

# Vedic way to a healthy heart

**"T**HE HEART, which is the seat of one's consciousness, protects and nurtures all the other organs in the body and provides for their well-being. Respecting the heart allows it to function at an optimum level," says Sri Tatwamasi Dixit, Vedic scholar and founder, Ojas Foundation.

Ojas Foundation, Chennai, is releasing 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 programme for the prevention or rehabilitation of heart disease, involves active reduction of stress. A healthy diet, meditation and exercise are part of this programme. 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.

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 of heart disease till they or 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.

Stress, a sedentary lifestyle, an improper diet and habits such as smoking, drinking and tobacco-chewing, are now established as among the major causes of heart disease.

Myth: "Heart disease mostly affects men." It is true that men are more often affected by heart disease. But though women get heart disease at an older age than men, it is a fact that more women die of heart disease every year than men do. So therefore women must also take preventive measures.

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.

One may wonder whether we can

really change our destiny. Dixit quotes Bharthruhari in Neethi shatakam: "Though you are born with a karma, exercise discipline to change it." When it comes to a lifestyle disease like heart ailment, physical and emotional discipline plays a major role in its prevention and management. 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.

Human beings are truly human only when they allow love, affection, compassion and empathy to pervade the heart. When the primitive (animal) instincts take over the heart, they deprive it of peace and tranquillity. When one's heart generously perceives and appreciates the good qualities in others, it will have a salutary effect on the heart and fill it with positive energy. Mutual acceptance of one another, from the heart, will avert conflicting situations and help build harmonious relationships. 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 interconnected beings. This realisation 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." When one feels isolated from external relationships, and at the same time one is isolated from one's own emotional and spiritual resources, the resulting turmoil will not allow the heart to function in peace. The body, mind and soul will be in complete harmony only when thought, speech and action are in perfect synchrony.

How does listening to Vedic mantras help in



*How to nurture the heart, seat of all emotions? Ojas Foundation, Chennai, is releasing a CD/cassette titled "Ojas for a Healthy Heart," a compilation of Vedic mantras chosen specifically for their impact on the heart.*

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," smiles Dixit. "In our relentless pursuit of perceived rewards, we are beset with conflicts." Decisions need to be made in split seconds. Decisions 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 favour 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-realisation 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 omni-present and omni-potent. 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. Dixit says: To protect and nurture your heart: (a) Be in touch with your inner self, (b) Open your heart to the higher self, (c) Be kind to yourself, (d) Learn to love yourself and others unconditionally, (e) Be forgiving of yourself and others, and (f) Most importantly, learn to let go.

The Ojas Foundation, Chennai, 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. The Ojas series of CDs/cassettes are distributed and marketed by Music Today.

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