



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.

About Garbha Lepam

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