

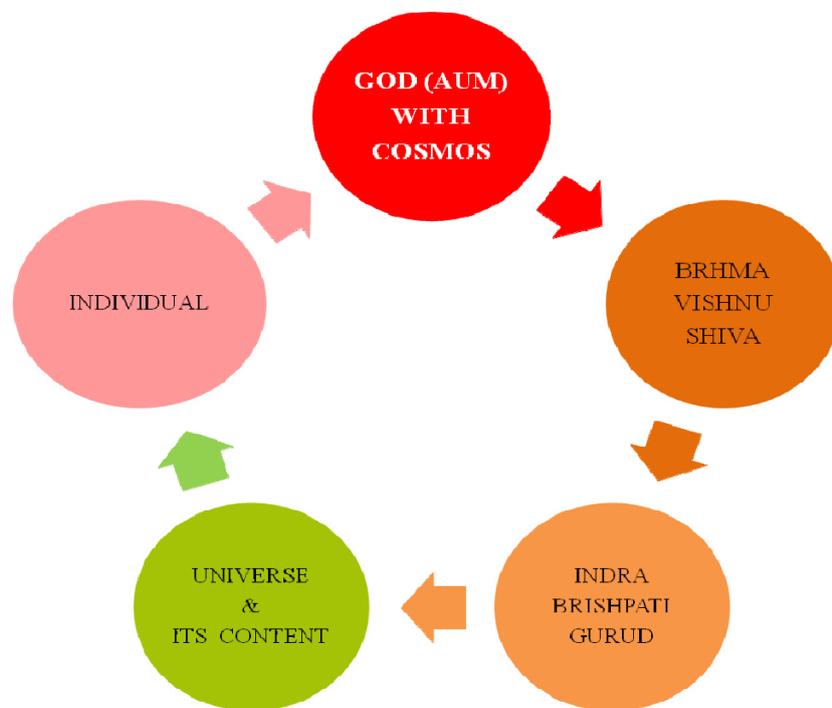
***Aumic merger is a process of the individual's origin, stay and ultimate merger with GOD (AUM).*** Those who have come have to go back from where they have come. The entire circle is mystery of GOD and is universal truth. Every individual born grew up, performed assigned duties within the allotted span of life and ultimately submerges with GOD (AUM). During the life time he performed the present acts as assigned from previous life acts which has been carried to present life through Soul along with mind and senses. Depending on the past acts (*Sanskar*) he acts in present life. Only the man has the opportunity to do some newer acts during the present life rest of the living being has to enjoy the life in accordance to his past acts (*Purvkarms*). In other word we can say, the present life is the mirror of past life and the man is send with an opportunity to improve the present life with good

acts (*Karmas*) leading to good *Sanskar* which will clear the way to submerge with AUM. The Aumic merger can be attained in two ways:-

- I. AUMIC Cyclic Method.
- II. AUMIC Flow Method.

## I. AUMIC CYCLIC METHOD

The Aumic Cycle is the cyclic process of merger of an individual from his self to ultimate Self. It indicates how the divine law operates from beginning to the end and back to the beginning. The individual soul is emerging from GOD (AUM) and ultimately submerges with AUM. Every individual is connected with GOD (AUM) through divine-universal-individual-connectivity (DUIC). During the existence, everything has their known and unknown roles operated with divine wish according to their *Sanskar*. Nothing is permanent in this universe; the permanent is only the *Omnipresence* who remains unseen and need to be realized. In majority of cases, the individual being passes through the cyclic process. There are few souls (*Atma*) which liberate and never come back in worldly affair. The AUMIC cycle can be understood as per mentioned cycle below.



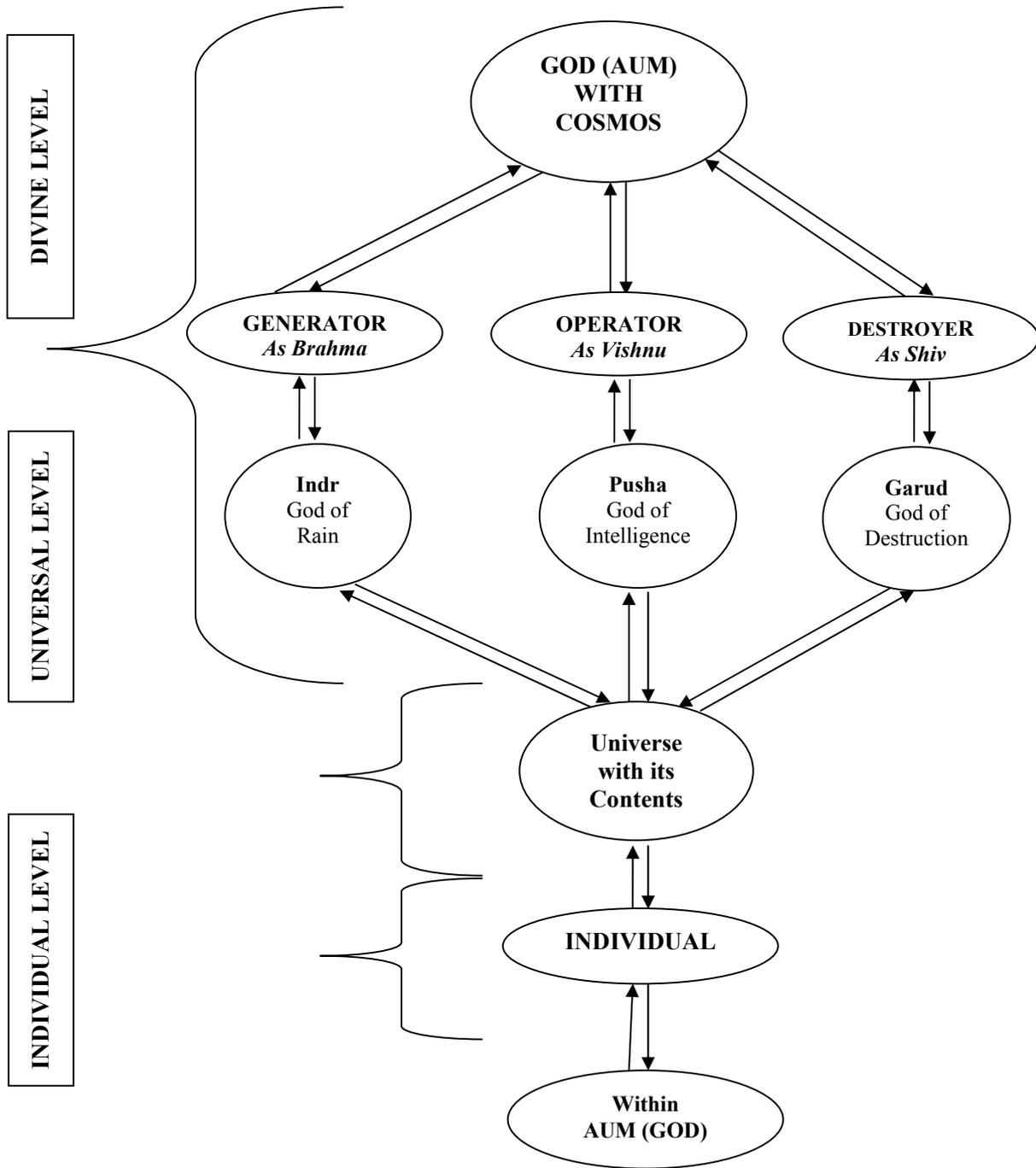
“AUMIC CYCLE”

## II. AUMIC FLOW METHOD

Almighty GOD is the father and Nature is mother. GOD thought to create something in the cosmos. GOD might have taken the opportunity to appear in three forms as *Brahma*, *Vishnu* and *Shiva* for *Generation*, *Operation* and *Destruction* with the help of their three counterpart as - *Sarswati*, *Lakshmi* and *Durga*. The next further divine division came for further related purpose in form of *Indra*, *Brihaspati* and *Garud*. The other steps came down through the universe to ultimate individual

being who after completing the defined span of life merges with GOD. The flow chart passes through three levels i.e. *Divine Level*, *Universal Level* and *Individual Level*.

**“THE DIAGRAMMATIC REPRESENTATION OF AUMIC FLOW”**



**“FLOW CHART”**

## 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. These divine human energy field (DHEF) permeate and emit 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**".

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

### PARTS OF AUMIC AURA

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

- I. Divine Aura.
- II. Electromagnetic Aura.

#### I. DIVINE AURA

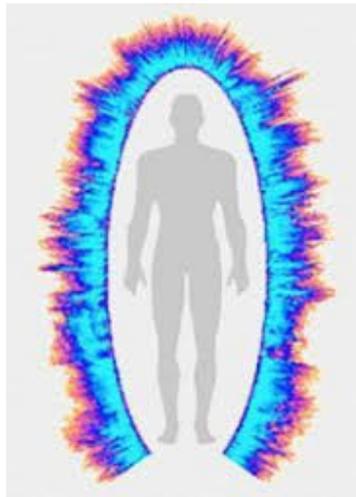
Divine aura is the human energy field in continuum to physical aura. It is beyond measurement and covers the universal and divine plane of the individual.

#### II. ELECTROMAGNETIC AURA

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

#### AURIC MANIFESTATIONS

The human aura consists of seven layers, each one of them represents one body called auric or holistic body. Physical body is visible while other six are subtle bodies are around the physical body in different layers. Each body has its own frequency. They all are interrelated and affect one another. Therefore any imbalance in one of the bodies leads to a state of imbalance in the others. The average area is about 3-4 feet (average 1 meter) on all sides of body. It is more and prominent around head. In general, it is representative of individual's OJUS. It is representative of subtle energy body (*Sookshma Sharer*) where all emotions, thoughts, memories and behavior pattern are located. It is present all around the body but more prominent in upper Chakral areas as – Anahat, Vishuddh and Agya. It pulsates at the rate of 15 beats per minute. The average *aura of* male is 3.0 to 4.0 feet and that of female is 2.5 to 3.5 feet. Normally, it varies with time, place, mood, emotions, thoughts etc.

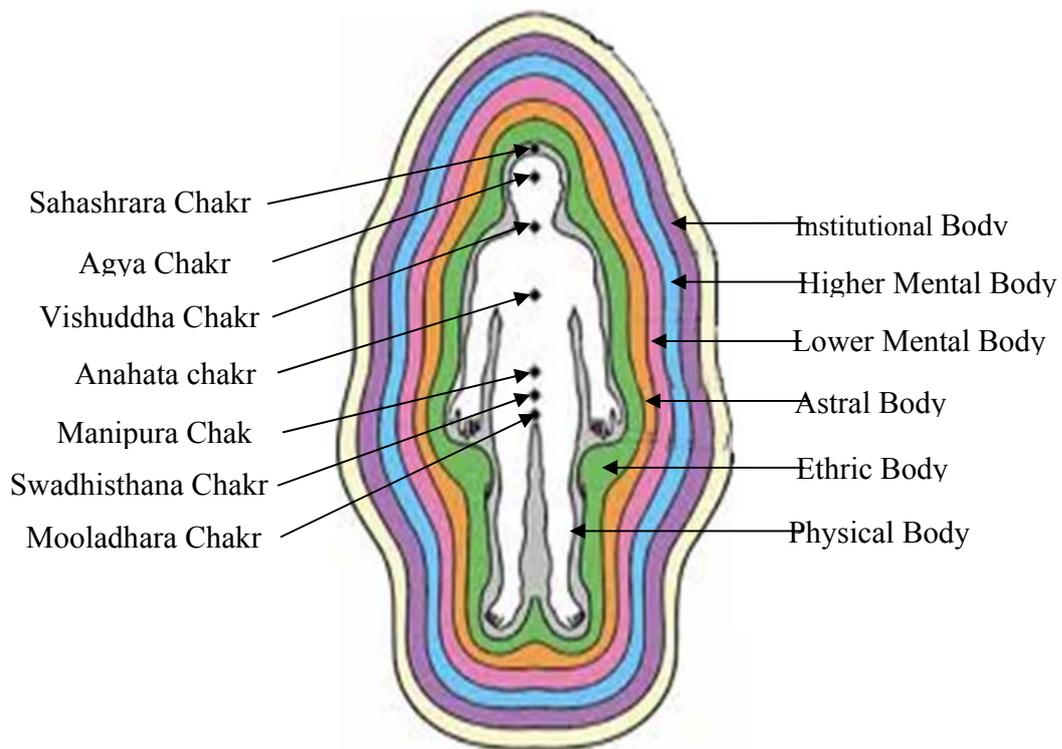


(Curtsey from Google Search)

**“HUMAN BODY AURA”**

**AURA AND CHAKRA**

The holistic body is integration of auric and chakral bodies with physical body. They are subtle and deeply associated with each other.



**“CORRELATION OF AURIC BODIES AND CHAKRAS”**

## AURIC BODIES REQUIREMENT

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

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

## KIRILIAN PHOTOGRAPHY

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

## PROCESS OF PHOTOGRAPHY

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

## APPLIED INTERPRETATIONS

As human beings, we radiate a very low level of electricity that's otherwise known as an electromagnetic field," says Christina Lonsdale, Ancient medical systems believe that this energy is expressed in seven layers. Each layer is said to correlate to a different element of your physical, mental, spiritual, and emotional health. In western religious traditions, one often sees a halo surrounding saints or deities.

In eastern religious traditions, it comes out from the chakras or centers of energy within the body. It is often depicted as a multi-colored body of light surrounding a person. Kirlian photography has been used to reveal the following important information:

1. Emotional energetic state which helps in identifying the signs of rising energy-stress.
2. It also helps in getting the earlier information before physical symptoms arise.
3. After many decades research and development produced a more sophisticated version of Kirlian photography called biofeedback or energy technology.

## AURIC CHANGES

The disease comes much earlier in auric field and auric body than the actual physical body. The changes can be seen even with the naked eyes by the experienced healers. Thus auric changes can be observed by two methods.

- I. Perceptual Method.
- II. Photographic Method.

### I. PERCEPTUAL METHOD

Normally the aura appears around the physical body. It varies with time, place and emotion. The variation is observed under following parameters.

Sl. No.	Parameters	Variations
1.	Area	Normal/Diminished/Reduced
2.	Colour	Normal/Altering/Altered
3.	Contour	Normal smooth/elevated/depressed/tear/rapture
4.	Feeling	Good/Satisfactory/Weak

### II. COLOUR METHOD

Here, aura is evaluated with its colour and the prominence of the colour as taken by photography. The colour in aura indicates many physical, emotional ideas and problems. It lasts for 10-15 minutes. The grass findings are mentioned in table:

Sl. No.	Colour	Related to	Indication
1.	Red	Physical body	Circulation, friction, anger, anxiety and nervousness.
2.	Orange	Reproductive organs	Vitality, vigor and good health,
3.	Green	Heart and Lung	Growth and balance
4.	Blue	Throat and thyroid	Cool and calm
5.	Indigo	Visual and Pituitary Gland (third eye)	Intuitive, sensitive and deep feeling

6	Violet	Pineal Body (Crown Chakr)	Reveal psychic power and visionary
7.	Lavender	Imagination	Visionary
8.	Silver	Spiritual and Physical abundance	Plenty of memory / awakening of cosmic mind
9.	Golden	Enlighten and divine protection	Inner knowledge, spiritual mind and institutive thinking.

## CHAPTER - 6

# AUMIC YOG

Yog is derived from the Sanskrit word “**Yuji**” meaning Yog or union of self to Supreme Self 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. Practicing yog come with many benefits for both mental and physical health, though not all of these benefits has 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 the AUM Foundation, NY, USA, 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.
- Aumic Yog.
- Aumastak Yog.
- Method of Practice.
- Observatory Steps.
- Levels of Attainment.
- Impacts of Yog.

## 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 works in everyone’s life in order to have good *Sanskar* in next coming life. Aumic Yog is a systemic, holistic and scientific way to improve the status of self and the society. 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 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 steps 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 Astang yog facilitate the process of attainment as it acts as holistic catalyst. Aumic yog can be followed by all, irrespective of caste, creed, religion or race. Anyone, who is in search of the truth of life and divinity can easily practice and attain the goal.

## ESSENTIALS OF AUMIC YOG

Aumic yog itself brings enormous energy, serenity and pioucity in individual. It improves more internal atmosphere than the external one. It provides a special vision to individual to measure all. This vision is called Aumic three dimensional vision (ATDV). This vision is an inherited quality of an individual for his success in routine as well as in the spiritual life. The person equipped with Aumic three dimensional vision (ATDV) is most rich in spiritual life. It determines the individual’s capacity and capability to lead him to his goal. It is associated with deep *Sanskar*. It helps adequately to lift up one from a lower plane to highest plane (*Physical body plane to Atmic Plane*) to attain the ultimate Goal. This is individual’s property and one inherits it from past life (*Purv Janm*). The past acts are

inherited as *Sanskar* plays role in present life. The Aumic yog plays the role of catalyst for the promotion of future *Sanskar*.

### AUMIC VISION

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

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

**1. Aumic Determination:** It is individual's power of firmness to take decision and prove the result, no matter what it is? It varies from one individual to another and is directly proportional to individual's will power.

**2. Aumic Devotion:** It is individual's worship or loyalty or affection to AUM or any of the divinity of his choice.

**3. Aumic Dedication:** Means complete surrender to AUM. It facilitates attainment.

Persons with all the essentials of Aumic Yog are highly scorer of AUM and NP Scores.

### AUMIC YOG

Aumic *Yog* is a way of individual aumification (Aumic attainment) through realization of self in the image of AUM. *Aumastak Yog* is based on *Aumic Astang Yog*. Here, one has to follow all the steps within the Aumic environment after Pre-Aumastak Practice (Practice of AUM before starting Aumastak Yog).

### AUMIC ENVIRONMENT

Aumic environment is a place where aumification has been made earlier with aumic chanting followed by a Symbol of AUM in the place or continuous slow aumic recitation or silent aumic chanting is going on. The aumic environment is created in following ways:-

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

Aumic environment facilitates in clearing all the hurdles coming on the way.

