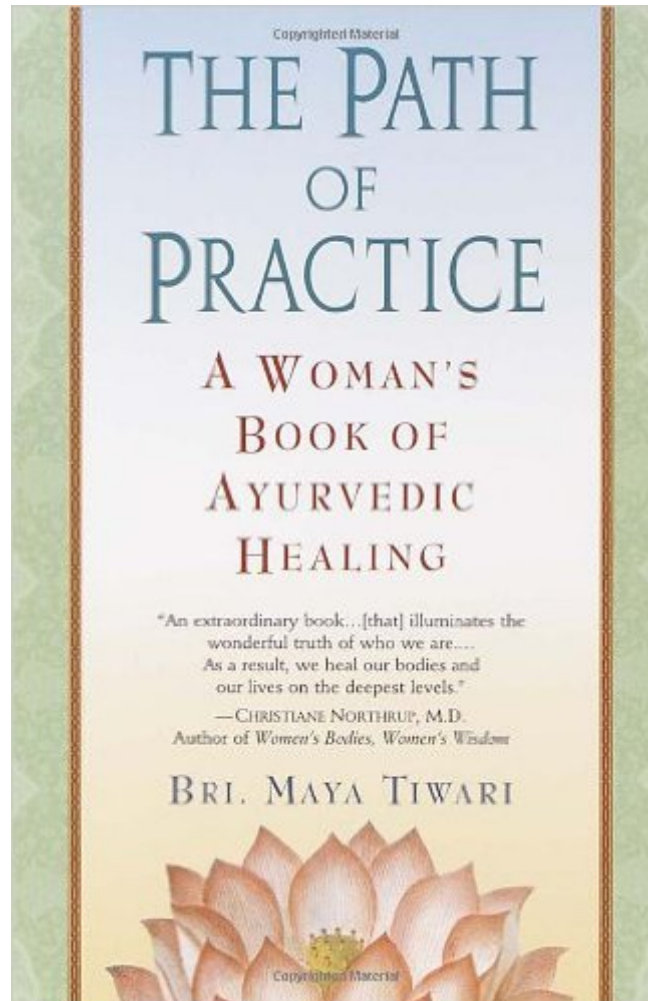


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The Path Of Practice: A Woman's Book Of Ayurvedic Healing



Synopsis

"We are wellness. We are consciousness. That is our natural state. Disease is an imposter." As one of the world's only female experts on the ancient Indian tradition of Ayurvedic medicine, renowned teacher Bri. Maya Tiwari has devoted her heart and soul to sharing the philosophy and methods that saved her from terminal cancer and redirected her life. Now, in *The Path of Practice*, she offers a short course in healing and living and reveals how she has gone back to the sources of Ayurvedic wisdom to reclaim time-honored, natural, and spiritual techniques for contemporary life. Diagnosed with ovarian cancer at twenty-three, Bri. Maya was given two months to live. Her doctors' advice: die painlessly with heavy dosages of morphine. Instead, in the middle of winter, she left her career as a popular fashion designer in New York City and began several months of intensive meditation and holistic nutrition alone in a remote Vermont cabin. By Spring, her health and vitality had been restored. Inspired by dramatic visions and dreams of her family and ancestors, Bri. Maya became a student of one of India's few living masters of the traditional Vedas. Today, healthy in body and spirit, she devotes herself to teaching the wisdom practices of the Vedas to help others heal emotional and spiritual discomfort, dis-ease, and physical illness. In *The Path of Practice*, Bri. Maya's gentle, compassionate voice instructs you in living life consciously in the present moment, so that you can recover your natural rhythms and align yourself and your inner cycles with the universe. With particular emphasis on using the primordial feminine healing power of shakti--which everyone possesses--Bri. Maya leads you through the daily practice, or sadhana, of a three-part wellness program that includes nutrition and cooking with whole foods, breath work and meditation, and chanting with healing sounds. Encouraged by the inspirational stories of Bri. Maya's life and those of others who have made these simple but powerful practices an integral part of their lives, you will learn how to take charge of your own health. Through Bri. Maya's unique philosophy and practice of "cosmic memory," you will discover your personal, body wisdom and intuition, your singular mission in the world, and your connection to the divine within you and around you. Filled with illuminating insights, easy-to-follow recipes, and meditations and exercises that can be adapted to different lifestyles and traditions, *The Path of Practice* is one of the only holistic programs designed for women by a woman. Imbued with the spiritual strength and centeredness of its remarkable author, here is a practical and profound book you will turn to time and time again for instruction, wisdom, and peace of mind.

Book Information

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Customer Reviews

I wish I could read this book aloud to cancer sufferers. Written as part memoir, part how-to guide, *The Path of Practice* is a conversational, self-described "course in healing and in living." Bri Maya maintains that "all pain is a reminder that we have strayed from the natural rhythms of life," and this book acts as a guiding light to bring us back. My fascination with *The Path of Practice* took hold in the chapter on Bri Maya's personal ordeal with ovarian cancer. After fighting a two-and-a-half-year battle with operations and allopathic treatments, while simultaneously building a fast-paced career as a New York fashion designer, she retreated to the wintry woods of Vermont to die alone. In that Vermont cabin, Bri Maya reconnected with her Indian roots of self-sustainment by baking Indian breads, sifting grains and grinding masalas. She spent six months immersed in journaling, meditation and prayers, and when she emerged from her retreat the cancer that had pervaded her vital organs had gone into remission. Bri Maya continued learning about the Vedas, reconnecting with Divine Mother, and disseminating her knowledge. She founded and runs the Wise Earth School of Ayurveda, and a charity, called Mother Om Mission, to reunite at-risk communities with the universe's natural rhythms. Bri Maya has delved into a lifetime of experience and boiled it down into *The Path of Practice*, briefly but precisely explaining the key principles of sadhana, mantra, mudra, meditation, pranayama, chakras, ancestral legacies, cosmic sound and silence, doshas and cycles of the moon.

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