

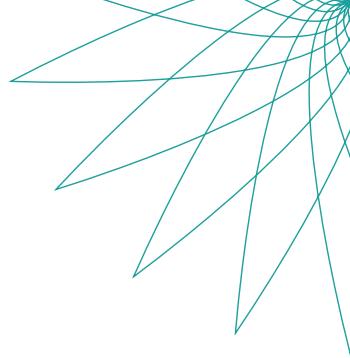
HM
SCIENCE OF LIFE

PURE
ELEVATE LIFE

SMOKING SAVES

Unique Smoke Therapy Which Heals Respiratory Disorders





Holistic Human Metaphysics (H.H.M) is a science developed by Dr. T.P. Jayakrishnan with a goal to invoke pure bliss. It states that happiness is not outside us but within, created by us.

H.H.M focuses on channelising and aligning planetary energies with human lives, so that their chakras or energy centers are activated, resulting in an enhanced quality of life.

Dr. T.P.JAYAKRISHNAN- THE MAN WHO FOUND THE ANSWERS

Dr. T.P.Jayakrishnan believes that fate is an illusion. Our life is solely in our hands. Learning to utilise the various energy sources in our favour to lead a fully realised, happy life. All his life, he has been on a quest for factors that contribute to a joyous state of living.

He discovered that nature, where energy abounds, is not optimally utilised for our benefits. And that we live in conflict with those elements in nature which we need to be peacefully co-existing with. H.H.M provides solutions to 'be one with nature'. T.P.J wants people to experience what he himself realised, so that the world would be a better place to live in.

SMOKING SAVES

Smoke Therapy that Improves Focus



P.U.R.E- THE PATH TOWARDS ULTIMATE WELLBEING

Inspired from ancient traditions developed by great thinkers of the past, H.H.M brings you Panacea Ultimate for Rousing Energy (P.U.R.E), a smoke therapy which will make you feel alive from within.

Cosmic energy strikes the earth from all directions. The process of P.U.R.E helps to attract, absorb, and direct cosmic energy to travel towards the brain and energize the seven major energy centres (chakras) in the human body.

SMOKING SAVES

Smoke Therapy which Purifies Air



THE ENERGISING SMOKE THERAPY

The universe always tries to increase entropy, or disorder. Many traditional methods were used in order to reduce entropy and make humans more in tune with their environment. Agnihotra is one of the most important traditions among them.

It reduces stress, leads to greater clarity of thought, increases energy, and improves overall health. Agnihotra also nourishes plant life and neutralizes harmful radiation and pathogenic bacteria.

P.U.R.E is a highly versatile version of the Agnihotra. Fumes emitting from burning the P.U.R.E powder creates a protective layer around the atmosphere.

It is executed by burning a lamp with scientific dimensions, which helps in concentrating universal energy in the environment, awakening a person's senses. It can be smoked at anytime at any place of your choice.



P.U.R.E PACKAGE

P.U.R.E package contains the PANACEA ULTIMATE powder which is a mixture of 43 different herbs with tremendous health benefits. The major ingredients are listed below:





THE MAJOR INGREDIENTS

1.	Udumbara/Cluster Fig (<i>Ficus racemosa</i>)	- 0. 75g
2.	Bhibhitaka/Beleric (<i>Terminalia bellirica</i>)	- 0.75g
3.	Sacred Tree (<i>Butea Monosperma</i>)	- 0.875g
4.	Peepal/Sacred Fig (<i>Ficus religiosa</i>)	- 0.75g
5.	Mustaka/Nut grass (<i>Cyperus rotundus</i>)	- 0.75g
6.	Chebulic Myrobalan (<i>Terminalia Chebula</i>)	- 1g
7.	Banyan (<i>Ficus benghalensis</i>)	- 0.75g
8.	Camphor (<i>Cinnamomum Camphora</i>)	- 1.25g
	Nava dhanyas (Rice grains)	- 4.250g
9.	Rice	
10.	Sambar Dal	
11.	Green Gram	
12.	ChickPea/Bengal gram	
13.	Horse Gram	
14.	Black Sesame	
15.	Wheat	
16.	Barle	
17.	Black Gram	
18.	Coconut (<i>Cocus nucifera</i>)	- 3.250g
19.	Cow Dung	- 0.7g





THE P.U.R.E PYRAMID

The structure of the P.U.R.E lamp plays an important role in realising the concept of ultimate wellbeing. The P.U.R.E lamp is in the shape of an inverted pyramid called Kalyani.