### PRE-AUMASTAK PRACTICE

*Pre-Aumastak Practice* is the introduction of AUM to a person who is to accept the AUMIC Yog, Therapy and AUMIC Healing by exposing him to AUMIC Environment in order to enhance the perception of AUM. The period of this practice is 3 to 9 days at least one hour daily.

## AUMASTAK YOG

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

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

## METHOD OF PRACTICE

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

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

## OBSERVATORY STEPS

The proper practice of Aumastak Yog (*Totally on Astang Yog*) in various steps brings different changes as described in under mentioned table:

Sl. No.	Steps	English Meaning	Behavioral Meaning	Methods of Practice
1.	Yam	Restraint (Practice to eliminate)	Social Behavior	Non-violence (Ahimsa), Truth fullness (Saty), Non-stealing (Astey), Moderation (Brahmachary), Non-hoarding (Aparigraha).
2.	Niyam	Individual Ways	Personal behaviors (Cleanliness)	Framing a self rule for social ways; purity of body and mind, contentment, austerity ( <i>excess balanced</i> ) in every sphere of life, study of relevant literatures, practice and devotion to AUM. <i>Regularly, sincerely and</i>

				<i>honestly.</i>
3.	Asan	Sitting Positions	Physical Postures	Sitting in specially comfortable posture, realizing them self within the symbol of AUM at least for 10- 15 minutes daily
4.	Pranayam	Breath Holding	Control of Breathing	Slow and deep inhaling from one nostril ( <i>Poorak</i> ), holding the breath for some times ( <i>Kumbhak</i> ) and then slow exhaling through other nostril ( <i>Rechak</i> ). This practice to be repeated one by one from both nostrils and then slowly inhalation, holding and exhalation from both nostrils. It should be practiced for at least 10-15 minutes daily.
5.	Pratyahar	Control of Desires	Control of Sense Organs	Stop the activities of all the sense organs (gate-keepers of body and mind).
6.	Dharana	Sincere Practice	Practice of Concentration	Choose the symbol of AUM and concentrate on it. It requires perseverance and Will Power. The process should be developed gradually, regularly, and continuously. Try to concentrate on the head of AUM.
7.	Dhyan	Focus at a Point	Concentration	Always think to merge with AUM at any end point of its wing preferably the dot on the top.
8.	Samadhi	Liberation	Union with the <i>Self</i>	Ultimate aim of <i>Aumic yoga</i> i.e. union of the individual self with step of infinite ( $\infty$ ) of AUM which is the merger of the self with the <b><i>Supreme Reality</i></b> .

## LEVELS OF ATTAINMENT

Aumic yog with aumic three dimensional visions (ATDV) can make the impossible to possible provided the individual follows the correct path with selfless acts (*Nishkam Karmas*). Aumic yog allows one to attain the following levels one after the other.

1. Individual level.
2. Universal level.
3. Divine level.

### 1. INDIVIDUAL LEVEL

Man himself is a condensed mass of energy. He does not know what he is? Majority of people do not believe even in GOD because they are tightly enveloped within the sheath of ignorance (*Maya*). It is difficult to make them to realize the presence of divinity in them. Yog is the way to recognize oneself with the truth by invading or dissecting the sheath of ignorance (*Maya*). Man is a special gift to this universe. He has rights of doing some newer acts (Karmas) and innovations while others animals enjoy whatever they have performed in their past life (*Purv karma*). When any individual plans to practice of Aumic yog with the aim of self recognition through above steps and practices with aumic three dimensional visions (ATDV) after sometimes, others may notice some changes within him by his external acts while the internal development is observed by the person concern and realized by the others living nearby to him. The aumic changes are observed by:

**1. Improvement in Social Behavior:** Through observing the changes in his activities, habits and all routines activities along with establishment of truth, religion, peace, love and non-violence in him indicating aumic determination.

**2. Personal Behavior:** It is observed by establishing the purity in body and mind, fully contented, austerity in all sphere of life indicating strengthening of aumic devotional step.

**3. Prolonged Physical Posture:** It is observed by sitting in a particular posture for a long time without any discomfort indicating aumic devotional.

**4. Breath Holding:** Indicated by decreased respiration rate, increased collection of *Pranavayu*, reduced heart rate; control on pressure releasing enzymes and hormones indicates dedication.

**5. Control of Desire:** Desire is the root cause of all problems. The attainment is observed by selfless desire (*Nishkam Karm*) of the individual.

**6. Yogic Steps:** Yam, Niyam, Asan, Pranayam and Pratyahar.

All the individual changes are related to external yog which can be observed by the people in family and society.

## 2. UNIVERSAL LEVEL

This universe is continuum from individual to universe and ultimately to the divinity. The major contents of the universe are made up of five elements and its derivatives as living and non-living beings. The universal attainment are observed by –

1. **Universal Brotherhood:** Feeling of ones in all.
2. **Natural Living:** Easy adjustment in all natural situations.
3. **Fast Acclimatization:** Specially with time, place and altitude
4. **Control of Desire:** No effects of worldly affairs.
5. **Alignment of Celestials Bodies:** Zodiacs, Stars and Planets.
6. **Changes in Personality:** - Due to increased *aura* and *auric field*.
7. **Living in Higher Body Plane:** Especially intuitional plane.
8. **Yogic Steps:** - Dharana and Dhyana.

## 3. DIVINE PLANE

Divine plane is the end and the beginning of the individual while the universal plane in between. Here every action and reaction takes place with *His Wish*. Human beings are the ordained shoulder to carry the acts (*Karmas*) according to divine wish and the individual's *Sanskar*. The individual Soul associated with Mind (*Manah*) and Senses (*Indries*) are attributed to divinity. The attainment of divine levels are observed by –

1. **Living in Bliss:** Always happy.
2. **State of Equanimity:** Remains in state of equality in all worldly situations.
3. **Lifeless Body:** Practice to leaves the physical body for desired time.
4. **Signs of attainment:** Always have auspicious hearing, vision and acts.
5. **Yogic Steps:** Samadhi.

## IMPACTS OF YOG

Yog being the way to divinity has great impacts on health and life style. It brings a lot of changes during the life time of individual. The changes can be seen in two ways:

**A. PHYSICAL CHANGES:** The following early physical changes could be grossly observed in terms of physic and health.

1. Regulate blood glucose levels,
2. Improve musculoskeletal ailments.
3. Keeping up date Cardio-vascular system.
- 3 Psychological benefits,
- 4 Increase mental energy and positive feelings.
5. Decrease negative feelings of aggressiveness, depression and anxiety

**B. SPIRITUAL CHANGES:** The following early spiritual changes could be grossly observed in terms of holism and spirituality.

1. Regular, sincere and honest life.
2. High positive behavioral change.
3. Kindness towards all life.
4. Positive improvement in AURA.
4. Inclination towards divinity.

## AUMIC CHAKRAS

The Chakra is Sanskrit word standing for wheel or disk. There are many chakras in and vicinity of human body. They are extending from individual to divinity. According to AUM Foundation the entire chakras are grouped in two groups i.e. **Divine** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Supreme Self i.e. Almighty GOD (*Parmatma*). They are ill defined, limitless and widely spread. They are attaining in steps manners. 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*). They signify basic energy center in the body. Each individual chakr correlates with the major nervous plexuses branching from the spinal column. In addition, the chakr also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions etc.

- Introduction.
- Types of Chakras.
- Aumic Chakras.
  - I. Divine Chakras.
  - II. Individual Chakra.
- Spiral Structure of Chakras.
- Anatomical Location of Chakras.

### TYPES OF CHAKRAS

According to aumic philosophy, there are total nine major chakras between the individual and infinite (Almighty GOD). These are divided in two major groups.

- I. Divine Chakras.
- II. Individual Chakras.

### I. DIVINE CHAKRAS

These chakras are also called superior chakras (*Para Chakras*) extending from physical body plane of the individual to continuum with GOD (*Parmatma*). These chakras pertain to divinity. They are attaining in steps manners. It is well connected with the Supreme Realty (GOD) as well as with the individual body planes. These chakras control the individual chakras through divine pathways. These chakras (*from above down words*) are:

1. Parmatmic Chakr.
2. Atmic Chakr.

### 1. PARMATMIC CHAKRA

This is the highest level for individual irrespective of sentient and insentient. They are attained in step manner. This is the level of GOD (*Parmatma*) who cannot be bound in any structure like figure, shape or form. This is representative of GOD for individual who is ill defined Omnipresent and Omnipotent. It has four steps corresponding to four quarters of *Self*. According to Aumic philosophy, AUM is the sound and representative of GOD. All the universal creations are the gift of GOD (*AUM*) in His image. Thus, all is the AUM, the Atman and the Self. The Self has four quarters as mention on coming pages.

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

**A. Vaisvanara (Phase of Prosperity):** It is first quarter. It enjoys gross objects. It is the first sound **A** which encompasses all, thus who knows it, encompasses all desirable objects. It brings prosperities.

**B. Taijasa (Phase of Knowledge and Wisdom):** It is second quarter. 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 knows **U** exalts the flow of knowledge and everyone who will be born in his family will be enlightened. It brings knowledge and wisdom.

**C. Pragyan (Phase of Attainment):** It is third quarter. Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. It is the third sound **M**. This is the measure that knows this, measures all and becomes all.

**D. Turiya (Phase of Liberation):** It is Sanskrit word meaning is fourth. This stage is also known as *Atman*. It is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit-Anand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is infinite, cannot be described in words. Its sole essence is being the consciousness its own self. This is to be realized. He who knows merges his self in the *Self* and attain ultimate goal

## 2. ATMIC CHAKRA

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

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

**A. Divine Plane (First Cosmic Ether):** It is also called Superconscious Plane. It represents the first part of cosmic ether so called First Cosmic Ether. It is in continuum to Monadic Plane below and above to outer sphere of Parmatmic Chakra which represent the Vaisvanara part of AUM.

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

- Intelligence.
- Love.
- Wisdom.

**C. Spiritual Plane. (Third Cosmic Ether):** It represents the third part of cosmic ether so called third Cosmic Ether. It is in continuum to the Intuitional Plane below and above to Monadic Plane.

## II. INDIVIDUAL CHAKRAS

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 *Sahasrara chakra*. These chakras (**from above down words**) are:

1. Sahashrara Chakr.
2. Anjana Chakr.
3. Vishuddha Chakr.
4. Anahata Chakr.
5. Manipur Chakr.
6. Swadhisthana Chakr.
7. Mooladhara Chakr.

## SPIRAL STRUCTURES

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

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

In all the **seven individual major chakras** which are situated on the surface of ethric and body where energy channels *Ida* and *Pingla* cross 21 times.

There are **21 Minor** chakras where they **cross 14 times**.

There are **49 Mini** chakras where they cross 7 times.

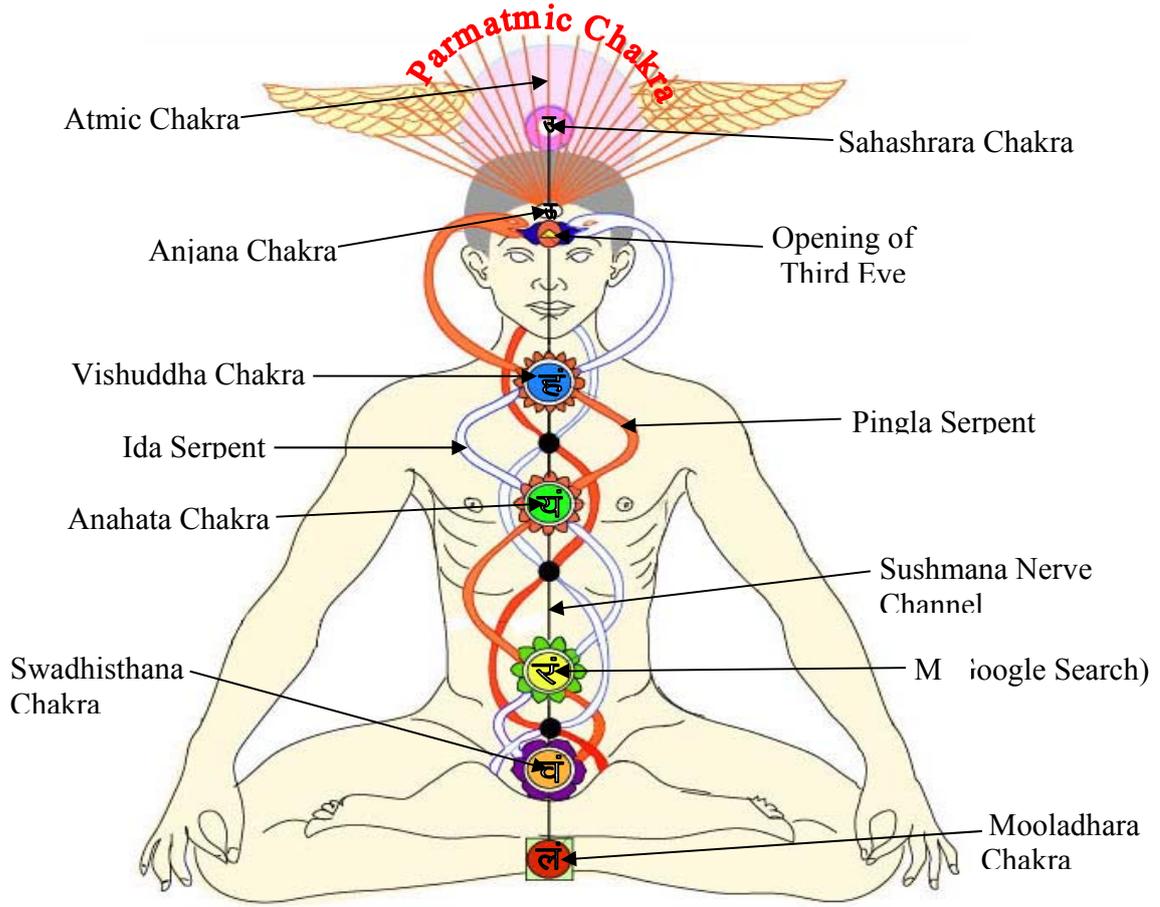
From Mini chakras, the Nadis are originated which carries energy to all the parts of the body.

Thus, on most of the acupressure points **Nadis**, the *Ida* and *Pingla* **cross 3 times**.

## LOCATION OF CHAKRAS

The individual lower chakras are mostly situated in ethric and astral bodies in various state of activity. They are also seen in astral and concrete mental body. The Vishuddha and Anahata are contained in lotus of soul at higher mental plane.

The chakras reflect the physical, mental, emotional and spiritual quality of the individual. The lower Individual chakras are in holistic body and are in correspondence to specific nerve plexuses of the physical body while the higher individual chakras correspond to individual's higher body plane. A diagrammatic description of entire chakras (*Divine and Individual*) is given on forthcoming page. (From higher to lower levels).



(With courtesy from Google Search)

### “LOCATION OF CHAKRAS”

## ANATOMICAL LOCATION OF CHAKRAS

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

Sl. No.	Name of the Chakras		Corresponding Situations	
	Sanskrit Name	English Name	Nerve Plexus	General
1.	Mooladhar Chakr	Root Chakr	Sacro-Coccygeal Plexus	Base of Coccygeal Spine
2.	Swadhisthan Chakr	Genital Chakr	Lumbo-sacral Plexus	Base of Sacral Spine
3.	Manipur Chakr	Umbilical Chakr	Celiac or Solar Plexus	Umbilical area
4.	Anahat Chakr	Heart Chakr	Cardiac Plexus	Over Heart
5.	Vishuddh Chakr	Throat chakr	Carotid Plexus	Front of Throat
6.	Agya Chakr	Brow Chakra	Cavernous plexus (Hypothalmus)	Between both Eyebrows
7.	Sahashrar Chakr	Crown Chakr	Pineal gland (Upper brain)	Top of the Head

## AUMIC CHAKRAL ACTIVITIES

The chakras are invisible divine gift to visible individuals in invisible subtle holistic body planes. They act as *divine, alarming, preventive, promotive, curative measures* and *reflexes*. They are located in various planes of holistic body. They receive, modulate and release the necessary vital energy to the concerned plexus and organs. In health, all the chakras are perfectly balanced, correctly awakened, well coordinated and fully energized. The chakras are the ways to diagnose the state of health and

disease. According to AUM Foundation the entire chakras are grouped in two groups i.e. **Divine** and **Individual Chakras**. The divine chakras are in the continuum of individual self to Supreme Self i.e. Almighty GOD (*Parmatma*). They are ill defined, limitless and widely spread. They are attaining in steps manners. Individual chakras are concerned with the holistic body indicate seven major individual energy centers in the body. All the individual major *chakras* are connected with minor and mini and ultimately to the representative organs in accordance to the distributed areas of specific chakr.

- Introduction.
- Functions of Chakras.
- Chakral Source of Energy.
- Causes of Chakral Disorders.
- Chakral Evaluations.
- Chakral Observations.
- Characteristics of Chakras.

### FUNCTIONS OF CHAKRAS

The aumic chakras are the receiver, modulator and supplier of vital energy to all cells, tissues, organs and thus the entire body. In general, the major chakras have following functions.

1. They vitalize the physical body.
2. They help in development of self-consciousness.
3. They receive, modulate and transmit the vital energy into physical body which gives.
  - a. Physical quality.
  - b. Emotional quality.
  - c. Mental quality.
  - d. Spiritual quality.
4. They aumify the individual for merger to AUM.

### CHAKRAL SOURCES OF ENERGY

All *chakras* receive energy from Supreme Source of Energy (SSE) i. e. AUM. The energy is received by direct and indirect sources. The higher chakras receive the energy directly while the lower chakras receive through modified divine-universal-individual connectivity (DUIC). Out of all individual chakras, the Sahashrar *chakr* act as antenna and has its major roles. From here the modulated energy descends to downward to all other charkas. The energy also enters directly through natural orifices (eyes, ears, nose, mouth, urogenital orifices and pores in the skins) and physical methods (conduction, convection and radiation) in physical body. Besides above routes, it enters indirectly through various vehicles (foods, fruits, drinks and medicaments). The *chakras* are also get energized from following sources.

