

Book Précis

Women's Power to Heal Through Inner Medicine

By Sri Swamini Mayatitananda (Maya Tiwari)

1. Overview:

Modern women are faced with unprecedented levels of stress, fatigue, and illness, as well as a profound disconnection with their inherent creativity and femininity. By calling on the ancient healing wisdom and practices of Ayurveda, world renowned expert and spiritual teacher Sri Swamini Mayatitananda (whom we call “Mother”) spreads a revolutionary idea: that women contain the power within themselves to reconnect with their female nature and ultimately heal themselves. In this book whose time has finally come, *Women's Power to Heal* illuminates how women of all ages, backgrounds, and cultures can transform disease and despair into health and inner harmony.

How do women access the power within to heal themselves, live fully, and embrace their female source of energy? They can start by reconnecting to the cosmic rhythms of the moon cycles and the seasons as they connect with their feminine nature. In this practical, entertaining, informative, and comprehensive guide, Mother Maya looks to a 7,000-year old integrative and holistic health science system called Ayurveda that delivers simple yet powerful tools for the wellness, harmony, and longevity that is a woman's birthright.

The powerful healing practices in *Women's Power to Heal* are a profound gift from Mother Maya; the refinement of over 25 years of work underscored by the author's own miraculous triumph over ovarian cancer. Within these pages Mother shares her unique body of knowledge, the Inner Medicine Healing that

teaches how each of us possesses the absolute power to heal ourselves. In addition, the book deftly incorporates fascinating and inspiring stories gleaned from a quarter-century of working with women from around the world who have come to Mother to learn how to heal themselves.

But the book is not merely stories. *Women's Power to Heal* deftly weaves anecdotes together with a comprehensive and extensive plan for women to learn the tools they need to practice *Inner Medicine Healing™*. This practical approach includes specific practices for female conditions including difficult menstruation, menopause, fertility issues, hormonal imbalance, PMS, herpes, miscarriage, HIV/AIDS, osteoporosis, yeast infections, and others with simple, safe, and proven sadhana-practices to try at home.

And for women in good health, the book provides the ultimate in preventative medicine: Guidelines for maintaining optimal health and well being through herbal baths, compresses, internal cleansing, food choices, connecting to the cycles of the moon, and others. Ultimately, the book takes a modern look at centuries-old wisdom, gleaning the most useful information and empowering women of all ages.

2. Who benefits from this extraordinary book?

The Answer: Every woman who strives to connect to the Mother Consciousness and wants to learn Her Cosmic Secrets of Healing.

Woman's Power to Heal is written for the same women who read books like *Women's Bodies, Women's Wisdom* by Christiane Northrup, M.D.; and *Perfect Health: The Complete Mind/Body Guide*, by Deepak Chopra; and *The Path of Practice-A Women's Book of Healing with Food, Breath and Sound* by Maya Tiwari.

The timing for a book about empowering women to take charge of their health couldn't be better. As doctors and hospitals rely increasingly on pharmaceutical interventions, many women are questioning the medical approach. With the recall of drugs like Vioxx because of side effects, it's becoming clear that drugs aren't the miracle cures that many doctors make them out to be. As a result, women are becoming savvier to their dangers and clamoring for a more natural approach to healing their body and mind.

Environmental toxins, high stress levels, poor nutrition, inner turmoil; the causes for illness and disease seem to be everywhere we turn. This book will be a welcome beacon of hope for people struggling with disease as a result of imbalance and disconnection from their true maternal nature. And it will be the book to pick up for your relative, friend, and co-worker in order to support their healing.

But the book isn't limited to only those dealing with health issues both large and small. It will be an invaluable resource for the growing number of people interested in *preventative* medicine. These people represent a large segment of the population who want the tools to stay healthy and well, but feel ignored by the medical establishment that focuses on a "band aid" approach to addressing health concerns. Ultimately, *A Woman's Power to Heal* will be a staple for people tired of turning outward to medical doctors, the insurance companies, big pharmaceuticals and want some guidelines to tap into their own inner wisdom.

As public awareness rises we are becoming eager to embrace Nature's holistic ways of healing evidenced by the dramatic rise of interest in the West for Hindu tradition and its Vedic knowledge, the rise of Yoga's popularity, Vastu (Vedic Architecture); Jyotisha (Vedic Astrology) and the success of organic markets like Whole Foods and Earth Fare. The high number of Baby Boomers means a large

segment of the population is aging. With health insurance becoming more expensive and confusing, women are looking for alternative approaches that are both simple and cost-effective.

