

# Foetus and the first lessons

**T**HE OJAS Foundation, Chennai, has recently released a CD, "Ojas for the Expectant Mother". Ojas means life energy. The CD, which is priced at Rs. 255, 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. This research pertains to the effect of structured sound on the unborn child. It has been shown that the foetus will respond to sound from the 24th week of pregnancy. While sounds are greatly altered as they pass from the outside world to the ear of the foetus, 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 foetus in response to sound stimulation.

There is also research to suggest that structured, specific sounds heard by the foetus in the womb, provide a strong foundation for later learning and behaviour. An article in the *Los Angeles Times* reported neurobiological research to the effect that "undeniably, there is a biology of music".

Giselle Whitwell, a practising prenatal music therapist says, "We now know the foetus 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. The singing voice has a richer frequency range than speech. Babies born of deaf mothers miss these important first lessons in language development.

*"Ojas for the Expectant Mother", a recently released CD, contains mantras from the Vedas, which will have a nourishing and stimulating impact on the unborn child.*

French pioneer Dr. Alfred Tomatis mentions being intrigued by the fact that songbirds hatched by silent foster mothers can't sing. 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 also 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

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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. 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 understand the meaning of the mantras. The perennial sound vibrations, which exist in this universe, connect every cell. Sounds can be understood and can be related to at three levels:

1. Shabda Anusandhaanam (perceiving the vibration of the sound): When we hear certain sounds, we relate only to the sound vibration that leaves an impact on our system.

2. Artha Anusandhaanam (perceiving the meaning of sound): The mind will make an effort to comprehend the meaning of the sound and then relates to the sound.

3. Bhaava Anusandhaanam (perceiving the emotions/feelings of the sound): Every sound, whether it has a specific meaning or not, contains a bhaava or emotion in it. A sensitive person can hear and feel the intention of the sound.

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

A good human being is one who has achieved an ideal amalgamation of the body, mind and soul. By listening to Vedic chanting in the prenatal period, we can help create a child who is well integrated in his/her physical, emotional, intellectual and spiritual self. ■

## Vedas for health

**T**HE 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 founder of Ojas Foundation, Sri Tatwamasi Dixit is a Vedic scholar. He has long felt an urge to delve into the veiled secrets in the Vedas relating to health. He has done fundamental research in various mantras and has extracted specific mantras

for specific health situations. He has converted this research into tenets that can be applied to preserving and promoting health.

The co-founder of Ojas Foundation, Dr. Gita Arjun, an obstetrician and gynaecologist practising in Chennai, was drawn to the concept of utilising Vedic knowledge to access the wellspring of healing energies dormant in all of us.

Further information can be obtained from the Foundation at 22/2, Judge Jambulingam Road, Chennai 600004. Phone: 8472655, 8471841. E-mail: ojas@vsnl.net, website: www.ojasfoundation.com ■

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