

Vedic Chants for the expectant mothers

As early as 24 weeks, the foetus responds to sound vibrations and the ear is the first sense that becomes functional. With such positive vibrations the basic orientation for the child begins in the foetus itself. Listening to Vedic chanting affords an opportunity to be in harmony with the new life growing inside the wombsays Sri Tatwamasi Dixit, founder OJAS Foundation



Ojas means life energy and the Ojas Foundation was founded by Sri Tatwamasi Dixit, a vedic scholar who hails from a vedic family in Varanasi, and Dr.Gita Arjun, Chennai-based obstetrician and Gynaecologist.

Ojas for the expectant mother contains specifically chosen vedic mantra chanting which are highly structured to bring about the early positive learning in the unborn child. When a woman is pregnant, she undergoes mood swings and hormonal imbalance. Research suggests that this chanting has a soothing impact and a de-stressing effect on the mother and helps an early parental

bonding between the parent and the unborn child.

The Vedas are timeless. They transcend religion and beliefs. They encompass immense knowledge and wisdom. Traditionally it has been taught that listening to Vedic mantras, permeates and nurtures the mind and soul.

Pregnancy is an enchanting time for expectant parents. The evolving experience creates a circle of love between the parents and the unborn child. As the mysterious, hidden treasure grows in her womb, a woman achieves a sense of fulfillment.

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 time each day when you are in a calm and relaxed state, will provide an environment where your unborn child is bathed in love. In the daily rush, parents usually neglect to set aside time for this. Therefore, bonding between you and the child is often overlooked.

Listening to Vedic mantras



will have a profound impact on the mother's emotions. It will create serenity and peace in her mind. In this state of tranquility and harmony, the mother is more receptive to her unborn child. This helps in establishing channels of communication between the mother and the child. In this heightened state of consciousness, both the mother and child are bathed in an aura of mutual love.

Research suggests that structured, specific sounds heard by the fetus in the womb, provide a strong foundation for later learning and behaviour. Stimulation of this faculty by Vedic chanting leads to empowerment of the unborn child. The effect will be multidimensional and will have an impact on the child's subsequent emotional, intellectual and spiritual growth.

To protect and nurture your unborn child:

- start each new day of your pregnancy with a warm welcome to your child.
- accept and cherish this precious gift within you.
- open wide the channels of communication to your child.
- shower the child with unconditional love.
- provide an emotionally

stable space and environment for the optimum growth of your child.

To get the maximum benefit out of these mantras here are a few guidelines to help you meditate.

- Seat yourself comfortably in a calm and peaceful atmosphere.
- Leave your hands loosely on your lap with the palms turned upwards.
- Close your eyes.
- Inhale deeply and exhale slowly seven times to calm your mind and body.
- Be receptive and open to the mantras.

Ojas Foundation have recently released another album called 'Ojas for a Healthy Heart'

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