BASIC PRINCIPLES OF AUM THERAPY
(Comprehensive Approach for Integrated Health and Holistic Care)

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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 also (From certain extents to its maximum).

On the other hands, many means, methods and modalities were developed to heal and treat the physical problems, sufferings, disorders and diseases according to culture and civilization through various modalities of healings, medical care and treatment 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 but 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 students, teachers who are interested and involved in study, teaching and practice of holistic, traditional, modern healing and therapies. This book is another guide to 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 basic guide for the students of AUM therapy and Holistic Healing.

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 / Pranava* 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 for the welfare of the universal creations. The philosophy and its possible scientific methodology is appreciable.

I am sure the holistic, spiritual and therapeutic part of this book 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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Dept. of Preventive & Social Medicine
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ACKNOWLEDGEMENT

With profound gratefulness, I pay my Homage to my beloved Mother (Late) Nawlakshi Dubey and Father (Late) Indrasan Dubey who desired my presence in this world to do something for the service of sufferings. I dedicate my most sincere regards, respects and entire works in the “Lotus Feet” of Bhagwan Sri Sathya Sai Baba whose grace, blessings and intuitions inspired me to think and write about the AUM Therapy.

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 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.

I acknowledge my very special thanks to Dr. Naveen Prakash Dubey, for her special contribution as co author in adding, editing and arranging the references in bringing out this edition.

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 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 Prasad Dubey)
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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). Here, G - Represent as Generator; O - Represent as Operators and D - Represent as Destroyer of all cosmic and universal creations. Thus, GOD is the creator of all cosmic and universal contents (sentient and insentient). The divine AUM sound energy of GOD is the precursor of all energy. Thus, all the cosmic and universal energy are one or the other way derived from AUM. Keeping in view, the philosophy of omnipresence and omnipotent, GOD has been has been very well described in AUM Prayer as -

Too Hai Kripa Sindhu Sa Roopa, AUM Tumhari Bani, Too Hai Swami Sakal Bhuwan Ka, Brahmand Rajadhani (1).

O! GOD, You are the Ocean of Mercy, AUM is your Voice (as 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 and universe).

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 Vedas); HUM (Tibetan); AMIN (Muslim); AMEN (Greeks, Romans and Christians) and AHUM (Zoroastrians).

DIVINE UNIVERSAL THEORY

In accordance to my inspiration, intuition and thought, GOD might have had thought to create something in the Cosmos. The divine law operated and on the wish of GOD and Nature, the divine cosmic energy (DCE) appeared as the sound energy called AUM. This sound energy appeared in the image of GOD as precursor of all, thus, AUM is 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 (2).

**VEDIC THEORY**

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

**SANSKRIT**

ॐ मद कर्मिनि: ॠणुयाम देवः ।
भद्र पतेष्माश्चमिगज्ञानः ।
सिद्धर्शुचुरुपुषो न संस्तुमुः ।
्यथा देवनिन्दित्यादयुः ।
स्वस्तिन न इन्द्री वृद्धश्रवः ।
स्वस्तिन न: पूषा: विष्वेवः ।
स्वस्तिन नस्तास्ति अरिष्ट्येवः ।
स्वस्तिन नो वृथ्यतितिद्धातुः ।
ॐ शान्ति: शान्ति: शान्ति:

**English**

AUM! Bhadram karnebhih srnyama devah
Bhadram Pasymakshabhiryajatrah
Shhirairangaiustustuvamsantanubhir
Vyasema devahitam yadayuh
Svasti na indro vridhasravah
Svasti nah pusha visvavedah
Svasti nastarkshyo arishtanemih
Svasti no brihaspatirdhadatu
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 Indra (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 Grauda, (the GOD of destroyer of all evil as Shiva) 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).

**Indra, Brihspati, Garud Roop Me Sakal Shrishti Ke Data, Sakal Vanaspti, Jeev, Jagat - Ke Too Hi Pran Pradata (2).**

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 Grauda (The destroyer of evil). Thus, You provide the life to all (sentient and insentient) of the Universe.

The first rhyme (Shloka) 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 (Shloka) 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. Sound is 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 Mantradrashta 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) is the supreme source of energy (SSE) 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 (Vata), Fire (Agni), Water (Jala) 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 leaded 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 as complementary and supplementary to each other whether we know or not its application. Out of all, the human beings are considered to be highly brained and have the rights for new acts (Karmas). Everyone exists in this universe in one or the other form in the image of AUM and is replica of universe. This fact has to be realized and recognize by everyone but not possible due to very many reasons. To make the realization, the Almighty sends someone as messenger or sometimes come directly as incarnation (Avatar) to guide the mass and establish the truth. All universal existing have their definite known and unknown roles according to their Sanskara 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.
The entire process of appearance and reappearance is called the *divine cyclic* where there is creation, operation, destruction and reappearance. This cyclic 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 saint and sears (*Rishis*). 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 (*Mantradrashta*). 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 *Athurveda*) 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.
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. Vaisvanara
2. Taijasa
3. Prajna
4. Turiya

1. VAISVANARA (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 grass 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. TAIJASA (Phase of Knowledge and Wisdom): It is second quarter. Its field is dreaming state (Swapana) 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. PRAJNA (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 Omnicient; 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 is 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 be
well established at different places in the image of AUM. The diagrammatic correlation of AUM and The SELF is shown as under:

![Diagram of AUM and SELF]

**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 -

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<th>Sl. No.</th>
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<th>Prajna</th>
<th>Turiya</th>
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<td>2</td>
<td>Field</td>
<td>Waking State (Jagrat)</td>
<td>Dreaming State (Swapana)</td>
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<td>Indwelling Controller</td>
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<td>3</td>
<td>Consciousness</td>
<td>Outward turned</td>
<td>Inward turned</td>
<td>Consciousness</td>
<td>Neither inward nor outward turned</td>
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<td>4</td>
<td>Limb and Mouth</td>
<td>Seven Limbed and Nineteen mouth</td>
<td>Seven Limbed and Nineteen mouth</td>
<td>Mouth is consciousness</td>
<td>Infinite</td>
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<tr>
<td>5</td>
<td>Sound</td>
<td>A</td>
<td>U</td>
<td>M</td>
<td>∞</td>
</tr>
<tr>
<td>6</td>
<td>Enjoy</td>
<td>Gross Objects</td>
<td>Subtle Objects</td>
<td>Measures all and Become all</td>
<td>Blissful, Peaceful and Non-dual</td>
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<tr>
<td>7</td>
<td>Holistic Coverage</td>
<td>Prosperity</td>
<td>Knowledge</td>
<td>Become all</td>
<td>Merge of self in Self</td>
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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 universal 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. Cosmic, Universal and Individual. These trio-facts have been enumerated at various places in coming chapters.

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<td>Three Effects of AUM</td>
<td>Care, Cure and Longevity</td>
</tr>
<tr>
<td>28.</td>
<td>Three Qualities (Gunas) of Life</td>
<td>Satva, Rajas and Tamas</td>
</tr>
<tr>
<td>29.</td>
<td>Three Types of Food</td>
<td>Satvic (Pure), Rajasic (Kingly) and Mixed</td>
</tr>
<tr>
<td>30.</td>
<td>Three Resonators of Sounds</td>
<td>Plants, Animals and Human</td>
</tr>
<tr>
<td>31.</td>
<td>Three Steps of Integrated Yoga</td>
<td>External, Bridge and Internal</td>
</tr>
<tr>
<td>32.</td>
<td>Three Steps of Internal Yoga</td>
<td>Dharana, Dhyana and Samadhi</td>
</tr>
<tr>
<td>33.</td>
<td>Three Types of Environment</td>
<td>Internal, External and Universal</td>
</tr>
<tr>
<td>34.</td>
<td>Tree Ways of Achievement</td>
<td>Sincerity, Honesty and Regularity</td>
</tr>
<tr>
<td>35.</td>
<td>Three Aims of Individual Life</td>
<td>Healthy, Prolonged and Blissful</td>
</tr>
<tr>
<td>36.</td>
<td>Three Bodies of Upper Triad</td>
<td>Higher Mental, Buddhic and Atmic</td>
</tr>
<tr>
<td>37.</td>
<td>Three Bodies on Physical Body</td>
<td>Etheric, Astral, Lower Mental</td>
</tr>
</tbody>
</table>
38. Three Governors of Organs | Knowledge, Intellects and Mind
39. Three Base of Life | Pran, Gyan and Mana
40. Three Holistic Evaluations | Astrological, AUM Score and NP Score.
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 universal creation. Thus, it is important to remember AUM as -

*Jai Jai Kripa Nidhan, Sakal Bhuwan Aadhar
Kan Kan Ke Sansar Tum, Harte, Sabka Bhar* (1)

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**

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 led by the existence of their Pran. The presence of Pran can be observed within certain parameters but cannot be bound in physical boundaries.

At physical level, the Pran is regulated by Pranayama which is nourished by Pranic energy of cosmic origin. This is observed in living beings only. The proper chanting of AUM e. i. Aumkara is one of the best way to strengthen the Pran with the help of Pranic energy. The AUM is deeply adhering with Pranayama. 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) process. It has been describe in AUM Chalisa as-

*Poorak Van Brahmand Se Tum Hi, Pran Vayu Bharate Ho, Rechak Se Sab Kasht Haran Kar, Sarv Shanti Deto Ho* (1).

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 Pranayama and nourished by Pranic energy. The concentration of Pran is more in Pranamay Kosha which needs still to be explored in detail with advanced modern techniques. All the universal creations have been derived from the five elements (Punchmahabhutas). Here, we are concerned with human being whose body is also composed of five elements (Punchmahabhutas) represented by three humors (Tridoshas), seven body tissues (Saptadhatus) and five waste products (Punchmalas). The three humors are air (Vata), bile (Pitta), and phlegm (Kapha). Air (Vata) carries Pranic energy. There are five types of air (Vata), out of these, Pranavayu is one of the
cosmic energy, which enters and comes out of the body with (Vata) predominately through respiration. The regular practice of Pranayama through Aumkara strengthens the Pranic energy.

According to Patanjali Astang Yoga, the fourth step of external yoga is Pranayama. It is concerned with the regulation and nourishment of Pran. It is the best way to strengthen more Pran in Pranamay Kosha. Regular practice of Pranayama extends the life span of an individual by increasing the Pranic energy and strengthening the Pranamay Kosha. The Yogis regulate their Pran through Pranayama. 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 Kosha and reverse it in physical body whenever they wish.