While the book fits into the growing category of books on eastern religion and of spirituality on health, it is totally unique. Mother, as she is affectionately called, is one of the few living female spiritual teachers belonging to India's prestigious Vedic lineage called Veda Vyasa. She has been immersed in Ayurveda her entire life, and her status as a world-class teacher and her own powerful healing experiences add to her extensive depth and breadth of knowledge. This combination of factors makes *Women's Power to Heal* like nothing else on the market today. In a quarter-century of compassionate work with Wise Earth School of Ayurveda (the first school for Ayurveda in the USA), Mother has helped thousands of women the world over to heal from devastating diseases. Through her extensive work at the Wise Earth School of Ayurveda (the first school for Ayurveda in the USA); and the Mother OM Mission she has been lauded by World Health Organization (WHO) for her great success in transforming disease and despair into health and harmony for several at-risk communities.

This is the first book of its kind to demonstrate the relationship between the growing epidemic of women's diseases and the deterioration of nature's maternal force, which the author calls *Mother Consciousness*. Mother is also the first female expert in Ayurveda to introduce the ancient secrets of the Ayurvedas that explore women's consciousness, a power known as the *Shakti*. In this power-packed guidebook, she provides a blueprint for women to recover their Shakti energy through allying themselves in a symbiotic relationship with the lunar rhythms. In so doing, women may restore their maternal biorhythms to ovulate with the full moon and menstruate with the new moon, thereby recovering their

infinite authority to safeguard their fertility and control the health of their heart, womb, and spirit.

3. Author's Biography

“Sri Swamini Mayatitananda (affectionately called Mother) is a considered the embodiment of the Divine Mother. She is a world class Spiritual Mother whose wisdom and compassion have helped thousands of women to heal from life threatening diseases.”

---- Kripalu Yoga Center, Lenox, MA

Sri Swamini Mayatitananda is a world-class and highly respected spiritual teacher known for distilling the ideas of Ayurveda in ways that are accessible to a large number of people, yet not watered down. She has dedicated her life to teaching women that health, harmony, joy, and freedom come naturally when they go within to explore their innate wisdom.

In over twenty-five years of non-stop teaching, she has helped women of all cultures, ages, and backgrounds heal from illness and disease. Her reputation as a nurturer, educator, and healer draws people from around the world to her workshops and courses, and she has also been instrumental in passing along the principles of Inner Medicine Healing™ by training hundreds of people as instructors, who then bring back this wisdom to their own communities.

Mayatitananda was tutored by His Holiness, Pujya Swami Dayananda Saraswati to preserve the oral teachings of the Vedas and was thereafter initiated by him as a *Synnasini*, one of a small number of women in the tradition to receive such an honor. It was then that her name was changed from Maya Tiwari to Swamini Mayatitananda Saraswati. As is the custom of this most ancient form of monastic initiation, Mother was bestowed the Vedic spiritual name of Swamini

Mayatitananda, which means “the reality beyond Maya,” or “pure consciousness.”

She is the founder and spiritual head of Wise Earth School of Ayurveda in North Carolina, the first school of its kind to teach Ayurveda in the U.S. She also founded Mother Om Mission (MOM), a charitable organization in Guyana, SA that disseminates Wise Earth’s unique Inner-Medicine Healing™ education for at-risk communities. With MOM, she works directly in the trenches with the community by mobilizing a volunteer leadership force directly from these risk communities. By educating and empowering their members rather than bringing in privileged instructors from sophisticated communities to do the work, Mother takes a radical, grassroots approach that is successful.

Mayatitananda is an expert in the Vedas. She has spent 25 years developing, restoring and re-introducing Ayurveda’s authentic inner medicine practices and principles which are known as **Wise Earth Ayurveda®**. She is the author of the following 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*.

Mother has created a unique niche in the world forum as a pre-eminent featured speaker—lauded by the Secretary General of the UN Millennium Peace Summit as a “compassionate Mother whose ancient wisdom can be applied to heal the present world crises.” She teaches dozens of workshops a year at Wise Earth Monastery and at retreat centers around the world on the subject of Wise Earth Ayurveda® -the original grass-roots education of Ayurvedic nutrition, chanting, meditation, yoga, women’s health, and Inner Medicine.