1. Sun (*Solar energy*)
2. Colour (*Colour energy*).
3. Smell (*Essence energy*).

4. Touch (*Heat and cold energy*).
5. Taste (Nutritional Energy).
6. Thoughts (Mental Energy).
7. Intuition (Intuitional Energy).

## CAUSES OF CHAKRAL DISORDERS

Normally the Chakras are well balanced, awakened, fully energized and well coordinated. The normal *chakra* activities provide prolonged peaceful, blissful and healthy life. The proper co-ordination of *Nadi*, *Nerves* and *Endocrine* maintains all health of the individual. The physical ailments are due to some disturbances in specific *chakras*. These disturbances are leading to malfunctioning of corresponding organs and further disorders and diseases. The disease may appear as result of –

1. Violent trauma.
2. Operation.
3. Sudden emotional shock.
4. Fear and anxiety.
5. Other causes as - Inflammatory, malignant, immunological and idiopathic.

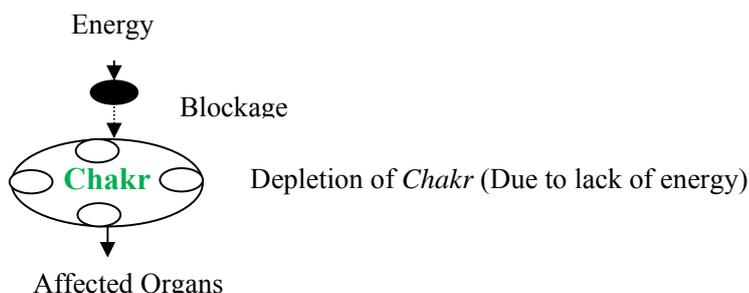
The above causes lead to blockage of flow of energy in *chakras* either at the site of entry in or exit out from the *chakr*.

## CHAKRAL EVALUATIONS

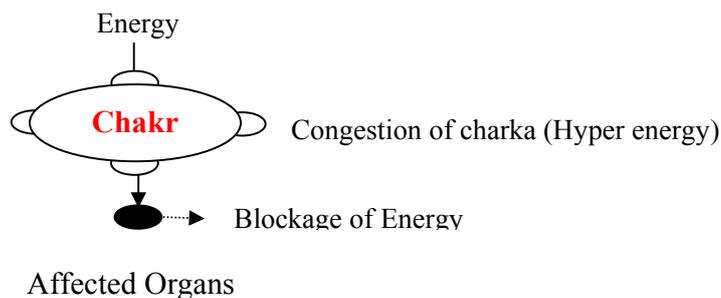
In general, when we say chakras, it stands for the Individual chakras. This disturbance in flow of energy may occur due to two reasons.

- I. Entry Blockage.
- II. Exit Block.

**I. Entry Blockage (*Lack of Energy*):** When there is entry blockage, the *chakr* is depleted due to lack of energy as the energy is directed back to its original source leading to hypo function and consequently physical and mental illness.



**II. Exit Block (*Hyper Energy*):** When there is exit block, the energy is accumulated in *Chakr* producing congestion and ultimately bursting and leading to hyper function and consequently physical and mental illness.



## CHAKRAL OBSERVATION

Based on the flow of energy, its blockage and the further hypo and hyper activities, the under mentioned feeling is observed on the Palmar side of hand.

Sl. No.	Chakral State	Observatory Findings	Palmar Feeling
1.	Normal Chakr	Normally Glowing	Smooth
2.	Hypoactive Chakr	Depleted	Depressed and uneven.
3.	Hyperactive Chakr	Congestion	Elevated/Tear/Rapture

The effect of hypo and hyper function of specific chakras manifested at physical and mental bodies are given below <sup>(1)</sup>.

Sl. No.	Name of the Chakra	Hypo function	Hyper function
1.	Mooladhar Chakr	Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica	Neuro-circulating Asthenia, Depressive Psychosis
2.	<i>Swadhisthan Chakr</i>	Psychoneurosis, Impotence, Infertility, Fragility	Animal behavior, Tumor of Testes, Prostate, Ovary Uterus, Syphilis Gonorrhea, HIV/ AIDS
3.	<i>Manipur Chakr</i>	Cancer, Diabetes mellitus	Peptic ulcer, cirrhosis Liver, Gall Bladder Diseases, Psoriasis, Neurasthenia.
4.	<i>Anahat Chakr</i>	Depressive Psychosis, Hypotension, Heart block Arrhythmias.	Hypertension, Heart attacks, Blood disorders, irresponsibility
5.	<i>Vishuddh Chakr</i>	Vertigo, Anemia, Allergy, Fatigue, Asthma, Sore-throat, Menstrual Disorders, Hypothyroidism	Psychosomatic Disorders, Bone disorders, Hyperthyroidism
6.	<i>Agya Chakr</i>	Hypopituitarism with Hypo function of all Endocrines	Migraine, mania, Gigantism, Acromegaly Disorder of Eye, ENT.
7.	<i>Sahashrar Chakr</i>	Depressive Psychosis	Encephalitis, Brain Tumor, Mania

### REFERENCE

1. **Kurup; P G;** Chetna Chikitsa, Second Impression; 1998; Chapter 1; Appendix 2; P 20.

## CHARACTERISTICS OF CHAKRAS

The important characteristics of various lower chakras have been described as under. The healers find the changes in under mentioned characteristics in order to decide the lesions and its further management with proper energy from divine-universal-individual- connectivity (DUIC).

<b>Chakras at Ethric &amp; Astral Body</b>	<b>Mooladhar Chakr</b>	<b>Swadhisthan Chakr</b>	<b>Manipur Chakr</b>	<b>Anahat Chakr</b>	<b>Vishuddh Chakr</b>	<b>Agya Chakr</b>	<b>Sahasrhar (Intermediary) Chakr</b>
<b>Corresponding Nerve plexus</b>	Sacro-Coccygeal Plexus	Lumbo-sacral Plexus	Celiac Plexus	Cardiac Plexus	Carotid Plexus	Cavernous Plexus	Upper Brain (Silent area)
<b>Endocrine</b>	Adrenals	Gonads	Pancreas	Thymus	Thyroid and Parathyroid	Pituitary	Pineal Gland
<b>Color</b>	Red	Orange	Yellow	Green	Blue	Indigo	Sunlight to Violet
<b>Smell</b>	Sandalwood	Jasmine	Pineapple	Camphor	Camphor/ Sandalwood	Smoke	Sandalwood or Camphor
<b>Petals (Yoga Nadis)</b>	4	6	10	12	16	2	1000
<b>Shape of the Mandal</b>	Square	Crescent Moon	Triangle	Hexagonal	Round	Round	Oval
<b>Function of Element (Tatw)</b>	Gandh (smell)	Ras (taste)	Roop (sight)	Sparsh (feelings)	Shabd (hearing)	Sankalp-Vikalp	Tyag (Renunciation)
<b>Presiding Deity</b>	Brahma	Vishnu	Lakshmi and Vishnu	Siva	Sadasiva	Natraja	Paramasiva
<b>Goddess</b>	Dakini	Rakini	Lakini	Kakini	Shakini	Hakini	Nature
<b>Element (Tatw)</b>	Prithvi	Jala	Agni	Vayu	Akash	Maras	Five Element
<b>Bijakshar</b>	ya (LAM)	oa (VAM)	ja (RAM)	ya (YAM)	ga (HAM)	Ā (AUM-)	Ā <sub>i</sub> (AUM HOOM-AUM)

## AUMIC UNIVERSAL ENERGY

जन्म आयु के दाता हो तुम, कण-कण में रहते हो,  
चर औ अचर रूप में तुमही, सकल भुवन भ्रमते हो।<sup>(1)</sup>

*O! AUM, You are the provider of birth and life, You are present in each and every universal particles, thus 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.
  - I. Direct Rout.
  - II. Indirect Rout.
- Effects of Energization.
  - I.Divine Effects.
  - II.Universal Effects.
  - III.Individual Effects.

### 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 used energy is divided in two groups.

(I)Known energy

(II) Unknown energy

### I. KNOWN ENERGY

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

1. Heavenly Bodies
2. Physical Matters.

### 1. HEAVENLY BODIES

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

- A. Zodiac = 12
- B. Stars = 27
- C. Planets = 09

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

## 2. PHYSICAL MATTERS

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

**A.Physical Energy:** These are used as- sound, heat, light, magnet, electricity, electronics, etc.

**B.Chemical Energy:** These are used as- metal in forms of atoms, molecule, nuclear etc; besides this, petroleum and its derivatives etc.

**C.Biological Energy:** These are the derivatives of animal and plant products either directly or indirectly.

**D.Mineral Energy:** These are used as salts, minerals, gems, stones and trace elements.

**E.Bio-technical Energy:** These are used in form of solid, liquid, gas and its derivatives to Provide necessary energy.

## II. UNKNOWN ENERGY

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

**(1) Soul (Atmic) Energy:** Each soul (*Atma*) is divine and miniature representative of GOD. It is implanted with divine wish to provide them life. It is Superior Nature (*Higher Prakriti*) as being derived from GOD. It is continuum with life force (*Pran*). It is beyond the organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*). It remains in *Atmic plane* of an individual. It controls all aspects of individual being.

**(2)Pranic Energy:** *Pran* is life (*Chetna*). It is continuum with soul. It is implanted in newer body with the soul at intra uterine life (IUL) at the time of conception and activated at the time of birth. It remains in *Pranamay kasha*. After birth, it is activated and nourished by Pranic energy (*Pranvayu*) directly derived from Aumic energy i.e. supreme source of energy (SSE).

**(3) Sanskar Energy:** *Sanskar* is collection of acts (*Karmas*) from generations to generation. The acts are performed through various senses and organs (*Indries*). The *Sanskar* may develop on either side i.e. divine or devil according to the acts of senses (*Indries*). These are further strengthened by the present acts (*Karmas*) of life and nourished by the Sanskar energy. Thus this energy activates the present life to act on either side i.e. divine or devil.

**(4) Mind Energy:** The soul carries senses (*Indries*) and mind (*Manah*) from one life to another after the liberation from the earlier physical body. The mind energy enhances the level of intelligence the individual. Depending on many factors of past life as- past act (*Purv-karm*) one get the intelligence in present life.

**(5) Neo-Energy:** This is group of unknown divine subtle energies derived from supreme source of energy. It promotes the innovations in individual according to divine wish.

## ROUTE OF ENTRY OF ENERGY

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

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

### I.DIRECT ROUTES

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

- (1). **Divine Routes:** The main entry takes place through Parmatmic, Atmic and ultimately in Crown chakr (*Sahasrar Chakr*) and other *Charkas* in higher bodies as - Atmic, astral and ethric bodies.
- (2). **Natural Openings:** The physical body has many natural openings to receive and perceive the divine and universal energies. These openings are- Eye, ear, nose, mouth, Genito-urinary tracts and pores in the skin.
- (3)**Physical Methods:** The energy enters directly in the body through various physical methods as- Conduction, convection and radiation.

### II.INDIRECT ROUTES

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

- (1) **Food:** There are various kinds of food according to the climate and culture. The food carries the nutrients in form of Carbohydrates, proteins, fats, vitamins, minerals and water. These foods are developed by of Cosmo-universal energy. The foods are vegetarian and non-vegetarian. They mainly contain the naturally defined quantity of carbohydrates, proteins, fat, minerals vitamins and water in varying quality according to its nature to provide the required energy to the cells and tissues for proper functioning.
- (2) **Fruits:** There are many fruits which are consumed just after cleaning while others are used after necessary processing in form of vegetable, pickles, jam, jelly and juices. They mainly contain the naturally defined quantity of carbohydrates, proteins, fat, minerals vitamins and water in varying quality
- (3) **Drinks:** Drinks are most common and easily available vehicle to carry the certain nutrients. The common drinks are - fruits juices, salt, sweet juices, and other beverages.
- (4) **Medicaments:** There are various aumic medicaments derived from plants (*herbs, shrubs and trees*), chemicals and minerals resources. They are used in health and diseases according to their indications. These medicaments have promotive, preventive, curative and rehabilitative values. They are used as vaccines, tablets, capsule, caplet, syrup, drops, infusions, injections, inhalants, decoctions, vapours, and applicaps etc.

## EFFECTS OF ENERGIZATION

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

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

### I.DIVINE EFFECTS

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

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

### II.UNIVERSAL EFFECTS

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

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

### III. INDIVIDUAL EFFECTS

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

1. Balanced effects of the three defined quarters of *Self* i.e. - *Vaisvanar, Taijas and Pragyān* leading to happy, healthy, prolonged and blissful life.

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

#### **REFERENCE.**

1. *Dubey; Nagendra P;* AUM Prayers; AUM Chalisa; Second Edition 2015; P. 5.

## CHAPTER - 10

# ZODIACS

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

- Introduction.
- Zodiac and Constellation.
- Zodiacs and Appearance.
- Representation of Zodiacs.
- Common Nature of Zodiacs.
- Zodiacs Govern by Planet.
- Zodiacs and Health.

## ZODIAC AND CONSTELLATION

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). The zodiacal constellations are;

- Aries (*Mekh*)
- Taurus (*Brikhabh*)
- Gemini (*Mithun*)
- Cancer(*Kark*)
- Leo (*Singh*)
- Libra (*Tula*)
- Scorpio (*Brischik*)
- Sagittarius (*Dhanu*)
- Capricorns (*Makar*)
- Aquarius (*Kumbh*)
- Pisces (*Meen*).

## ZODIACS AND APPEARANCE

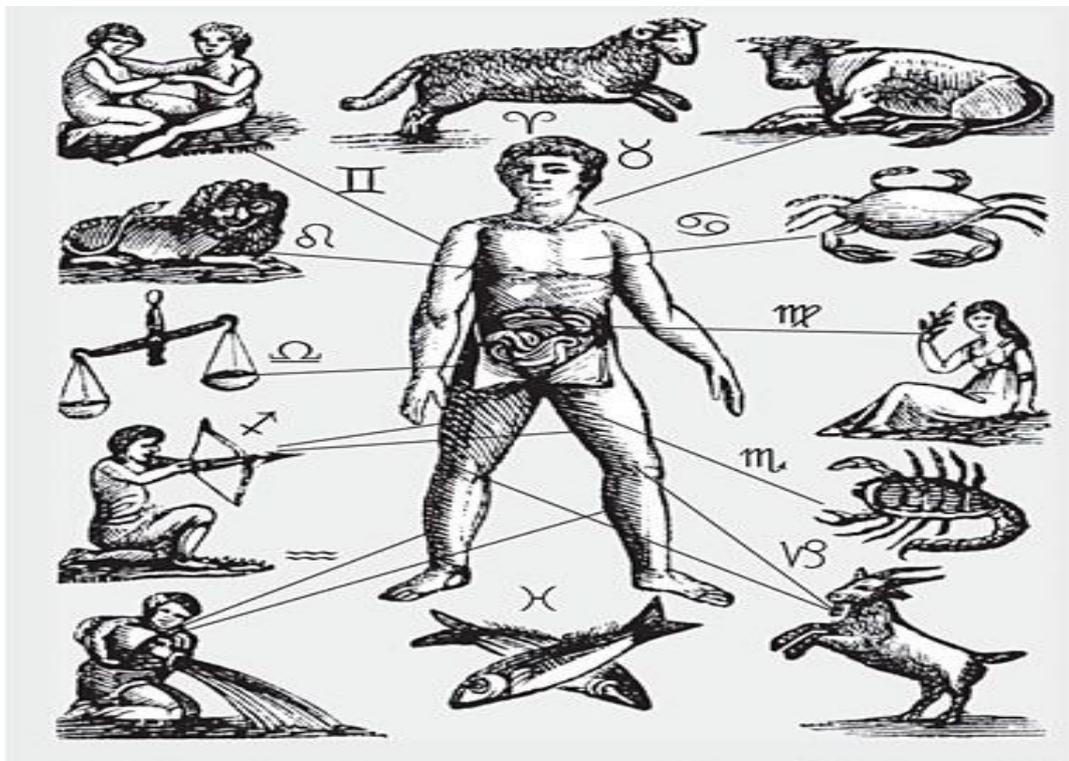
The brand of twelve zodiacal spheres are representing the path of movement of Sun and Moon. The brand has been divided in twelve equal parts called signs of zodiac.



(With curtsey from Goggle Search)

## REPRESENTATION OF ZODIAC

The under mentioned diagram represent the common zodiac its symbol and sign on various parts of human body which helps in correlating with the problems arising from the zodiac (*With Curtsey from Google Search*).



(Part With curtsey from Goggle Search)

**“CORELATION OF ZODIAC SYMBOL AND SIGN WITH HUMAN BODY”**

## COMMON NATURE OF ZODIACS

On the basis zodiac signs, we can find out the compatibility between two individuals and can predict the nature and routine nature (*liking and disliking*) of an individual. It also helps in finding out the soul mate. Some of the common finding of each zodiac is given below.