**DESCEND OF PRAN**

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 (Chetana) 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 etheric body. The 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 Anahata chakra)

At these three places, there are saucer shaped depressions on the surface of etheric 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 etheric web of minor and mini chakras and channels (Nadis) to give vitality to body. The dense physical body and etheric body is one cohesive unit. Any damaged to etheric body leads to proportional damage to the 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 Pranavayu while Pranayama is process to regulate, retain and strengthen the Prana in Pranamay Kosha. The correlation and interdependence are given below:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters</th>
<th>Respiration</th>
<th>Pranayama</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>State</td>
<td>It is active process of inhalation and exhalation of gases in varying quantity and quality.</td>
<td>It is yogic process of regulation of breathing</td>
</tr>
</tbody>
</table>
2. Extents From visible inspiration to expiration. Invisible control of Pran through Pranayama.

3. Controlled by Respiratory Centre Divine Cosmic Power

4. Carriage Main vital gases as Oxygen, Carbon dioxide and Nitrogen in varying amount. Pranic air (Pranavayu)

5. Rate 18-20 cycle per minute in adult Depends on practice and regulation

6. Phases Inspiration, Pause and Expiration Puraka, Kumbhak and Rechaka

7. Provides Vital gases to all cells and tissues Strengthen Pranic energy


**AUM AND SELF**

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

**AUM AND OM**

Most of the people are chanting AUM start as OM which is not correct in order to fulfill the perfect individual aims. The chanting of OM has limited meaning and effects. Chanting of OM corresponds to only two quarter of the Self i.e. Taijasa whose sound is “U” and ends with Prajna whose sound in “M”. Those who chant OM, they remain deprived of the merits of two quarters i.e. Vaisvanara and Atman which are mainly responsible for prosperity and recognition of the self. The individual chanting simple OM hardly achieve about 30-35% of cosmic powers as the share from AUM which help in an integrated form of knowledge and wisdom. 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 (ॐ) U (ॐ) M (ॐ) and last Atman denoted as with the letter is infinite (∞). These letters have strong power of qualitative creations in various aspects of all the universal creations. The correct chanting of AUM maintains all the universal equilibrium, achievement of all desirable objects, exalts the flow of knowledge and becomes equalized, measures all and becomes all means recognize the Self or the Atman.
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 to lead a proper peaceful, blissful and prolonged life. This will give additional holistic response besides the therapeutic response.

MECHANISM OF CHANTING

Irrespective of caste, creed, religion or race, everyone can chant AUM (Aumkara). Any individual interested in chanting can be easily being trained for chanting of AUM (Aumkara) with little practice according to their tradition 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 (Aumkara).

I. Step A ($\text{A}$) (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 $A$ ($\text{A}$) 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 Vaisvanara quarter of the Self (AUM).

II. Step U ($\text{U}$) (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 $U$ ($\text{U}$). 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 Taijasa quarter of Self (AUM).

Diagrammatic Representation of Chanting of AUM
(III) **Step M (ॐ)** (Step of Declination):

In continuation of step U, change the sound with closing the slit opening of the lips for chanting M (ॐ) 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 *Prajna* 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:

*Pran, Gyan, Mun, Jeevan Too Hai, Vishw Roop Me Swami,*

*Jeevan 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 wishes and desires.

**REFERENCE**

1-2. Dubey; Nagendra P; *AUM Prayers; AUM Chalisa; Second Edition 2015; P. 7 & 8.*
CHAPTER -3

AUM AND SCIENCE

“AUMIC Science is limitless and beyond the human approach, while the Modern Science is limited, within the human approach”

-Dr. N. P. Dubey

AUM is the beginning and end of all the beginning. 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) inform of sound energy in the cosmos. The sound created motion due to vibration in the sky (Ether) resulted blowing of air (Vata). The faster blow of air produced fire (Agni) through frictions which on cooling formed water (Jala), the water settled to form the earth (Prithvi). This way, the creation of five elements (Punchmahabhutas) took place in this universe for further creations.

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

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 Sanskara 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 texts known as Vedas i.e. Atherveda, Rgveda, Yajurveda and Samveda according to its age (from earliest to the latest) and its allied literatures as Upanishads and Aranyaka. Out of all these literatures, Mandukya 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 Aumic Individual level. It is divided in three major planes as mentioned below.

I. Divine Cosmic Plane *(Plane of Infinite)*
II. Universal Plane *(Plane of Existence)*
III. Physical Plane *(Plane of Physical Structures)*

(I) Divine Cosmic 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.

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

(III) Physical Plane *(Planes of Physical Structures):* The physical shape of AUM (ॐ) has been derived from Atherveda and its allied Mandukya Upanishads. GOD (AUM) has created all the existing of the universe in the image of AUM. Thus, 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 cosmic plane. In individual human being, it has been very well described in the holistic concept of human body.

**PHYSICAL STRUCTURE**

AUM is universally accepted in almost all major religions, race and cultures with deepest sense of similar pronunciation, feeling and realisation. Study of AUM in individual’s image is required in order to understand the physical structure, physiological function, spiritual practice and scientific demonstration. Here, AUM has been considered in context of a human body. The physical symbol has been divided into three 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 (Vata) elements of five elements (Panchmahabhutas). It corresponds to Akash loka of three cosmic sub-planes. It represents Prajna and Atman component of the Self. It is the seat for throat Vishuddha Chakra), Anjna 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 (Jala) elements of five elements. It corresponds to Bhu loka 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](image)
(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 loka of three cosmic sub-planes. It represents Vaisvanara component of the Self. It is the seat for Mooladhara Chakra and Swadhisthana Chakra.

**AUMIC HUMAN BODY**

*Aumic human body is representation of the holistic human body within Image of AUM.* We cannot be binding the philosophy in strict modern scientific boundaries. The philosophy is replica of holistic knowledge while science is the systematic knowledge derived from philosophy. Science believes in physical existence and its demonstration. It is very limited. AUM is present in each and every universal existing in its image. An arbitrary correlation of the physical structure of AUM, corresponding human body and related chakras in specific wing is given as under:

- Sahashrara Chakra
- Anjna Chakra
- Vishuddha Chakra
- Anahata Chakra
- Manipura Chakra
- Swadhisthana Chakra
- Mooladhara Chakra

“AUMIC Human Body”

**AUMIC AND HOLISTIC BODY PLANE**

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:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>AUMIC Plane</th>
<th>Holistic Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Divine Cosmic Plane.</td>
<td>Pertaining to Divinity (The Divine/Atmic connectivity)</td>
</tr>
<tr>
<td>2.</td>
<td>Universal Plane.</td>
<td>Between Buddhic body and Atmic body. It corresponds to Individual’s Visual Thought (IVT)</td>
</tr>
<tr>
<td>3.</td>
<td>Physical and Subtle Plane.</td>
<td>Physical and Subtle Body :</td>
</tr>
<tr>
<td></td>
<td>1. Upper Wing</td>
<td>- Buddhic Body</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Higher Mental Body</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Lower Mental Body</td>
</tr>
</tbody>
</table>
### II. Middle Wing
- Astral Body

### III. Lower Wing
- Etheric Body
- Physical Body

## STRUCTURAL CORRELATION

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

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>AUMIC Planes</th>
<th>Morphology</th>
<th>Corresponding Structures of Holistic Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Divine Cosmic Plane</td>
<td>Pertaining to divinity and area around the universal plane</td>
<td><strong>Divine/Atmic connectivity.</strong></td>
</tr>
<tr>
<td>2.</td>
<td>Universal Plane</td>
<td>It is linkage between individual’s <strong>Buddhic</strong> and <strong>Divine/Atmic</strong> plane</td>
<td>Superconsciousness level. Corresponding to IVT, it is seat for Sahashrara chakra</td>
</tr>
<tr>
<td>3.</td>
<td>Physical and subtle Planes of AUM</td>
<td>The entire structure of Monosyllable AUM</td>
<td>It involves Physical body and its various organs.</td>
</tr>
<tr>
<td></td>
<td>a. Head</td>
<td>The upper semi circular area including dotted structure.</td>
<td>Head, brain, meningies (with <strong>Buddhic</strong> and higher mental bodies). It is seat of Anjna chakra.</td>
</tr>
<tr>
<td></td>
<td>b. Neck</td>
<td>The structure between head and upper sphere and anterior projection of body of AUM</td>
<td>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 Vishuddha chakra.</td>
</tr>
<tr>
<td></td>
<td>c. Upper Sphere</td>
<td>It includes upper attached body of semicircular structure, upper part of anterior projection.</td>
<td>Upper limbs and upper part of the thorax (including upper and middle lobes of lungs), supporting structures (muscles, vessels and bones).</td>
</tr>
<tr>
<td></td>
<td>d. Middle sphere</td>
<td>It includes lower most part of upper sphere, full internal and anterior projections and upper most part of lower sphere</td>
<td>Lower lobe of lungs, heart, diaphragm, liver and gall bladder, spleen, kidneys, pancreas and other supporting structures. It is seat for Anahata and Manipura chakras.</td>
</tr>
<tr>
<td></td>
<td>e. Lower Sphere</td>
<td>In includes lower semicircular structure of AUM, lower part of anterior projection.</td>
<td>Lower abdominal viscera, pelvic organs (including uro-genital system) and lower limbs and supporting musculoskeletal structures. It is seat for Swadhisthana and Mooladhara chakras.</td>
</tr>
</tbody>
</table>

[18]
CHAPTER- 4

AUMIC HOLISTIC BODY

“What we see is not the truth, the truth remains unseen, We need divine visual sense, to visualize the truth”
- Dr. N. P. Dubey

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. The physically observed human being is something more beyond what we see in his physical form. The human body has six more 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.
- AUMIC Body.
- AUMIC Body Planes
  I. Divine Plane.
  II. Higher Body Plane.
  III. Lower Body Plane.
- Applied Aumic Body.
- AUMIC Merger.

AUMIC BODY WITH CHAKRA

[19]
AUMIC BODY

The correlation of physical body in the image of AUM (Aumic Human Body) has been described and diagrammatically represented in earlier chapter of AUM and Science. The correlation of AUM with holistic body as represented through various subtle higher bodies on physical body plane has been shown in above diagram. These higher bodies are in continuum to divinity (AUM) through higher chakras. The Aumic effects comes down to physical body level through chakras and various subtle higher bodies. The effects manifest through chakras and appear as physical body health and disorders.

AUMIC BODY PLANES

The Aumic human body comprised of the visible physical body and subtle higher bodies. Thus, Aumic human body has been divided into three major planes.

(I) Divine Plane (Almighty Plane).
(II) Higher Body Plane (Higher Plane).
(III) Lower Body Plane (Physical Plane).

