

Vedic chants for expectant mothers

By Our Staff Reporter

The Ojas Foundation, Chennai, in association with Mylapore-based Music Today, has recently released two CDs, 'Ojas for the Expectant Mother' and 'Ojas for a Healthy Heart'.

Ojas means life energy and the first CD contains specific mantras culled from the Vedas, which are said to have an impact on the unborn child.

It has been shown that the foetus responds 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.

Research suggests that structured, specific sounds heard by the foetus in the womb, provide a strong foundation for later learning and behaviour.

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, says a note from Music Today.

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 founder of Ojas Foundation, Sri Tatwamasi Dixit, is a Vedic scholar. The co-founder of Ojas Foundation, Dr Gita Arjun, an obstetrician and gynaecologist of Mylapore, was drawn to the concept of utilising Vedic knowledge to access the wellspring of healing energies dormant in all of us.

The other album titled 'Ojas for a Healthy Heart' is 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 program. Listening to Vedic mantras, specifically aimed at the heart, will place you firmly on the path to good health and well-being."

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.

Further information can be obtained from Ojas Foundation, 22/2 Judge Jambulingam Road, Chennai 600 004.

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