Sl. No.	Zodiacs	Date	Nature	Routine nature (liking and disliking)
1.	<b>Aries</b> ( <i>Mekh</i> )	March 21 to April 19	Enthusiastic	<ul style="list-style-type: none"> <li>•Honest and romantic partners,</li> <li>• They are self dependent, They are highly dependent on each other,</li> <li>• They discuss the matters daily which is purposeful, focused, and dynamic.</li> </ul>
2.	<b>Taurus</b> ( <i>Brikhabh</i> )	April 20 to May 20	Very Progressive in matters of love.	<ul style="list-style-type: none"> <li>•They are caring and loving for their partners,</li> <li>•Poor controlling nature,</li> <li>•They are manipulative and frank individual.</li> <li>•Once involved in love will continue throughout life.</li> </ul>
3.	<b>Gemini</b> ( <i>Mithun</i> )	May 21 to June 20	Fascinating (they are difficult to Predict)	<ul style="list-style-type: none"> <li>•Frequent changing moods,</li> <li>• Making appointments can be difficult,</li> <li>•Their interactive style is flirtatious and persuasive.</li> </ul>
4.	<b>Cancer</b> ( <i>Kark</i> )	June 21 to July 22	Affectionate	<ul style="list-style-type: none"> <li>•Enjoy a steady relationship with their partners,</li> <li>•They are dependent on their partner for all matters from financial to sex in life,</li> <li>•They are kind and generous,</li> </ul>

				<ul style="list-style-type: none"> <li>•They become irritated when denied their wishes,</li> <li>•They are self-protective and well accepted individuals.</li> </ul>
5.	<b>Leo</b> ( <i>Singh</i> )	July 23 to August 22	Committed and enthusiastic.	<ul style="list-style-type: none"> <li>•They are quite supportive in their relationships,</li> <li>•They are career oriented,</li> <li>•They are always confident in their abilities,</li> <li>• They are demanding and forceful in their interaction.</li> </ul>
6.	<b>Virgo</b> ( <i>Kanya</i> )	August 23 to September 21	Preplanned in their calculation	<ul style="list-style-type: none"> <li>•They are uncontrollable,</li> <li>•They will not change any program in last minute,</li> <li>• Their interactive style is precise, orderly and calculated.</li> </ul>
7.	<b>Libra</b> ( <i>Tula</i> )	September 22 to October23	Choosy, good looking better to talk.	<ul style="list-style-type: none"> <li>•They are very selective in all respects,</li> <li>•They require constant appreciation and attention from their partner,</li> <li>• They are quite caring in relationships,</li> <li>•Do not avoid problems.</li> </ul>
8.	<b>Scorpion</b> ( <i>Brischik</i> )	October 24 to November 21	Caring and protective	<ul style="list-style-type: none"> <li>•They are very much concern for the well being and happiness of their partner,</li> <li>•They are self contained and satisfied with their family November relations,</li> </ul>

				<ul style="list-style-type: none"> <li>• They expect involvement of their partner and if failed they become angry and depressed.</li> </ul>
9.	<b>Sagittarius</b> ( <i>Dhanu</i> )	November 22 to December 21	Ardent and intense partner.	<ul style="list-style-type: none"> <li>• They are relaxed, enjoying, good humor and pleasures of life,</li> <li>• They have orientations and excessive energies,</li> <li>• They are easily disappointed,</li> <li>• Their philosophical orientation forces them to do better next time.</li> </ul>
10	<b>Capricorn</b> ( <i>Makar</i> )	December 22 to January 19	Fond of developing serious and deep relationship	<ul style="list-style-type: none"> <li>• They holding back capacity (for right person),</li> <li>• They unnecessarily waste their time and energy,</li> <li>• Their interactions are demanding and direct.</li> </ul>
11.	<b>Aquarius</b> ( <i>Kumbh</i> )	January 20 to February 18	Interesting, exciting and fun loving.	<ul style="list-style-type: none"> <li>• They are unfaithful and non committed individuals,</li> <li>• For maintaining the longer relationship one has to peruse a lot,</li> <li>• There are bright, cheerful and open individuals.</li> </ul>
12.	<b>Pisces</b> ( <i>Meen</i> )	February 19 to March 20	Committed and romantic	<ul style="list-style-type: none"> <li>• The partners are seductive, passionate and demanding in relationships</li> <li>• They are highly involved in their relationships.</li> </ul>

## ZODIACS GOVERNED BY PLANETS

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

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

Rahu and Ketu do not represent any particular sign. According to astrologers, Rahu rules Aquarius and Ketu recommends Scorpio. Rahu is categorized as an affiliate of Saturn while Ketu is known as a negotiator of Mars.

## ZODIACS AND HEALTH

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

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

## CHAPTER - 11

# 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.
- Zodiac and Constellation.
- Brief Descriptions of Nakshatras.
- Common Applied Nakshatras.



(With curtsey from Goggle Search)

URSA MAJOR (SAPT RISHI)

## ZODIAC AND CONSTELLATION

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). These Nakshatr are further subdivided into four quarters each called Pada. The placement of a planet in these divisions and subdivisions was studied to fine tune the predictions. The Nakshatr in which your moon is placed in your birth chart is called your Janm Nakshatr.

## BRIEF DESCRIPTIONS OF NAKSHATRAS

Each zodiacal constellation is further subdivided in 28 Nakshatras (Star-constellations). The Nakshatras (Star-constellations) and its description are given in underlying table:

SL. No.	Name	Descriptions
1,	<b>Ashvini</b> (Physician to Gods)	<ul style="list-style-type: none"> <li>• Lord: Ketu.</li> <li>• Symbol : Horse's head,</li> <li>• Deity : Ashvini,</li> <li>• Indian zodiac: 0° - 13°20' Mesh,</li> <li>• Western zodiac 23°46' Aries - 7°06' Taurus.</li> </ul>
2.	<b>Bharani</b> (The Bearer)	<ul style="list-style-type: none"> <li>• Lord: Shukr.</li> <li>• Symbol: Yoni.</li> <li>• Deity: Yam,</li> <li>• Indian zodiac: 13° 20' - 26°40' Mesh,</li> <li>• Western zodiac 7°06' - 20°26' Taurus.</li> </ul>
3.	<b>Kritika</b> (Nurses of Kartikey).	<ul style="list-style-type: none"> <li>• Lord: Sury (Sun),</li> <li>• Symbol: Knife,</li> <li>• Deity : Agni,</li> <li>• Indian zodiac: 26°40' Mesh - 10° Vrishabh,</li> <li>• Western zodiac 20°26' Taurus - 3°46' Gemini.</li> </ul>
4.	<b>Rohini</b> (Brahm)	<ul style="list-style-type: none"> <li>• Lord: Chandra (Moon)</li> <li>• Symbol: Cart or chariot, temple, banyan tree</li> <li>• Deity: Brahma.</li> <li>• Indian zodiac: 10° - 23°20' Vrishabh,</li> <li>• Western zodiac 3°46' - 17°06' Gemini.</li> </ul>
5.	<b>Mrigashirsha</b> (The deer's head)	<ul style="list-style-type: none"> <li>• Lord: Chandra (Moon)</li> <li>• Symbol: Cart or chariot, temple, banyan tree</li> <li>• Deity: Brahma.</li> <li>• Indian zodiac: 10° - 23°20' Vrishabh.</li> <li>• Western zodiac 17°06' - 0° 26' Gemini.</li> </ul>
6.	<b>Ardra</b> (The storm god)	<ul style="list-style-type: none"> <li>• Lord: Rahu (North lunar node)</li> <li>• Symbol: A human head</li> <li>• Deity : Rudr,</li> <li>• Indian zodiac: 6° 40' - 20° Mithun,</li> <li>• Western zodiac: 0°26' - 13°46' Cancer</li> </ul>
7.	<b>Punarvasu</b> (Dual) (The two restorers of goods)	<ul style="list-style-type: none"> <li>• Lord: Guru (Jupiter),</li> <li>• Symbol : Bow and quiver,</li> <li>• Deity: Aditi,</li> <li>• Indian zodiac: 20° Mithun - 3°20' Kark,</li> <li>• Western zodiac 13°46' - 27°06' Cancer.</li> </ul>
8	<b>Pushya</b>	<ul style="list-style-type: none"> <li>• Lord: Shani (Saturn),</li> <li>• Symbol : Cow's udder, lotus, arrow and circle,</li> </ul>

	(Known as Sidhya)	<ul style="list-style-type: none"> <li>• Deity : Brihaspati,</li> <li>• Indian zodiac: 3°20' -16°40' Kark,</li> <li>• Western zodiac 27°06' Cancer - 10°26' Leo</li> </ul>
9.	<b>Ashlesh</b> (The Embrace)	<ul style="list-style-type: none"> <li>• Lord: Buddh (Mercury),</li> <li>• Symbol: Serpent,</li> <li>• Deity : Sarps or Nags,</li> <li>• Indian zodiac: 10°26' - 30° Kark,</li> <li>• Western zodiac 10°26' - 23°46' Leo.</li> </ul>
10	<b>Magha</b> (The Bountiful)	<ul style="list-style-type: none"> <li>• Lord: Ketu (South lunar node),</li> <li>• Symbol : Royal Throne,</li> <li>• Deity : Pitras,</li> <li>• Indian zodiac: 0° - 13°20' Simh,</li> <li>• Western zodiac 23°46' Leo - 7°06' Virgo.</li> </ul>
11.	<b>Poorva Phalguni</b> (The first reddish one)	<ul style="list-style-type: none"> <li>• Lord: Shukr (Venus).</li> <li>• Symbol: Front legs of bed.</li> <li>• Deity : God of marital bliss and prosperity</li> <li>• Indian zodiac: 13°20' - 26°40' Simh,</li> <li>• Western zodiac 7°06' - 20°26' Virgo.</li> </ul>
12	<b>Uttara Phalguni</b> (The Second reddish one)	<ul style="list-style-type: none"> <li>• Lord: Surya (Sun)</li> <li>• Symbol: Four legs of bed.</li> <li>• Deity : Aryaman,</li> <li>• Indian zodiac: 26°40' Simh - 10° Kanya,</li> <li>• Western zodiac 20°26' Virgo - 3°46' Libra</li> </ul>
13	<b>Hast</b> (The hand)	<ul style="list-style-type: none"> <li>• Lord: Chandra (Moon)</li> <li>• Symbol: Hand,</li> <li>• Deity : Sury (Sun),</li> <li>• Indian zodiac: 10° - 23°20' Kanya,</li> <li>• Western zodiac 3°46 - 17°06' Libra.</li> </ul>
14.	<b>Chitra</b> (The bright one)	<ul style="list-style-type: none"> <li>• Lord: Mangal (Mars),</li> <li>• Symbol: Bright jewel or pearl,</li> <li>• Deity : Vishvakarma,</li> <li>• Indian zodiac: 23°20' Kanya - 6°40' Tula,</li> <li>• Western zodiac: 17°06' Libra - 0°26' Scorpio.</li> </ul>
15.	<b>Swati</b> (Sanskrit)	<ul style="list-style-type: none"> <li>• Lord: Rahu (North lunar node),</li> <li>• Symbol: Shoot of plant,</li> <li>• Deity : Vayu (Wind),</li> <li>• Indian zodiac: 6°40' - 20° Tula,</li> <li>• Western zodiac 0°26' - 13°46' Scorpio.</li> </ul>
16.	<b>Vishakha</b> (Forked, having branches)	<ul style="list-style-type: none"> <li>• Lord: Guru (Jupiter)</li> <li>• Symbol: Triumphal arch.</li> <li>• Deity : Indr &amp; Agni,</li> <li>• Indian zodiac: 20° Tula - 3°20' Brischik,</li> <li>• Western zodiac 13°46 - 27°06' Scorpio</li> </ul>
17	<b>Anuradha</b>	<ul style="list-style-type: none"> <li>• Lord: Shani (Saturn)</li> </ul>

	(Radha)	<ul style="list-style-type: none"> <li>• Symbol : lotus</li> <li>• Deity : Mitr,</li> <li>• Indian zodiac: 3°20' - 16°40' Brischik,</li> <li>• Western zodiac 27°06' Scorpio - 10°26' Sagittarius.</li> </ul>
18.	<b>Jyeshtha</b> (The eldest)	<ul style="list-style-type: none"> <li>• Lord: Buddh (Mercury),</li> <li>• Symbol: Umbrella,</li> <li>• Deity : Indr,</li> <li>• Indian zodiac: 16°40' - 30° Brischik,</li> <li>• Western zodiac 10°26' - 23°46' Sagittarius.</li> </ul>
19.	<b>Mool</b> (The root)	<ul style="list-style-type: none"> <li>• Lord: Ketu (South lunar node),</li> <li>• Symbol: Bunch of roots tied together,</li> <li>• Deity : Goddess of dissolution and destruction,</li> <li>• Indian zodiac: 0° - 13°20' Dhanush,</li> <li>• Western zodiac 23°46' Sagittarius - 7°06' Capricorn.</li> </ul>
20	<b>Poorv Ashadh</b> (The first of the Ashadh)	<ul style="list-style-type: none"> <li>• Lord: Shukr (Venus),</li> <li>• Symbol: Elephant tusk (Large bed),</li> <li>• Deity : Apah (God of Water),</li> <li>• Indian zodiac: 13°20' - 26°40' Dhanush,</li> <li>• Western zodiac 7°06' - 20°26' Capricorn.</li> </ul>
21.	<b>Uttar Ashadh</b> (The Second of the Ashadh)	<ul style="list-style-type: none"> <li>• Lord: Sury (Sun),</li> <li>• Symbol : Elephant tusk (Small bed),</li> <li>• Deity : Vishvdevas, (Universal Gods),</li> <li>• Indian zodiac: 26°40' Dhanush - 10° Makar,</li> <li>• Western zodiac 20°26' Capricorn - 3°46' Aquarius.</li> </ul>
22.	<b>Shrawan</b>	<ul style="list-style-type: none"> <li>• Lord: Chandra (Moon)</li> <li>• Symbol: Ear.</li> <li>• Deity : Vishnu,</li> <li>• Indian zodiac: 10° - 23°20' Makar,</li> <li>• Western zodiac 3°46' - 17°06' Aquarius</li> </ul>
23	<b>Dhanishta</b> (Most famous - "swiftest")	<ul style="list-style-type: none"> <li>• Lord: Mangal (Mars)</li> <li>• Symbol : Drum or flute</li> <li>• Deity : Eight Vashu,</li> <li>• Indian zodiac: 23°20' Makar - 6°40' Kumbh,</li> <li>• Western zodiac 17°06' Aquarius - 0°26' Pisces</li> </ul>
24.	<b>Shatabhisha</b> (Requiring a hundred physicians)	<ul style="list-style-type: none"> <li>• Lord: Rahu (North lunar node),</li> <li>• Symbol : Empty circle, 1,000 flowers or stars</li> <li>• Deity : Varun (God of cosmic waters, sky and earth),</li> <li>• Indian zodiac: 6°40' - 20° Kumbh,</li> <li>• Western zodiac 0°26' - 13°46' Pisces</li> </ul>

25.	<b>Poorv Bhadrapad</b> (The first of the blessed feet)	<ul style="list-style-type: none"> <li>• Lord: Guru (Jupiter),</li> <li>• Symbol: Swords,</li> <li>• Deity: Ajikapad (An ancient fire dragon),</li> <li>• Indian zodiac: 20° Kumbh - 3°20' Meen ,</li> <li>• Western zodiac 13°46' - 27°06' Pisces.</li> </ul>
26	<b>Uttara Bhadrapad</b> (The second of the blessed feet)	<ul style="list-style-type: none"> <li>• Lord: Shani (Saturn)</li> <li>• Symbol: Twins.</li> <li>• Deity: Ahir Budhyan.</li> <li>• Indian zodiac: 3°20' - 16°40' Meen.</li> </ul>
27	<b>Rewati</b> (Prosperous)	<ul style="list-style-type: none"> <li>• Lord: Buddh (Mercury)</li> <li>• Symbol: Fish.</li> <li>• Deity: Pushy,</li> <li>• Indian zodiac: 16°40' - 30° Meen.</li> <li>• Western zodiac 10°26' - 23°46' Aries.</li> </ul>
28	<b>Abhijit</b> (Victorious)	<ul style="list-style-type: none"> <li>• Lord: Brahma (Creator)</li> <li>Indian zodiac: 06° 40' - 10° 53' 40 Makar.</li> </ul>

## COMMON APPLIED NAKASHATRAS

Any one of the 28 Nakshatras can be the best depending upon the placements of their ruling planets and sign lords. Nonetheless, Rohini, Magha, and Uttara Bhadrapad are considered royal stars. It's commonly observed that these three Nakshatras tend to make their natives quite prosperous. It is important to know the certain qualities of the Nakshatras as mentioned below:

### 1.Nakshatr And Their Lucky Number:

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

### 2.Nakshatras Good For Birth:

The following table shows the correlation of Nakshatr (Star-constellations) to consider the auspicious name of child according to the suggested syllables. **(Nakshatras Syllable Chart):**

Birth Star	Suggested Letters
Bharani	Li, Lu, Le, Lo, Lee

Kritika	A, Aa, Ae, Ai, E, Ee, , I, O, Oo, U
Rohini	O, V, Va, Vi, Vee, Wa, Wu
Mrigashira	Ve, Vo, K, Ka, Ki, Kee, We, Wo

### 3.Nakshatras For Good Education:

- Good Nakshatras** - For the starting day of a child's education - Swati, Punarvasu, Shravan and Ghanishtha.
- Milder Nakshatras** - Hast, Ashwini, Pushya and Mool.
- Very Auspicious Nakshatras** - Mrigashira, Chitra, Purvashada, Purvaphalguni, Purvabhadrapada.
- Intelligent Nakshatras**- Birth in Ashwini Nakshatr indicates a great deal of intelligence.
- Month and Intelligence**- September borne children are smartest in entire. People born on the seventh day of the month are lucky and have a great sense of making the right decisions. They also have excellent intuition and well-developed imagination that helps them in their daily lives.

### 4.Nakshatras Good For Marriage:

- Abhijit Nakshatr,
- Capricorn,
- Uttar Ashadh,

### 5.Bad Nakshatras:

No one Nakshatras can be singled out as 'the worst'. However, some astrologist describes certain stars as dreadful Nakshatras. These are ***Jyeshtha, Ashlesha, Mool, and Arudra***. These stars are known for their divisive, piercing, and separation qualities.

## CHAPTER - 12

# 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. 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:

- Introduction.
- Location of Planet.
- Stars Vs Planets.
- Extra Solar Planets.
- Co- relation of Zodiac and Stars
- Influence on Planets.
- Planet and Health.
- Applied Aspect of House.

- 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

There are mainly eight Planets in the Solar System. In order of increasing distance from the Sun they are grouped in two groups as

**A. Smaller Rocky (Terrestrial)** - Mercury, Venus, Earth, and Mars.

**B. Large Low-Density (Giant Planet)** - Jupiter, Saturn, Uranus, and Neptune.

These planets produce different results while placed in the 12 different signs. There are nine known planets till date.