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*— is a bestseller which has been reprinted ten times, and

published in six languages. *Ayurveda: Secrets of Healing*, widely considered one of the most authoritative texts written about a rejuvenative therapy called Pancha Karma, was printed in seven languages, used as a text for three major Ayurvedic Universities in India, and used as a reference guide in holistic centers, colleges, and universities worldwide. Her most recent book, *The Path of Practice*, is a bestseller, reprinted twice, and translated into three languages.

4. Publicity for Mother's Books

Mother is no stranger to publicity; she has appeared on TV, radio, and print for her work around the world.

On the radio, Mother's words of wisdom have been heard on the following syndicated programs: New Dimensions radio, America is Talking, The Gary Null show, Here's To Your Health, and Transitions Radio. She's also been heard on the following local radio stations around the country, among others: WABC in Omaha, KGNU in Colorado, GCTV in Atlanta, KWNK in Los Angeles, Unity Christ Church Radio in San Luis Obispo, KAHJ and KUMR in Sacramento, and WBAI in New York,

On television, she's appeared on the Fox on Health Weekend Show, hosted by Carol Avalona and KRON TV in San Francisco. She has also appeared on CNBC in New York with Carol Martin; and several ABC and NBC stations around the country.

Mother has enjoyed extensive print media coverage about her life and her work in publications such as the *New York Daily News*, *New York Times*, *New York*, *Asheville Citizen- Times*, *Hinduism Today*, *Aquarius*, *Natural Health*, and *Self*. She has also been featured prominently on the cover of *Yoga Journal* magazine.

She has appeared as the Keynote Speaker in scores of conferences and hundreds of seminars around the world. To name just a few, Mother appeared

as a Featured Speaker at the United Nations Millennium Peace Summit held in New York City in 2000; as well as at the Women's Congress in Geneva, Switzerland in 2001. She has delivered the keynote address at the annual *Yoga Journal* Conference, where she taught alongside luminaries such as Dean Ornish, Jon Kabat-Zinn and Stephen Levine. She's appeared at the New York Book Expo, along with Andrew Weil, M.D., noted holistic physician and Lenedra Jewel Carroll, author of *The Architecture of All Abundance*. At the Expo, Mother was nominated for the prestigious Nautilus Award. She has also appeared as a workshop leader at dozens of other conferences 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.

Many notable names in the field have been quoted complimenting Mother's work and her influence on how the West views Ayurveda. Among the dozens of quotes, here are a few worth repeating:

- Renowned physician & New York Times Best-selling Author, Christiane Northrup, MD endorses this book as such, "*I have been inspired by the work of Mother Maya for many years. Her latest book, Women's Power to Heal, is a masterpiece for women's wisdom and power.*"
- Subhash Tiwari, Professor of Yoga & Vedic Sciences at Hindu University of America writes, "*An extraordinary book for everyone by a Legendary Spiritual Mother whose knowledge, power and exhaustive record of helping others heal from devastating illness is phenomenal proof that each and every human being can learn to mine their greatest strength -the ability to nourish, nurture and heal without the use of toxic medicine.*"

- Deepak Chopra informs of Mother Maya writing “*an authoritative compendium on the ancient wisdom and knowledge of healing.*”
- Ilana Rubinfeld, Author of *The Listening Hand: Self-Healing Through the Rubinfeld Synergy Method of Talk and Touch*, endorses *The Path of Practice*. “*The Path of Practice brilliantly brings forth the full orchestra of ancient healing wisdom and practices into the lives of modern women: A must reading for every woman who wants a definitive guide to self-discovery, wholeness and healing.*”
- Christiane Northrup, M.D., of *The Path of Practice*: “An extraordinary book written by an equally extraordinary woman. *The Path of Practice* illuminates the wonderful truth of who we are. As a result we heal our bodies and our lives on the deepest levels.”
- Deepak Chopra endorses *Ayurveda: A Life of Balance*. “Maya Tiwari is a well-respected authority in the field of health and spirituality. Her knowledge in Ayurveda is complete.”
- Rick Fields, Editor in chief, *Yoga Journal*, “Like most authentic spiritual teachers, Bri. Maya communicates more with silence than with words. Such silence is, of course, by its nature impossible to express in words- as soon as we use or even think words, the silence is filled. But you can glimpse the depth of this silence in her eyes, as dark and vast as the space that surrounds and somehow holds the world.”

In addition to her media exposure as an expert source, Mother has written dozens of bylined articles for publication that highlight her mastery of subject matter and finely-tuned writing skills. Her written articles have appeared in *Yoga International*, *Yoga Journal*, *Bodhi Tree*, and *Hinduism Today*; for the latter, she wrote the “Women of Vision” column for three years, which reached an audience of more than 2 million readers [See Appendix A for examples].

