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For Immediate Release

Note: Photos available upon request

Mother Om Media Releases *Women's Power to Heal Through Inner Medicine*, a Powerful New Book by Sri Swamini Mayatitananda

August 21, 2007 – Mother Om Media is pleased to announce the release of *Women's Power to Heal Through Inner Medicine*, the latest book by renowned spiritual teacher and Ayurveda expert, Sri Swamini Mayatitananda.

Mayatitananda, or Mother, as she is affectionately known, is one of the few living female spiritual teachers of India's prestigious Veda Vyasa lineage. She has dedicated her life to teaching women that health, harmony, joy and freedom come naturally when they go within to explore their own innate wisdom. In over 25 years of non-stop teaching, she has helped women of all cultures, ages, and backgrounds heal from illness and disease. Her latest book furthers these teachings in a way that is both practical and powerful.

"I have been inspired by the work of Mother Maya for many years," says physician and fellow author, Christiane Northrup, MD. "Her latest book, *Women's Power to Heal*, is a masterpiece of women's wisdom and power."

The premise is simple: by nature, women possess a healing wisdom that can be accessed by simply learning to reconnect to the cosmic rhythms of the moon cycles and the seasons while connecting to their own feminine nature. It's this reconnection and remembrance of their inner wisdom that is the means to wellness, harmony and longevity, which is every woman's birthright.

"Modern women are faced with unprecedented levels of stress, fatigue and illness, as well as a profound disconnection with their inherent creativity and femininity," says Mother. "By calling on this ancient healing wisdom and practices, we can spread a revolutionary idea: that women contain the power within themselves to reconnect with their feminine nature and ultimately heal themselves."

Within the pages of *Women's Power to Heal*, Mother shares her unique body of knowledge, the Inner Medicine Healing™ that teaches how each of us possesses the absolute power to heal from within. The book deftly incorporates fascinating and inspiring stories gleaned from the work she has done with

women from around the world. But in addition to the personal stories that bring Mother's teachings to life, *Women's Power to Heal* also provides a comprehensive plan for women to learn the tools they need to practice Inner Medicine Healing on their own. It's this practical approach, which includes specific practices for female conditions ranging from difficult menstruation, menopause and fertility issues, to herpes, miscarriage, HIV/AIDS, osteoporosis, yeast infections and more, along with simple, safe and proven sadhana-practices to try at home, that make this book such an invaluable resource.

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 beauty of *Women's Power to Heal* is that it takes a modern look at centuries-old wisdom, gleaning the most useful information to empower women of all ages.

"There is no greater testimony to Mother Maya's efficacy as a healer than her own miraculous triumph over ovarian cancer 30 years ago," says *Women's Power to Heal* Editor, Catherine Escobedo, "and no gift more generous than the sharing of her path to divine wholeness within these pages."

While *Women's Power to Heal* fits easily into the growing category of books on eastern religion and health, it is, in fact, totally unique. It's 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 Mother calls *Mother Consciousness*. In this power-packed guidebook, women are given a blueprint on restoring 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.

A limited edition, advance copy of the book is available to ship on August 28th from Mother Om Media, www.motherommedia.com, to celebrate the opening of the Mother Om Media Bookstore online. The official release date is May 1, 2008, coinciding with the "*Women's Power to Heal ~ Tour 2008*" which will feature Mother's appearances in 12 cities across the United States.

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If you would like more information about Mother Maya, *Women's Power to Heal*, or Mother Om Media, or would like to schedule an interview, please contact Shawne "Anasuya" Taylor at press@motherommedia.com or by phone at 404.838.8125.

In addition to being a renowned spiritual teacher and expert in the Vedas, Mother is also the founder and spiritual head of Wise Earth School of Ayurveda in Candler, North Carolina, and the founder of Mother Om Mission (MOM), a charitable organization in Guyana, SA that disseminates Wise Earth's unique Inner Medicine Healing™ education for at-risk communities. Mother is also the author of the following, best-selling books under the name Maya Tiwari: *Ayurveda: A Life of Balance*; *Ayurveda Secrets of Healing*; and *The Path of Practice A Woman's Book of Healing with Food, Breath and Sound*.