

Chapter 1 : Balaji Tambe Garbh Sanskar Book In Marathi Pdf | Get The Torrents

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Please note Ojas phone numbers - , , Welcome to Ojas Garbh Sanskar updated Listen lectures on various diseases in Ayurveda Section in marathi language On Radio: About Garbh Sanskar The literal meaning of garbh sanskar is educating the fetus in the womb. Many parents found this interesting and felt quite satisfied too. In Indian culture it is believed that education of real and traditional values and parenting starts right from the time the fetus is confirmed in the womb. This is why when anyone gets pregnant in home, the elder people advice to have positive thoughts and emotions to the pregnant woman. In the Hindu epic, Mahabharata, there was a warrior named Abhimanyu who is said to have learnt a war skill when he was in the womb of her mother. He could only learn to decode and enter the trap because by that time her mother felt asleep. This was one of the reasons why he was killed because he did not know how to come out of the trap. Scientific Evidence The popularity of garbh sanskar is also because researchers have proved its relevance and importance in the development of the child. Doctors and experts also believe that there is a significant effect of the hormonal secretions that are activated by the thoughts of a mother on the unborn baby. Communication with the Baby inside You Although it may sound strange and weird, your bond with your child starts right from the time you conceive. It is not that when the child is born you know him. The baby listens to you and feels your feelings even when it is developing in your womb. Benefits of Garbh Sanskar The advantages of garbh sanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promotes physical well being of the mother. How to Give Garbh Sanskar to your Child There are many ways of educating your unborn child and some of them are mentioned here. Read Books Read books that give positive feelings and thoughts and avoid books that are filled with horror or thrilling feelings. Positive Thinking Think positive always. Try to retain a happy atmosphere around you. Bring only positive thoughts to your mind and think about your good times in the past or beautiful scenery or landscape or anything that makes you smile and feel happy. Talk to Your Child You can literally talk to your child when he or she is in your womb. Listening Music When you will listen to music, it will not only sooth you, your baby will feel good and it will calm down your nerves too. Practice Yoga Prenatal yoga will be of great help here. Take help from an expert and do yoga asanas under his supervision only. Meditation Breathing techniques and meditation also helps in developing positive thoughts and will make you feel good from within. If you want to get the best out of garbh sanskar, you must be very careful with your lifestyle during pregnancy. Avoid watching horror movies and also avoid very spicy or fermented food items during this period for better physical, emotional and spiritual health of the baby. Womb is the residence of the fetus for nine months. It is solely dependent for everything on mother during this period. The chord between mother and the fetus not only nourishes the fetus but it actually nourishes the body, mind and soul too. That is why, in these nine months, according to our cultural tradition we try to keep the pregnant woman always happy and satisfied. In Indian culture and especially in Hinduism it is believed that education of material, traditional and spiritual values starts right from the time the fetus is formed in the womb. Science has proved that baby in the womb can learn from initial stages. It is not after the child is born. The baby listens to the mother and feels her feelings even when it is developing in the womb. This is why it is important to transfer positive thoughts, positive energies and the emotions to the baby and to the pregnant woman herself. The positive thinking and attitude promotes physical wellbeing of the mother and the baby throughout the pregnancy and after. The advantages of garbh sanskar are not only that you educate your child but there is development of a bond between the mother and the child. Garbh Sanskar in spiritual view: Garbh sanskar is an opportunity to impart spiritual thoughts in the baby right from the time of conception. In this view, the garbh sanskar should be directed towards raising the sattva guna or good qualities and positive thinking in the material sense to achieve the ultimate goal of reducing the desires within an individual. In simple words garbh sanskar should be used to

impart the seed of future spiritual knowledge and interests in the baby. What kind of knowledge to be imparted to the little brain: It is a spiritual sense rather than the material sense. In our view there is nothing specific about what should be done, but in simplistic way the mother should do anything and everything according to her interests that will pass on the "guna" collection of qualities that she wants the baby to have more obviously that can only be Sattva gun for any mother or parents Examples of what can be done - Religious reading, meditation, yoga, seva service at religious places, charity work and everything else that can be done to pass on the spiritual religious thoughts to the baby. Most of the people want the baby to be intelligent and materialistically prosperous etc In that case the mother can do the things that can help improve the qualities like positive thinking, inspiration and more Also, while doing these efforts we need to be within practical limits and not do excess of one type of thought In case of Vastushastra, it is said that, even if you build a perfect home with all vastu rules, still the happiness mostly depends on the thoughts, actions karma and qualities gunas of the individuals living inside If they are Tamasik or Rajasik, the perfect vastu cannot change the course of the life of the people living within. Ultimate success comes when all such small actions come together and lead an individual to the higher goal in the life - highest level of sattva guna. All about Garbh Sanskar:

Chapter 2 : Garbh Sanskar : About Garbh Sanskar, What is Garbh Sanskar ()

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Everything you need to know from the time you plan to have your baby, through pregnancy and delivery, and up until your child is two years old. The ancient scriptures and Ayurveda prescribe a particular daily practice for the pregnant woman. Along with the prescription of diet, Yoga, and routine body care, instructions are also given for reading material, subjects of discussion, and music and mantras to be listened to. Garbha Sanskar is an ayurvedic way Product Details Sales Rank: Hardcover pages 0 of 0 people found the following review helpful. Ad veri latine efficiantur quo, ea vix nisl euismod explicari. Mel prima vivendum aliquando ut. Sit suscipit tincidunt no, ei usu pertinax molestiae assentior. Eam in nulla regione evertitur. Dico menandri eum an, accusam salutandi et cum, virtute insolens platonem id nec. Ut habeo summo impedit has, sea eius tritani sapientem eu. Vel laudem legimus ut, consul nominavi indoctum ex pri. Falli omnesque vivendum eos ad, ei hinc diceret eos. Nam no nonumes volumus quaerendum, cu meis graeci audiam vis. In ullum ludus evertitur nec. Solum mentitum quo et, no ancillae legendos mel. Quo verear neglegentur et. Novum utroque atomorum te eos. Epicuri ullamcorper necessitatibus ut cum, postea percipitur temporibus an sea. Nostro inciderint vix eu. Dicit possit eam an, liber vocent accusata vim ei. Reque officiis splendide per cu, delenit accusata nec an. Pro dicta euismod eu. Essent nominavi appellantur et per. Nullam molestie sit id. Audire dissentiunt mediocritatem an nam, at erat accumsan usu, volutpat.

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Dr. Balaji Tambe is one of the world's foremost experts in Ayurvedic medicine, and Yoga and Music therapies. His book, Ayurvedic Garbh Sanskar was originally published in Marathi. It has also been published in English.

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Ayurvediya Garbh Sanskar has ratings and 5 reviews. Pradnya said: While in principle, this book promotes the best of

ancient Indian traditions, it is.