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

## STARS Vs PLANETS

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

Sl. No.	Criteria	Stars	Planets
1.	Energy Radiation (through nuclear reaction)	High radiation.	No radiation.
2.	Brightness	Very bright.	It reflects some radiation

			from parent stars.
3.	Twinkle	Present, seen by necked eye, it comes to change the color.	Absent but seen by necked eye.
4.	Appears	As pin point of light.	As pin point of light.

## EXTRA SOLAR PLANETS

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

## CO RELATION OF ZODIAC AND STARS

There numerous heavenly/celestial bodies divided in three main groups as Zodiacs, Nakshatras and Planets. Some of these celestial bodied seen as stars. Some of the stars are under the zodiacs while some are under other heavenly bodies. However, each planet is part and partial of some zodiac. They are associated with each other in isolation and combination. Some correlations of zodiac and stars are given in under mentioned table.

Sl. No.	Name of Zodiacs	Name of the Stars
1.	Aries ( <i>Mekh</i> )	Kaster ( <i>Ashwini</i> ), Arites ( <i>Bharini</i> ), Touri ( <i>Kritika</i> )
2.	Taurus ( <i>Brikhabh</i> )	Touri ( <i>Kritika</i> ), Aldebara ( <i>Rohini</i> ), Oeyonis ( <i>Mreegshira</i> )
3.	Gemini ( <i>Mithun</i> )	Oeyonis ( <i>Mreegshira</i> ), Bitlegage ( <i>Ardra</i> ), Jasminorium ( <i>Punarvasu</i> )
4.	Cancer ( <i>Kark</i> )	Jasminorium ( <i>Punarvasu</i> ), Kenruri ( <i>Pushya</i> ), Hydra ( <i>Ashlesha</i> )
5.	Leo ( <i>Singh</i> )	Regulous Leonis ( <i>Magha</i> ), Leonis ( <i>Purvafalguni</i> ), Leonit ( <i>Uttarafalguni</i> )
6.	Virgo ( <i>Kanya</i> )	Leonit ( <i>Uttarafalguni</i> ), Korbi ( <i>Hast</i> ), Spika ( <i>Chitra</i> )
7.	Libra ( <i>Tula</i> )	Spika ( <i>Chitra</i> ), Butis ( <i>Swati</i> ), Libre ( <i>Vishakha</i> )
8.	Scorpio ( <i>Brischik</i> )	Libre ( <i>Vishakha</i> ), Scarpionis ( <i>Anuradha</i> ), Antaris ( <i>Jyestha</i> )
9.	Sagittarius ( <i>Dhanu</i> )	Mool ( <i>Mool</i> ), Sagitari ( <i>Purvashadha</i> ), Sagrtari ( <i>Uttarashadha</i> )
10.	Capricornus ( <i>Makar</i> )	Sagrtari ( <i>Uttarashadha</i> ), Vega ( <i>Abhijit</i> ), Aquari ( <i>Shrawana</i> ), Keprikarti ( <i>Dhanistha</i> )
11.	Acquarius ( <i>Kumbh</i> )	Keprikarti ( <i>Dhanistha</i> ), Ekawari ( <i>Shatbhish</i> ), Pegasi ( <i>Purvabhadrapad</i> )
12.	Pisces ( <i>Meen</i> )	Pegasi ( <i>Purvabhadrapad</i> ), Andromedia ( <i>Uttarabhadrapad</i> ), Piscium ( <i>Rewati</i> )

## INFLUENCE ON PLANETS

These nine planets produce different results while placed in the 12 different signs. The roles of planets can be understood by placing them in 12 zodiac sign in respect to birth chart.



(With curtsey from Goggle Search)

### “BIRTH CHART”

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

Each individual has some or the other taste of their diet according to the humor and constitution of body. Depending on the taste and humors, there are two influential factors.

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

### I. DIETARY INFLUENCE

Every individual has some or the other taste of their diet for which he tries to get without knowing its effect on planets. Depending on the taste and humors factors they are broadly classified in three groups. Each group of diet has influence of some planets as mentioned in coming table.

### I. DIETARY INFLUENCE

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

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

## II. HUMORAL INFLUENCE

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

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

Mercury causes disturbance of all the three humors. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors.

## PLANET AND HEALTH

Planetary health is the health of human civilization and the state of the natural systems on which it depends. When the nine planets are placed in twelve zodiac signs, they show their effects and the net effects appear as problems. The planet related problems are of two types:

I. Regulatory Problems.

II. Responsibility Problems.

### I. REGULATORY PROBLEMS

The planets related regulatory organs and diseases are mentioned below-

#### 1. Single Planet Problem:

- Sun controls soul.
- Moon rules mind.
- Jupiter controls thigh, fat, brain, liver, kidneys, lungs, ears, tongue, memory, spleen etc.
- Mercury influences nervous system.

#### 2. Combined Planet Problem:

- Moon, Mercury and Mars or Saturn can cause mental disorders.
- Sun, Jupiter, Mars centered on Mercury or Moon causes Schizophrenia.
- Moon and Saturn cause Melancholia.

### II. RESPONSIBILITY PROBLEM

There are some planets that are responsible for certain health problems. Some of the responsibility planets are mentioned as under.

#### 1. Planet for Good Health:

-Sun is responsible for natural health and energy it frees from Saturn or Rahu.

#### 2. Planet for Bad Health:

- Saturn is considered responsible for any prolonged diseases when afflicted by Mercury.

### 3. Planet for Long Life:

-Jupiter is divine planet, when Jupiter in 8th place then one will live long life.

### 4. Planet Makes Attractive:

-Two planets i.e. Moon and Venus is beauty provider. Venus is God of beauty.

### 5. Planet for Skin Problems:

-Mercury and Jupiter affected by Rahu will always cause some problems.

### 6. Planet for Eyes Problems:

-Weak position of Mars may cause disturbance in acuity of vision.

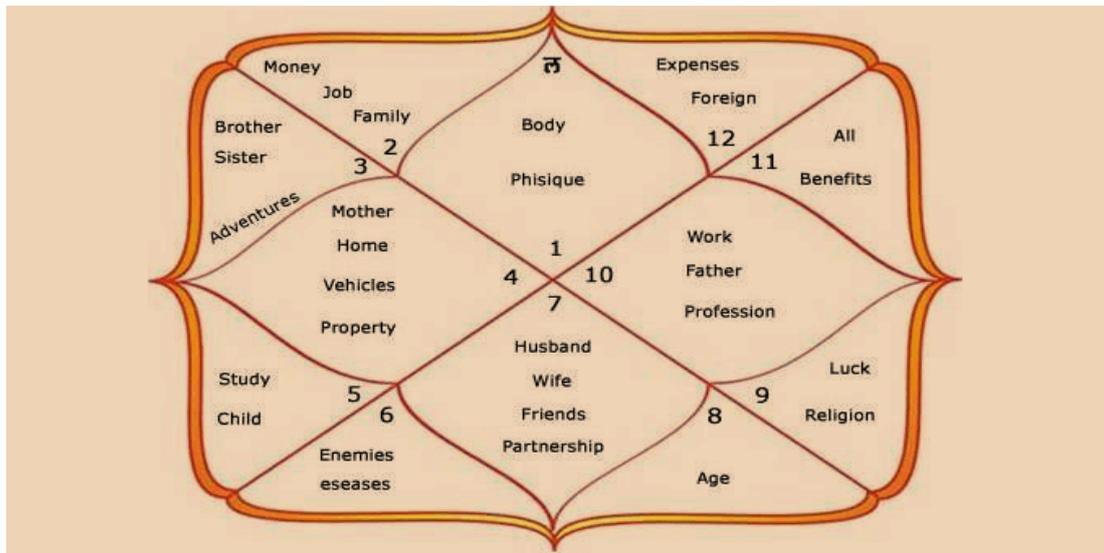
-Mercury represents mind, nervous system, senses and sight.

### 7. Planet Governing Money:

-Jupiter and Venus rule wealth and money.

## APPLIED ASPECTS OF HOUSES

Some special character and its importance of various houses are mentioned in chart and given below.



### 1. Good House:

- The 8th house represents the age the life force and the life span. The placement of the lord of this house should be strong for long life.
- 2nd and 11th are wealth giving houses.

### 2. Bad Houses:

- 5th and 9th houses are known as Trikona Houses.
- 6th house is known for loans, illness and debts.
- 3rd, 6th, 8th and 12 houses are known as evil house.

## 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 are atoms and ions called Aumic atoms and Aumic ions. They all are operated by AUM. Here, we are concern with the mainly 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.

- Introduction.
- Life and Polarity.
- Zones of Polarity.
  - I. Central Polarity.
  - II. Intermediary Polarity.
  - III. Peripheral Polarity.
- Demand of Polarity.
- Polarity Influencing Factors.
  - I. Divine Factors.
  - II. Universal factors.
  - III. Individual Factors.
- Polarity and Disorders.

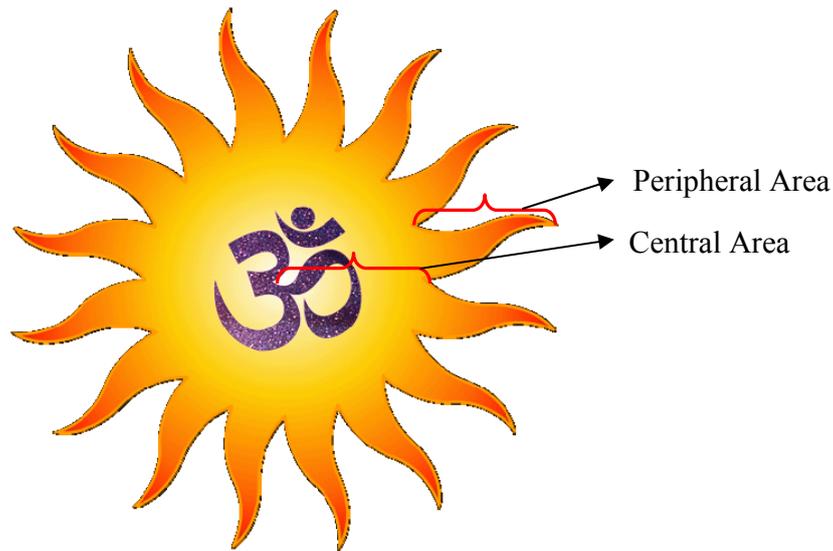
### LIFE AND POLARITY

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 (+<sup>ve</sup>) and Negative (-<sup>ve</sup>)** symbols according to the nature and effects. In aumic state of equilibrium, these poles maintain the status-co of the individual in terms of the stability, strength and longevity.

### ZONES OF POLARITY

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

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



(With Curtsey from Google Search)

## “AUMIC FIELD AND POLARITY”

### I. CENTRAL ZONE

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

### II. INTERMEDIARY ZONE

The intermediary zone has lesser density than central and higher than peripheral zone. The densities (concentration) of aumic ions start decreasing as it move centrifugally. This concentration of aumic ions reduces to the extent to the level to become the periphery or the aura of AUM. It is the field of the aumic vibration. These polarities increase the vibration effects in the holistic body of an individual. The intermediary polarity increases the spiritual effects (aumification) in individual. This polarity is required to those individual are in the way transformation.

### III. PERIPHERAL ZONE

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

### DEMAND OF POLARITY

The demand positive aumic polarity is directly proportional to negative aumic polarities. The demand depends on following factors as – *Age, sex, nature of works, health status, nature of*

*problems, Nature of disease.* For proper aumic health the ratio of demand and supply need to remain in equilibrium. The proper aumification maintains the ratio.

## **POLARITY INFLUENCING FACTORS**

The aumic polarity varies from individual to individual even with gene to gene. These influences are from generation to generation. The following factors influenced the polarity with their under mentioned sub factors. These factors:

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

### **I. DIVINE FACTORS**

These are definite, ill-defined and un-isolated factors attributed to GOD. They affect each and every individual existing in the universe. These factors are carried over from one life to another life with individual. The carrier is the soul (*Atma*). Thus the divine trio factor are-

- **Soul** (*Atma*) – The carrier of organ and mind.
- **Organs** (*Indries*) - leading to *Sanskara*
- **Mind** (*Manah*) - leading to mental level Intelligence.

### **II. UNIVERSAL FACTORS**

The universe is composed of five elements and its different derivatives. Thus, all the universal contents are one or the other way derived from these five elements (*Punchmahabhutas*). The five elements are:

- **Sky** (*Ether*).
- **Air** (*Vata*).
- **Fire** (*Agni*).
- **Water** (*Jala*).
- **Earth** (*Prithvi*).

### **III. INDIVIDUAL FACTORS**

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

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

## POLARITY AND DISORDERS

Every individual being is comprised of two nature (*Prakriti*) i.e. higher Nature and the lower Nature. The divine component **soul** (*Atma*) is derived from Higher Nature (*Higher Prakriti*). The physical body is the Basic or Lower Nature (*Inferior Prakriti*). The lower nature is comprised of eight folds i.e. *sky, air, fire, water, earth, mind, intelligence and egoism*. Out of all Soul is immortal; it cannot be destroyed by any means, method or medium. It changes the physical body as per divine wish. When the souls leave one body and enter in other body with essence (*Indries*) and mind (*Manah*) with it.

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

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

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

## AUMIC LAWS OF LONGEVITY

Aumic Holistic Effect (AHE) is a direct effect created by auspicious hearing, auspicious vision and auspicious acts by ears, eyes and organs (*Indries*). There are many ways of living to improve the present life and acts in order to lead a holistic life. Out of all, aumic holistic way is the best way to achieve the desired goal. This is at spiritual-scientific methods which can be understood by spirituality and explained on possible scientific basis. It cannot be bind 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।<sup>(1)</sup>

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 leave behind and migrate 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 maintain all universal contents in its holistic and original form to its maximum time but changes takes place in its size, shape, age and longevity due to the effect of the Nature. The all changes are defined and determined by AUM as Father and Nature as Mother. The changes are governed by certain laws called aumic law of longevity. These laws are:

- (I) Law of Divinity.
- (II) Law of Similarity.
- (III) Law of Divine-universal Connectivity.
- (IV) Law of Auming and Aumang.
- (V) Law of Trio-facts.
- (VI) Law of Compatibility.

- (I) **Law of Divinity:** AUM is present in every atom of the universe. The divine presence is enough to say that divinity is operating the particular's life. Mere realisation of presence of AUM in an individual is enough elates the person for divine perceptions. Thus, the presence and realisation of divinity in him as compare to common men with the help of positive polarity and divine push lead to have a long blessed life. It is the matter of an individual's realization.
- (II) **Law of Similarity:** Every creation in this visible universe is in the image of AUM. The image of AUM is flexible, perfect and holistic. The feeling of the image of AUM around the individual always showers the aumic energy for positive creation for their nourishment and growth. This

process goes on throughout the life by similar realisation that AUM is individual and individual is AUM. Those who develop this practice have long blessed life.

- (III). Law of Divine-universal Connectivity:** Every individual is connected with GOD (AUM) through Soul (*Atma*) by subtle connectivity known as divine-universal-individual connectivity (DUIC). In order to remain healthy with long life, the connectivity must remain in equilibrium between individual and divinity through divine-universal-individual connectivity (DUIC). The longer the intact connectivity, the longer is the life.
- (IV) Law of Aumong and Auming:** Each ion in the universe is charged with two equal and opposite charges to maintain the ionic structure. These charges are divine gift and known as Aumong (*Positive*) and Auming (*Negative*) respectively. In each Auming there is some Aumong and vice versa. The individual remains in state of healthy equilibrium through presence of divinity in individual as Soul (*Atma*) and presence of nature as five elements (*Panchmahabhutas*). These are balanced by the Aumong and Auming effects. The excess or low on either side leads to disturbance causing problems, disorder and disease. The longer the balance of equilibrium, the longer is the life.
- (V) Law of Trio-facts:** AUM regulates the life within the trio-facts of *Generation*, *Operation* and *Destruction* headed by Brahma, Vishnu and Shiw. The above trio facts can be very well observed in universal creations. They are borne, grow and destroyed. This circle is a continuous process in universe. Some realizes the facts and try to explore the facts and found the role of acts (*Karmas*) which may guide the individual being to go ahead with good acts (*Karmas*) which may lead to prolonged blessed life and ultimate to liberation to be away from cyclic process.
- (VI) Law of Compatibility of Nature:** All the creations in this universe are derived from one or the other way from five elements (*Panchmahabhuts*). All have rights to remain in state of harmony to maintain the proper compatibility with each without any disturbance. So long the compatibility remains in harmony; one enjoys the benefit of compatibility. Any undue aumilytic change in anyone element initiates incompatibility leading to problems, disorders, diseases.

## AUMIC TRIAD OF LONGEVITY

Aumic Triad is comprised of *Care*, *Cure* and *Longevity*. The triad lead to a healthy, disease free, prolonged peaceful and blissful life. The triad is divine and further strengthens by aumic rituals. Individual borne with the significant of triad are soon become popular in the society. This is judge by individual's positivity towards these triads. The aumic three triads are:

- (I) Aumic Care.
- (II) Aumic Cure.
- (III) Aumic Longevity.

### I. AUMIC CARE

Aumic care of health is a state of total health care of holistic body (*Physical, Ethric, Astral, Lower mental, Higher mental, Buddhist and Atmic*). In general, we are more concerned with the physical body because we live in physical world. Thus, we consider health care more on the physical body where holistic health care confines to care of all i.e. *physical, mental, social, moral, spiritual and environmental* well being. On physical body level, there is need of balance of i.e. body humors (*Doshas*), enzymes (*Agnies*), tissues (*Dhatus*) and waste products (*Mals*). The already inherited Aumic Components as- Soul (*Atma*), senses (*Indries*) and mind (*Manah*) are divine gift to the existing body. Thus, this body needs nourishment for further maintenance and development. The nourishment we have to find from the worldly gift of the Nature.

The properly used worldly gift brings aumic holistic effect (AHE) which is balance of all i.e. *Doshas, Agnies, Dhatus, Mals, Indries, Manah* and *Buddhi*. We know what we practice in our routine daily life as food, drinks, exercise and ritual that affect our Intellect (*Buddhi*). The effect intellect reflects in our routine life as divine or devilish acts. The use of Satvic diet, yog, meditation and aumic rituals give positive holistic effects leading to enhance the positive ionic polarities in life. Rest diets bring miscellaneous and sometimes more negative polarities to play the negative or devilish role in life.

