



For Conscious Living

# Garbha Lepam

*A Consecrated Offering for  
mothers to be to experience  
pregnancy with a deep sense  
of joy and pleasantness.*

*Isha Life offers Garbha Lepam to enrich an expectant mother's experience of pregnancy, childbirth and parenthood.*

*Garbha Lepam is a consecrated powder made of the finest and most carefully sourced natural ingredients- sacred ash, sandal and turmeric. This powder is energized through a preparatory process based on ancient Yogic sciences and carefully packaged in a specially crafted earthen pot, reminiscent of a mother's womb.*

*Garbha Lepam can be used every day during pregnancy to consciously establish and enhance the mother's connection with her unborn child. It enhances balance and stability in a phase where a woman's body is subject to intense physical, psychological and emotional changes. Consequently, it has a positive impact on the new life blossoming in her womb.*

*“Of all the products that we produce on this planet, is it not most important that we produce wonderful human beings for the future generations?”*

*~ Sadhguru*

- **Turmeric** - Its anti-inflammatory, antiseptic and antibacterial properties cleanse and bring vibrancy to the body.
- **Sacred Ash** - Is a great medium to transfer or transmit energy and regulate the energy body.
- **Sandalwood** - Known for its pleasant aroma and calming fragrance, the soothing and healing properties of sandalwood help reduce stretch marks.

# Ingredients

1. *Take a shower.*
2. *Mix 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 "AUM" twenty-one times.*
6. *Do it once daily for maximum benefits.*

*How to use*

*Strengthens the mother's connection with her unborn child.*

*Helps the mother adjust to the emotional, psychological, and physical changes brought on by pregnancy which has a positive impact on the new life.*

*Enriches the experience of pregnancy, infusing it with a profound sense of joy and pleasantness.*

*Benefits*