(I) DIVINE PLANE

This is the highest and ultimate plane of life for which one struggle throughout the life and ultimately merges with it. It is fourth quarter of AUM. It is not necessary that everybody who merges with it achieve the ultimate goal. Those who attain the goal they are with AUM. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is neither inward- turned nor outward-turned consciousness nor together. It is infinite, cannot be described in words. It is infinite, cannot be described in words. It is peaceful, blissful; and non-dual. He who knows merges his self in the Self and attain ultimate goal. It correspond to Atmic and Parmatmic Chakras.

(II) HIGHER BODY PLANE

It involve individual’s subtle bodies over the physical body which remains unseen by the physical eyes unless one has divine vision known as special vision (Divyadrishti). It covers the entire physical body in layers. Here, all activities are subtle. The higher body is further divided into two sub planes.

(A) Upper Triad.
(B) Lower Quaternary.

(A) UPPER TRIAD: It is considered as Akash loka (Swarg / heaven) comprised of three cosmic planes. It is represented as triangular shape and has three planes.

(1) Atmic Body (Divine Plane)
(2) Buddhic Body (Intuitional Plane)

[20]
(3) Higher Mental Body (*Mental Abstract Plane*)

1. **Atmic Body** (*Divine Plane*): It is upper most structure of the upper triad. It has its direct connectivity with divinity. It is the seat for the rest of soul (*Atma*). It corresponds to Sahashrara chakra below and Atmic chakra and Parmatmic chakra above. This body is divided into three cosmic ether planes.
   (a) First Cosmic Ether.
   (b) Second Cosmic Ether.
   (c) Third Cosmic Ether.

(a) **First Cosmic Ether:** The first cosmic ether layer is the superior most aspect of subtle body in ether field.

(b) **Second Cosmic Ether:** It is called *Monadic Plane*. It is the highest aspect for a human being. It uses consciousness (*Chetana*) as vehicle of expression. This consciousness (*Chetana*) also used to gain the experience from lower planes. It is responsible for –
   - Intelligence.
   - Love.
   - Wisdom.

(c) **Third Cosmic Ether:** The third lowest plane of *divine plane* based on *Buddhic body* (*Intuitional plane*) is responsible for spiritual activities at physical level. It contains bliss sheaths which are nourished by – *Samadhi* step of yoga. Its function is active intelligence.

2. **Buddhic Body (Intuitional Plane):** It is situated between Atmic body and higher mental body in continuum to third cosmic ether. It contains most of the contents of second and third cosmic ether as bliss sheaths and intelligence sheath. Besides this, it contains spiritual threads. Some spiritual scientists call it *Fourth Cosmic Ether*, responsible for the intuition to the individual who has recognized or understand this plane. It also contains *Buddhic permanent atoms*. It is nourished by - *Dharana, Dhyana* and *Meditations.*
3. Higher Mental Body (Mental Abstract Plane): It is the lower most part of the upper triad. It is the highest mental level of physical body. It is comprised of mental abstract (Antahkarana), mental and intelligence sheaths. It is the seat for active soul. It is connected with lower mental body below and Buddhic body above. Recommended yoga is Pratyahara.

(B) LOWER QUATERNARY:
It is considered as Bhuloka of three cosmic sub-planes. It is rectangular in shape and has three higher bodies based on the physical body. The lowest part of the rectangular representation is the physical body which is connected with Patal loka. There are following higher bodies on the physical body from above down i.e. outer to inside are:

1. Lower mental body
2. Astral body
3. Etheric body
4. Physical body

1. Lower Mental Body (Mental Concrete Plane): It is the lower part of mental body. It is called mental concrete and is responsible for daily routine affairs.

2. Astral Body (Emotional Plane): It is the body situated over the etheric body and plays 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

3. Etheric Body (Etheric Plane): It has fine lines of energy force as web on physical body. It forms cohesive units with physical body. It energizes and vitalizes the physical body and integrates man with the energy field of the earth. The etheric body contains fine tubular energy structures called Nadi. These Nadis have their representations with endocrines through nervous systems (central, peripheral and autonomous). These Nadis arise from highest source of energy called Chakra. The etheric body has three basic functions which are interred related. 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 factor leads to enhances flow or dam-up of energy. The factors are –
   - Mental Shock
   - Anxiety
   - Worry

(B) Objective Factors: Here the factors lie on the etheric body and cause disturbance of flow of Pranic energy in the chakra. These factors are –
   - Miasm – Three diseases i.e. syphilis, tuberculosis and cancer.
   - Toxin – Three toxins i.e. bacterial, chemical and environmental.
   - Physical anomalies i.e. – congenital anomalies.
   - Trauma i.e. – accidents and injuries.
The lower body plane stands for the physical body which is visible and responsible for all worldly acts (Karmas). The physical body consists of cells, tissues, organs and systems, bounded in physical and vital sheath. The general structure of body is composed of five elements (Punchmahabhutas), three humors, seven body tissues (Saptadhatus) and five waste products (Punchmalas). These structures added with mind, intellect and egoism constitute the Basic Nature (Inferior Prakriti) of individual. Beyond this is derived from GOD (AUM) called Atma (Soul) which is the Indwelling Controller to control the physical body. This is the part of the Superior Nature (Higher Prakriti). Physical body plays roles according to their past acts (Purva karma) in form of Sanskara. The growth of the body is maintained by nourishments in form of food and drinks while the health is maintained by medicaments, mani, mantra, yoga and meditation.

**APPLIED AUMIC BODY**

The Applied Aumic body has been considered in more comprehensive ways than the holistic way. Here, the entire body from physical body to divinity is connected divine connectivity has been divided in three segments called three planes.

(I) Divine plane
(II) Higher plane
(III) Lower plane.

**I. Divine Plane:** It is pertaining to GOD (AUM) and is above all the plane. From here, the individual’s soul (Atma) originates and ultimate merges. It is connected to individual higher body and lower body (physical body) through divine connectivity. It is seat for Atmic and Parmatmic chakra.

**II. Higher Plane:** It represents all the five bodies except physical body. For convenient, it is divided into two sub-bodies.

(A) Causal body
(B) Astral body

[23]
(A) **Causal body**: It includes higher mental and buddhic bodies.

(B) **Astral body** – It includes etheric, astral, (emotional) and lower mental bodies.

**Functions**: The higher bodies remain in association of physical body throughout the life. It keeps the physical body in proportional 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. Lower Plane**: Physical body is embedded in higher body planes. Majority of people are only concerned with physical body and physical health for which various means, methods and modalities of treatment and healing are in progress. The physical body is the mirror all effects of higher planes.

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**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. The individual born grew up to do his assigned duties and ultimately submerges with GOD (AUM). The individual’s phase attainment has been very well described in the phases of AUM as well as in the chanting of AUM. Every individual has his own fate depending on his life span. The phase is maintained with divine wish. AUM is Generator (Creator) of all universal existing in form of Brahma; AUM is Operator of all creation in form of Vishnu. AUM is Destroyer of all evil and devil in form of Shiva. The three other in further down series are Indra, Brihaspati and Garud. The Aumic merger can be explained in two ways:-

I. AUMIC Flow Method.

II. AUMIC Cyclic Method.

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**I. AUMIC FLOW METHOD**

Almighty GOD is the father and Nature (Cosmos) is mother. GOD thought to create something in the cosmos. GOD took three forms as Brahma, Vishnu and Shiva for Generation, Operation and Destruction respectively their counterpart 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 following three levels.

1. Divine Level.
2. Universal Level.
3. Individual Level.
The diagrammatic representation at all level is explained on coming page.

[Flow Chart]
II. AUMIC CYCLIC METHOD

The AUMIC Cycle is the cyclic process of AUMIC flow method in circular form. It indicates how the divine law operates from beginning to the end with the beginning. The individual soul is emerging from GOD (AUM) and ultimately submerges with AUM. Every individual is connected with GOD (AUM) through divine cyclic connectivity. During the existence, everything has their known and unknown roles operated with divine wish according to their Sanskara. 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.
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. It is very much required to inculcate the good Sanskara in everyone’s life in order to do the good work in society for the welfare of all in every sphere of life. Aumic yoga is a systemic and scientific way to improve the status of self and the society. This yogic practice leads the way to improve the further Sanskara of future and 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 yoga is the best method suggested by AUM Organization Inc. Various methods of yoga have suggested by various sages (Rishis). Out of all, Astang Yoga (Integrated Yoga) propounded by Maharshi Patanjali about 2500 years ago is most acceptable, practical and scientific. It is easy to attain with little practice. The addition of Aumic tools, techniques and methodology with this Astang yoga facilitate the process of attainment as it acts as catalyst. Aumic yoga 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.

Aumic yoga itself brings enormous energy, serenity and piouscity 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 Sanskara. 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 inherited as Sanskara plays role in present life. The Aumic yoga plays the role of catalyst for the promotion of future Sanskara. Aumic three dimensional vision (ATDV) are-

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

[27]
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 or offering to AUM. It facilitates attainment.

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

**AUMIC YOGA**

AUMIC Yoga is a way of individual aumification (Aumic attainment through various steps). It is based on Astang Yoga. Here, one has to follow all the steps within the Aumic environment.

**AUMIC ENVIRONMENT**

Aumic environment is a place where aumified environment has been created to perform the Aumic Yoga. The environment is created in following ways:-

1. Non Stop AUM Chanting Device.
2. Presence or Statue Symbol of AUM.
3. Continuous Chanting of AUM Brahma Mantras.
4. AUM Yagya.
5. AUM Agnihotra.
6. Temple, Mosque, Church or Gurudwra.

Aumic environment facilitates in clearing all the hurdles coming on the way. The steps are based on the eight steps of *Patanjali Astang Yoga*.

**AUMIC ASTANG YOGA**

The Aumic Astang Yoga has following eight steps, its English terminology and behavioral meaning:

<table>
<thead>
<tr>
<th>Sl No.</th>
<th>Steps</th>
<th>English Meaning</th>
<th>Behavioral Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Yama</td>
<td>Social Ways</td>
<td>Social Behaviors</td>
</tr>
<tr>
<td>2.</td>
<td>Niyama</td>
<td>Individual Ways</td>
<td>Personal Behaviors</td>
</tr>
<tr>
<td>3.</td>
<td>Asana</td>
<td>Positions of Body</td>
<td>Physical Postures</td>
</tr>
<tr>
<td>4.</td>
<td>Pranayam</td>
<td>Respiration</td>
<td>Breathing Exercise</td>
</tr>
<tr>
<td>5.</td>
<td>Pratyahara</td>
<td>Control of Desires</td>
<td>Control of Sense Organs</td>
</tr>
<tr>
<td>6.</td>
<td>Dharana</td>
<td>Sincere Practice</td>
<td>Practice of Concentration</td>
</tr>
<tr>
<td>7.</td>
<td>Dhyana</td>
<td>Focus at a Point</td>
<td>Concentration</td>
</tr>
<tr>
<td>8.</td>
<td>Samadhi</td>
<td>Liberation</td>
<td>Union</td>
</tr>
</tbody>
</table>
Nobody is perfect in the world; perfect is only i.e. Omnipresence. Practice makes a man perfect to a certain extents only which provide him the name, fame and an occasion of good service to humanity. The level of perfectness varies from individual to individual based on many factors. So for the yoga is concern, Aumic yoga is the most perfects. It is easy, acceptable, practical and scientific along with added holistic values.

