

BASIC PRINCIPLES OF AUM THERAPY



BY

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President

AUM FOUNDATION LLC. NY, USA

Third Edition-2015

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**By
Dr. Nagendra P. Dubey
President
AUM Foundation LLC. NY, USA**

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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. In fast growing modern era, we have become more material 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.

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 òPrinciples of Divine Existingö. 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. *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 through traditional, holistic and modern systems and its principles, diagnostic and or therapeutic measures. 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. 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. 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 sufferings, disorders and diseases. This book is the main guide for the courses of AUM therapy.

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 P. 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 / Pranava is the word used as divine name in the beginning of sacred mantras and is the God itself. The three syllables e.g. *õAö* stands for creative energy *õUö* for life energy *õMö* annihilation of the universe representing three dimension/functions of *õGodö* 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.

õAUMö utilizes the vibrating energy produced during pronunciation of *õAUMö* 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 of thinking about the philosophy and methodology of this spiritual therapeutic element of alternative medicine of this divine energy for human welfare.

(Prof. Dr. R.R. Dwivedi)

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I dedicate my humble regards to my beloved *Swami A.V. Srinivasan Ji* whose blessings and inspiration has encouraged me to move ahead.

It acknowledges my thanks to *Prof. R.R. Dwivedi*, Ex. Professor, Department of Preventive and Social Medicine, Banaras Hindu University for providing me the necessary guidance as experienced academician and spiritual guide.

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I acknowledge my thanks to *Dr. Namika Tiwari*, *Dr. Niharika Dubey* and *Dr. Naveen Prakash Dubey* who has been always standing with me in my all integrated and holistic health care programmes as well as ready to produce the necessary references as and when required.

I acknowledge my very special thanks to *Mr. Darmin T. Bachhu*, Vice President and Legal Advisor of 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 memberø specialty my wife *Smt. Sheela 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.

- *Dr. Nagendra P. Dubey*

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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 and universal creations. In the word GOD, each letter is representative of specific divine supreme power (SDSP).

DIVINE UNVERSAL THEORY

VEDIC THEORY

SCIENTIFIC THEORY

GENESIS OF FIVE ELEMENTS

APPLIED PHILOSOPHY

THE SELF AND AUM

UNIVERSAL TRIO-FACTS

The above universal trio-facts come in one or the other ways during the existence of every universal creation.

*Jai Jai Kripa Nidhan, Sakal Bhuvan Aadhar
Kan Kan Ke SansarTum, Harte, Sabka Bhar* ^(AC D2)

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

CHAPTER-2

AUM AND PRAN

AUM is *Pran* (life). 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*).

AUM AS PRAN

AUM is Omnipresent. It is present as subtle cosmic energy in all the existing living and nonliving of the universe.

DESCEND OF PRAN

Though, *Pran* is implanted at the time of conception in intrauterine life of the individual $\acute{\text{í}} \acute{\text{í}}$

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 *Pranavayu*.....

AUM AND SELF

The proper chanting of AUM is called *Aumkara*.....

AUM AND OM

Most of the people are chanting AUM start as OM is not correct $\acute{\text{í}} \acute{\text{í}} \acute{\text{í}} \acute{\text{í}}$.

CHANTING OF AUM

MECHANISM OF CHANTING

Irrespective of caste, creed, religion or race, everyone can chant AUM (*Aumkara*) $\acute{\text{í}}$.

***Pran, Gyan, Mun, Jeevan Too Hai, Vishw Roop Me Swami,
Jeewan Ka Aadhar Tumhi Ho, Sakal Manorath Kami.***

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

AUM AND SCIENCE

AUM is the beginning and end of all the beginning. Out of all, the existing come in between where the culture bound philosophy comes. From

SPIRITUAL CONCEPT OF AUM

All the knowledge has been derived from AUMí .

