

At MOM we recognize that health, peace and prosperity are the result of harmony within the individual and the community. Therefore, we make the commitment to harmony greater than any other commitment or particular goal in our lives.



Wise Earth School revives wholesome earth practices – grinding spice seeds on rivers stone.

Recognition for MOM's Work

The success of MOM's work with Wise Earth programs and services is evidenced by increasing recognition and endorsements for our health education, family and community wellness programs.

The success of Swamini Mayatitananda's inner medicine model is powerful proof that the criteria for effective leadership must be redefined.

— BETH COSTELLO, EXECUTIVE DIRECTOR, MIND SCIENCE FOUNDATION

You have brought to this groundbreaking, cross-cultural conference of A New Holistic Medicine for the 21st Century MOM's outstanding modality for the preventative health care that combines ancient wisdom with the cutting edge of current research.

— ADELE HEYMAN, DIRECTOR OF EDUCATION, NEW YORK OPEN CENTER

Thank you for your outstanding contribution to Noetic Sciences Sixth Annual Conference. We deeply appreciate your playing such a pivotal role in making the conference a success. MOM's work certainly serves the larger work to which we are committed and in which we join you in partnership.

— TOM HURLEY, DIRECTOR OF EDUCATION, INSTITUTE OF NOETIC SCIENCES

Wise Earth School of Ayurveda introduces a profound model for healing that is based in our own natural ability to heal ourselves. This education is highly effective and affordable, and is accessible to every human being.

— SUBHAS RAMPERSAUD, SECRETARY, WISE EARTH SCHOOL OF AYURVEDA



MOM says strive to cultivate inner harmony and you will find peace everywhere.



Trained practitioners at Wise Earth School with Mother Maya.

MOM says each one of us has an innate right to health, peace and prosperity.

Your gift to MOM



We welcome your assistance in the areas that follow:

- Sending financial support
- Sponsoring MOM's work in your area
- Joining Mom's training force worldwide
- Restoring community healthful lifeways and world harmony
- Endorsing MOM's work

This deeply appreciated gift supports the wisdom work of MOM which serves humanity with education and tools to cultivate good health, inner harmony and community well-being.

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 Ayurveda 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. Wise Earth School of Ayurveda is a non-profit organization in North Carolina, USA.

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.



MOTHER OM MISSION (MOM)

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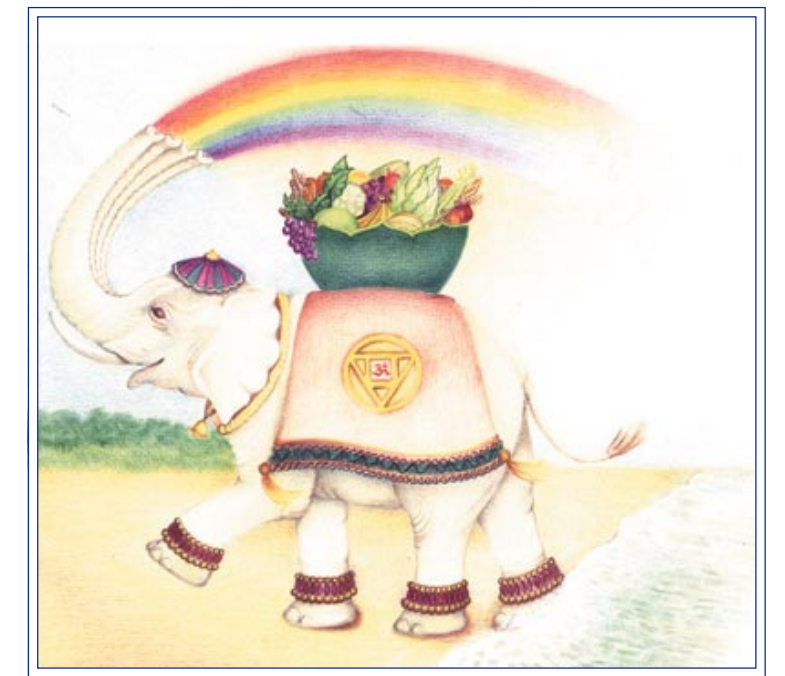
MOM GUYANA, SOUTH AMERICA

www.wiseearth.org

MOTHER OM MISSION (MOM)

health • nurturance • spirit

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



cultivating inner harmony



nurturing world peace

MOM's Call for Inner Medicine Healing

Developed by Sri. Swamini Matatitananda (formerly Bri. Maya Tiwari), MOM's unique model for health and healing focuses on education that strives to cultivate inner harmony and healing lifeways that are in rhythm with nature.

