

# Mantras and memory



**T**HE OJAS Foundation, Chennai, along with Music Today, has come up with yet another compilation "Ojas Life Energy – Improve Your Memory and Intellect." The CD was released recently at a function at the Rashtrapathi Bhavan, New Delhi, and the first copy was presented to President A.P.J. Abdul Kalam.

The mantras have been compiled from different parts of the Vedas and the Upanishads and address various deities of the Hindu Pantheon. Special ragas such as Saramati, Saraswati, Vagadheeshvari and Revati have been used as interludes. While chanting the mantras improves mind power, the ragas stimulate brain cells. "With the right motivation and impetus, the brain can be made to realise its potential," says Veda Pandit Sri Tatwamasi Dixit, founder, Ojas Foundation.

The Ojas series of CDs/cassettes, which is distributed and marketed by Music Today, is an effort to align one's body, mind and soul to achieve holistic development. The other releases of the foundation are "Ojas – Life Energy For a Healthy Heart" and "Ojas – Life Energy For the Expectant Mother." The foundation, along with IIT Madras and an international hospital, is planning to conduct an intensive research programme, guided by neurologists and psychologists, to validate the impact and stimulations of the mind when exposed to mantras. It is in the process of registering children aged 6 to 18 and executives from the corporate world to volunteer for the international study programme for which registration closes on June 25.

For more details contact Ojas Foundation at 22/2, Judge Jambulingam Road, Chennai – 04 or phone 28472655/1841 or e-mail: [ojas@vsnl.net](mailto:ojas@vsnl.net) or visit [www.ojasfoundation.com](http://www.ojasfoundation.com) ■