AUMIC PLANES

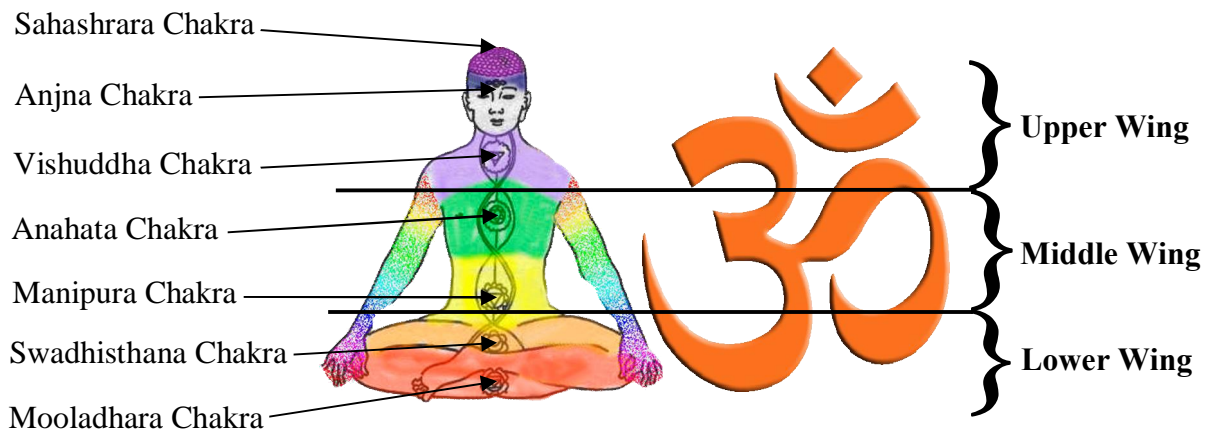
Aumic space is space between Aumic Divinity to Aumic Individual level. It is divided in three major planes í í í í .

PHYSICAL STRUCTURE OF AUM

AUMIC HUMAN BODY

Aumic human body is representation of the holistic human body within Image of AUM.

AUMIC AND HOLISTIC BODY PLANE



“AUMIC Human Body”

STRUCTURAL CORRELATION

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

AUMIC HOLISTIC BODY

We live in physical world and believe in the same. The modern science strengthens the thinking. In this universe, every existing has its own size, shape and image. GOD (AUM) is present in them in the same image.

AUMIC BODY

The correlation of physical body in the image of AUM (Aumic Human Body) has been described and diagrammatically represented in earlier chapter 1 1 1 1 ...

AUMIC BODY PLANES

The Aumic human body comprised of the visible physical body and subtle higher bodies.

(I) DIVINE PLANE

This is the highest and ultimate plane of life for which one struggle throughout the life and ultimately merges 1 1 1 1 .

(II) HIGHER BODY PLANE

It involve individual's subtle bodies over the physical body 1 1 1 1 .

(III) LOWER BODY PLANE

The lower body plane stands for the physical body which is visible and responsible...

APPLIED AUMIC BODY

The Applied Aumic body has been considered in more comprehensive ways than the holistic way

AUMIC MERGER

Aumic merger is a process of the individual origin, stay and ultimate merger with GOD (AUM). Those who have come have to go back from where they have come. This is universal truth 1 1 ..

AUMIC YOGA

Everyone has come in this universe with definite span of life and vision. He acts during the life according to their inherited *Sanskara*. Everyone knows the good and bad aspects of life even then they do the bad because of his *Sanskara*.....

ESSENTIALS OF AUMIC YOGA

Aumic yoga itself brings enormous energy, serenity and pioucity in individual. It improves more internal atmosphere than the external oneí í í í í í ..

AUMIC YOGA

AUMIC *Yoga* is a way of individual aumification (Aumic attainment through various steps)í í í í í ..

AUMIC ENVIRONMENT

Aumic environment is a place where aumified environment has been created to perform the Aumic Yogái í ...

AUMIC ASTANG YOGA

The Aumic Astang Yoga has following eight stepsí í í í í í .

METHOD OF PRACTICE

Nobody is perfect in the world; perfect is only i.e. Omnipresence. í í í í .

LEVELS OF ATTAINMENT

Aumic yoga 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 yoga allows one to attain the following levels one after the other.

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

AUM AND CHAKRAS

Merger with GOD (AUM) is the ultimate aim of everybody which is possible with good acts (*Karmas*). AUM is supreme source of energy (SSE) to energize all the existing of the universe through direct and indirect means, and methods, modes í í ..

AUMIC CHAKRAS

AUMIC Chakras are the whorls of high energy situated various planes of individual. There are nine major chakras divided in two groups:

- I. Higher Chakras.
- II. Lower Chakras.

I. HIGHER CHAKRAS

These chakras are higher chakras (*Para Chakras*) situated in the divine plane of the individual. These chakras cannot be described in the definition of modern scientific boundary í í ..

II. LOWER CHAKRAS

These chakras are inferior chakras and are under the control of higher chakras located in etheric and astral plane of the individual's physical body í í í í í

FUNCTIONS OF CHAKRAS

In health, all the seven *major chakras* are perfectly balanced, correctly awakened, well coordinated and fully energized í í í í .