Inner medicine healing is preventative medicine in its truest form. It strives to educate the individual to take responsibility for their own health and well being, to make healthful choices in their lives, and to cultivate their intrinsic power to heal themselves and to live in harmony with all things. Ayurveda in Wise Earth Tradition - the inner medicine educational model demonstrates the paramount role individual health and harmony play in the cultivation of world peace.

The implications and applications of what we are doing at MOM go far beyond just reversing disease. Clearly, if we can reverse the progression of disease, then we can help prevent it. Disease could be virtually eradicated if we simply put into practice what we already know. This profound realization is central to our everyday experience at MOM. When people learn and follow MOM's Inner Medicine Healing programs, they heal.



Organic gardening for herbs at Wise Earth School

MOM says physical strength follows once we have achieved the path of inner harmony

MOM's Grassroots Origin

The most compelling aspect about our program is that the idea of MOM did not originate from a university research paper, or from political or religious activism. MOM's birthplace is people and community based and compassion driven. MOM emerged specifically because of the devastating challenges in health education, family values and community lifeways, particularly among third world peoples. As nurturer, healer, and educator, Mother Maya fills a significant void in the world culture with compassion, transforming disease and despair into health and joy.

MOM started in 1978 in an informal way in a Greenwich Village apartment in Manhattan, when Mother Maya, after having miraculously survived ovarian cancer at twenty three, began to invite cancer patients to her home to impart lessons and knowledge she had learned from her own recovery experience. Demand for Mother Maya's work grew rapidly and ultimately led to the creation of MOM.



Children gleefully partake in kneading and rolling flatbreads in the Nutrition program at MOM

Ayurveda – Knowledge of Life

Education at Wise Earth School is informed by Ayurveda, the oldest paradigm of health and healing known to the earth. Ayurveda grew out of the rishi tradition of India. The rishis were adept at entering elevated states of consciousness to “see” truth, retrieving information directly from the cosmos for the welfare of their community.

The Vedic seer informs that good health is a natural state of being in the form of the “true self.” Once we realize the true self to be a conscious entity, intrinsically whole – we may eliminate the sense of separation which is the cause of disease, disharmony and unhappiness.



Young woman enjoys Play Yoga™ at MOM.



Training MOM's instructors to administer shirodhara therapy at MOM's Outreach Training Program.

Women in crisis have been the primary force in the development of MOM's on-going work. The Women's Health Care Program arose to address the manifold layers of physical, emotional, and spiritual challenges these women face in their everyday lives.

MOM's Healing Circle brings women together in community sharing and support. The circle deals with women's concerns such as domestic abuse, sexual abuse, miscarriage, abortion, and sexually transmitted diseases. The warm and understanding atmosphere MOM creates is a by-product of the levels of profound personal sharing that happens when MOM's instructors gather with women in distress and listen to their stories and support their healing process.



Woman drumming and chanting at MOM's Healing Circle.

MOM says goals change, problems change, perspectives change, but harmony is unchanging

MOM/Guyana

A country of vast natural resources and a substantial population of impoverished people, Guyana lies on the northeastern shoulder of South America, on the continent's Atlantic seaboard. It is a country the size of Britain, but with a population of only 775,000 people, most of whom are concentrated along a narrow coastal plain. Guyana is largely inhabited by Guyanese of Indian and African descent and, to a lesser extent, by its original native Amerindian people.

Guyana is lagging behind in global awareness and the movement to restore good health, inner harmony, and self-sustenance. The communities that MOM serves are comprised of third world populations riddled with pathologies. MOM wants to address the meteoric rise of homicide caused by interracial violence, domestic violence, suicide, drugs and alcoholism, life threatening diseases such as AIDS, cancer and diabetes.

One of the main reasons the situation appears so daunting is the chronic lack of education in rural areas. Great numbers of people in the developing world are ignorant of preventative health care and personal self care.



