

eBook

Antara Reset™ — *Mental & Emotional Nourishment for Moms*

- A 7-Day Inner Clarity Protocol to Help You Reclaim Calm, Confidence & Joy
 - Rooted in Ayurveda, Neuroscience, and Emotional Energy Healing
-

By Shvtas – Wellness for the Modern Indian Mother

Why Antara Rest™ is Needed

Fact:

- 83% of Indian moms report mental exhaustion, even when physically healthy.
- Burnout is not just tiredness—it's *emotional malnourishment*.
- **Ayurveda** says: The Manas (mind) is nourished by Sattva. Modern life drains it with Rajas (overdrive) and Tamas (numbness).

You care for everyone. But who is nourishing **your mind and emotions?**

This guide helps you refill your inner cup—step by step.

What You'll *Experience in 7 days*

- Emotional clarity
- Lightness of being
- Better sleep & more energy
- Reduced mom guilt & anxiety
- Mental stillness in chaos
- Inner confidence restored

No gym. No expensive wellness products. Just science-backed, soul-aligned practices.

The Antara Reset™ Framework work

S.A.T.T.V.A. Framework

(Created by Shvtas for moms in modern India)

- **S:** Stillness (Mental Calm)
- **A:** Awareness (Conscious Self-Connection)
- **T:** Tending (Daily Inner Ritual)
- **T:** Thought Detox
- **V:** Vibration (Emotional Frequency Upgrade)
- **A:** Anchoring (Creating Emotional Safety)

Each day focuses on one letter → one small shift → big transformation.

Science + Ayurveda Behind This Reset

Neuroscience:

- Mental burnout shrinks the **prefrontal cortex** (decision making) and enlarges the **amygdala** (stress center).
- But just 10 minutes of breath-based awareness daily rewires the brain for calm (Harvard, 2018).

Ayurveda:

- **Manovaha Srotas** (mental channels) get blocked by emotional residue.
- Herbs like **Brahmi**, **Ashwagandha**, and **Vacha** support memory, calm, and mental clarity.
- Practices like **Abhyanga** (self-oil massage) soothe the Vata imbalance (main cause of overthinking and anxiety in moms).

Day 1-*Stillness* Ritual

Theme: Reset your Nervous System

1) Practice: 1-Minute A.M. Pause

- Before the world demands your attention, sit up in bed and place your right hand on your heart. Breathe slowly for 1 minute.

2) Ayurveda Insight:

- This helps your prana (life force) flow upward, reducing anxiety spikes.

3) Science Fact:

- This activates your parasympathetic system—the "rest and repair" state.

Day 2-*Awareness* Ritual

Theme: Name it to Tame it

1) Practice: *Emotion Naming Journal*

- At any point in the day, pause and write:
- “I feel ___ because ___.”
- Do not fix it. Just become aware.

2) Ayurveda View:

- Unacknowledged emotions create *ama* (toxic buildup) in the mind.

3) Fact:

- MRI scans show that labeling an emotion reduces **amygdala activity and brings mental calm** (UCLA, 2007).

Day 3-*Tending* Ritual

Theme: Daily Emotional Replenishment

1) Practice: *Emotional Oil Massage*

- Rub warm sesame oil with 2 drops of lavender or Brahmi oil over your chest, belly, and feet. Feel your emotions surface gently.

2) Why it works:

- Touch heals the *emotional vayus*. Women need daily "safe touch" to stay mentally well.

3) Fact:

- Oxytocin (the love/calming hormone) is released during intentional touch. 10 mins can lower cortisol by 40%.

Day 4-*Thought Detox* Ritual

Theme: Clean Your Inner Screen

1)Practice: 30-Second Mantra Whisper

- Repeat silently:
- “I am held. I am safe. I am enough.”
- Choose one. Repeat it 11 times with closed eyes.

2) Ayurvedic Roots:

- This creates **Sattvic** vibrations in the mind, healing negative thought loops.

3)NeuroScience:

- Repetitive positive phrases rewire neural pathways (called self-directed neuroplasticity).

Day 5-*Vibration* *Reset*

Theme: Raise Your Emotional Frequency

1)Practice: Sound Reset Ritual

- Listen to healing sounds: 396 Hz (fear release), 528 Hz (self-love), or Om chanting for 5 mins during chores or morning prep.

2)Ayurvedic Insight:

- Nada (sound) therapy clears stuck emotions from *manovaha srotas*.

3)Facts:

- Sound therapy reduces brainwave hyperactivity and increases **serotonin** (Journal of Sound Therapy, 2016).

Day 6-Anchoring *Reset*

Theme: Make Calm Your Default

1)Practice: Evening Self-Safety Check

Ask:

- “What drained me today?”
- “What supported me today?” Write 1 line under each.
Then end the day with warm water + turmeric sip.

2)Ayurvedic Closing :

- Turmeric grounds your energy and closes the day with **Agni-Bala** (digestive strength + emotional digestion).

Day 7-The *S.A.T.T.V.A.* Recap

Now you know how to:

- Ground your nervous system
- Reconnect with yourself emotionally
- Build invisible armor against chaos
- Stop guilt-driven burnout cycles

BONUS: Repeat the 7 days with 1 practice/day... or combine 2 per week and build your rhythm.

Mantras to Embody After The Reset

- “I don’t have to earn rest.”
- “My peace nurtures my child more than my perfection.”
- “My emotional nourishment is sacred. And necessary.”