CAUSES OF CHAKRAL DISORDERS

The normal *chakra* activities provide prolonged peaceful, blissful and healthy life...

CHAKRAL EVALUATION

In general, when we say chakras, it stands for the lower chakras. The evaluation of chakra is required in order to ascertain the obstruction in flow of energy. This disturbance in flow of energy may occur due to two reasons.

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

CHAKRAL OBSERVATIONS

AUMIC ENERGY

AUM is the Supreme Source of Energy (SSE) in the name of Aumic Energy. Aumic energy is the energy of energy from where each and every universal atom gets energizedí ..

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 distributeí í í .

ROUT OF ENTRY OF ENERGY

The life (*Pran*) is implanted in intrauterine life (IUL) with soulí í í í í í í ...

ENERGIZATION AND EFFECTS

It is process of providing adequate energy to the cells, tissues and organs in order to function properly..... 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 así í í ..

II.UNIVERSAL EFFECTS

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

- (A) Maintenance of equilibrium amongst all the known and unknown celestial bodies in the universeí í í ..

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:

- (A)Balanced effects of the three defined quarters of *Self i.e. - Vaisvanara, Taijasa and Prajna* leading to happy, healthy, prolonged and blissful life.

AUMIC POLARITY

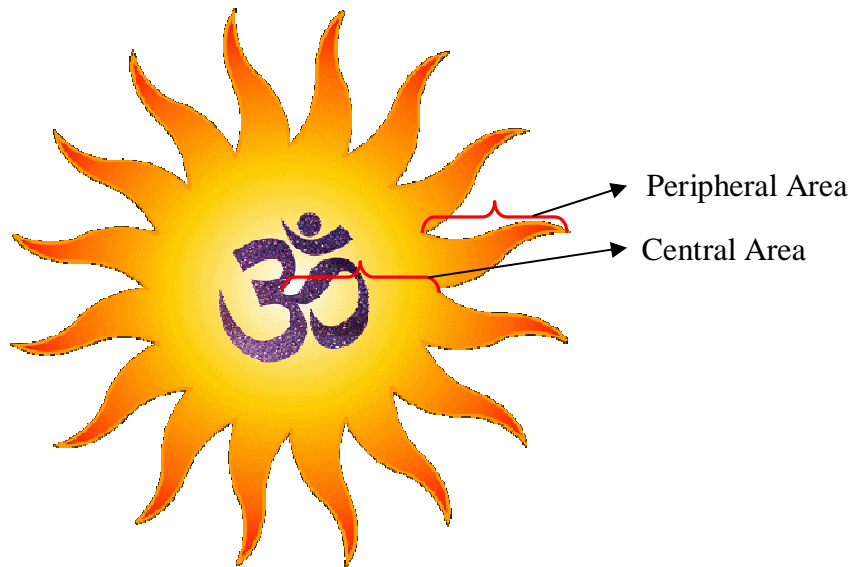
AUM is the highest source of all known and unknown ions required in formation of all sentient and insentient in the universe. These ions are operated by Aumic ions by AUM. The Aumic-ions compensate the ionic changes in the universe to maintain the universal polarity in order to balance the intra and inter universal forces leading to universal balanceí ..

TYPES OF POLARITY

Depending on the above equation of polarity and pitch of the sound creating aumic vibrationí í í í í í í ..

AUMIC FIELD AND POLARITY

The aumic field is full of aumic polarity of varying intensity. Any object that comes in the aumic field starts getting aumifying and ultimately gets aumifiedí í í í í í í í



PRINCIPLES OF POLARITY

The GOD and the Nature is the base of all cosmic and universal creationsí .

FACTORS AFFECTING POLARITY

The aumic polarity varies from individual to individual even with gene to gene. It is influenced by following factorsí .

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 spiritual methods of practice and 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 $\dot{\text{í}} \dot{\text{í}} \dot{\text{í}} \dot{\text{í}} \dot{\text{í}}$.

AUMIC LAWS HOLISM

AUM is *Divine, Supreme, Omnipresence, Holiest and Auspicious*. It is difficult to bind it in any human law or act. However, certain laws have been observed.