The practice is started in either of the above aumic environment after careful consideration of the aumic three dimensional visions (ATDV). Once the practice of Aumic yoga is initiate, it should not be discontinue unless until there is definite indication or inability to perform the practice. 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 Yama and Niyama which gradually move to the steps of internal yoga (Dharana, Dhyana 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.

**METHOD OF PRACTICE**

The proper practice of Aumic Astang Yoga in various steps brings different changes as described in under mentioned table:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Steps</th>
<th>English Meaning</th>
<th>Behavioral Meaning</th>
<th>Methods of Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>Niyama</td>
<td>Individual Ways</td>
<td>Personal behaviors</td>
<td>Framing a self rule for social ways; purity of body and mind, contentment, austerity (excess balanced) in every sphere of life, study of relevant literatures, practice and devotion to AUM. Regularly, sincerely and honestly.</td>
</tr>
<tr>
<td>3.</td>
<td>Asana</td>
<td>Sitting Positions</td>
<td>Physical Postures</td>
<td>Sitting in specially comfortable posture, realizing them self within the symbol of AUM at least for 10-15 minutes daily</td>
</tr>
<tr>
<td>4.</td>
<td>Pranayama</td>
<td>Breath Holding</td>
<td>Control of Breathing</td>
<td>Slow and deep inhaling from one nostril (Poorak), holding the breath for some times (Kumbhak) and then slow exhaling through other nostril (Rechaka). 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.</td>
</tr>
<tr>
<td>5.</td>
<td>Pratyahara</td>
<td>Control of Desires</td>
<td>Control of Sense Organs</td>
<td>Stop the activities of all the sense organs (gate-keepers of body and mind).</td>
</tr>
</tbody>
</table>
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. **Dhyana**
   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 Self
   Ultimate aim of **AUMIC yoga** i.e. union of the individual self with step of infinite (∞) of AUM which is the merger of the self with the **Supreme Reality**.

### 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.

#### 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. Yoga 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 (*Purva karma*). When any individual plans to practice of Aumic yoga 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 concerned and realized by the others living nearby to him.

**a) 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.

**b) 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.

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

**d) Breath Holding:** Indicated by decreased respiration rate, increased collection of *Pranavayu*, reduced heart rate; control on pressure releasing enzymes and hormones indicates dedication.
(e) **Control of Desire:** Desire is the root cause of all problems. The attainment is observed by selfless desire (*Nishkam Karma*) of the individual.

(f) **Yogic Steps:** Yama, Niyama, Asana, Pranayama and Pratyahara.

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

### 2. UNIVERSAL LEVEL

This universe is continuum from individual to other universe and ultimately to the divinity. There is other universe also which are balanced with the divine and universal forces. We are concerned with this universe where we are. The major contents of this 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. **Changes in Personality:** Due to increased *aura* and *auric field*.
6. **Living in Higher Body Plane:** Especially intuitional plane.
7. **Yogic Steps:** Dharana and Dhyana.

### 3. DIVINE PLANE

Divine level is the end and the beginning of the individual level with 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 *Sanskara*. The following individual facts are attributed to divinity.

- The Soul (*Atma*)
- The acts (*Karmas*) of generations (*Sanskara*)
- The Life (*Prana*)

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.

**REFERENCE**

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. Besides, known physical routes of entry of energy in human body, there are other routes called *chakras* situated in higher body plane through which adequate subtle energy enters into the body of individual and acts accordingly. This subtle energy neither can be isolated nor be demonstrated physically. Our ancient sages and seers (Rishis) had more developed senses and methods to recognize these routes and energies accordingly. They have identified and given the name to some of these organs and routes. They have also described their structure, function and their therapeutic values.

### 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 describes in the definition of modern scientific boundary. These are connected with the Supreme Reality i.e. GOD (AUM) as well as with higher and physical body plane of individual being. These chakras control the lower chakras through divine pathways. These chakras (*from above down words*) are:
- 1. Parmatmic Chakra
- 2. Atmic Chakra

### 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. They are linked with higher chakras with the intermediary chakra know as Sahashrara chakra. *Chakra* receives, modulates and transmits the aumic energy to various organs of the body. AUM is the supreme source of energy (SSE), from where other known and unknown energies are derived. The highest chakra is *Sahashrara chakra* which acts as *antenna* to receive the

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[32]
divine and universal energy for an individual and after proper activation; it is poured in lower major, minor and mini chakra as per their need. Since all the chakras are situated in higher body planes (etheric, astral, mental and Atmic). So the hyper and hypo effects of chakra appear first in higher body planes and then in physical plane (physical body). Similarly, the healing starts from higher planes and then in physical body.

These chakras (from above down words) are:
1. Sahashrara Chakra.
2. Anjna Chakra.
3. Vishuddha Chakra.
4. Anahata Chakra.
5. Manipura chakra.
7. Mooladhara Chakra.

Each lower chakra is made up of three concentric interblending whorls of energy i.e. left (Ida), right (Pingla), and centre (Sushmana). In all the seven lower major chakras which are situated on the surface of etheric body where energy channels Ida and Pingla cross 21 times. There are 21 minor chakras where they cross 14 times and 49 mini chakras where they cross 7 times. From mini chakras, the Nadis are originated which carries energy to all the parts of the body. On most of the acupressure points the Ida and Pingla cross 3 times.

**SITUATION OF CHAKRAS**

The lower chakras are situated on the surface of etheric body in various state of activity. They correspond to certain physical organs and in front of specific nervous plexus. The chakras reflect the physical, mental, emotional and spiritual quality of the individual. The names (in Sanskrit and English) and their corresponding situations (nerve plexus and general) are mentioned as under:-

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Chakras</th>
<th>Corresponding Situations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sanskrit Name</td>
<td>English Name</td>
</tr>
<tr>
<td>1.</td>
<td>Mooladhara chakra</td>
<td>Root chakra</td>
</tr>
<tr>
<td>2.</td>
<td>Swadhisthana charka</td>
<td>Genital chakra</td>
</tr>
<tr>
<td>3.</td>
<td>Manipura chakra</td>
<td>Umbilical chakra</td>
</tr>
<tr>
<td>4.</td>
<td>Anahata chakra</td>
<td>Heart chakra</td>
</tr>
<tr>
<td>5.</td>
<td>Vishuddha chakra</td>
<td>Throat chakra</td>
</tr>
<tr>
<td>6.</td>
<td>Anjna charka</td>
<td>Brow chakra</td>
</tr>
<tr>
<td>7.</td>
<td>Sahashrara chakra</td>
<td>Crown chakra</td>
</tr>
</tbody>
</table>
**The Chakras and their corresponding situation on physical body:** If a person sit in yogic posture, the position of various lower charkas surrounded by *Ida Pingla* and *Sushmana* will be like mention below.

- **Sahashrara Chakra**
  - *Thousand-Petalled Lotus*
  - *Anjna*

- **Vishuddha Chakra**
- **Anahata Chakra**
- **Pincha Chakra**
- **Manipur Chakra**
- **Swadhishtana Chakra**
- **Muladhara Chakra**

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**Chakras & its Association with Ida, Pingla and Sushmana**

### FUNCTIONS OF CHAKRAS

In health, all the seven *major chakras* are perfectly balanced, correctly awakened, well coordinated and fully energized. *Chakras* are the ways to diagnose the state of health and disease. All the *major chakras* are connected with *minor and mini chakras* and ultimately to the representative organs in accordance to the distributed areas of specific *chakra*. 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.
   - Physical quality
   - Mental quality
   - Emotional quality
   - Spiritual quality
4. They aumify the individual for merger to AUM.

### 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 from AUM while the lower chakras receive AUM energy through modified cosmos and universal sources. Out of all, the *Sahashrara chakra* 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. Thought (Mental energy)
7. Intuition (Intuitional energy)

**CAUSES OF CHAKRAL DISORDERS**

The well balanced, awakened, fully energized and well coordinated. The normal chakra activities provide prolonged peaceful, blissful and healthy life. The proper coordination 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 chakra.

**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.

**I. Entry Blockage (Lack of Energy):** When there is entry blockage, the chakra 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.

![Depletion of Chakra (Lack of energy) with Affected Organs](image)
II. Exit Block (*Hyper Energy*): When there is exit block, the energy is accumulated in *Chakra* producing congestion and ultimately bursting and leading to hyper function and consequently physical and mental illness.

![Energy Accumulation Diagram]

When there is exit block, the energy is accumulated in *Chakra* producing congestion and ultimately bursting and leading to hyper function and consequently physical and mental illness.

The evaluation of chakras at their corresponding level at etheric, astral and further higher body plane reveals the following findings.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Chakral State</th>
<th>Observatory Findings</th>
<th>Palmar Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Normal Chakra</td>
<td>Normally Glowing</td>
<td>Smooth</td>
</tr>
<tr>
<td>2.</td>
<td>Hypoactive Chakra</td>
<td>Depleted</td>
<td>Depressed and uneven.</td>
</tr>
<tr>
<td>3.</td>
<td>Hyperactive Chakra</td>
<td>Congestion</td>
<td>Elevated/Tear/Rapture</td>
</tr>
</tbody>
</table>

### CHAKRAL OBSERVATIONS

The effects of hypo and hyper function of specific chakras as manifested at physical and mental bodies are given below. The effects are mention in forthcoming table indicating the possible problems.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Chakra</th>
<th>Hypo function</th>
<th>Hyper function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mooladhara Chakra</td>
<td>Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica</td>
<td>Neuro-circulating Asthenia, Depressive Psychosis</td>
</tr>
<tr>
<td>2.</td>
<td><em>Swadhisthana Chakra</em></td>
<td>Psychoneurosis, Impotence, Infertility, Fragility</td>
<td>Animal behavior, Tumor of Testes, Prostate, Ovary, Uterus, Syphilis, Gonorrhea, HIV/AIDS</td>
</tr>
<tr>
<td>4.</td>
<td><em>Anahata Chakra</em></td>
<td>Depressive Psychosis, Hypotension, Heart block Arrhythmias.</td>
<td>Hypertension, Heart attacks, Blood disorders, irresponsibility</td>
</tr>
<tr>
<td>5.</td>
<td><em>Vishuddha Chakra</em></td>
<td>Vertigo, Anaemia, Allergy, Fatigue, Asthma,</td>
<td>Psychosomatic Disorders, Bone</td>
</tr>
</tbody>
</table>

[36]
<table>
<thead>
<tr>
<th></th>
<th>Sore-throat, Menstrual Disorders, Hypothyroidism</th>
<th>disorders, Hyperthyroidism</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.</td>
<td>Anjna Chakra</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hypopituitarism with Hypo function of all Endocrines</td>
<td>Migraine, mania, Gigantism, Acromegaly Disorder Of Eye, ENT.</td>
</tr>
<tr>
<td>7.</td>
<td>Sahashrara Chakra</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Depressive Psychosis</td>
<td>Encephalitis, Brain Tumor, Mania</td>
</tr>
</tbody>
</table>

**REFERENCE**

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 get energized. It is the beginning and end of all the energies. The modern scientists could only define the only 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 - Cosmic energy in cosmic plane, Universal energy in universal plane and at individual level. The Aumic energy comes directly to each individual without any change in its name and qualities for energization to the divine individual contents (DIC). The Divine Individual Contents (DIC) is comprised of three soul’s contents i.e. Indries (Sanskara), Mind (Mana) and Egoism (Ahankara). The rest energy comes down to individual through various planes with addition and deletion of necessary energy according to individual tolerance.

