



For Conscious Living

Garbha Lepam

*Natural and Consecrated Powder for
Pregnant Women*



*‘The beauty of motherhood
is not in reproduction
but in inclusion – to
experience another life as
a part of yourself.’*

~ Sadhguru

*As early as ancient times
in India, pregnant women
were treated as delicate
flowers, as the impressions
they imbibe affect their
unborn child. Despite this,
today’s hectic lifestyle has
caused this tradition to drift
away. So to support pregnant
women Sadhguru designed
this product. A mix of
sacred ash, sandalwood, and
turmeric has been energized
based on ancient yogic
sciences to provide a sense
of grace and peace. It serves
as a reminder of traditional
values while providing similar
nurturing energy to the mother
and fetus as she carries her
little bundle of joy.*

Ingredients

- **Turmeric** - Turmeric's anti-inflammatory, antiseptic and antibacterial properties will promote a healthy pregnancy in an effective and safe way.
- **Sacred Ash** - Its energy is believed to provide spiritual and emotional support.
- **Sandalwood** - It's soothing and healing properties will reduce stretch marks, while providing the expectant mother a pleasant, calming scent.

How to use

1. Begin by taking a shower.
2. Then mix the Garbha Lepam powder with either milk or water.
3. Gently apply the paste all over the abdomen.
4. Drink a glass of warm water mixed with one or two drops of honey.
5. Chant the sacred sound "AUM" twenty-one times.
6. Do it once daily for maximum benefits.

Benefits

Enhance the Mother-child Bond: Garbha Lepam can help mothers strengthen their connection with their unborn children.

Act as a Strong Support During Pregnancy: This will help her to adjust to the emotional, psychological, and physical changes brought on by pregnancy.

Maintain Her Well-being: Maintain their health and stability while also having a positive impact on the unborn child.

Make the Journey Fulfilling: The method can enrich a woman's pregnancy journey with a profound sense of joy and pleasantness

Build a Positive Atmosphere: It enables her to create the most supportive environment for the life within her if it is carried out with complete involvement.