

RELIGION

Vedas Can Cure Heart Disease, Help In Pregnancy: Dixit

By PRAKASH M. SWAMY



Tatwamasi Dixit

The Ojas Foundation based in Chennai, is a non-profit venture with the blessings of the Sankaracharyas of the Kanchi Kamakoti Peeth. It has recently released two Sanskrit compact discs to help cure heart disease and

pregnant women.

Ojas means life energy. The CD contains specific mantras culled from the Vedas, which will have an impact on the unborn child. There is a large body of research that is making waves in the world of learning.

According to Tatwamasi Dixit, a renowned Sanskrit scholar, the brain behind the project and founder of Ojas, the research pertains to the effect of structured sound on the unborn child. It has been shown that the fetus will respond to sound from the 24th week of pregnancy.

While sounds are altered as they pass from the outside world to the ear of the fetus, there is more than sufficient stimulation to be heard in the womb. There are documented changes in the heart rate and breathing pattern of the fetus in response to sound stimulation, he said. Research suggests that structured, specific sounds heard by the fetus in the womb, provide a strong foundation for later learning and behavior, he added.

Undeniably, there is a biology of music. We now know the fetus is having first language lessons in the womb. The inflections of the mother tongue are conveyed not only through speech but also, most importantly, through song, he added. "The singing voice has a richer frequency range than speech. Babies born of deaf mothers miss these important first lessons in language development."

What the baby learns while in the uterus are the intonational patterns of sound and the frequencies of a language in his/her particular culture.

In India, Vedic chanting provides a culturally appropriate sound for both the mother and the child. The inherent resonance and rhythms in the chanting will stimulate the child and provide a strong basis for later learning patterns.

Pregnancy can be a time of great emotional upheavals. We know that the growing child in the womb is affected by chemicals released in the mother's brain in response to her emotions.

Setting aside a short period of time each day when the mother is in a calm and relaxed state, will provide an environment

where the unborn child is bathed in love. In the daily rush, parents usually fail to set aside time for this. Therefore, bonding between the mother and the child is often overlooked and neglected, which, in the long run may not have positive consequences, he said.

Listening to Vedic chanting affords an opportunity to be in harmony with the new life growing inside the womb. For a couple, this is the first step in early parenting. It is not necessary that the person listening to the Vedic chanting should understand the meaning of the mantras.

Vedic chanting can be considered a pre-linguistic language that is nourishing and stimulating to the whole human being, affecting body, emotions and intellect.

The Ojas Foundation has also released a CD/cassette titled "Ojas for a Healthy Heart," a compilation of Vedic mantras chosen specifically for their impact on the heart. There is also an accompanying booklet titled "The Healthy Heart Companion", which charts out different strategies for bringing about lifestyle changes. Dixit firmly believes that, "A complete program for the prevention or rehabilitation of heart disease, involves active reduction of stress. A healthy diet, meditation and exercise are part of this program. Listening to Vedic mantras, specifically aimed at the heart, will place you firmly on the path to good health and well-being." Heart disease is fast becoming a global epidemic. Fortunately, it is preventable. It is primarily a lifestyle disease. In our relentless pursuit of our ambitions, we fail to maintain the balance between the body, mind and soul. Combined with an unhealthy lifestyle, this results in the loss of the resonance and equilibrium of the heart, he added.

What is an unhealthy lifestyle? Dixit says unmanaged stress, inadequate or no exercise, an unwholesome diet, smoking and excessive alcohol consumption lead to stress on the heart, which ultimately results in heart ailments.

Like most health problems, people do not believe that they are at risk from heart disease till they or their loved ones are afflicted by it. There are certain misconceptions associated with the disease. Myth: "Heart disease, much like an accident, just happens."

This is far from the truth. For most people, perception of one's heart disease is the first inkling of mortality. Physical, emotional and spiritual changes must be made if one desires a sustained and effective solution to the disease.

The mantras in "Ojas for a Healthy Heart" have been chosen after deep research into the Vedas, and point out the myriad ways that human beings can be affected by negative thoughts and energies.

