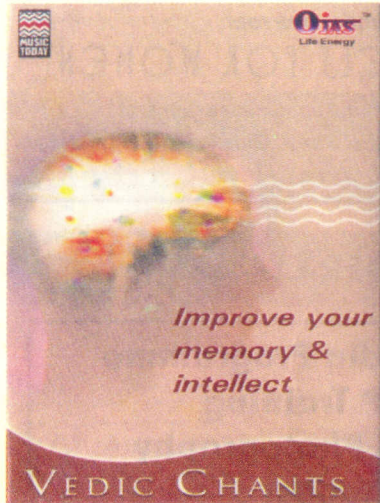


Ojas Foundation Releases Audio Cassettes / CDs to Improve Memory and Intellect



"The brain is the physical abode of thought. Within the physical brain lie the uncharted territories of the mind. It is this mind which differentiates the human beings from lesser beings in the evolutionary scale. Though the mind is an abstract entity, it is this which holds the key to superior intelligence and memory. Most human beings learn to utilize a very small part of their intellect and memory. With the right motivation and impetus, the brain can be made to realize its potential." says Sri Tatwamasi Dixit, Vedic scholar and founder, Ojas Foundation.

Ojas Foundation, Chennai founded by Veda Pandit, Sri S. Tatwamasi Dixit has put together yet another compilation along with Music Today "Ojas Life Energy-improve your memory and intellect". At a solemn function in Rashtapathi Bhavan, New Delhi this CD was released by Mr. Srinivas Bommidala (Managing Director GMR Group) recently. The first copy of this unique compilation was presented to none less than His Excellency, The President of India, Sri A P J Abdul Kalam.

The Brain have the ability to stimulate each cell of the brain as it receives, stores, processes, generates, visualizes, predicts and sets in motion a chain reaction of thought, which then gets converted into action. It is also the repository of the past and the present and with training and honing can become a window to the future. Dixit deliberates that in the similar fashion the specific Mantras that are culled out from the Vedas act as secret weapons in the improvement of the Mind as the mantras implore the gods to

endow us with the capability of receiving, storing, and processing information so that we can utilize knowledge to expand our wisdom. As each individual mind expands, this will be transmitted to the collective consciousness and therefore will bring about universal change.

Listening to the mantras has the intrinsic value of stimulating both the used and unused cells of the brain. Unfortunately the power and breadth of the Vedas has been lost to the modern human being, smiles Dixit. He says, if we learn to utilize the power inherent in the Vedic mantras, we will automatically learn to utilize our minds and brains to their full capacity.

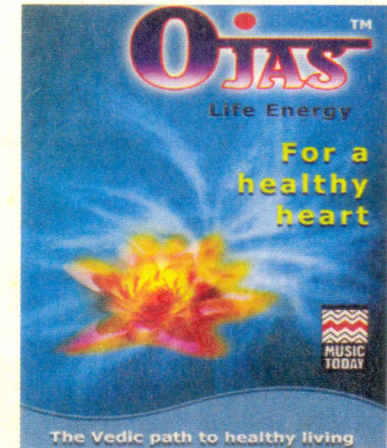
The mantras that have been compiled are from different parts of the Vedas and Upanishads addressing various deities in the pantheon of our gods. To add glory to this compilation special Ragas like Saramati, Saraswati, Vagadheeshvari and revati interludes to stimulate the brain cells.

The mind can work at optimum capacity only when it

is at peace. The mantras allow our brain cells to vibrate at the same frequency and therefore provide the mind with the most conducive environment for growth. Hearing these mantras at regular intervals will help the brain and the mind shed unnecessary stress and frees itself from the shackles of unwanted thoughts and rejuvenates the brain and avoids mental fatigue.

Sri Tatwamasi Dixit, a renowned vedic scholar and a successful management consultant with a strong knowledge in alternate medicine and healing techniques, has founded Ojas Foundation, a global Vedic health movement. 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 and lifestyle problems.

The Ojas series of CDs/cassettes are distributed and marketed by Music Today and efforts are in the direction of aligning one's body, mind and soul for holistic



development.

The other releases of Ojas Foundation are "Ojas Life energy for a healthy heart" and "Ojas Life energy for the expectant mother".

Ojas Foundation along with IIT madras and an International Hospital proposes to undertake an intensive research program to validate the impact and stimulations of the mind when exposed to these mantras.

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