MOM Guyana participants returning home in Lancaster Village, Corentyne, Guyana, Mother Maya's birthplace

MOM's Programs

Through its programs, MOM offers at-risk communities:

- Healthful Nutrition (Food, Breath and Sound)
- Women's Health & Self-Care
- Yoga - Healing Passes
- Play Yoga™ for Children
- Organic Community Gardening (planning stage)
- Breathwork
- Sound Healing
- Meditation
- Assisted Yoga for Elderly & Infirm
- Mentoring/Team Building Resources for Instructors
- Community Health Resource Directory (planning stage)



MOM's Executive Board

Connected and inspired by a shared perspective for holistic outreach to health, community activism and self-empowerment, three women with a combined experience of 70 years in education and social service skills to administer MOM's community education.

Sri. Swamini Mayatitananda
Jayasri Jorwar Kamala Asher

Chief Executive Officers

Sri. Swamini Mayatitananda
Patricia Peluso
Subhas Rampersaud

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Sri. Swamini Mayatitananda, President
Patricia Peluso, Secretary
Subhas Rampersaud, Treasurer
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Kamala Asher
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Dr. Frank Heller
Rosemary Dede Jordan

Alicia Jorwar
Rebecca Hamlin
Dr. Donna Yerman
Roberta Uma Reeves

'L'Émos' authentique spiritual teachers, [Mother Maya] communicates more with silence than with words . . . you can glimpse the depth of this silence in her eyes, as dark and as vast as the space that surrounds and somehow holds our world.

— RICK FIELDS, EDITOR-IN-CHIEF,
YOGA JOURNAL, USA



Sri. Swamini Mayatitananda (formerly 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 and is the founder of Mother Om Mission (MOM) whose radical new approach in several at-risk community sites is transforming violence and disease into peace, nurturance and health.

Sri. Swamini Mayatitananda has been presenting her inner medicine vision for healing and world peace for twenty five years at conferences worldwide and has been a featured speaker at the UN Global Peace Initiative of Women's Religious and Spiritual Leaders in Geneva, Switzerland.

Mother Maya's best-selling books:

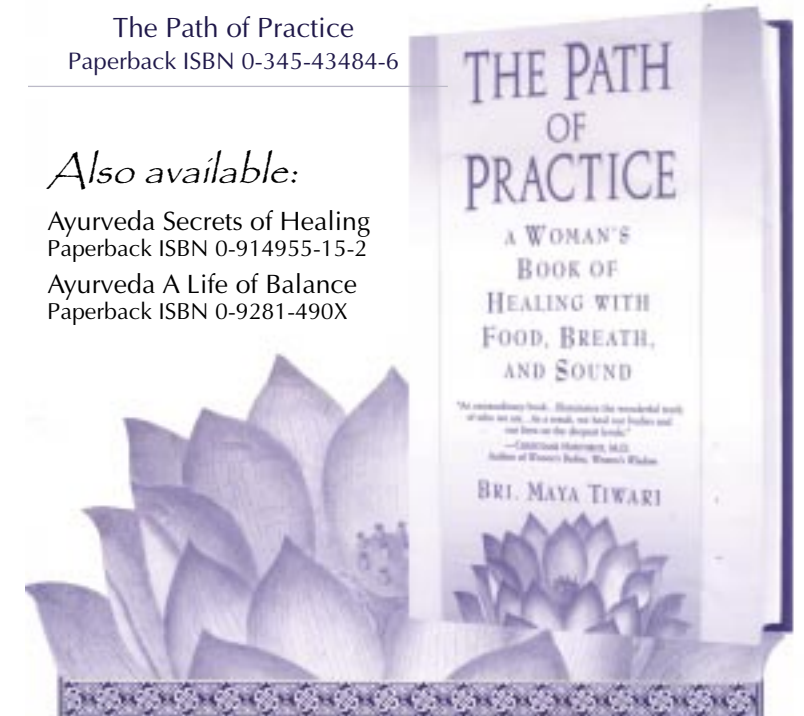
Nautilus Award Nominee:

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Ayurveda Secrets of Healing
Paperback ISBN 0-914955-15-2

Ayurveda A Life of Balance
Paperback ISBN 0-9281-490X



Order from: www.wisearth.org