A genuine relationship nurtures the heart. In the new world order, "Loneliness

and isolation are the major contributors to heart disease," says Dixit. "When one feels isolated, it is important to reinforce the fact that we are not independent atoms moving in our own orbits but inter-connected beings. This realization helps in breaking the pattern of isolation by tapping into the abundant cosmic energy, which heals the ailing heart. In this fast-paced world, when people have scant time to nurture relationships, the heart is constantly bruised."

How does listening to Vedic mantras help in preventing or rehabilitating heart disease? Dixit believes that in addition to medical treatment, it is imperative that one delves deep into the inner self to heal oneself. At the same time, one must open oneself to the cosmic consciousness. Quoting one of the mantras, Dixit says, "When a breach occurs in the heart, reaching within for strength and support will be a futile effort since the inner reservoir is dry."

The process of healing can begin only when one reaches out and connects to the cosmic consciousness. This allows the winds of change to blow across one's heart, healing the heart of its wounds." The connection with the higher self is always available to those who possess a compassionate heart. Such people will be blessed with eternal grace, happiness, and above all, bliss. When one is besieged by negative energies from social, physical and emotional fronts, it causes the heart great pain because all the negative energy gets choked in and around the heart.

A positive change in attitude and an optimistic outlook towards life will aid the heart in cleansing itself of the negative energy.

"The world has become a very competitive place," said Dixit. "In our relentless pursuit of perceived rewards, we are beset with conflicts." Decisions need to be made in split seconds. They can be influenced by the emotions arising from the heart or logic arising from the head. The heart has to be given due importance in the decision-making process.

When conflicts arise between the head and the heart, more often than not, one tends to suppress the dictates of the heart in favor of the head. When an individual makes a commitment, it must be in alignment with the dictates of the heart, the emotions and the senses. The commitment must be within an acceptable framework as defined by the heart and the conscience that resides within it. Otherwise, it will have a harmful effect on the heart.

"The Vedas are a repository of great truths," avers Dixit. "Look no further than the Vedas for guidance to protect your heart." The ignorance of the connection between the cosmic mind and the individual mind on the one hand, and the cosmic energy and the individual energy on the other, leads to feelings of isolation. When self-realization takes place, one becomes

conscious of this connection, and is able to break away from this isolation by tapping into the abundant energy of the cosmic consciousness.

The supreme consciousness is omnipresent and omnipotent. It can only be experienced by the heart, which is the seat of emotions. Ignoring one's connection to this supreme consciousness shrouds the heart in darkness and hampers its well-being.

The Ojas Foundation is a global Vedic health movement. It promotes the Vedic path to healthy living. Mining the essence of the Vedas, this movement advocates the use of chanting, guided meditation, stress reduction, diet modification and exercise to deal with health challenges of day-to-day living.

Dixit, the founder of the Ojas foundation and the promoter of Kayakalpa, Info Vedic Services and Oorja consultants, is a considerable man of multiple talents and professional skills. He was born in Varanasi to the Vedic scholar and philosopher, the late Sri.Srinivasa Dixitar, who named him Tatwamasi which means "THAT THOU ART" - an actualization of God or Brahman in all of us.

Dixit performed a marriage ceremony at the tender age of seven and was conferred the title Veda Pandit by the Uttar Pradesh State Government. His knowledge and scrutiny of Vedic science under the able guidance of his father late Sri Srinivasa Dixitar helped him to understand problems and desires associated with life through a Vedic perspective.

Dixit's interest in health led him to intensively study various modern energy practices and his work in the field of Energy Science led him to the Philippines where he learnt its nuances and educated himself about the different forms of healing. Sri Tatwamasi Dixit is a successful management consultant and runs Oorja consultants, a management consultancy firm with an inspiring vision to help management level executives cope with their overburdened and stress-laden work environment.

He conducts regular workshops and is a consultant to many companies in various fields of expertise including value-based recruitment, creativity enhancement, team building, leadership identification, thought leadership and succession planning.

Dixitji has integrated Vedic principles into the modern management system. He specializes in crafting the vision and mission of the organization, thereby enhancing their future prospects. Info Vedic Services (P) Limited (IVSL) was launched to provide the back-end operations support for Sri Tatwamasi Dixit's website online, www.mypandit.com.

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