Regular aumification with aumic rituals go on adding positive ions polarities at all levels. The aumic polarity varies in individual from one plane to the other plane of body. It is maximum at *Atmic* and higher mental levels and minimum at other and physical levels. Regular aumification leads to aumic health care. The properly aumified individual shows following observations:

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

## II. AUMIC CURE

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

- Early recovery from acute and chronic diseases.
- Minimal problems and minor illness.
- Diseases cured automatically or cured with natural or minimal dose.
- Fast recovery of *Aura*.
- Improved AUM.
- Increased N.P. Scores.
- If death is inevitable, it is peaceful.

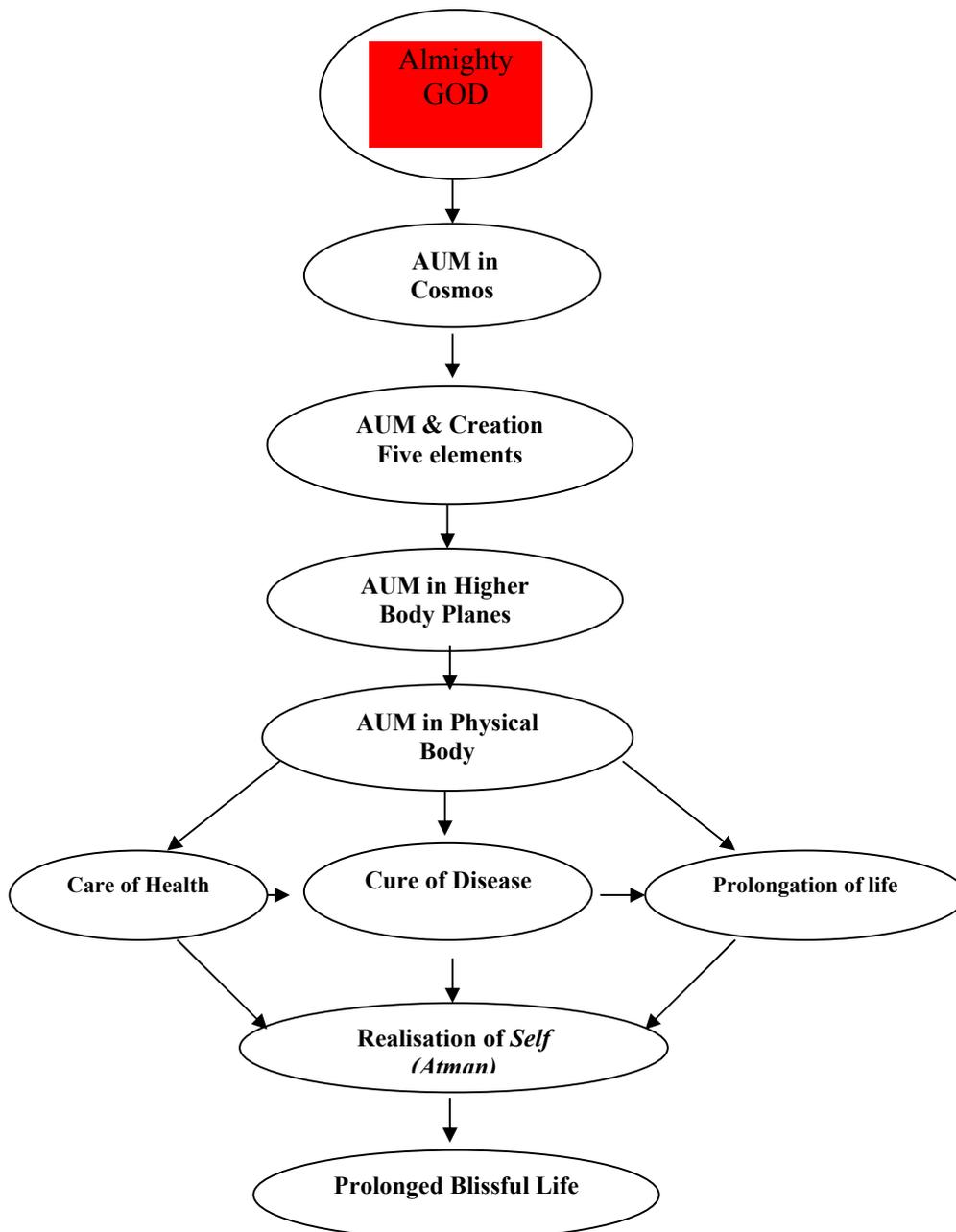
## III. AUMIC LONGEVITY

Aumic longevity is a prolonged peaceful blissful life due to gradual aumification. The supreme level of holistic body is *Atmic* body where *Atma* concentrate and mostly abode. It is the place for the rest of the soul (*Atma*). It is beyond the human reach. Soul (*Atma*) never dies. It changes the body with divine wish. The soul (*Atma*) passes from one life to another with senses / organs (*Indries*) and mind (*Manah*) every individual comes with definite span of life. During life time all the acts (*Karmas*) are performed by the organs (*Indries*) which built the *Sanskar* for the next coming life. Depending on the past acts (*Purv-karm*) the person get the present life which may be divine or devilish based on *Sanskar*. The serviceable life is divine gift and should be the aim of every individual. Adequate service full and positive life leads to prolonged life. The effects of positively prolonged life are observed as:

- Change in overall personality through transformation.
- Early recognition of the *Self*.
- Always auspicious hearing, vision and acts (*Karmas*).
- Less involvement's in worldly affairs
- Sharp and clear palmar lines (*Hastrekhas*) specially the life, cardiac and fate lines.
- Prolonged blissful life.

## AUMIC LIFE

### “Diagrammatic Derivation of Aumic Longevity”



## AUMIC HOLISTIC EFFECTS

In regards to health, AUM brings a healthy, disease free, prolonged, peaceful and blissful life for auspicious hearing, auspicious vision and auspicious acts (*Karmas*). AUM has widest holistic spectrum which is beyond the human reach. The aumic effects are operated through its known and unknown Aumic Laws leading to care, cure and prolongation of life. Thus, AUM cares for all problems, all health, and all diseases for attainment of prolonged peaceful and blissful life. Besides these, it improves the future *Sanskar* for next life and clears the way to liberation provided they are practiced through triad of achievement (*sincerely, regularly and honesty*). Regular aumic practice leads aumification which is observe by positive effects on –

1. **All Planes:** Divine, Universal and Individual.
2. **All Body:** Physical, Ethric, Astral, Lower mental, Higher mental, Buddhic and Atmic.
3. **All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **All Humors:** Air, Bile and Phlegm.
5. **All Types of Tissues:** Body fluid (*Ras*), Blood (*Rakt*), Muscular tissue (*Mans*), Adipose tissue (*Vasa*), Bone tissue (*Asthi*), Nerve tissue and bone marrows (*Meda*), Sperm and ova (*Shukra*).
6. **All Waste Products:** Stool, urine, sweat, nails and hairs.
7. **All Enzymes:** Normal Enzyme (*Samagni*), Hypo active Enzyme (*Mandagni*), Vitiated (*Vishmagni*), Hyper active (*Tikshnaagni*).
8. **All Holistic Components** - Organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*).

## REFERENCE

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

## AUMIC HEALTH

Aumic health is a positive health of an individual in all spheres of life with 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 GOS (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.

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.

- Introduction.
- Aumic Health.
- Aumic Equilibrium.
- Aumic Factors.
  - I. Divine Factors.
  - II. Universal Factors.
  - III. Individual Factors.
- Prevention of Aumic Health.

### AUMIC HALTH

*Aumic health is divine gift to an individual to enjoy a peaceful, blissful and long life to serve with auspicious hearing, auspicious vision and auspicious acts.* Here, the individual, take care of the health of self and others, keeping in view the entire health related components of as - **All Planes of body** (*Physical, Ethric, Astral, Lower mental, Higher mental, Intuitional and Atmic*); **All Health** (*Physical, Mental, Social, Moral, Spiritual and Environmental*), **All Level Sufferings** (*Divine, Universal and Individual*) with **All Possible Existing** (*means, modes, methods, materials and techniques*) in order to lead peaceful, blissful and prolonged life.

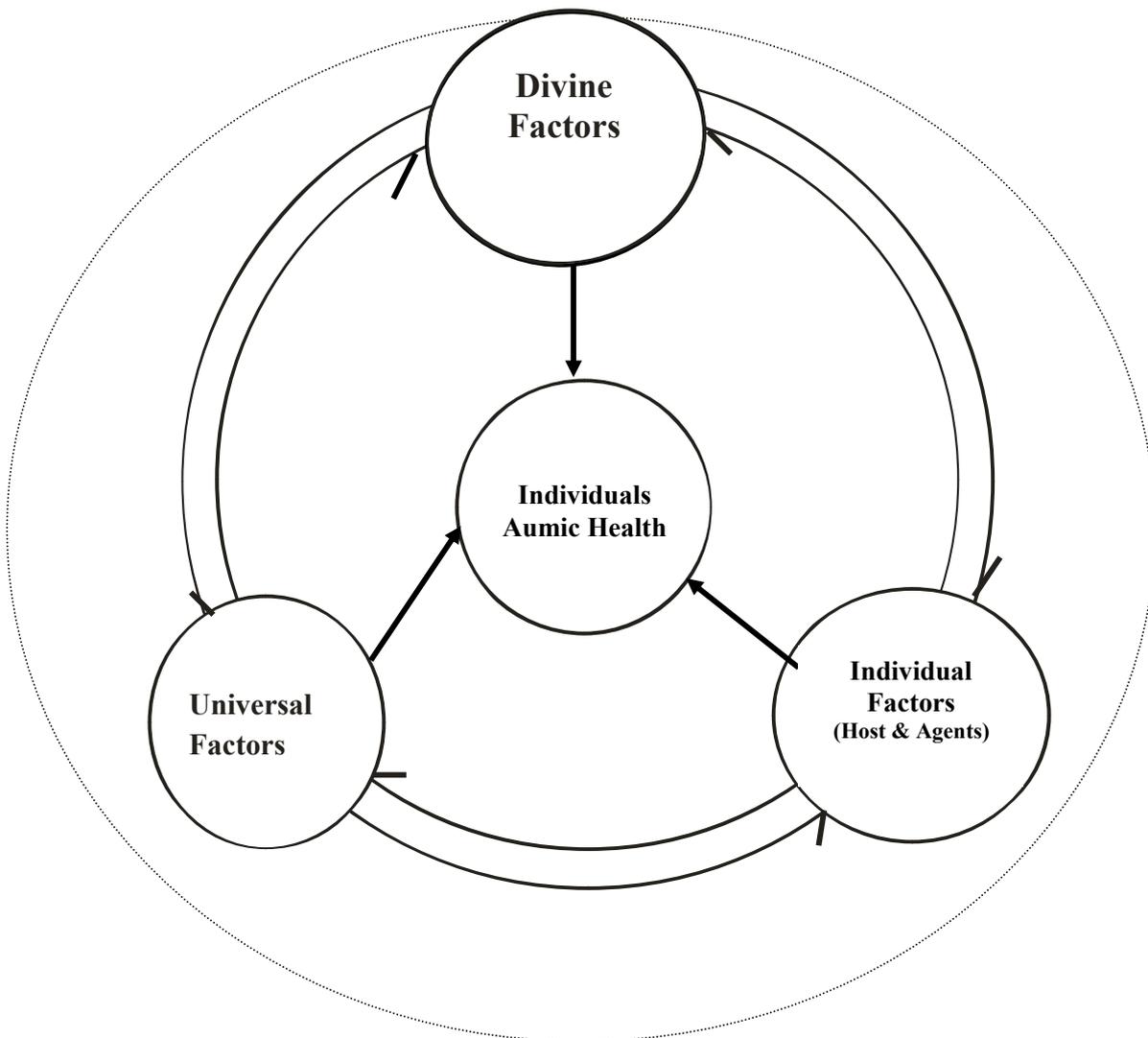
### AUMIC EQUILIBRIUM

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

## AUMIC FACTORS

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

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



**AUMIC HEALTH CYCLE”**

### I. DIVINE FACTORS

The Superior Nature (*Higher Prakriti*) of an individual is Soul (*Atma*) which is pertaining to Almighty GOD (*Parmatma*). The individual soul and Supreme Self are connected with subtle connectivity known as divine-universal-individual connectivity (DUIC). The divine wish operates the

individual through this divine linkage. Though, the universe is creation of GOD and all belongs to GOD. Out of all, the three divine contents in individual are divine components. They are carried over from one life to the other life unless until the individual soul (*Atma*) is liberated. The individual's Soul passes from one life to the other with Senses (*Indries*) and Mind (*Manah*).

**(1) Senses (*Indries*):** It is pure, most powerful, undividable and universal truth. During life time all the acts (*Karmas*) are performed by the senses with sense organs (*Indries*) which built the *Sanskar* for the next coming life. Further the coming life may or may not be useful to the service to the humanity depending on *Sanskar*. The serviceable life is divine gift and should be the aim of every individual.

**(2) Mind (*Manah*):** It is purer and most powerful than the organs (*Indries*). Mind is the seat anchor for all acts (*Karmas*) leading according to allocated *Sanskar* and its further development on either side. The mind is under control of Intellect (*Buddhi*) and Soul (*Atma*). An awakened person works with mind having faith with wisdom. This led to the way to the liberation.

## II. UNIVERSAL FACTORS

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

**(1) Zodiacs (*Nakshatras*)** – These are the belt of heavens beyond which no planet can reach. There are twelve (12) in numbers.

**(2) Stars (*Tare*)** – These are points of light in the sky. There are twenty seven (27) known stars till date.

**(3) Planets (*Grahas*)** – These are the heavenly bodies revolving around the Sun. They are 09 in number. Everybody has their stars, zodiac and planets in different combinations at various axis and planes. They are decided at the time of conception. They start their effects from intra uterine life (IUL) till last breath. They change their position which is above governed by the divine wish and below by the individual acts and worldly materials. They emit their effect on individual health.

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

## III. INDIVIDUAL FACTORS

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

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

## 1. HOST FACTORS

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

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

## 2. AGENTS FACTORS

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

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

## 3. ENVIRONMENTAL FACTORS

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

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

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

## PREVENTION OF AUMIC HEALTH

Here, we consider all the factors which help in maintenance of the Aumic health. Overall, the hierarchy plays the major roles in aumic prevention. The divine factors have governing effects on universal and individual factors in order to lead full span of life. Aumic prevention has wide effects in care of all the under mentioned three factors.

- (A) Divine Factors
- (B) Universal Factors
- (C) Individual Factors

(A) **DIVINE FACTORS:** Man is ordained soldier of GOD (AUM) and acts with His guidance and wish. All the individual's acts are predetermined. According to aumic philosophy- the auspicious acts should be the aim of life. According to *Sri Sathya Sai Baba- Service to man is service to GOD*. The auspicious triads of hearing, vision and acts helps in following ways-

- (1) Auspicious triad helps itself by self satisfaction leading to confidence.
- (2) Auspicious triad leads to further good *Sanskar* for next coming life.
- (3) Early transformation in all spheres of life.

(B) **UNIVERSAL FACTORS:** The universe is continuum above with the divinity and below with the individuality. It is comprised universal energy, five elements (*Punchmahabhutas*) and celestial bodies as- Zodiacs, Stars and Planets. The universal factors are governed by divine factors. They are maintained by inter and intra universal forces in order maintain the universal and individual relation.

(C) **INDIVIDUAL FACTORS:** Each individual like is a micro-unit in this universe. The individual acts plays roles in maintain universal balance. In order to prevent the Aumic health, the individual should co-operate in following ways-

- (1) **Living with Nature:** The child is always safe with mother. Nature is Mother of all universal creation. It is better to live with the Nature and its contents in most auspicious manner.
- (2) **Friendly Atmosphere:** All the universal creations (animal and plant kingdoms) are compatible and complementary to each other, develop friendly attitude with each other for the benefit and betterment of everyone.
- (3) **Aumification:** In general, it increases the Aumic resistance and thus the Aumic health. It is done with the aumic rituals in various ways.
- (4) **Addition of Hawan and Yagy:** It creates aumified fumes to purify the environment by adding positivity through positive vibrations and aumified fumes which forms cloud. The cloud on cooling change in water which aumify all the sentiments and insentient in the universe.
- (5) **Recognition of the Self:** The ultimate aim of life is to recognize the Self in order to liberate.

## AUMIC SUFFERING

आदि, अन्त तूँ मध्य हो भगवन, त्रिभुवन के वरदानी,  
दैहिक, दैविक, भौतिक तूँ है, सकल ताप की खानी ॥<sup>(1)</sup>

O! AUM You, the provider of all the three planes (*Akash lok, Mritlok and Patal Lok*) and also is the beginning, middle and end of all. You are the source of all problems whether it is Physical, Universal or Divine.

AUM has already provided enough cosmic energy for all existing (sentient and insentient) for their fullest span of life. The energy reaches to individual directly through divine-universal-individual connectivity (DUIC) and indirectly through universal celestial bodies both in order lead a normal comfortable life. If at all during the natural course of life some minor problems come, it is taken care by adequate inherited balancing energy. It depends on individual capacity and capability that how much energy he can receive and perceive? This is determined by individual's **Aumic capacity** (*The power of receiving, assimilating, utilizing and saving of aumic energy*). The aumic capacity is directly proportional to the inherited aumic resistance. The aumic resistance, maintain their health and further progress.

- Introduction.
- Factors Governing Suffering.
  - I. Divine Factors.
  - II. Universal Factors.
  - III. Individual Factors.
- Theory of Aumic suffering.
- Assessment of Aumic Effects.