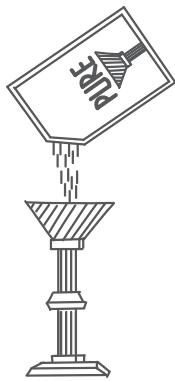
According to the studies, the inverted pyramid traps cosmic energy in it, creating a positive aura. The P.U.R.E pyramid concentrates cosmic energy inside it and spreads it while fuming, cleansing us physically as well as mentally.



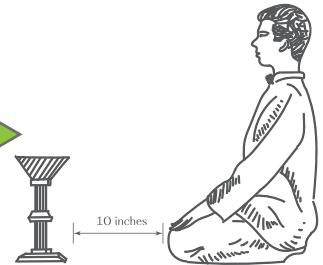
DIRECTIONS TO USE



- Sit comfortably on the floor.



- Place the pure pyramid at a distance of 10 inches from you.

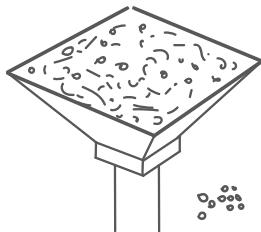


- Open one sachet of Panacea Ultimate and empty the entire contents into the pure pyramid.

(This can be practiced without religion barriers)



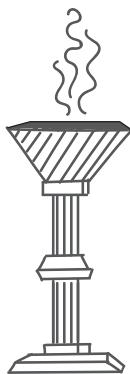
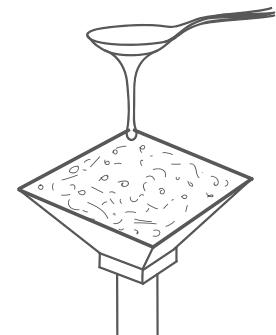
DIRECTIONS TO USE



- Remove all the camphor pellets from the pure pyramid.



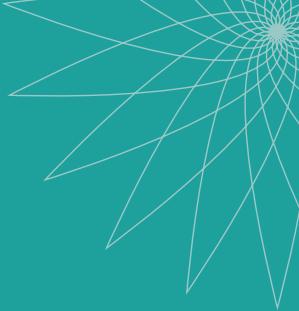
- Pour one teaspoon of ghee over the Panacea Ultimate and mix well.



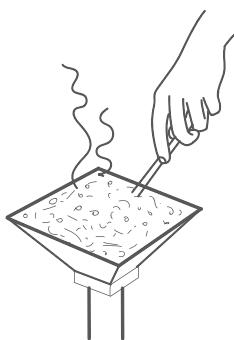
- Light one pellet of camphor and put it over Panacea Ultimate.



(This can be practiced without religion barriers)



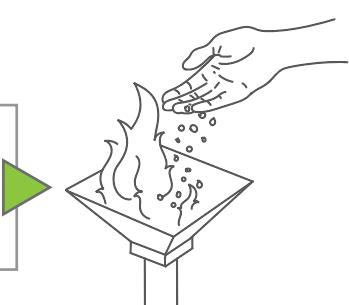
DIRECTIONS TO USE



- Stir the mixture occasionally to ensure complete combustion



- Add pellets of camphor to the fire in case of incomplete combustion



- Finally, the ash can be stored in a separate container and can be used as a fertilizer for plants.



(This can be practiced without religion barriers)

BENEFITS OF P.U.R.E SMOKE THERAPY

- > Induces anti-Inflammatory and ant-ioxidant effects
- > Heals chronic respiratory tract disorders
- > Breaks addiction to induce mental tranquillity
- > Purifies air by killing bacteria
- > Eliminates free radicals
- > Generating neuro-modulators to enhance memory
- > Energises seven chakras



P.U.R.E : THE PATH TOWARDS ULTIMATE WELLBEING

Panacea Ultimate for Rousing Energy (P.U.R.E) makes you feel elevated. It helps you realise the **ULTIMATE WELLNESS** - physical, mental and spiritual. It increases your immunity, and removes negativity.

Burning P.U.R.E in your house or work place fills it with positive energy, making it a more welcoming and happier space. Inhaling the medicinal fumes leaves you fresh, calm, and revived. Elevate your life in a holistic way filled with joy and peace.



Corporate Office :

AUSHMATH HOLISTIC LIVING INDIA PRIVATE LIMITED

12/524-B, Kayiliad Post, Chalavara Grama Panchayat, Palakkad- 679122

Kerala - INDIA.

www.hhmworld.com

