



## **BIOGRAPHY OF MOTHER MAYA**

Mother Maya is a renowned and revolutionary Healer, Spiritual Teacher and Ayurvedic Pioneer. Her loving presence and extraordinary work in healing devastating disease and despair has touched and transformed the lives of thousands—filling a significant void in the world culture as a nurturer, healer, and educator.

In 1981, Mother Maya (affectionately known as Mother) founded the first school for Ayurveda Holistic Health education in the U.S, the Wise Earth School of Ayurveda in North Carolina, which continues to flourish today. Among the healing programs pioneered by Mother, is the *Power to Heal through Inner Medicine*, the education that teaches each and every person that they have the power to heal themselves. For the last quarter century, Mother Maya has trained thousands of community volunteers and instructors with this spiritual education that promotes personal awareness and the ability to help each and every person cultivate a peaceful, healthy and prosperous life.

Mother Maya naturally transcends culture barriers and religious boundaries. Born in Guyana, South America but schooled in the West, she has gone through rigorous training to become a *Swamini* – in the Hindu ancestry of her birth. She is one of only a handful of women to be honored as a *Synnasini* (one who bears the title of “Her Holiness”) in the most ancient pre-eminent monastic traditions of Veda Vyasa in India.

Through her odyssey with overcoming ovarian cancer at the age of 23, Mother became awakened to her ancestral wisdom and dedicated her life to nourishing, nurturing and healing hundreds of communities around the world. But despite the great spiritual stature she has achieved, Mother Maya felt it was important to maintain a down to earth approach to healing so she could educate as many people as possible. On Mother’s Day in 1998 she founded the Mother Om Mission (MOM), a charitable organization that provides *Power to Heal: Inner Medicine* education and services to some of the world’s poorest, at-risk communities in New York’s inner cities, and Guyana, SA. With MOM, Mother Maya works in the trenches by mobilizing a volunteer leadership force directly from these at-risk communities. By educating and empowering their members, rather than bringing in privileged instructors from sophisticated communities, Mother takes a radical, grassroots approach that works.

Mother Maya is an expert in Ayurveda and is the author of several books, under the name Maya Tiwari: *Ayurveda: A Life of Balance*; *Ayurveda Secrets of Healing*; *The Path of Practice: A Woman’s Book of Healing with Food, Breath, and Sound*; her newest release, *Women’s Power to Heal through Inner Medicine* and *Abundance: From Feast to Fast* (2009).

The success of Mother's books speaks for itself: Her groundbreaking work that introduced the preventative principles of Ayurveda to the West — *Ayurveda, A Life of Balance* — has sold more than a million copies to date, reprinted 12 times and published in seven languages. Her best-selling book, *The Path of Practice* has been reprinted twice, and translated into five languages.

Mother is no stranger to publicity; she has appeared on numerous television and radio shows including, Fox on Health Weekend Show, KRON TV; ABC, NBC and CNBC specials in New York. On the radio, Mother Maya's words of wisdom have been heard on Public Radio, New Dimensions radio, America is Talking, The Gary Null show, Here's To Your Health, and Transitions Radio plus numerous local radio stations in the United States. In her recent *Peace Be Your Journey* Tour in Australia and New Zealand (November 2007), Mother spoke to large audiences of thousands and made several Print and Radio appearances, including ABC's *The Spirit of Things* with Rachael Kohn. She has also been featured extensively in numerous magazines such as The New York Times, Vogue Magazine and Yoga International.

Mother Maya has been the featured speaker at more than one hundred holistic health conferences around the world: She's appeared at the New York Book Expo, along with Andrew Weil, M.D., and Deepak Chopra, MD noted holistic physicians. At the Expo, Mother was nominated for the prestigious Nautilus book award in the USA. She has also appeared as a workshop leader for organizations such as the Institute of Noetic Sciences, the Open Center, the Omega Institute, Source of Life Center, The Sterling Institute, and the Kripalu Center for Yoga & Health.

Mother Maya is a profound spiritual orator, who is gifted with the wondrous power of truth. She has created a unique niche in the world forum as a pre-eminent keynote speaker— lauded by Bawa Jain, Secretary General of the UN Millennium Peace Summit as a “compassionate Mother whose ancient wisdom can be applied to heal the present world crises.” As a champion for inner harmony and world peace, Mother Maya has served on several interfaith panels, including chairing the '*Peace through Inner Harmony*' discussion at the Global Peace Congress of Women's Spiritual Leaders, in Geneva, Switzerland. As a featured speaker at the Global Peace Congress, she presented her message on *Power to Heal through Inner Medicine* to a thundering ovation. Mother Maya has also served as one of the eminent religious leaders in the Forum of Concerned Religious Leaders' prayer service in New York City, while offering prayers for grieving families and others suffering in the wake of the September 11<sup>th</sup> terrorist attacks. She has actively participated in numerous discussions intended to advance the work of personal awareness, inner harmony and peace around the world.