**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 also which comes from supreme source of energy. Out of the huge source of the supreme energy, certain quantum of energy is used by the universal contents during his existence in the universe. Thus, the used energy is divided in two groups.

1. Known energy
2. Unknown energy

**1. 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:

I. Heavenly Bodies
II. Physical Matters.
(I) 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 celestials 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

A. 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. They are 12 in numbers.

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

Each zodiac group of individual have certain common feature based on the name, duration symbol, signs, season, mean duration, sun’s longitude on entry and sun’s declination on entry. The detail is given in forth coming table. (With Curtsey from Google Search)

EFFECTS OF ZODIACS (RASHI): On the basis zodiac signs, we can find out the compatibility between two individuals and can predict the nature, strength and weakness of an individual. We can also find out the liking, disliking and habits of an individual. It also helps in finding out the soul mate. Some of the common finding of each zodiac as personality, likings, disliking, habits, nature and believe is given below.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Zodiacs &amp; their Period</th>
<th>Nature</th>
<th>Routine Nature (Liking and disliking)</th>
</tr>
</thead>
</table>
| 1.      | Aries (Mekh)                   | Enthusiastic | • Honest and romantic partners.  
                                           • They are self dependent.  
                                           • They are highly dependent on each other.  
                                           • They discuss the matters daily |
which is purposeful, focused, and dynamic.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td><strong>Taurus (Brikhabhi)</strong></td>
<td>Very Progressive in matters of love.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are caring and loving for their partners.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Poor controlling nature.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are manipulative, frank individuals.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Once involved in love will continue throughout life.</td>
</tr>
<tr>
<td>3.</td>
<td><strong>Gemini (Mithun)</strong></td>
<td>Fascinating (they are difficult to Predict)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Frequent changing moods</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Making appointments can be difficult.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Their interactive style is flirtatious and persuasive.</td>
</tr>
<tr>
<td>4.</td>
<td><strong>Cancer (Kark)</strong></td>
<td>Affectionate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Enjoy a steady relationship with their partners.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are dependent on their partner for all matters from financial to sex in life.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are kind and generous.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They become irritated when denied their wishes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are self-protective and well accepted individuals.</td>
</tr>
<tr>
<td>5.</td>
<td><strong>Leo (Singh)</strong></td>
<td>Committed and enthusiastic.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are quite supportive in their relationships.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are career oriented.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are always confident in their abilities.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are demanding and forceful in their interaction.</td>
</tr>
<tr>
<td>6.</td>
<td><strong>Virgo (Kanya)</strong></td>
<td>Preplanned in their calculation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are uncontrollable.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They will not change any program in last minute.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Their interactive style is precise, orderly and calculated.</td>
</tr>
<tr>
<td>7.</td>
<td><strong>Libra (Tula)</strong></td>
<td>Choosy, good looking better to talk.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are very selective in all respects.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They require constant appreciation and attention from their partner.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• They are quite caring in</td>
</tr>
</tbody>
</table>
relationships.
  • Do not avoid problems with Librans people.

<table>
<thead>
<tr>
<th></th>
<th>Scorpion (Brishchik)</th>
<th>Caring and protective</th>
<th>They are very much concern for the well being and happiness of their partner.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>They are self contained and satisfied with their family relations.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>They expect involvement of their partner and if failed they become angry and depressed.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Sagittarius (Dhanu)</th>
<th>Ardent and intense partner.</th>
<th>They are relaxed, enjoying, good humor and pleasures of life.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>They have orientations and excessive energies.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>They are easily disappointed,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Their philosophical orientation forces them to do better next time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Capricorn (Makar)</th>
<th>Fond of developing serious and deep relationship</th>
<th>They holding back capacity (for right person).</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>They unnecessarily waste their time and energy.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Their interactions are demanding and direct.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Aquarius (Kumbh)</th>
<th>Interesting, exciting and fun loving.</th>
<th>They are unfaithful and non committed individuals.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>For maintaining the longer relationship one has to peruse a lot.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>There are bright, cheerful and open individuals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Pisces (Meen)</th>
<th>Committed and romantic</th>
<th>The partners are seductive, passionate and demanding in relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>They are highly involved in their relationships.</td>
</tr>
</tbody>
</table>

B. STARS (TARE): The celestial bodies that produce their own heat and light are called stars. 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. One of the constellations is Ursa 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 twinking point of light in the night. There are about 28 such constellations of stars in Indian astrology.

- Kaster (Ashwini)
- Touri (Kritika)
- Owyonis (Meegshira)
- Jasminorium (Punarvasu)
- Hydra (Ashlesha)
- Leonish (Purva Falguni)
- Korbi (Butis)
- Scrpionis (Anuradha)
- Sagrtari (Uttarashadh)
- Aquari (Shrava)
- Ekavari (Shatbhasha)
- Andromedia (Uttar Bhadrapad)

- Arites (Bharini)
- Aldebaran (Rohini)
- Bitlegage (Arda)
- Kenruri (Pushya)
- Regulous leonis (Magha)
- Uttara Falguni (Uttara Falguni)
- Spika (Chitra)
- Libre (Vishakha)
- Antares (Jyestha)
- Sagitari (Purvashadh)
- Vega (Abhijit)
- Keprilarti (Dhanestha)
- Pegasi (Purva Bhadrapad)

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

- Sun (Surya)
- Mars (Mangal)
- Venus (Shukra)
- Saturn (Shani).
- Ketu (Ketu)
- Moon (Chandrama)
- Jupiter (Brihaspati)
- Mercury (Buddh)
- Rahu (Rahu)

RELATION BETWEEN HEAVENLY BODIES:

There numerous heavenly/celestial bodies divided in three main groups as zodiacs, stars and planets. Some of these celestial bodied seen as stars. Some of the stars are under the zodiac 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. The correlation of zodiac and stars is given in forthcoming table.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Zodiacs</th>
<th>Name of the Stars</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aries (Mekh)</td>
<td>Kaster (Ashwini), Arites (Bharini), Touri (Kritika)</td>
</tr>
</tbody>
</table>
### II) Physical Matters

All the living and non-living matters 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, electricity, electronics, magnet 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.

#### (2) Unknown Energy

These are Aumic energy comes directly to each individual without any change in its name and qualities for energization to the Divine Individual Contents (DIC) i.e. Indriyas
(Sanskara), Mind (Mana) and Ego (Ahankara) in present life of individual being. These are subtle energy which shows its presence 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:

(I) Soul (Atmic) Energy: Each soul (Atma) is divine and miniature representative of GOD. It is implanted with divine wish in each atom of the universe 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 (Mana) and wisdom (Buddhi). It remains in Atmic plane of an individual. It controls all aspects of each universal atom.

(II) Pranic Energy: Pran is life (Chetana). It is continuum with soul. It is implanted in newer body with the soul. It remains in Pranamay kasha. After birth, it is activated and nourished by Pranic energy (Pranavayu) directly derived from Aumic energy the supreme source of energy (SSE).

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

(III) Mind Energy: The soul carries Indries, Mind and Egoism from one life to another after the liberation from the existing physical body. The mind energy enhances the level of intelligence of the individual. Depending on many factors of past life as past act (Purva karma) one get the intelligence in present life.

(IV) 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.

**ROUTES 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 chakras get activated through cosmic energy. There are two common rout of entry of energy in the physical body:

(I) Direct Routes
(II) Indirect Routes

**1. DIRECT ROUTES**

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

(A) Divine Routes: The main entry takes place through crown chakra (Sahashrara chakra) and other chakras in higher bodies as - Atmic, astral and etheric bodies.
(B) **Natural Openings:** The physical body has many natural openings to receive and perceive the cosmic and universal energies. These openings are- Eye, ear, nose, mouth, genitor- urinary tracts and pores in the skin.

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

## II. INDIRECT ROUT

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 –

(A) **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.

(B) **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

(C) **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.

(D) **Medicaments:** There are various medicaments derived from plants (*herbs, shrubs* and *trees*), chemicals, minerals, animals and marine 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.

## ENERGIZATION AND EFFECTS

*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 Cosmo-universal energy (DCUE) and ultimately to supreme source of energy. The assimilated energy energizes and allows the target genes and cells for proper functions for appropriate period. Each known energy has its definite effects and functions while unknown energy has indefinite functions and effects 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.

III. 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:

(A) Maintenance of the proper ratio of generation, operation and destruction leading to minimal growth rate in terms of population.
(B) Adequate supply of Pranic energy to each atom of the universe leading to prolonged existence of all universal contents.
(C) Maintenance of all the balance amongst the three sub-planes (Trilokas) i.e. Akash loka, Bhu Loka and Patal Loka.
(D) Balance in all the three planes as – Divine, Universal and individual.
(E) Maintenance of equilibrium amongst all the known celestial bodies as – Zodiacs, Stars and Planets.
(F) Maintenance of equilibrium in all resonators of sound as- plants, animals and human beings.

