

# cultivating inner harmony

## MOM's Community Health and Wellness Education

### Healing Passes

Yoga and Breathwork

The Healing Pass is a unique therapeutic form of yoga designed to integrate body, mind, and spirit. The aim of Healing Passes is to integrate the five major pranas within. The Healing Passes help to connect inner sound to breath, and breath with movement. Cultivating this keen awareness is the way of Wise Earth Practice. In this highly practical yoga training, you will learn to breathe and move and express inner sound in alliance with the greater cosmic energies, strengthen your two main channels of breath, and restore memory and health. Maya Ma tells us that Primordial Sound gives rise to prana, and it is prana that evokes posture.

### Surya Namaskara

Sun Salutation Yoga

Surya Namaskara (Sun Salutation) is a dynamic form of yoga practiced in a series of postures which emulate the rhythms of the sun and honor solar energy within and without. These postures are linked together to create seamless coordination of breath and movement which strengthen the heart and the body's circulation. This classical sequence of postures developed by ancient yogis is an excellent practice for harnessing the immense powers of the sun. It offers a great work out for the body and makes the mind tranquil and the heart strong. This sequence of postures is centered on seven classical landmark postures.

### Women's Health Care

These courses give an in-depth understanding of Ayurvedic self-care for women's health in the Wise Earth tradition. In this highly participatory program, women learn to bring their monthly cycles in accord with the new moon and administer the appropriate home therapies and remedies to help alleviate health conditions. Wise Earth education restores long-forgotten lunar rhythm-oriented tradition of the Vedas specific to a woman's health and wellness. These courses provide the knowledge and skills necessary to help women recover good health.

### Japa Meditation

For inner harmony

Japa Meditation is beneficial to everyone. It is a powerful meditation practice to cultivate inner harmony. Through meditation we may attain oneness with pure consciousness. Japa is an ancient Vedic practice for bringing serenity to the heart and mind. Through practicing Japa, we ward off negative thoughts, emptying mental impurities from the mind. Japa meditation is a profound practice for the present time of challenges and disasters. Through cultivation of inner peace and harmony, we are able to attain prosperity, security, joy, friendship, and love within and without.

In the Wise Earth tradition of instruction, Japa is practiced with a Japa mala, or rosary containing 108 beads. The beads are symbolic of our individual experiences. We touch on one bead at a time as we repeat a specific mantra and move forward to complete the beads on the mala. Repetition of the mantra generates deep vibration within the heart, cultivating profound peace and silence within the self.

### Play Yoga™ for Children

Play Yoga™ in the Wise Earth Tradition is a gentle, playful form of yoga developed by Swamini Mayatitananda specifically for children. Play Yoga™ works in accord with nature's rhythms and helps children reclaim their innate ability to be playful and to develop physical and emotional balance. In this unique school of yoga, children learn to flow in harmony with nature by emulating the natural movement of the animal – cat, tiger, lion, frog, ostrich, cobra, butterfly, crane, lizard, crocodile. Play Yoga™ is a Wise Earth creative educational program for children that restores innocence, develops confidence and security and cultivates well-being.



### Nutrition

Health and Wellness

Food, Breath and Sound is a unique Ayurvedic practice of nurturance, health and spirit. This path of practice explores the timeless lifeways of nature's three templates: food, breath and sound, and demonstrates how you can practice these sacred principles to cultivate excellent health for you and your family. In this extraordinary practice, community members learn about their individual metabolic type and how to nourish themselves by eating in accord with nature's seasons. They learn their inner rhythms and how to heal through sound by pounding grain, grinding spice seeds, cutting vegetables in accord with their life-lines. The aim of this path is to help you gain inner harmony, self-sustainable, and a healthful life and to live in accord with Mother Nature and her seasons.

### Sound Healing

Vedic Chanting

Vedic Chants performed in the Sanskrit sound medium is the most powerful means of sound healing. Ancient tomes of Sanskrit chants have been preserved and handed down in oral tradition of the Vedic culture many thousands of years ago. The Vedic seers recognized the language as cosmic vibrations from which the entire universe is manifested and through which it is sustained. Sound vibration is a manifestation of life energy called prana and this prana is the wellspring of self-healing. Trained in the powerful Veda Vyasa lineage of her Vedic forebearers, Mother Maya teaches the Vedic chants with their original Sanskrit meters and transmits these powerful vibrations to her disciples and students.



we are wellness    we are consciousness    disease is an imposter

nurturing  
world peace

# Wise Earth



## Wise Earth School of Ayurveda

Over the years, Wise Earth School of Ayurveda – home to Mother Om Mission (MOM) – nestled in the serene Pisgah mountains of North Carolina, has evolved as a sanctuary for hundreds of health practitioners worldwide – yoga, teachers, doctors, nurses, midwives, youth mentors, community activists – who have been trained by Mother Maya to instruct, teach, and practice Ayurveda in Wise Earth Tradition – the inner medicine model to restore good health and inner harmony to self and community.

Wise Earth principles and practices of sadhana are rooted in grassroots origins of Vedas – spiritual awareness and opportunity that cultivate health and inner growth, and ensure harmony with nature. Wise Earth education is one of the most significant tools for self healing.

**MOM's Mission** - MOM is a non-governmental, charitable organization whose goal is to restore individual health and community harmony. MOM supports at-risk communities by empowering community members with the education and tools needed to reclaim a sense of shared responsibility for their well being, making the most powerful education available to the poorest communities on earth. MOM's inner medicine education – strives to examine all aspects – cultural, social, economic, and spiritual – that influence a person's behavior and well being and teaches the individual how to transform violence, poverty and disease into nurturance and health by refocusing their inner resources for healing. MOM has been mobilizing an international sustaining health and wellness force.

## Swamini Mayatitananda

*(formerly Bri. Maya Tiwari)*

is a compassionate spiritual Mother who has helped thousands of people to heal from life threatening diseases. Mother Maya is a world renowned pioneer of *inner medicine* healing – the most powerful education that restores individual health and community wholesome lifeways. Mother Maya is the spiritual head of Wise Earth School of Ayurveda, a nonprofit organization in North Carolina, USA, and is the founder of Mother Om Mission (MOM), a charitable organization in Guyana, South America.

Swamini Mayatitananda has been presenting her inner medicine vision for healing and world peace for twenty five years at conferences, has been a featured speaker at the *Global Peace Congress of Women's Religious and Spiritual Leaders* in Geneva, Switzerland. Mother Maya is the best-selling author of *Ayurveda: A Life of Balance*, *Ayurveda: Secrets of Healing*, and the Nautilus nominated, *The Path of Practice* (Ballentine Books, NY).



Swamini Mayatitananda

A pre-eminent Vedic monk, Mother Maya has been carefully tutored by His Holiness Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage – Veda Vyasa.

*MOM was founded by Swamini Mayatitananda, pre-eminent spiritual teacher and Vedic monk who is a pioneer in the field of inner-medicine healing and whole life education for the individual, family and community. MOM has been mobilizing an international sustaining health and wellness force and has successfully established working models in the Asian and Caribbean communities in New York inner cities, as well as in Guyana, South America.*



**Mother OM Mission • New York**

**Mother OM Mission • Guyana**

**Wise Earth School of Ayurveda**

90 Davis Creek Road • Candler, NC 28715  
828-258-9999 • email: [health@wiseearth.org](mailto:health@wiseearth.org)



# MOTHER OM MISSION

(MOM)

health • nurturance • spirit

*A charitable organization in Guyana, South America, whose radical new approach in several at-risk communities is transforming violence and disease into peace, nurturance, and health.*