



S Tatwaswami Dixit speaks about his music

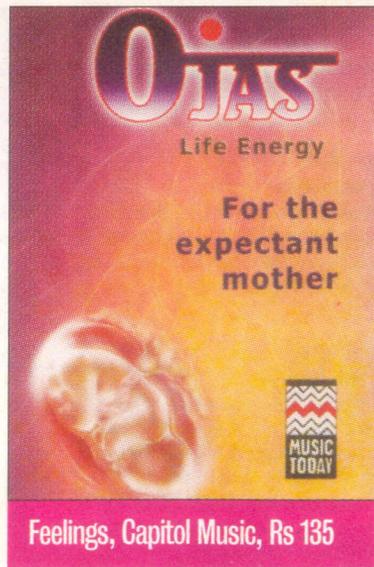
Bond with your baby

Forget medicines, try Vedic chants. Dr Dixit has introduced two albums that aim to strengthen the mother-child bond and ensure a healthy heart

Vanita Singh

THE MOTHER-CHILD relationship needs to be nurtured from the very day the baby is born. Or maybe much before that. Actually that is what S. Tatwaswami Dixit has to say. Dixit, who has been studying the Vedas since the age of three, recently launched two albums of Vedic chants, one titled 'For the expectant mother' and the other 'For a healthy heart'. "These albums comprise pure Vedic chants. You cannot sing Vedas, you have to chant them in a particular fashion. It has a very structured way of pronunciation," says Dixit, who is based in Chennai and is the founder of Ojas Foundation. Ojas carries out fundamental research about health issues associated with the Vedas.

"The album for pregnant women will help the mother by



balancing her emotions and by assisting connection with the baby in the womb. The chants should be heard by the father, mother and

of course the baby," says Dixit, who feels it is not necessary to be able to understand the chants in Sanskrit. "The structured sound vibrations give off a positive feel. They are meditative in nature."

The chants for a healthy heart are targeted at heart patients, people with family history of heart ailments or those who lead a really stressful life.

"The heart symbolizes emotions and the chants are impregnated with a message to heal the heart," says Dixit who is also running Kayakalpa, a holistic healing centre in Chennai. He is planning to come out with two albums that would deal with depression and other mind-related problems in the near future.

So if you want a healthy heart or a healthy baby, try listening to these Vedic chants. One thing is for sure; there are no side effects.