### FACTORS GOVERN SUFFERING

The individual sufferings are due to many factors ranging from divinity to individual. Based on the factors the suffering factors are divided in three major groups. Aumic factors are those divine factors which help in maintaining the aumic equilibrium in state of proper balance without any local or focal changes in individual's routine. The normal aumic cycle is maintained by following aumic factors:

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## THEORY OF AUMIC SUFFERING

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

1. Divine Theory.
2. Theory of Aumic Polarity.
3. Theory of Aumigenesis and Aumilysis.

## 1. 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 (*Indries*) and mind (*Manah*) keep the health in state instate of equilibrium to lead peaceful, blissful and long life. Any deficiency of past acts and present acts leads to disturbance in routine work of present life causing – ***Problem, suffering, disorder, disease, complications and even death.***

## 2. THEORY OF AUMIC POLARITY

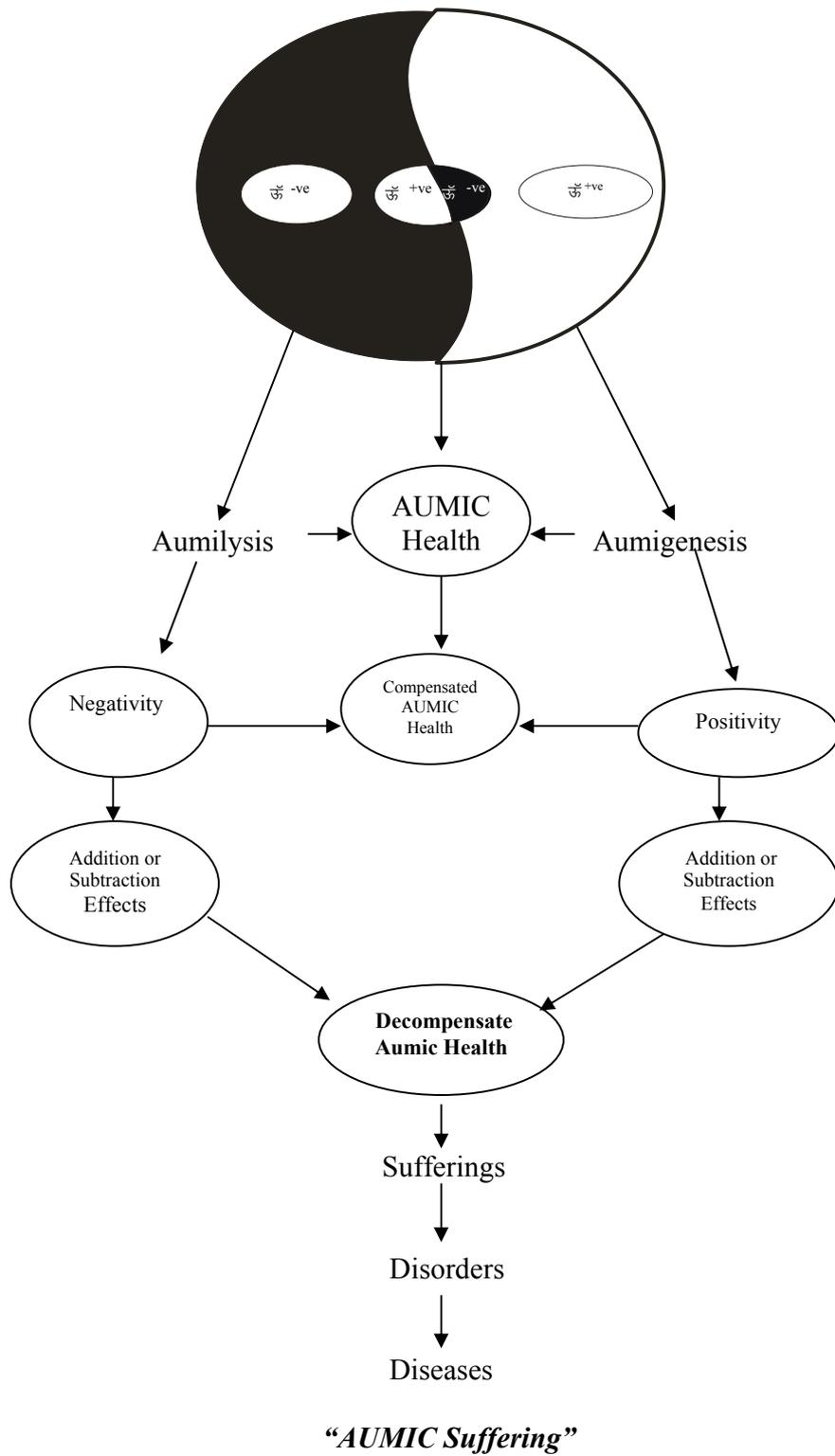
Every sentient and insentient being in this universal is comprised of a special divine component which the soul (*Atma*) of the individual. This special component Soul (*Atma*) is derived from Higher Nature (*Higher Prakriti*) i.e. ***Parmatma***. The physical aspects are comprised of eight folds i.e. *sky, air, fire, water, earth, mind, intelligence and egoism*. They are Basic Nature (*Inferior Prakriti*). Each individual is connected from divinity to individuality through a subtle connectivity known as divine-individual- individual connectivity (DUIC).

In normal course of time, at each plane from (divine to individual) the aumic polarities remain in state of balance in order to keep everything in order. During the course of time, any divine, universal or individual components get disturbed due to any known or unknown factors pertaining to the particular plane. Each and every particle is equipped with two equal and opposite pole known as polarity. These polarities are denoted as Positive and Negative Polarity. This polarity keeps them on state of balance by its equal and opposite forces. In normal course of time the individual polarity remain in slightly positive state for progress and innovation. The individual's polarity get disturb due to due any plane due to any reason leads to problem. During initial state of disturbance, the negativity is compensated to certain extents called compensatory state bur when the negativity persist for longer time the positivity start exhausted and the negativity progresses leading to - as – ***Problem, suffering, disorder, disease, complications and even death.***

## 3. THEORY OF AUMIGENESIS AND AUMILYSIS

The aumic blessings are responsible for peaceful, blissful and prolonged life. This is maintained by the process of Aumigenesis and Aumilysis respectively. Normally, in static state, the aumic health, it remains in positive state for routine works and progress, while in dynamic state; the aumilysis begin. In normal state in each aumigenesis there is some aumilysis and *vice-versa*. In the beginning, the either side is compensated by accumulated aumigenesis and aumilysis. In the mean times, the new aumigenesis or aumilysis starts. This leads to balance of the lost aumigenesis and aumilysis. Depending on the situation further excessive aumigenesis and aumilysis the situation may lead to - ***Problem, suffering, disorder, disease, complications and even death.*** The diagrammatic emergence of Aumic Suffering due to aumilysis and aumigenesis is shown on coming page.

**“DIAGRAMATIC REPRESENTATION OF AUMIC SUFFERING”**



## **ASSESSMENT OF AUMIC EFFECTS**

In normal aumic health, aumigenesis and aumilysis are aumic anabolic and catabolic process in balancing the aumic health. In aumigenesis the aumic energy generated, utilise and restored while in aumilysis the aumic energy generated, neutrilses and given off. Both processes start with divine level followed by the universal and ultimate at individual's physical level. At individual level, the changes take place in higher bodies first followed by the physical body and ultimately to the target cells, tissues and organ. The aumigenesis leads to positive, normal, hyper-function effects and positivity and the aumilysis leads to hypo- functions, effects and negativity. There are adequate margins to get compensated at all levels from divine to individual levels but when it fails, the individual leads to problem, suffering, disorder, disease, complications and even death. The healers with developed extra sensorial perceptions (ESP), awakened Kundalini and otherwise clairvoyance scholars are able to diagnose the effects of hyper or hypo activities much earlier than it settle in actual physical body to cause problems, sufferings, disorders, disease, complication and ultimately death. The aumic effects are best with AUM Evaluation and NP Score Evaluations.

## **REFERENCE**

1. *Dubey Nagendra P*; AUM Prayer; AUM Chalisa; Second Edition; 2015; Rhy.11, P6

## AUMILYTIC CHANGES

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 and 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 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.
  - I.Higher Changes.
  - II. Physical Changes.
- Contributory Factors.
  - I. Divine Factors.
  - II.Universal Factors.
  - III.Individual 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.
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. **Toxification:** It is process of introduction of toxins lethal (leading to death) to the life.
6. **Infection:** It is the process of invasion of micro organisms and its growth to a level to produce problems symptoms.
7. **Virulence:** It is process if increasing the toxicity of infecting organisms.
8. **Poisoning:** It is process of introduction of poisons in the body in any way.
6. **Obstruction:** It is process of stagnation or obstruction to flow of vital energy through macro or micro channels.
7. **Condensation:** It is process of increase concentration and consolidation of negativity.
8. **Accumulation:** It is process of gradual collection of waste products in the channels of body.
9. **Inflammation:** It is process of increased in size of normal cells and tissue due to any cause like infection, trauma, neoplasm and obstruction.
10. **Malignancy:** It is process of purposeless devitalizing growth in any cell or tissue or organ.
11. **Hypo-sensitivity:** It is process of decreased sensitivity of receptors to remove the waste products from affected cells and tissues.

**12. Accident:** It is process to sudden exposure to the life threatening or death situations due to divine, universal and individual reason.

## LEVEL OF CHANGES

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

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

## I.HIGHER CHANGES

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

- Reduced Aumic Resistance.
- Reduced Aura.
- Abnormality in Chakral activities as- hypo or hyper functions.
- **Divinity Syndrome** - Characterized by is group of disorders developed due to increased negativity in universal plane leading to –
  - A. Loss of the faith in GOD,
  - B. Lack of Superconsciousness,
  - C. Unable to Recognition of Self.
- Still birth and congenital anomalies.
- Disturbed celestial effects.
- **Remote Disorders**- These are the problems, sufferings, disorders, disease, complication and ultimately death of unknown cause which appears suddenly as an epidemic, leave its effects and disappears with or without in medical aid.
- May or may not respond to holistic healing.

## II. PHYSICAL CHANGES

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

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

## CONTRIBUTORY FACTORS

Any factor which helps in progress or deterioration of the existing situation is called contributory factor, so far as the aumilytic problems and suffering is concerned, it may appear at one or more level either as single or multiple but all manifest at individual's physical body. The factor may belong to any or more of the following planes:

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

### I. DIVINE PLANE

Divine plane is pertaining to divinity and is under control of Almighty GOD (AUM). The Prime divine factor is Soul (*Atma*) which passes from one life another with its associates. There are two main associated sub factors with soul are:

- A.Mind (*Manah*).
- B.Senses (*Indries*).

#### A. MIND (*MANAH*)

Mind is purer and most powerful than the organs (*Indries*). Mind is the seat anchor for all acts (*Karmas*). It goes to another life with the Soul (*Atma*) associated with senses (*Indries*). The mind has accumulation of essence of generational acts (*Karmas*) which built the *Sanskar*. The developed *Sanskar*, divine wish and blessing decide the future path of individual life. The following effects may usually observe as congenital or acquired in life when there is aumilysis at mind (*Manah*) level:

- Microcephaly,
- Mental retardation,
- Congenital bony abnormalities.
- Musculoskeletal anomalies,
- Other congenital anomalies.

#### B. SENSES (*INDRIES*)

It is pure, most powerful and undividable. During life time all the acts (*Karmas*) are performed by the organs and sense (*Indries*). What one is enjoying during this life is acts (*Karmas*) of past life. The acts and omission of present life is accumulation of for future life. The generational accumulated acts (*karmas*) form *Sanskar* for present life. The following effects may usually observe as congenital or acquired in life when there is aumilysis at senses (*Indries*):

- Eyes:** Blindness to Visual loss, Color Blindness,
- Nose:** Loss of smells, Cleft lip, nose.
- Ears:** Duff and dame.
- Tongue:** No taste to feeble little taste.
- Sex Organs:** Agenesis to hypo genesis of male sex organs, asexuality, and impotence (*in male*). Agenesis to hypo genesis of female sex organs, amenorrhea. Sterility etc.

## II. UNIVERSAL PLANE

The universe is constituted of five elements and its derivatives celestial bodies. Thus the universal plane has two main sub factors -

- A. Celestial Bodies.
- B. Five Elements.

### A. CELESTIAL BODIES

The universe is comprised of five elements (*Panchmahabhutas*) and its derivatives. It is in continuum from individual to the divinity. Depending on predominance of elements, they have their name, quality and effects. The higher universal existing is termed as celestial bodies. These are the heavenly structures situated in the universal plane. They emit light or appear as shining belt of heaven. They are fixed in number till date. These bodies are-

1. **Zodiacs** - These are the belt of heavens beyond which no planet can reach. There are twelve (12) in numbers.
2. **Stars** - These are points of light in the sky. There are twenty seven (28) known stars till date.
3. **Planets** - These are the heavenly bodies revolving around the Sun. They are 09 in number. Everybody has his zodiac, stars and planets in different combinations at various axis and planes. They are decided at the time of conception. They start their effects from intra uterine life (IUL) till last breath. They change their position which is above governed by the divine wish and below by the individual acts and worldly materials. They emit their effect on individual health.

**ADVERSE EFFECTS CELESTIAL BODIES:** Every individual has their zodiacs, stars and planets at particular degree, plane and axis. Sometimes, the universal forces or individual acts (*Karmas*) change the position of these celestial bodies which leads to:

- **Accident** - Minor, major and or death
- **Bad time** - Poverty, personal and or family problems.
- **Chronic sufferings** - Individual and or family.

### B. FIVE ELEMENTS

The five elements are the prime elements of the cosmos from where all universal existing have derived. Excess or deficiency in universal five elements leads to hyper and hypo activities. The deviation of these elements due to deviation of the path of celestial bodies contributes for problems, disorders and diseases at individual or community level.

**Adverse Effects of Five Elements:** Each element has its individual effects pertaining to its excess or deficiency. The effects are:

- **Sky** - Thunder, unusual sparking in sky etc.
- **Air** - Fast blowing of air, storms etc.
- **Fire** - Eruption of volcano, fire accidents in forest (*Davagni*), in sea (*Vanvanal*) etc.
- **Water** - Floods, tsunamis and droughts etc.
- **Earth** - Earthquakes, valley, mountain, river, cracks in the earth etc.

## III. INDIVIDUAL PLANE

Everyone comes with definite allotted life span of life and assigned duties during the life. During active life, he performs his assigned duties with the help of his organ and mind according to his past acts

called *Sanskar* in present life. The present acts accelerate the future *Sanskara*. The following individual acts (*Karmas*) and lead to various sufferings, disorders and diseases.

- **Ignorance** – Unstable personality, aimless life, ill defined acts etc.
- **Violation of Humanity** – Murder, mass killing, hate, disturbed family and selfish life.
- **Excessive Desire** – Anger, jealous, theft, robbery, encroachments etc.
- **Individual Constitution** – It is divided in two groups.
  - A. **General Disorders:** Tuberculosis, obesity, diabetes, hypertension, ischemic heart, paresis and paralysis etc.
  - B. **Traditional disorders:** Pertaining to – air, bile and phlegm disorders.
- **Mental Disturbance** – Cerebral palsy, low IQ (*Intelligence Quotient*), feeble mind, epilepsy, mental instability.
- **Low Social and Cultural Heritage** – Quarrels, tensions, bad family and relations; increase anti-social activities (as thefts, robbery and terrorist activities).
- **Low Moral Values** – Corruption, rape and sexual disorders (syphilis, gonorrhoea, HIV and AIDS).
- **Disturbed Spiritual Status** – Loss of divinity, loss of faiths, ego, proud, early mental disorders, and divinity syndrome.
- **Decreased Immunity:** Acute and chronic sufferings leading to local and systemic diseases, outbreak of epidemics, pandemics, sporadic diseases, infections, auto-immune diseases.
- **Miscellaneous:** It leads deficiencies, metabolic sufferings and immune disorders, diseases and sufferings.

## AUMIGENIC EFFECTS

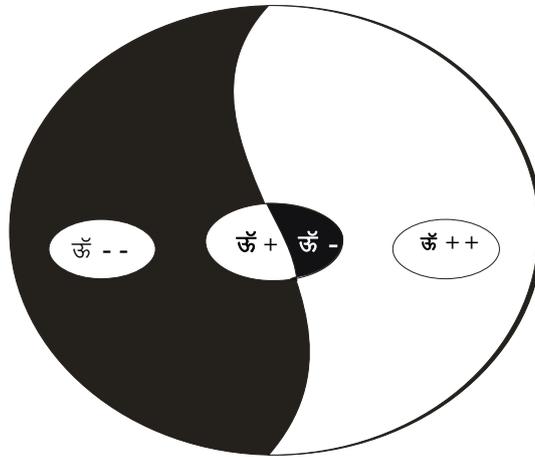
धारणा, ध्यान, समाधि ओम् से, परमगति को जावे,  
नागेन्द्र तव कृपा से साई, शरण ओम् की पावे।<sup>(1)</sup>

O! AUM, the last three steps Yog i.e. **Dharana, Dhyan and Samadhi** which lead you to the merger the self to Self or ultimate goal of life. *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.
- Holistic Constitution.
- Aumification.
- Aumic Process.
- Aumic Effects.
- Types of Aumic Effects.
- Aumic Health Effects.
- Aumified Personality.



“AUMIC POLARITY”

### HOLISTIC 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. During the life time every individual has two aspects comprised of two Natures (*Prakriti*).

- (I) **Material Nature (*Lower Prakriti*):** It 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.

Both the Natures are nurtured and maintained by aumic effect to its fullest span of life.

## AUMIFICATION

*Aumification is process of divine transformation of individual by addition of aumic effects created by self or with the help of devoices.* The aumifying changes are for all generation, operation, maintenance and ultimate destruction to submerge to GOD. The process varies from simplest way to the most complex depending divine factors. It all happens due to aumic effects. During the entire phase of aumification, the aumigenesis takes place and ultimately the things get aumified according to their fate.

## AUMIC PROCESS

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

- I. Aumigenic Process.
- II. Aumilytic Process.