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 universe.
(B) Purification of all the three environments as - Internal, External and Universal.
(C) Adequate production and supply of Cosmo-universally energy to energize and nourish the Foods-grains, Fruits and Drinks.
(D) Establishing peace and harmony amongst all the existing of the universe.
(E) 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:

(A) Balanced effects of the three defined quarters of Self i.e. - Vaisvanara, Taijasa and Prajna leading to happy, healthy, prolonged and blissful life.
(B) Balancing of five elements (Punchmahabhutas), three humors (Tridoshas), seven body tissues (Saptadhatus) and five wastes (Punchmalas) of individual resulting optimum health.
(C) Prominence of Satvic Qualities out of three qualities (Trigunas) as - Satva, Rajas and Tamas.
(D) Changes in individual personality as - Increased AUM score, N.P. Score, Aura, Awakened Kundalini, Adequately Energized Chakras and Glowing of face.
(E) 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.

(F) Inclination towards divinity through maintaining the triad of success as regularity, sincerity and honesty for reaching the ultimate goal or attainment.

(G) Appearance of signs of achievement of goal or attainment i.e. - Auspicious Hearing, Vision, Acts and Dedication to Service of Humanities.
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 balance. Human body is constituted of Aumic ions in the image of AUM. Man is also a replica of universe itself. The AUM being the beginning and end of all beginning is the supreme source of all aumic polarities from where each and every universal atom gets polarized. It provides totality in all aspects of each universal creation. AUM has all ingredients for all universal existing. The aumic polarity brings aumic changes (aumification) in individual. The changes depend on the density (concentration) of aumic ions in the aumic field. The density is more centripetally and gradually becomes lesser as we move to the periphery. AUM is divine sound. It has its varying pitch. The polarity is directly proportional to the aumic pitch (volume of the sound). The aumic polarity rises with the rise of aumic pitch (intensity of sound). Based on the polarity the aumification takes place.

**TYPES OF POLARITY**

Depending on the above equation of polarity and pitch of the sound creating aumic vibration the polarity is continuum of three type aumic pitch which have aumification of different types; These three type are not having clear cut division but are in continuum to each other:
I. Central Polarity.
II. Intermediary Polarity.
III. Peripheral Polarity.

**I. CENTRAL POLARITY:** This is the centrally concentrated aumic ions field. The concentration of aumic ions is highest in central polarity. Here, it takes the shape of AUM. It is the core of creation of the aumic vibration. These polarities initiate the vibration effects in the center of holistic body of an individual. The central polarity initiates spiritual effects (aumification) fastest than any other polarity. The central polarity is indicated for aumification of common worldly people.

**II. INTERMEDIARY POLARITY:** This is the intermediate concentrated aumic ions field. The concentrations 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 one or the other way in the spiritual ways.

**III. PERIPHERAL POLARITY:** This is the peripheral continuum of intermediary polarity. The concentration of aumic ions is lowest in this field. 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 is transformed and on the way aumification.

**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 get aumified. A diagrammatic representation of aumic field and aumic polarity is given below:

![Aumic Field and Polarity Diagram](image)

**AUMIC FIELD AND POLARITY**

There is more demand of aumic polarities in growing children, common and dynamic states of individual while it is less required in case of spiritual and religious people as they are already saturated. For proper health the ratio of demand and supply need to remain in equilibrium. The proper aumification maintains the ratio.

**PRINCIPLES OF POLARITY**

The GOD and the Nature are the base of all cosmic and universal creations. Thus, everything in this universe has two poles with equal and opposite effects to maintain the stability for defined period. The effects between two poles are called polar effects. The poles are denoted with positive (+ve) and negative (-ve) symbols according to their nature and
effects. In state of equilibrium, these poles maintain the status quo of the object. The opposite poles attract one another while similar poles repel each other. Both poles are bounded together by opposite forces (positive and negative) with very little overlapping of either pole in each other (addition of part of one in each other). The polar effects are maintained by under mentioned holistic polar equation (HPE). The equation is balanced by motherly *Nature* and fatherly *GOD* powers. These effects are called AUMANG and AUMING. The AUMANG has positive and AUMING have negative polarity. In every AUMANG there is some AUMING and every AUMING there is some AUMANG. This representation is to balance the positive and negative polarity in state of normal Aumic Static State (ASS) i.e. state of AUMIC health. This is represented as:

**In Static State** = $AP^{+ve} + AP^{-ve} = AP^{-ve} + AP^{+ve} = \text{Leading to AUMIC Health.}$

**In Dynamic State** = $AP^{+ve} + AP^{-ve} = AP^{-ve} + AP^{+ve} = \text{Leading to release or utilization of Aumic}^{+ve} \text{ or}^{-ve} \text{ Ions = Energy}$

(Positive or Negative Polarity for the progress of health or settlement of disease).

Presentation of AUMING and AUMANG Polarity

The above diagram represents the polarity of an object at its cellular level.

$AP^{+ve} = \text{Main positivity}$

$AP^{-ve} = \text{Negativity}$

$AP^{-ve} = \text{Main Negativity}$

$AP^{+ve} = \text{Positivity}$

Here, AP is the *AUMIC Polarity*.

**FACTORS AFFECTING POLARITY**
The aumic polarity varies from individual to individual even with gene to gene. It is influenced by following 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 soul (Atma). These divine factors are:

- **Organs (Indries)** - leading to Sanskara.
- **Mind (Mana)** - leading to mental level Intelligence.
- **Egoism (Ahankara)** - leading to social life.

(II) Universal Factors: This 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 effect means increased or decreased in positivity or negativity. 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 during this 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 and become negative at the time of death.
- **Sex**: Positive polarity is more in male than female. Amongst female it increases during pregnancy and lactation.
- **Diet**: Vegetarian 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.
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. This is the best spiritual-scientific method to find out the effects of acts (Karmas) and further decide its Aumic remedy with the involvement of various aumic holistic measures in most effective, economical and acceptable way to lead a holistic life (healthy, peaceful and blissful). In terms of holistic effects, the system involves the spiritual and worldly materials to achieve the goal.

**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. This is the best spiritual-scientific method to find out the effects of acts (Karmas) and further decide its Aumic remedy with the involvement of various aumic holistic measures in most effective, economical and acceptable way to lead a holistic life (healthy, peaceful and blissful). In terms of holistic effects, the system involves the spiritual and worldly materials to achieve the goal.

**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

(I) **Law of Divinity**: AUM is the *Imperishable Word* of GOD. AUM is GOD and is present in every atom of the universe, means divinity is present in each atom. 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 extremely flexible and perfect. It fixes with the image of all existing. AUM has four quarters i.e. Vaisvanara, Taijasa, Prajna and Turiya. Attainment of Turiya is the ultimate aim of the individual self. The merger of self to the *Self* is attained through realizing the self within AUM.

(III) **Law of Auming and Aumang**: Each atom in the universe is charged with two equal and opposite charges to maintain the atomic structure. These charges are known as Auming (*negative*) and Aumang (*positive*) respectively. In each auming there is some Aumang and vice versa which helps in compensation of excess or deficient aumic effects.

(IV) **Law of Trio-facts**: AUM regulates the life within the trio-facts where generation, operation and destruction take place. It begins with creation and ends with merger to *Atman* for further creation or liberation. The net result is growth to a certain extent.

[52]
(V) **Law of Compatibility:** All the creations in this universe are divine. All have rights to remain in state of harmony to maintain the proper compatibility with each other for their benefit. Any undue aumolytic change in anyone initiates incompatibility and further problems.

### 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.

#### (I) Aumic Health Care:

Aumic health care is a state of total health care of holistic body (*Physical, Etheric, Astral, Lower mental, Higher mental, Intuitional 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- 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 (*Agnis*), tissues (*Dhatus*) and waste products (*Malas*). The addition of Aumic holistic components as organs (*Indries*), mind (*Mana*) and wisdom (*Buddhi*) in holistic health make it aumic health care (AHC). The aumic health care brings aumic holistic effect (AHE) which is balance of all i.e. *Doshas, Agnis, Dhatus, Malas, Indries, Mana* and *Buddhi*. Any problem pertaining to aumic health is due to increased negative at any level of the holistic body. Prolonged negativity leads to chronic problems and illness. Regular aumification go on adding positive ions and 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 which involves **holistic body** (*Physical, Etheric, Astral, Lower mental, Higher mental, Intuitional and Atmic*), **all health** (*Physical, Mental, Social, Moral, Spiritual and Environmental*); **all humors** (*Air, Bile and Phlegm*); **all types of tissues** (*Body fluid (Ras), Blood (Rakt), Muscular tissue (Mans), Adipose tissue (Meda), Bone tissue (Asthi), Nerve tissue and bone marrows (Meda), Sperm and ova (Shukra)*); **all waste products** (*stool, urine, sweat, nails and hairs*); **all enzymes** and **all Aumic holistic components** (*organs (Indries), mind (Mana) and wisdom (Buddhi)*). The properly aumified individual shows following observations:

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

#### (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 immunity or further progress to
develop disorder and disease which is either cured or lead to death. Regular
auumification balance the disturbed polarity at all levels through energizing the chakras
and higher body planes of holistic body. It acts gradually, stops the progress of disease,
replace negativity with adequate positivity and ultimately cure the majority by aumic
cure. The effects are observed as:

- Early recovery from acute and chronic diseases.
- Minimal problems and minor illness / diseases which cured automatically or with
  minimal natural modalities or minimal dose of medicaments.
- 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
auumification. 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 organs (Indries), mind (Mana) and
egoism (Ahankara). Every individual comes with definite span of life. During life time
all the acts (Karmas) are performed by the organs (Indries) which built the Sanskara
for the next coming life. Further the coming life may or may not be useful to the service
to the humanity depending on Sanskara. 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 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). The
diagrammatic representation of Aumic holistic effect is given as under.
AUMIC HOLISTIC EFFECT

Almighty GOD

AUM in Cosmos

AUM & Creation Five elements

AUM in Higher Body Planes

AUM in Physical Body

Care of Health → Cure of Disease → Prolongation of life

Realisation of Self (Atman)

Prolonged Blissful Life

“AUMIC HOLISTIC EFFECT”
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. We know that every ting is not in our hand. We all are governed by the divine wish. It is the mercy of GOD to give us long aumic health and life. So far as the health is concerned, every one wishes to have aumic health but in fact, it does not happen. During their life time, everyone has some or the other problems and fights accordingly to overcome the same. GOD has created animal and plant kingdoms as compatible and complementary to each other. In natural course of time, everyone need the support of another for their proper survival and 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 and trying to move even beyond. This level has been achieved because 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 as holistic body and other health aspects as - moral, spiritual and environmental. The care of holistic body is taken care by holistic healing system. Aumic health is beyond the all other health definition and approach.

