

Namaste and Vanakkum
Om ganapataye namah
Om sarasvatyai namah



I have been requested by many parents to compile an article for the upcoming school exams to assist their children via mantras, prayers and anything else that I may have up my sleeve... Well I do and if your child in conjunction with studying his/her work with the advice given below should attain good marks.

Firstly the parents must pay some attention to help their children even if it's for a few minutes daily... The following are tried and tested remedies for the improvement of concentration and mental functions, etc. I do not claim to be an expert and this is just humble advice.

1) **Brahmi:** - The number one brain herb and it's 100 % Ayurvedic as well. Brahmi corrects short term and long term memory loss. Brahmi improves concentration and mental functions and reduces learning time. You can purchase this at Manilall Ratanjee's, K. Haribhai's Spice Emporium, or any good spice shop. It's around R10 per packet.

I HIGHLY RECOMMEND THIS.

2) Drinking Turmeric milk every night. Add in a small pot 1 cup of milk, ½ tsp turmeric powder, 1/2 tsp almond powder, a pinch of black pepper, a pinch of elachie powder, a small piece of dates (optional), and boil. Once the milk is boiled pour the contents into a cup and add honey/sugar to taste. The benefits of all the ingredients mentioned above are too voluminous to mention.

3) Have the colour yellow of basically anything on your desk, as the yellow colour opens up the brain waves while you are studying. This increases memory retention, clarity for decision-making, relief from

'burnout', panic, nervousness, exhaustion, sharper memory and concentration skills.

4) Use Rosemary Essential Oil (this cost around R50 for a 10ml bottle). Also buy Almond Carrier Oil (this cost around R20 for a 200ml bottle). Pour some of the carrier oil on an oil burner and add a few drops of the Rosemary oil and let the smoke permeate the room and breathe the smoke as well. It's excellent for aiding in study habits and learning as it increases one's memory. Rosemary oil restores, strengthens and balances the nervous system. It also stimulates the central nervous system and improves the intellect and left brain recall of numbers and facts. It also improves mental capacity and awareness, strengthens the imaginal forces and ability to evaluate possibilities. Rosemary oil relieves mental fatigue, lethargy and physical exhaustion. In ancient Greece and Rome wreaths made of Rosemary were worn by students to improve mental focus and memory when studying or taking exams!

5) Eat Black or Blue Berries and Spinach as they are of the best brain sharpening foods. (But it's rather expensive) L

6) Foods that also boost memory are Walnuts, Cashews, Sunflower Seeds, Almonds and Turmeric (Hurdi).

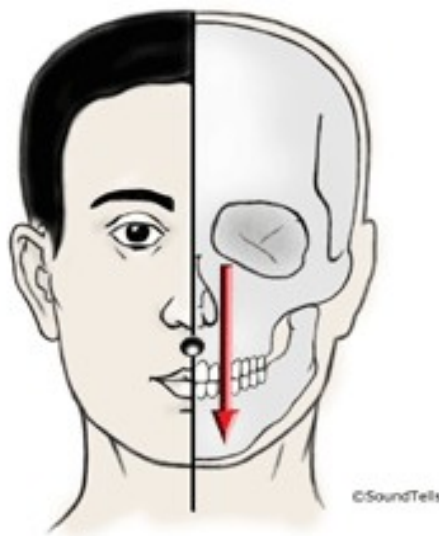
7) Visualizing:- Practice relaxation exercises along with positively visualizing the exam going well for you. A simple relaxation technique is to sit or lie quietly and begin by focusing on your breathing. Breathe slowly and regularly and say "relax" with every exhalation. Do this for a few minutes or as long as 20 minutes. Once you achieve a state of deep relaxation, say positive self-statements, such as: "I am a good student"; "I am relaxed, calm, alert and confident in my exams"; "I see myself accomplishing my goals"; "I am capable"; "I have confidence in myself". Then, while still in this deeply relaxed state, picture yourself writing your upcoming exams. See yourself calm, relaxed, alert, clear and confident in the exam. See yourself correctly answering the questions and the exam going well for you. Visualize yourself succeeding. Do this relaxation and visualization exercise each day in the days preceding the exam and during the half hour or so before the exam.

8) Throughout the exam focus on remaining calm, relaxed, and positive. Check your breathing often. Keep it regular and slow. Make sure your breathing is from your lower lungs. Avoid rapid, shallow upper lung breathing which tends to increase anxiety levels. Check your neck and shoulder muscles and loosen any tight areas. Throughout the exam say positive self-statements to yourself and push away any disturbing or distracting thoughts. Say things like: "I am a good student"; "I am very capable"; "I am learning more each day"; "My memory is improving each

day”; “My mind is clear and alert”; “I see myself accomplishing my goals”; “I have confidence in myself”; “I am an intelligent”-, talented child”; “I am relaxed, calm and confident in my exam”.

10) Consume low fat protein foods such as low fat yogurt or cottage cheese, part skim milk, mozzarella cheese, etc an hour or two before the exams. This will keep you alert without giving you the rebound effect that is felt with caffeine or sugar.

11) Applying acupressure on the point called GV26 (picture below). This point is situated on the junction of the upper and middle third of the philtrum (the vertical groove in the upper lip) or in rather simpler terms the area from below the nose to the upper lip.



Now use the pad - not the tip - of your index finger or middle finger when applying pressure to this point and note that you can still feel the pressure point when your touch is very light. Apply pressure to this point using a light to moderate touch depending on your sensitivity. If the pain is so great that you're unable to take a deep breath, you're applying too much pressure. Let your fingers sink into the point as you apply pressure gradually. Apply and release pressure to encourage the point to open and to promote the flow of energy. Massage this point by making tiny circular movements with your finger. Do this for about 2 minutes daily or when you feeling there is a need for it... but this should be done more frequently when exams time are near and especially just before writing your exams...

This point is good for aiding concentration and memory, clears the mind, stimulates mental alertness and the brain function, relaxes the facial muscles, and removes dizziness to name a few.

Finally here are some mantras, which you can use.

First of all any prayer or study that you do you should chant Shree Ganeshas' name: "Om Ganeshaya namah'. (As many times as you like but 21 times is enough).

Then you chant Srimati Sarasvati Devi's mantra:-

Om saraswati namas tubhyam
varade kama rupini vidya
rambam karishyami,
siddhir bhavatu me sada.

"My salutations unto you Mother Sarasvati. By your mercy I begin the process of learning. Let my efforts be crowned with success."(You can chant this mantra just once before the start of your study and in the morning when you are performing Sarasvati puja.)

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