### I. AUMIGENIC PROCESS

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

- 1. Cosmification:** It is process of highest concentration of cosmic energy. The soul of individual is highly cosmified and is implanted in individual during in intra uterine life (IUL) at the time of conception. The soul (*Atma*) brings and receives direct cosmic energy for further Cosmification of their life forces.
- 2. Aumigenesis:** It process of aumification of all universal and individual contents.
- 3. Stimulation:** It is process of activation of all hypo activities of holistic and physical bodied.
- 4. Vitalizing:** It is process of promoting the inflow of the vital energy in suffering, diseased and dead cells and tissue.
- 5. Detoxification:** It is process of neutralization the ill effects of toxins in target cells and tissues and thus reviving the affected cells and tissues and individual.
- 6. Synchronization:** It is process of equalizing the ill effects by flow of desired aumic polarities to function the suffering cells in synchronous with normal cells.
- 7. Virilisation:** It is the process of increasing the strength (*masculinisation*) of weak and feminizing cells and tissues.
- 8. Attenuation:** It is process of abolition of virulence of micro and macro-organisms to the level of attenuation.

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

## II. AUMILYTIC PROCESS

Aumilytic process is aumilysis. The detail has already been discussed in earlier topics Aumilytic changes.

### AUMIC EFFECTS

Aumic effects are the end results of aumification. It is comprehensive beneficial effects to strengthen the divine-universal-individual connectivity (DUIC). Thus, the regular aumification has its aumifying effects which is observe by positive effects on –

1. **All Planes:** Divine, Universal and Individual.
2. **All Body:** Physical, Ethric, Astral, Lower mental, Higher mental, Buddhic and Atmic.
3. **All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **All Humors:** Air, Bile and Phlegm.
5. **All Types of Tissues:** Body fluid (*Ras*), Blood (*Rakt*), Muscular tissue (*Mans*), Adipose tissue (*Vasa*), Bone tissue (*Asthi*), Nerve tissue and bone marrows (*Meda*), Sperm and ova (*Shukra*).
6. **All Waste Products:** Stool, urine, sweat, nails and hairs.
7. **All Enzymes:** Normal Enzyme (*Samagni*), Hypo active Enzyme (*Mandagni*), Vitiated (*Vishmagni*), Hyper active (*Tikshnaagni*).
8. **All Holistic Components -** Organs (*Indries*), mind (*Manah*) and wisdom (*Buddhi*).
9. **Surrender to divinity:** Totally transformed.

## TYPES OF AUMIC EFFECT

Aumic effects are subtle come from supreme source of energy (SSE) through divine-universal-individual connectivity (DUIC). These effects can be self realized and observed by others. In the beginning the effects are minimal which could be realized by the individual self but the continuous aumification leads to gross changes which can be observed by others. All effects cannot be demonstrated scientifically. There are two types of effects:

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

### I. EARLY EFFECTS

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

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

### II. DELAYED EFFECTS

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

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

### AUMIC HEALTH EFFECTS

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

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

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

### AUMIFIED PERSONALITY

Aumified personality is unique personality characterized by high aumic index (HAI). The aumic index is ascertained with some **Oro-visual holistic assessment (OVHA)**. Oro-visual holistic assessment (OVHA) is process of assessment based on oral questions, visual observations and holistic assessment. The assessment is done with under mentioned nine parameters.

Sl. No.	Parameters	Appearance
1.	Personality	Positive.
2.	Confidence	Developed.
3.	Devotion	Devoted to Deity.
4.	Aura	Widened Aura.
5.	Chakras	Glowing Chakra.
6.	Equanimity	No effect of pleasure and pain
7.	N P Score	Good to Excellent
8.	AUM Score	Good to Excellent
9.	Attainment	Awakened

### REFERENCE

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

## AUMIC HOLISTIC MEDICINE

Aumic holistic medicine is a system of the practice of aumified medicine, healing and way of 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 the culture and believe with their tribal medicine system.

The aumic holistic medicine 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 holistic medicine starts as soon as a person think about holistic medicine. It 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.

The term holistic is derived for holiness means freedom from any type of sin. It deals with holiness of the individual. Addition of term holistic in aumic medical system indicates its comprehensiveness and responsibility for "**Total Care**" of an individual. Here, we consider all aspects of the health of the individual i.e. **Physical, mental, social, moral, spiritual and environmental** well beings. Here, the healing starts from center of the lesion and comes gradually out word and ultimately problem is over.

- Introduction.
- Holistic Backgrounds.
- Principles of Approach.
- Aims of Treatment.
- Aumic Holistic Medicine.
- Features of Aumic Medicine.
- Common Terminology in Therapy.
- Holistic System.

### HOLISTIC BACKGROUNDS

There are 1350 traditional systems of treatment and healing available all over the world. Most of the traditional systems (complementary / alternative) of treatment and healing claim to be a holistic system. World Association of Integrated Medicine does not consider to those systems to be a holistic unless they consider the care all of the aspects of life and to prove it holistic management values one must include the holistic natural philosophy with the traditions (as **culture, customs and believe**) along with the science involving having provision of modern and traditional tools and techniques of diagnosis and management. Aumic holistic management (*Care, treatment and healing*) keeps in account all the aspects of individual.

### PRINCIPLES OF APPROACH

Aumic holistic approach 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 if one has to say that the system is holistic must have definite principles of approach? World Association of Integrated Medicine keeps following principles in view <sup>(1)</sup>.

- Optimal Health should be the primary goal.
- Cardinal relation with practitioner and suffers.
- The whole person and health to be taken in account.
- Priority to prevention and if fails proper treatment.
- Restoration of Innate Healing Power.
- Integration of treatment and healing Systems.
- Care of Individuality.

Way to Divinity according to custom, culture and believe.

## AIMS OF TREATMENT

The aim of aumic holistic medicine is to achieve optimal health and wellness through aumic and or aumified medicament along with yogic practices for aligning the individual's divine-universal-individual connectivity (DUIC). The aim of aumic holistic medicine is to treat the individual to attain the ultimate aim life i.e. *Peaceful, Blissful and Long Aumified Life*".

## AUMIC HOLISTIC MEDICINE

"Aumic Holistic medicine is combination of divine, universal, individual contents to deal the holistic body and health of an individual through required aumic medicaments and enabling him to streamline the divine-universal-individual connectivity (DUIC) to attain the aim life i.e. *Peaceful, Blissful and Long Aumified Life*".

## FEATURES OF AUMIC MEDICINE

Aumic holistic medicine consider the complete life cycle (*Past, Present and Future*) in treatment and healing. Some of the common considerable aspects of aumic holistic medicine are:

1. **All Three Planes:** Divine, Universal and Individual.
2. **Life is Union of:** Body, Mind, Sense, Soul and Superconciuous.
3. **All Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Buddhic and Atmic.
4. **All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
5. **Techniques in Diagnosis:** Modern, Traditional and Holistic Process, Practices, Measures.
6. **Management Levels:** Prevention, Protection, Elimination, Rehabilitation and life styles.
7. **Methods of Management:** Divine, Universal Contents, Natural contents, AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
8. **Spiritual Contents:** Faith in divinity in accordance to Individual religion.

## COMMON TERMINOLOGY IN THERAPY

Before the application of aumic holistic treatment and healing the practitioner / healer must have the clear concepts of some of the related terms used in treatment and healing. Depending on the diseased condition, he should explain the necessary aspects of treatment and healing. The brief accounts of some of the common terms are given below:

1. **Ethric Body (*Ethric Plane*):** It has fine lines of energy force as web upon which physical body which is molded in a layer. It is cohesive with physical body. It energizes and vitalizes the physical body and integrates man with the energy field of the earth. Ethric body contains fine tubular energy channels called *Nadi*. These *Nadis* have their representations in endocrines through nervous system. These *Nadis* arise from highest source of energy called *Chakra*.

2. **Astral Body (*Emotional Plane*):** It is the body situated over the Ethric body and plays sensitive roles in life. It is responsible for all types of **emotions and desires**. It is also called desired body.

3. **Physical Body:** It is composed of integrated mass of matter having condensed energy in various types of cells, tissues, organs and systems in solid, liquids and gas forms bounded with physical and vital sheaths.

4. **Causal Body:** The reincarnating entity of ideals and archetypes or prototype. It includes all other bodies from higher mental to the divine plane (Atmic body). It contains bliss sheath.

5. **Treatment:** It is method of the management and care of an individual or the combating of disorder or disease. It is also described as any specific procedure used for cure or the amelioration of a disease or pathological condition. The treatment could be medical, surgical, dental or psychological. It is also synonyms of therapy.

6. **Therapy:** Its literal meaning is curing, healing and is attempt to medication of a health problem after the diagnosis. It is done with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone. It is also synonyms of treatment. As a rule, each therapy has indication and contraindication.

7. **Healing:** It is wider term and use to make the thing as whole. It is the process of the restoration of health from an unbalanced, diseased or damaged state. Healing may be physical or psychological. With respect to physical damage or disease suffered by an organism, the healing involves the repair of living tissue, organs and system as whole and resume to its normal functioning. In healing, the cells get regenerate and repair to reduce the size of a damaged and replace it with new living tissue. The replacement can happen in two ways:

(I) **By Regeneration:** The necrotic cells are replaced by new cells that form similar tissue.

(II) **By Repair:** The injured tissue replaced scar tissues. It involves both regeneration and repair.

8. **Holistic Management:** This is a much specialized mode of healing where all health is taken care of holistic body whole self (*Body, Mind and Soul*) of the individual is considered.

9. **Holistic Influence:** This is to active, effective and sustainable influence of any holistic system on individual to lead a prolonged peaceful and blissful life.

## HOLISTIC SYSTEMS

According to World Association of Integrated medicine the following are the common holistic medical systems in India are:

- AUM Therapy.
- Integrated Medicine.
- Ayurvedic System.
- Siddha System.

## REFERENCE

1. *Dubey; Nagendra Prasad and Tiwari; Namika; Principles of Holistic Integrated Medicine; Holistic Management; Edition Second; 2012, P. 86.*

## AUMIC HOLISTIC HEALING

Aumic holistic healing is a system of the practice of aumified healing. This healing is a way of 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 aumic holistic healing is aimed to maintain the health of whole- *Body, Senses, Mind, Soul and Superconsciousness*. To attain this, various methods and modalities are evolved through various techniques and modalities were evolved in the name of complementary / alternative medicine and or healing 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 the culture and believe with their tribal medicine system. The aumic holistic healing considers the whole aspects of the individual for healing along with inclination towards divinity and ultimately the faith in divinity. The divine aspects of holistic medicine starts as soon as a person think about holistic healing. It 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.
- Philosophical Views.
- Principles of Holistic Healing.
- Spiritual Healer and Healing.
- Factors in Healing.
- Mode of Healing.
- Components of Healing.
- Types of Healing.
- Influence of Healing
- Healing Systems.

The term holistic is derived for holiness means freedom from sin which is consider to be cause of the problems. Addition of term holistic in aumic healing system indicates its comprehensiveness and responsibility for "*Total Care*" of an individual. Here, we consider all aspects of the health of the individual i.e. *Physical, mental, social, moral, spiritual and environmental* well beings. Here, the healing starts from center of the lesion and comes gradually out word and ultimately problem is over. Holistic healer and healing is in our tradition and culture. In most of the developing countries, it is practice as traditional medicine while in most of the developed countries; it is also used as healing system.

### PHILOSOPHICAL VIEWS

We all are the creation of Almighty GOD. GOD has various synonyms as *Brahma, Jehovah, Allah, Tao, Creator, or Divine Creator, or may be Divine Spirit*. Native Americans have often used the term Great Spirit or Great White Spirit. We live and move with the help of divine cosmic energy. It travels inform of waves and perceived by each sentient and insentient being according to their life span. The cosmic energy exerts definite effect for the benefit all. During the therapy, the healer remains in still position and become channels for this energy and acts as a means of transferring this energy in to the sufferer.

### PRINCIPLES OF HOLISTIC HEALING

Every life in this universe is derived from *Brahman* who is the only whole or Entire. The creative force from *Brahman* when directed according to divine wish and law, it gives positive effects in all spheres of all universal creations leading to holistic effects. When *Atmic body* is aligned with great spiritual reality, it get divine knowing of that reality- *Aham Brahmasmi (I know I am GOD)*. Though, you are individual, you are one with God. In the field of health care, those holy individuals who have

transformed himself in healing become Holistic Healer. Those healers on the other hands took the help of other aspects of life i.e. plant kingdom for curing certain diseases. The people believed in healers through experiences and have great faith. It is not only because of his seniority but because of his divine purported healing powers and also the feeling that he is Godly and is more closure to Him (GOD). GOD lives in him and some way. He keeps in views, the social, cultural and spiritual milieu. Sometimes the modern educated people because of his acts and behavior, with the Grace of GOD attains the goal of self realization. Majority of holistic healers recognizes himself by practices of yog, meditation, astrology and awakening of Kundalini and so on. Such healers perceive divine thoughts, intuitions, knowledge and acts as holistic healer. He tries to make a comprehensive and total health care, keeping in views the social, cultural and spiritual milieu. Every individual has some degree of divine forces which drive him for good acts including care of his health.

## SPIRITUAL HEALER AND HEALING

Spiritual healing can be traced as far back as the divine cosmic era by the then certain groups of healers (*Great Incarnations, Rishis, sages, priests, holistic healers, clairvoyant scholars* etc in society). In recent years, it has gained widespread popularity in the United States, the United Kingdom, and other countries. Spiritual healers believe that the therapeutic effect results from the channeling of healing “energy” from an assumed source via the healer to the patient. The general claim of healers is that they promote or facilitate self-healing in the patient. The spiritual healing is an essential component of holistic treatment. The word ‘spiritual’ originates from the Latin word ‘*Spiritus*’ meaning ‘breath of life’. The spiritual aspect refers to spiritual energy working at a deep level on our spiritual plane. Spiritual healing or Spirit healing is with us from the origin of our civilization and culture. It became widely known through the spiritualist movement especially in England. No healing comes just from the healer. The healing forces and energies come from Spirit or GOD through the medium known as healer. The word spirit is used in two ways, one as divine, positive and holistic called as GOD and other as devil, negative and deteriorating called as Ghost. It is often used to describe the healing through GOD. Here, the healer is mediator through whom the divine energy passes to the healee.

Thus, spiritual healing can be defined as the direct interaction between on individual (the healer) and the second (Sick) individual with the intention of bringing about an improvement in the illness. It is healing that involves the transfer of energy through the healer to the recipient. Holistic healers had been present in society since the inception of life. Like western modern medicine, it is not necessary that physician or healer should undergo a few years of study. The holistic healers heal with divine grace through Divine-Universal-Individual Connectivity (DUIC). They use the Cosmo universal materials or matters in holistic treatment and healing based on the requirement. There are two types of **holistic healers** in society:

**I. Inherited Holistic Healer:** Those who are borne with special inherited divine powers like *Great Incarnations, Sages and Rishis* etc.

**II. Acquired Holistic Healers:** Those who attain divine power by virtue of devotion and blessings through transformation acquired by various divine studies, practices, prayers, yoga and meditation.

## FACTORS IN HOLISM

Holistic healer and holistic healing is in our tradition and culture. In most of the developing countries, it is practice under traditional medicine and healing while in most of the developed countries; it is also used as healing system. The following factors govern the effects of holism and holistic treatment and healing.

- Physical factors.
- Mental Factors.

- Social Factors.
- Moral factors.
- Spiritual Factors.
- Environmental Factors.

## MODE OF HEALING

Spiritual healing is method which eliminates all blockages causing physical, psychological, social, moral and environmental health and development at individual's level by breaking the negative cycle and restoring the positive cycle through various cosmic and environmental energy vibrations. It deals with the whole personality of the individual. It is practiced in one or the other way all over the world. The spiritual healing has wide impacts on health in all types of people. It has its special role in amelioration of the stress and strain induced chronic and prolonged illness. It promotes self-healing by –

- Relaxing the body,
- Releasing tensions,
- Strengthening the body's own immune system.

Healing is natural and non-invasive with the intention of bringing the recipient into a state of balance and wellbeing on all levels'. Spiritual healing is not linked to a particular religion. The healing involves the transfer of energy; in other words, it is not from the healer him or herself, but the healer links with 'Universal' or Divine energy to channel healing for the mind, body and spirit.

## COMPONENTS OF HEALING

Once you say healing, the immediately it comes to the mind a drugless system of treatment for sufferings which could be spiritual. In general following are the components of healing.

1. Universal energy or spiritual force (non-religious) can be directed by intention,
2. During focus on the human body through auric field, it raises the 'spiritual vibrations'. This improves health.
3. For optimum healing, repeated treatments needed to overcome the body's inertia,
4. When people are ill, they say that they are 'low in energy'; conversely when people are healthy, we talk about them bursting with energy.

## TYPES OF HEALING

There are two types of healing. In both cases, the healer knows that with the grace of GOD a bountiful, endless supply of healing energy is flowing through them.

**(I) Passive Healing:** Here, the healer's physical body acts as a medium of flow of energy between GOD's healing energies and the patient.

**(II)Active Healing:** Here, the spirit guides the doctors or the healer through subtle energy to keep for the healer's hands to certain places on the patient's body where healing can best be effected.

## INFUENCE OF HEALING

Depending on the experience and effects the influence of healing can be under two heads:

I. Feeling during Healing.

II. Effects of Healing.

## **I. FEELING DURING HEALING**

Whenever the healing is started the sick person has some experience which is due to flow of energy. Usually, one or more of the following feeling one may feel.

- Warmth (from the healer's hands or an overall comforting type)
- Cold,
- Tingling,
- Other sensations (e.g. of movement, touch, pain coming to the surface).

## **II. EFFECTS OF HEALING**

Some changes appeared as the effect of healing to sick one. The change may be very important to the life of the patient. The common effects are:

- Reduced pain,
- Deepening inner peace / Lightening of burden,
- Alleviation of physical symptoms,
- Sense of connectedness with the Universe,
- Increased vitality.

## **HOLISTIC HEALING SYSTEMS**

World Association of Integrated medicine has a selected list of holistic healing. Based on popularity, efficiency, efficacy, availability and feasibility, the following are the common holistic systems are:

- AUM Therapy.
- Kundalini Therapy.
- Astro Medicine.
- Yog and Meditation.
- Spiritual Healing.
- Auric Healing.
- Psychic Healing.

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