### AUMIC HEALTH

**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.** Here, the individual, take care of the health of self and others, keeping in view the entire related components of as - all **Planes of body** (physical, etheric, astral, lower mental, higher mental, buddhic and atmic); all **Health** (physical, mental, social, moral, spiritual and environmental), all **Sufferings** (divine, universal and individual), with all **Possible existing** (means, 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 in all spheres of life with aumic effects**). The equilibrium is balanced by various factors. Each factor involved sufficient components in order to maintain the aumic health. Each factor has wide range of flexibility to compensate with the disturbances created at particular factor. These factors maintain the equilibrium to certain extent without any local or focal changes. Though, all these factors are not equal in quality
and quantum but they are balanced by Aumic Factor Effects (It is specific factor effect for compensating the deficient aumogenic effect pertaining to lower factors for maintaining the AUMIC Health) which come from higher level to the lower level (from divine to individual level).

**AUMIC FACTORS**

Aumic equilibrium factors are those which help in maintaining the aumic cycle in state of proper balance to provide the aumification. The aumic cycle if kept in equilibrium with the help of following factors:

I. Divine Cosmic Factors.
II. Universal Factors.
III. Individual Factors.
The Superior Nature (Higher Prakriti) of individual is soul (Atma) which is connected with the Almighty GOD (Parmatma). This linkage is ill-defined and un-isolated. The divine wish operates the individual through this divine linkage. There are three divine contents in individual’s which are well established in living beings and are carried over from one life to the life unless until he is liberated. These divine (Soul) content are - Organs (Indries), Mind (Mana) and Egoism (Ahankara).

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

(2) Mind (Mana): It is purer and most powerful than the organs (Indries). Mind is the seat anchor for all acts (Karmas) leading according to allocated Sanskara and its further development on either side. Mind progresses over and above the previous life. The higher level of mind merges with wisdom (Buddhi) which under control of soul (Atma). An awaken person works with mind faith in wisdom. This led him to liberation.

(3) Egoism (Ahankara): It is thinking of too much about one’s self or systematic selfishness. It is powerful aspect of worldly affair and the desire (Kama). As the desires (Kama) grew, it covers with ignorance (Maya) to all divine contents as organs (Indries), mind (Mana) and intellects (Buddhi). The desire increases with age to such an extent that one cannot recognize the self and ultimately one lost completely.

This universe is derived from the cosmos. 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. They emit light or appear as shining belt of heaven. They are fixed in number till date. 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 his 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.

Each and every individual in the universe is composed of one or the other composed of five elements (Punchmahabhutas). Amongst all the living being, human beings are
considered to be highly brained and are surrounded by various nature and its products. Out of all some or useful and some are useless. The useless are hazardous. The hazards appears as factor to individual in one or the other way. Thus, the individual factors are divided in three groups.

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

(1) HOST FACTORS: Everyone 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 (Vata), bile (Pitta) and phlegm (Kapha). 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 are given to increase the immunity as acquired immunity.

(C) Holistic Score: It is directly proportional to individual’s inclination towards divinity. It determines the individual nature, attitude, mental status and health to great extents. These scores are assessed by assessing the AUM and N.P. Score.

(D) Living in Higher Body Plane – An individual living in higher body plane, especially in institutional plane has high positive intuitions leading to positive thoughts and productivity.

(2) AGENT FACTORS: AUM Therapy considers the agent in widest term. Here, anyone who is against or adverse to another is agent. Sometimes, one becomes agent for himself because of his acts (Karmas). In modern medicine, the agents are considered to be the disease producing factors. The agent factors are present in and around the individual. They have been grouped in 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 Aumic holistic body which can be understand in detail by following the structure and function of holistic body. The holistic environment involves total environment including various bodies and associated 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 negativity because of their acts (Karmas) and poor Sanskara 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 climate are 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 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**

*Preventive Aumification is better than a curative one*

-“Dr. N.P. Dubey

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. Thus, the auspicious acts (Karmas) with the sufferers help both the sufferer and those who help in many ways as:

1. Auspicious acts help the sufferer by getting supports.
2. Auspicious acts (Karmas) lead to further good Sanskara to the helpers for next coming life.
3. Adding the positive polarities in sufferers and the helpers both.
4. Early transformation of both the helpers and sufferer.

(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 following ways-

1. **Living with Nature:** The child is always safe with mother. Nature is considered to be the 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 chanting of AUM mantras directly and through various chanting devices.

4. **Addition of Hawana and Yagya:** It creates aumified fumes to purify the environment by adding positivity vibration in the self, society and surrounding 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. Everybody has right to choose his path whether he wants to remain worldly affair or liberate.
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. It is up to individual that how much he receives and perceives? It depends on the individual’s Aumic capacity (The power of receiving, assimilating, utilizing and saving of Aumic energy) which determines the Aumic resistance. The aumic resistance, maintain their health and further progress. The individual sufferings are due to many factors ranging from divinity to individual and further the agent levels.

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), mind (Mana) and egoism (Ahankara) with it. As for health is concern, in state of equilibrium, all the factors keep AUM health positive. Disturbance of any side i.e. aumilysis - there is hypo –function leading to hypo activity and aumigenesis- there is hyper-function leading to hyper activity. Excess of everything is bad. Excessive hypo and hyper activity beyond the compensatory level lead to changes causing suffering, disorders and disease.

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 is derived from Higher Nature (Higher Prakriti). The physical and subtle aspects comprised of eight folds i.e. sky, air, fire, water, earth, mind, intelligence and egoism. They are Basic Nature (Inferior Prakriti)\(^0\). Each individual derived from the combination of higher and lower nature has two equal and opposite pole which keep them on state of balance by its equal and opposite forces or energy know as Auming and Aumang energy. The balance of this energy brings the aumic health which is further compensated by fractions of Auming and Aumang. In normal state of health both are equal and opposite and live in well compatible state. In best compatible state,
in every *Auming* there is some *Aumang* and vice-versa. Overlapping of one energy into the other helps in compensation of the deficiency with respective polar effects.

**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. They differ with each other in following common respects.

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<th>Sl. No.</th>
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<th>AUMING</th>
<th>AUMANG</th>
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<td>GOD (Father)</td>
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<td>Superior Nature (<em>Higher Prakriti</em>)</td>
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<td>Holistic Body</td>
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<td>Sex</td>
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<td>5</td>
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<td>Night</td>
<td>Day</td>
</tr>
<tr>
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<td>Organs</td>
<td>Hallow organs as tubes, sacs, cavities</td>
<td>Solid organs – as liver, spleens, lymph nodes, bones.</td>
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<td>Muscularity</td>
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**CORELATIONS OF AUMING AND AUMANG**

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

1. Both are derived from supreme source of energy.
2. Both exist in each universal existing.
3. Both are responsible for individual’s *Aumic* health.
4. Both are compensated and balanced to certain extent with each other.
5. Both are linked with individual self to the *Supreme Self*.

**AUMIC SUFFERING**

The balance of two equal and opposite forces namely Auming and Aumang are responsible for Aumic health. Deficit in any one either from individual or from universal or from divine planes leads to change the polarity. The change of polarity is compensated to certain levels. The excessive changes lead to problems, sufferings, disorders and ultimately diseases. The sequence of Aumic suffering is described as per flow chart:
"AUMIC Suffering"
AUMIGENESIS AND AUMILYSIS

Aumigenesis and Aumilysis are aumic anabolic and catabolic process. In aumigenesis the aumic energy generated, utilise and restored while in aumilysis the stored aumic energy degenerated, utilise and unnecessarily given off. Both process starts with divine level followed by the universal and ultimate at 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 hyper-function, aumang effects and positivity and the effects of aumilysis leads to hypo- functions, auming 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 suffering first followed by the disorders and diseases. 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 a physical suffering, disorders and disease.

AUMIC CHANGES

Normally the *aumigenesis* and *aumilysis* are metabolic and catabolic process respectively in routine aumic life. This guides the individual to act within a normal range of aumic cycle. Any changes in excess increases the negativity to an extent leading to sufferings, disorders and disease. At individual levels, the excess aumigenesis and aumilysis due to any reason accelerate the catabolic effects and ultimately the aumolytic effects. In the beginning, any excessive effects is compensatory but later on, it become de - compensatory which leads to morbid changes pertaining at different levels and ultimately sufferings, disorders and diseases. The excessive changes on either side bring various effects pertaining to individual. These changes are grouped in two groups:

(I) Higher Changes.

(II) Physical Changes.

(I) HIGHER CHANGES: The higher changes takes place in divine and universal plane which is observed as:

- Reduced AUM 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 of individual leading to - *Loss of the faith in divinity, Universalisation, lack of Superconciousness and Unable to Recognition of Self.*
- Still birth and congenital anomalies
- Disturbed celestial effects.
- **Remote Disorders**- These are the sufferings, disorders and diseases of unknown etiology which appears suddenly as an epidemic, leave its effects and disappears with or without in medical aid.
- Responds to holistic healing.
(II) PHYSICAL CHANGES: The physical morbid changes are due to organic involvement of the physical body. The changes appear as clinical features (symptoms and signs) which may or may not be demonstrated by diagnostic tools and responds to specific and non-specific treatment. The physical morbid changes are observed as:

- Specific and non specific complaints.
- Altered Physical 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 of the existing situation is called contributory factor, so far as the suffering and disorder is concerned, it may appear at one or many levels either as single or multiple but all of them manifest in physical body. These factors may belong to any or more of the following planes:

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

(I) DIVINE PLANE: The following factors are the contributory factors pertaining to divinity.

(1) Organs (Indries): It is pure, most powerful, undividable and universal truth. During life time all the acts (Karmas) are performed by the organs (Indries) which built the Sanskara for the next coming life.

(2) Mind (Mana): It is purer and most powerful than the organs (Indries). Mind is the seat anchor for all acts (Karmas) leading according to allocated Sanskara and its further development on either side. Mind progresses over and above the previous life. The higher level of mind merges with wisdom (Buddhi) which under control of soul (Atma). An awaken person works with mind faith in wisdom. This led him to liberation.

(3) Egoism (Ahankara): It is thinking of too much about one’s self or systematic selfishness. It is powerful aspect of worldly affair and the desire (Kama). As the desires (Kama) grew, it covers with ignorance (Maya) to all divine contents as organs (Indries), mind (Mana) and intellects (Buddhi).

II. UNIVERSAL PLANE: The universe is constitution of five elements and its derivatives celestial bodies. Thus the universal factors of two types-

1. Celestial Bodies
2. Five Elements.
1. Celestial Bodies: The universe is comprised of five elements (*Punchmahabhutas*) and its derivatives. 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. They emit light or appear as shining belt of heaven. They are fixed in number till date. These bodies are:

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

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

(C) **Planets (Grahas)** – These are the heavenly bodies revolving around the Sun. They are 09 in number. Everybody has his 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.

