

eBook

The Ojas Reset™ – *Positive Motherhood*

- The Holy Grail Guide to Becoming a High-Vibe, Emotionally Resilient Mom – Backed by the Vedas & Science

By Shvtas – For Modern Indian Mothers Who Want Joy, Balance & Radiance

Dear *mama*, you deserve to be *happy*

“Your child doesn’t need a perfect mother. They need a present, joyful one.”

Motherhood in today’s world is beautiful—but also overstimulating, lonely, and emotionally draining.

This guide is your **return to inner strength** through the Ayurvedic principle of **OJAS**—your life essence and emotional immunity.

When your OJAS is strong, you are:

- Calm in chaos
- Joyful and creative
- Naturally magnetic and nurturing
- Able to handle challenges without losing yourself

Let’s rebuild that OJAS—one sacred step at a time.

What is *Ojas*?

Ojas is the pure essence of vitality in Ayurveda. It is built through *digestion, sleep, joy, love, and presence*.

It is the root of:

- Emotional immunity
- Glow in your skin
- Resilience to criticism
- Deep rest and joy
- Maternal instinct and intuition

Vedic Truth: “Ojas is what makes a being glow from within.”

Science Translation: Ojas = Emotional resilience + Nervous system regulation + Mitochondrial energy + Gut-brain harmony

The *4 pillars* of the Ojas Reset™

1. Inner Vitality

Nutrition, sleep, movement, prana (life force)

2. Emotional Hygiene

Releasing stuck emotions and rewiring thoughts

3. Sacred Boundaries

Creating space to be YOU, not just 'mom'

4. Conscious Energy Modeling

Raising kids by showing—not telling—how to live with joy, strength, and peace

The 7-day Ojas Reset plan Day 1

Day 1 – The Ojas morning ritual

- Wake up before your family (even 15 minutes early)
- Sip warm water with ghee and turmeric
- Apply sesame oil to soles or scalp
- Light a diya and set one joyful intention

Why it works: Boosts digestion, calms the nervous system, and grounds your energy

Science: Morning rituals regulate cortisol and support emotional stability

The 7-day Ojas Reset plan Day 2

Day 2 – Emotional naming ritual

- Pause 3 times a day and ask: “What am I feeling right now?”
- Write it down, breathe into it, and say: “This is safe with me”

Vedic Notes: Emotions not expressed become toxins (manas ama). Acknowledging them clears mental channels

Science: Naming emotions reduces stress by calming the amygdala

The 7-day Ojas Reset plan Day 3

Day 3 – The sacred no

- Say no to something draining
- Say yes to something nourishing (like painting, journaling, or walking)

Examples:

- ✗ Replying instantly to every message
- ✗ Doing late-night chores
- ✓ Saying yes to an evening chai alone

Ayurveda: Saying no protects your ojas shakti — your core life energy

The 7-day Ojas Reset plan Day 4

Day 4 – The mother mirror ritual

Look in the mirror and say:

- “My joy is medicine”
- “I am a safe space for myself”
- Silently chant: Om Som Somaya Namaha (peace mantra)

This mantra cools the mind and balances the chandra nadi (the emotional, lunar energy channel)

The 7-day Ojas Reset plan Day 5

Day 5 – Energy over instructions

- Model calmness rather than reacting
- When your child misbehaves, pause and whisper:
- “Let’s take three slow breaths together”

Vedic insight: Your child aligns more with your energy than your words

Science: Emotional co-regulation supports brain development in children

The 7-day Ojas Reset plan Day 6

Day 6 – The family emotion ritual

1) Each evening, ask your child:

- “What made you happy today?”
- “What made you sad or mad?”
- “What do you wish for tomorrow?”

2) Share your answers too

Tip: Don't fix. Just hold space. That's what creates safety

The 7-day Ojas Reset plan Day 7

Day 7 – Who am I beyond motherhood?

1) Write 3 “I am” truths about yourself

- e.g., “I am a writer.” “I am a nature lover.” “I am a seeker.”

2) Light a diya and say them out loud

Vedic law: Remembering your swabhava (true nature) protects your shakti (inner power)

Ojas foods for *positive energy*

Nourishment is not just about what you eat — it's how you eat it. Build your ojas with these sattvic foods eaten with presence and gratitude:

Food	Benefit
Ghee	Builds ojas, grounds emotions
Almonds (soaked)	Strength + serotonin
Dates	Emotional upliftment
Brahmi tea	Focus + calm
Warm saffron milk	Joy + restful sleep
Mung dal khichdi	Gentle detox

 **Eat slowly. Bless your food. Presence is where the real nourishment lies.**

The *5 golden rules* of high-ojas motherhood

- 1) My joy is not optional. It's essential.
- 2) Boundaries protect my energy, not block love.
- 3) My kids learn emotional resilience from my modeling.
- 4) Saying no is an act of self-love.
- 5) I don't owe anyone burnout to prove I'm a good mom.

Positive motherhood affirmations

(print and stick)

“I am allowed to be fully alive.”

“My peace is more important than perfection.”

“My energy teaches my child how to feel.”

“Joy is sacred.”

“I can be soft and still have strong boundaries.”

Say aloud or whisper daily—especially on hard days.

Raising *emotionally strong* kids – the ojas way

- Hold emotional space without fixing
- Give consequences without shouting
- Say “I love you” even after misbehavior
- Let them see you cry and heal
- Model laughter, play, deep rest, and dreaming

**Vedic Parenting Principle: The home is the first ashram.
Make yours sattvic, not perfect.**

You are the reset

Dear Mom,

You are the vibration that shapes your child's nervous system.

You are the climate in your home.

And you deserve to feel alive, soft, and seen.

Start today. Small rituals. Massive emotional shifts.

With love & light,

Team Shvtas