5. Format

A Woman’s Power will include boxes, sidebars, charts, illustrations, and pullquotes throughout, in order to accompany the text and present it in a clear and easily accessible way. The book will be approximately 100,000 words—approximately 350-400 book pages.

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CHAPTER FIVE: Care of the Womb: Introduction to Uttara Vasti

What is Uttara Vasti?

Among the many forgotten gems of wisdom provided to us by Ayurveda is the practice of Uttara Vasti, a practice of cleansing and nourishing the womb. A warm and loving therapeutic treatment, its effectiveness has been proven by millions who use it successfully to heal and realign a plethora of conditions. Unlike douching, this practice is guided by your internal rhythms and specific condition, as well as time, place, age, metabolic type, mental, and emotional condition. Almost every day, I receive letters from women who are astonished at the speed and profundity of its healing repair.

In Ayurveda's galaxy of effective therapies, Uttara Vasti is the single most essential practice for a woman. The Sanskrit word *vasti* refers to the stomach lining of the animal, which was used in ancient times to create the first Uttara Vasti therapy bag. Uttara means womb, cosmos, that which is filled. The wise perceive the womb as *uttara*—filled with contentment and fulfillment, carrier of life itself. The main reason we do Uttara Vasti is to restore balance to the womb, thereby bringing back our female cycle to the new moon from wherever in the lunar wheel it has strayed. Despite its importance, lunar-rhythm based knowledge has been long neglected or misplaced in Ayurveda's practice. Wise Earth School of Ayurveda has restored this essential work.

Women's Health, Redefined

Modern, sanitized society sees menstruation as an unclean, mundane and inconvenient happening that may as well be pushed back into oblivion with

sanitized pads or tampons and disinfected with antiseptic douching formulas. It is important that we understand that Uttara Vasti has no relationship to “douching” as we know it. Unlike Uttara Vasti, douching has nothing to do with healing; most modern women use douching for hygienic and cosmetics reasons—more like a cleansing detergent rather a treatment for specific conditions.

The Cosmic Nature of Woman

In order to fully comprehend the importance of Uttara Vasti, we should understand the meaning of Shakti. Long before modern science learned how to control a woman’s sacred reproductive function and manipulate her intrinsic rhythms, the Vedic seers recognized that a woman’s fertility, abundance and splendor were tied to the movement of shakti-prana. This is the primordial feminine power of the Shakti that moves within the body and psyche of every female through a specific prana that circulates within the two lower charkas, located around the perineum and sacrum. Manifested as the pro-creative energy, shakti-prana flows within the genitals, womb and belly of a woman.

Ancient Rishis (Vedic sages) noted that women naturally possess a delicate and fragile balance within the body due to their shakti-prana and its extensive powers. When this equanimity is disturbed, they recognized that it would have long-term effects on the maternal strength and prowess of the woman, negatively influencing the maternal bedrock of all aspects of life. The ancients protected what we have neglected to preserve—a woman’s creative primordial energy. Indeed, the health of the entire Earth lies in honoring the female energy and its interconnection to nature’s rhythms.

According to Ayurveda, a woman’s natural rhythms are kept and preserved by her monthly menstrual cycle that occurs with the new moon. At

this time, menstruation is set in motion by the sun absorbing energies from the earth, which in turn draws the menstrual waste from the body. When the use of contraceptive pills and other birth control devices do not tamper with a woman's monthly cycle, harmful foods and activities, and disruptive sexual activities, her cycle remains in harmony with the new moon.

Linda, a Wise Earth practitioner, tells the story of Martha, a 55-year-old woman whose breast cancer disappeared after six months of treating her with Uttara Vasti Therapy. Martha did not want to take the conventional therapy recommended by her physician, so Linda guided her into the Uttara Vasti therapy every month on the new moon. She cooked Wise Earth's healthful food for her during the six months of her therapy and played Mother's Vedic chanting CD for her. Her cancer is now completely gone. Martha continues the practice on her own. The last time they spoke, Martha said that she can now feel the Shakti in her belly – like a soft glow getting brighter with every practice. She told Linda she feels like she is walking on air, and that she was stunned by how quickly her cancer disappeared after taking the Uttara Vasti treatment. She called Uttara Vasti a loving therapy that is more than nourishing, it's nurturing.