**Adverse Celestial Bodies Effects:** Every individual has their zodiacs, stars and planets at particular degree, plane and axis. Sometimes, the universal forces or individual acts (*Karmas*) changes the position of these celestial bodies which leads to:

(a) **Accident** – Minor, major and or death

(b) **Bad time** – Poverty, personal and or family problems.

(c) **Chronic sufferings** – Individual and or family.

2. Five Elements: These are the prime element of the cosmos from where all universal existing have derived. Excess or deficiency in universal five elements and or hypo and hyper activities of these elements due to deviation of the path of celestial bodies contribute for problems, disorders and diseases at individual or community level.

**Disorders of Five Elements (*Punchmahabhutas*)**: Each element has its individual effects pertaining to its excess or deficiency. The effects are:

(a) **Sky (Ether)** – Thunder, unusual sparking in sky etc.

(b) **Air (Vata)** - Fast air blowing, storms etc.

(c) **Fire (Agni)** - Eruption of volcano, fire accidents in forest (*Davagni*), in sea (*Vanvanal*) etc.

(d) **Water (Jala)** – Floods, tsunami and droughts etc.

(e) **Earth (Prithvi)** – Appearance of earthquakes, valley, mountain, river, cracks in the earth etc.

III. **INDIVIDUAL PLANE**: Everyone has come with definite life span. During active life, the life forces (*Indries, Mana and Ahankara*) play roles according to past acts which one can observe and predict the future with their present acts (*Karmas*). The present acts accelerate the future *Sanskara*. The following individual factors leads to various sufferings, disorders and diseases.

(1) **Ignorance** – Unstable personality, aimless life, ill defined acts etc.

(2) **Violation of Humanity** – Murder, mass killing, hate, disturbed family and selfish life.

(3) **Excessive Desire** – Anger, jealous, theft, robbery, encroachments etc.

(4) **Individual Constitution** – It is divided in two groups:

(a) **General Disorders**: Tuberculosis, diabetes, hypertension, ischemic heart, paresis and paralysis etc.

(b) **Traditional disorders**: Pertaining to – air (*Vata*), bile (*Pitta*) and phlegm (*Kapha*) disorders.

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(5) **Mental Disturbance** – Cerebral palsy, low IQ (*Intelligence Quotient*), feeble mind, epilepsy, mental instability.

(6) **Low Social and Cultural Heritage** – Quarrels, tensions, bad family and relations; increased anti-social activities (as thefts, robbery and terrorist activities).

(7) **Low Moral Values** – Corruption, rape and sexual disorders (syphilis, gonorrhea, HIV and AIDS).

(8) **Disturbed Spiritual Status** – Loss of divinity, loss of faiths, ego, proud, early mental disorders, and divinity syndrome.

(9) **Decreased Immunity**: Acute and chronic sufferings leading to local and systemic diseases, outbreak of epidemics, pandemics, sporadic diseases, infections, autoimmune diseases.

(10) **Miscellaneous**: It leads deficiencies, metabolic sufferings, disorders and diseases.
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 equilibrium. The efficient and deficient in either one is balanced by auming aumang leading to Aumic effects. The aumic effect has three stages i.e. initiation, maintenance and declination which are responsible for progress to an extent followed by the phase of maintenance and ultimately the declination leading to merger into the Self. The aumic effect varies with time, space, place, climates and geographical distribution. All the changes are governed by divine, universal and individual factors and forces. 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.

**HOLISTIC CONSTITUTION**

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

(I) **Basic Nature (Inferior Prakriti):** It consists of eight folds named as – Earth, Water, Fire, Air, Space, Mind, Intellect and Egoism.

(II) **Superior Nature (Higher Prakriti):** It is the divine and is present in individual in form of soul (Atma) which is divine component.

Both the Natures are nurtured and maintained by Aumic effect for their fullest span of life.

**AUMIFICATION**

Aumification is process of transformation of individual due to addition of aumic effects created by self or with the help of devoices. The changes are for all generation, operation and submerge in ultimate means service to GOD. The process varies from simplest way to the most complex depending divine factors. It happens due to adequate effects of positive aumic potentials. During the entire phase of aumification, the aumigenesis takes place and ultimately the things get aumified.
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. Aumolytic Effects.

I. AUMIGENIC EFFECTS

Aumigenic effects are due to aumification. It happens due to adequate effects of positive potentials. All aumogenic effect appears as – Genesis, addition, contributions, constructions, consolidation etc. In all case aumification take place. All aumogenic effects are due anabolic effects. Although, all the modes and effects cannot be proved scientifically because they are subtle aumic change take place. All aumogenic changes cannot be demonstrated scientifically, some can be observed and some can be realized provide one has aumic vision (Divyadrishti). The aumification is auto regulated system operated through divine pathways. It takes place in individual through following ways:

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 contents with aumic energy.
3. Stimulation: It is process of activation of all hypo active chakras, reflexes, cells and tissue.
4. Vitalizing: It is process of inflowing of the vital energy in suffering, diseased and dead cells and tissue.
5. Detoxification: It is process of neutralization the ill effects, toxins in target cells and tissues.
6. Synchronization: It is process of equalizing the ill effects by auming and aumang to function the suffering cells in synchronous to 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 growth of micro organisms (bacteria, virus, fungus and protozoa etc.) and development of resistance.
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 to 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 EFFECTS

Aumilistic effects are due to aumilysis. It happens due to inadequate effects of positive potentials or due to increased negative potentials. All aumilistic effect appears as – Lysis, degeneration, deletion, destructions, destructions and dilution. All aumilysis is catabolic effect. The aumilistic process produces negative effects resulting suffering, disorders and diseases. The aumilysis takes places through following process:

1. **Devitalisation**: It is process of slowing down the flow of vital energy to the target cells and tissues.

2. **Aumilysis**: It process of aumilysis of all universal contents with aumic energy.

3. **Depression**: It is process of suppression of normal activities of chakras, reflexes, cells and tissue.

4. **Suppression**: It is process of suppression of all hyper active chakras, reflexes, cells and tissue.

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 symptoms.

7. **Virulencing**: It is process if increasing the toxicity of infecting organisms.

8. **Poisoning**: It is process of introduction of poisons in the body either as suicidal or homicidal.

9. **Obstruction**: It is process of stagnation or obstruction to flow of vital energy through macro or micro channels of the body.

10. **Condensation**: It is process of concentration and consolidation of negativity in any cell or tissue of body.

11. **Accumulation**: It is process of gradual collection of waste products in the channel of body.

12. **Inflamation**: It is process of increased in size of normal cells and tissue due to any cause like infection, trauma, neoplasm and obstruction.

13. **Malignancy**: It is process of establishment of devitalizing purposeless growth in any cell or tissue or organ.

14. **Hypo-sensitivity**: It is process of decreased sensitivity of receptors to remove the waste energy from affected chakras and physical body. This leads to accumulation of waste in...
particular cells, tissues and *chakras* leading to worsen the situation.

12. **Accident**: It is process to sudden exposure to the life threatening or death situations due acute blockage of protective mechanisms and reflexes leading to sudden reduction of positivity or increased of negativity followed by severe injuries or death.

**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*).

**TYPES OF AUMIC EFFECT**

Aumic effects are subtle effects of supreme source of energy (SSE). The effects can be observed and realized. All effects cannot be demonstrated scientifically. There are two types of effects:

(I) Direct Early Effects.

(II) Direct Delayed Effects.

**I. DIRECT EARLY EFFECTS**

This is also called early divine effects. Direct effects are under control divinity through the master called individual soul (*Atma*) which is carry three life forces *i.e.* organ (*Indries*), mind (*Mana*) and ego (*Ahankar*). The direct effect in terms of human growth comes as:

1. Positive thoughts of conception.
2. Pregnancy without any problem.
3. Healthy Fetus with normal delivery.
4. No congenital anomalies.
5. Normal growth of baby with proper mile-stones.
6. Highly positive personality (*Elevated Soul*).
7. Excellent aura.
8. Excellent *N.P. Score*.
9. Excellent *AUM Score*.
11. Early recognition of the *Self*.
12. Prolonged peaceful and blissful.

**II. DIRECT DELAYED EFFECTS**

This is called delayed divine effect. In this method, the effects are modulated by universal factors. 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 indirect effects appear in later stage of life.

1. Positive health.
3. Very well accepted in society.
4. Good Aura.
5. Good to Excellent AUM and N.P. Scores.
7. Easier acclimatization.
8. Healthy, peaceful and blissful life.

**AUMIC EFFECTS ON HEALTH**

The aumic effects influences all sphere of life. So far as the health is concerned, it has following effects.

1. **Promotive effects**
2. **Preventive effects**
3. **Curative effects**
4. **Rehabilitative effects**
5. **Prolongation of holistic life**

1. **Promotive Effects:** Aumification has comprehensive divine effects on individual. It affects all planes, bodies and health with aumigenic influence from all worldly sentient and insentient.

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 in all planes. Early aumification prevents many problems, disorders and diseases and helps one to leading to prolonged blissful life.

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 aumified medicaments and food supplements.

4. **Rehabilitative Effects:** It is process of returning to normal function of affected cells and tissues. 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 yoga and meditation.

5. **Prolongation of Life:** The ultimate aim of life is to attain the Goal. For an aumified individual, the goal is the union of Atma with Paramatma or recognition of the Self. It happens through various ways of aumification. The AUM Therapy expedites the process of attainment of Goal.

**AUMIFIED PERSONALITY**

Aumified personality is unique personality characterized by highly aumic indices. The aumic indices are ascertained with some Oro-visual holistic assessment (OVHA). It is process of assessment based on oral questions, visual observations and holistic assessment. The holistic assessment is ascertained under certain parameters with some variables described in respective chapter (Readers are referring to the Holistic Principles of Integrated...
Here, the assessment is carried out under following parameters in relation to AUM therapy.

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<th>Parameters</th>
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<td>1.</td>
<td>Personality</td>
<td>Very Positive</td>
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<tr>
<td>2.</td>
<td>Aura</td>
<td>Widened <em>aura</em></td>
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<tr>
<td>3.</td>
<td>Chakras</td>
<td>Glowing <em>Chakra</em></td>
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<tr>
<td>4.</td>
<td>Aumification</td>
<td>Excellent AUM score</td>
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<tr>
<td>5.</td>
<td>Qualitative life</td>
<td>Excellent N.P. Score</td>
</tr>
<tr>
<td>6.</td>
<td>Divinity</td>
<td>Devoted to GOD (AUM)</td>
</tr>
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<td>7.</td>
<td>Confidence</td>
<td>Well Developed</td>
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<tr>
<td>8.</td>
<td>Equanimity</td>
<td>No effect of pleasure and pain</td>
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