

# Atma Spurana : Mental Health and Well-being as Global Priority

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of State of KAILASA, The Living Representative of Paramashiva, by the Constitution and the laws of Sanatana Hindu Dharma as ordained by Paramashiva in Vedas and Agamas, it is hereby ordered as follows:

**Section 1. Establishment and Membership.** Hereby Kailasa is establishing the Atma Spurana Commission. The Commission's membership shall be composed of not more than ten members, appointed by the Supreme Pontiff, including members of the Sovereign Order of Kailasa, representatives from the ShriKailasa Uniting Nations for Mental Health and Development and Department of Health. The Supreme Pontiff shall designate a Chair from among the ten members of the Commission appointed by the Supreme Pontiff.

**Sec. 2. Mission.** The mission of the Commission shall be to consolidate efforts to recognise mental health and well-being as a global priority in the international fora and implement the science of Atma Spurana, the ancient technique from Sanatana Dharma as an universal approach.

The Yoga Sika Upanishad, Verse 172, reveals,

स्वाधिष्ठानाहवयं चक्रं लिङ्गमूले षडसके ।  
नाभिदेशे स्थितं चक्रं दशारं मणिपूरकम् ॥ १७२ ॥

svādhīṣṭhānāhavayam cakram liṅgamūle ṣaḍasrake ।  
nābhidēśe sthitam cakram daśāram maṇipūrakam|| 172||

In the place near the heart the Anahatha Chakra with its 12 petals exists. And, Hey Lord Brahma, this is called the Poorna Giri Peeta.

In the edge of the anus is the Swadishtana Chakra with six petals. Near the belly is the Mani Poora Chakra with its ten petals.

In carrying out its mission, the Commission shall:

- a) Develop empowering sessions to educate Hindus on the science of Atma Spurana.

- b) Outline a plan to offer intense intellectual understanding coupled with novel meditations to produce instant experiential understanding to each Hindu.
- c) Increase the availability of educational measures on the importance of Atma Spurana in promoting the mental and emotional health.
- d) Identify innovative digital services and technologies to spread the science of Atma Spurana
- e) In strict compliance with the - all knowledge is free - clause of - Paramashiva economic policy - laid down in the Veda Agamas, all Atma Spurana services will be absolutely free of charge. The citizens and beneficiaries would be free to offer any amount in donation or none based on their free will.

**Sec. 3. Principles.** In conducting its mission, the Commission shall adhere to the principles below:

- a) The Commission shall focus at analyzing the workings of the mind and showing experientially how human beings can be the master of the mind rather than let it rule over them
- b) The Commission shall focus on enabling all Hindus to live an unclutched life to instate peace within.
- c) The Commission shall recognise the need for the lifestyle of Living Enlightenment which is an integral part of mental health care as per Hinduism.

**Sec. 4. Commission Decision-making.** The Commission shall endeavour to make any decision on an action or determination under the direction of Veda-Agama principle, with integrity, which shall be deemed to exist where no Commission member objects to the proposed action or determination. The Commission shall work directly under the supervision of The Supreme Pontiff of Kailasa.

**Sec. 5. General Provisions.** a. Nothing in this order shall be construed to impair or otherwise affect:

- i. the authority granted by law to an executive department or agency, or the head thereof; or
- ii. the functions of the Director of the Office of Management and Budget relating to budgetary, administrative, or legislative proposals.
- b. This order shall be implemented consistent with applicable law and subject to the availability of appropriations.
- c. This order is not intended to, and does not, create any right or benefit, substantive or procedural, enforceable at law or in equity by any party against KAILASA, its departments, agencies, or entities, its officers, volunteers, or any other person, or against any nation's integrity or laws.