

## MOM's Call for Inner Medicine Healing

Developed by Sri. Swamini Matatitananda, 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. Ayurveda in Wise Earth Tradition - the inner medicine healing model demonstrates the paramount role individual



Organic gardening for herbs at Wise Earth School

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.

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. 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, 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 approach to health, community activism and self-empowerment, three women with a combined experience of 70 years in education and social service skills administer MOM's community education.

Sri. Swamini Mayatitananda  
Jayasri Jorwar Kamala Asher

### Chief Executive Officers

Sri. Swamini Mayatitananda  
Patricia Peluso  
Subhas Rampersaud

### Board of Directors

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Patricia Peluso, Secretary  
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### Advisory Board

Kamala Asher  
Mahendra Deonarian, Ph.D.  
Dr. Frank Heller  
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Rebecca Hamlin  
Dr. Donna Yerman  
Roberta Uma Reeves

"Like most authentic 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 com-passionate 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:

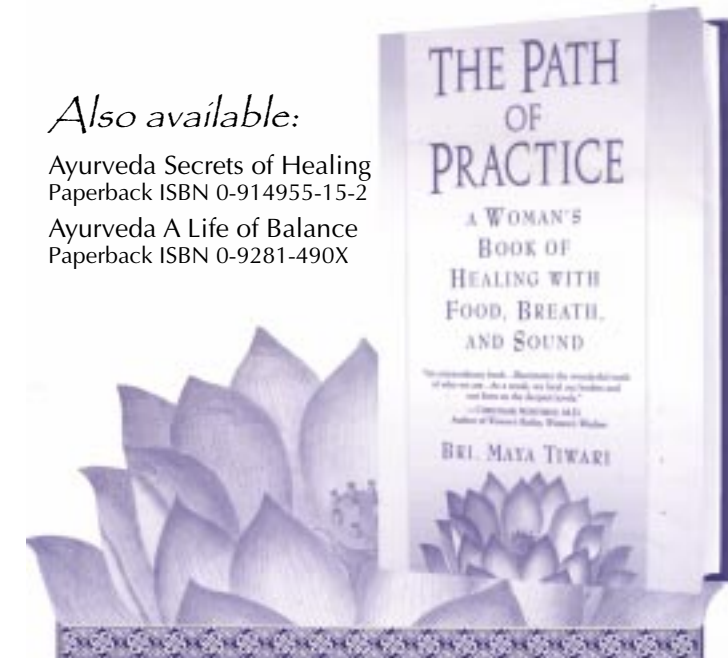
Nautilus Award Nominee:

The Path of Practice  
Paperback ISBN 0-345-43484-6

### Also available:

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

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



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