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

TRI AUM EFFECTS

It is three dimensional (care, cure and longevity) effects on individual leading to a healthy, disease free, prolonged peaceful and blissful life. This effect is created by Aumic Rituals. The effects are proportional to individual's positivity. The Aumic Holistic Effect (AHE) components of life are -

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

AUMIC HOLISTIC EFFECTS

AUM is GOD the beginning and end of all beginning of the universe. As regards to health is concern, it brings a healthy, disease free, prolonged 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 body, all health, most problems and diseases for prolonged peaceful and blissful life. Besides these, it improves the future *Sanskara* for next life and clears the way to liberation provided they are practiced through triad of achievement (*sincerely, regularly and honesty*).

AUMIC HEALTH

Aumic health is a positive health in all spheres of life with aumic effects. Each universal exiting has right to enjoy its fullest span of life. .

AUMIC HALTH

AUMIC health is divine gift to an individual to enjoy a peaceful, blissful and prolonged life to serve with auspicious hearing, auspicious vision and auspicious acts. .

AUMIC EQUILIBRIUM

Aumic equilibrium is a state within the Aumigenic circle is created to maintain the Aumic health (*a positive in all spheres of life*.....). .

AUMIC FACTORS

Aumic equilibrium factors are those which help in maintaining the aumic cycle in state of proper balance to provide the aumification. .

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.

- (I) Divine Factors
- (II) Universal Factors
- (III) Individual Factors

(I) DIVINE FACTORS: Man is ordained soldier of GOD 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.

(II) UNIVERSAL FACTORS: The universe is continuum above with the cosmos and divinity and below with the individual. 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 maintain inter and intra universal forces in order maintain the universal and individual relation.

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

AUM AND SUFFERING

GOD (AUM) has already provided enough cosmic energy for all existing (sentient and insentient). This energy reaches to each individual directly and indirectly to leave them happy, healthy and peaceful throughout their life í í í í í í í í í í í í í í í

PHILOSOPHICAL BACKGROUNDS

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.

AUMING AND AUMANG EFFECTS

Every sentient and insentient being in this universal is comprised of a special divine component which the soul (*Atma*) of the individual í í í í í í í í í í í í í í í .

DIFFERENCE BETWEEN AUMING AND AUMANG

Both the energy is derived from the supreme source of energy (SSE) both are equal and opposite of each other.

CORELATIONS OF AUMING AND AUMANG

The origin of auming and aumang energy is the same. They are deeply correlate and interdependent on each other.

AUMIC SUFFERING

The balance of two equal and opposite forces namely Auming and Aumang are responsible for Aumic health.

AUMIC CHANGES

Normally the *aumigenesis* and *aumilysis* are metabolic and catabolic process respectively in routine aumic life.

CONTRIBUTORY FACTORS

Any factor which helps in progress of the existing situation is called contributory factor, so far as the suffering and disorder is concerned, it may appear at one or many level.....:

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

AUMIC EFFECTS

In aumic philosophy, each universal existing is composed of two equal and opposite energy with definite positive and negative charge. These charges are in form of energy to maintain the Aumic health in state of equilibriumí í í ..

HOLISTIC CONSTITUTION

Almighty GOD (AUM) is omnipresent. He is the beginning and end of all beginningí ..

AUMIFICATION

Aumification is process of transformation of individual due to addition of aumic effects created by self or with the help of devoicésí í í í í í ..

PROCESS OF AUMIC EFFECT

Everything in this universe has two aspects which we describe in different names at different places. So for as aumic effect is concern, it has various names at various places as- *Positive and Negative, Aumigenesis and Aumilysis, Auming and Aumang* and so on so forth. The aumic effect is two types-

- I. Aumigenic Effects.
- II. Aumilysis Effects.

AUMIC EFFECTS

Aumic effects are the end results of aumification. It is comprehensive effects for **all planes factors** (*divine cosmic, universal and individual*), **all bodies** (*physical, etheric, astral, lower mental, higher mental, buddhic and atmic*) for **all healthy** (*physical, mental, social, moral, spiritual and environmental*) with all **tools and techniques** measures (*means, methods and modalities*).

AUMIC EFFECTS ON HEALTH

The aumic effects influences all sphere of lifeí í í í í í í í í í í í í í í ..

1. Promotive effects.
2. Preventive effects.
3. Curative effects.
4. Rehabilitative effects.
5. Prolonged holistic life.

AUMIFIED PERSONALITY

Aumified personality is unique personality characterized by highly aumic indices. The aumic indices are ascertained with some Oro-visual holistic assessment (OVHA)í í ..

Note: For details of the book and the chapters, readers are requested to kindly see the: [Mode of payment \(Payment Method\)](#) and [How to Download \(Download Method\)](#) on our website ([Publication Page](#)).