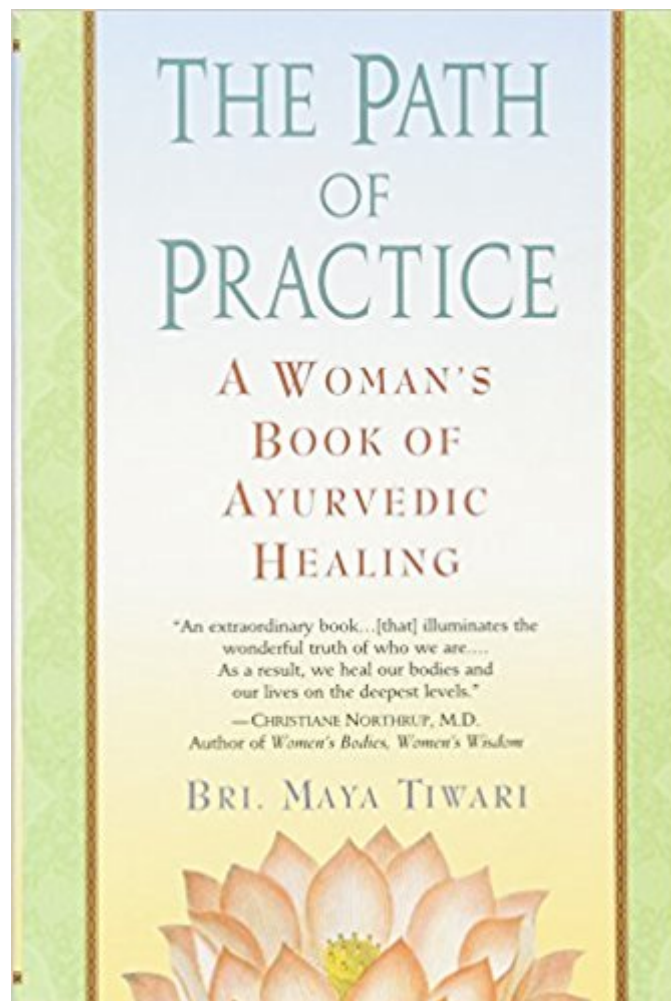




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The Path Of Practice: A Woman's Book Of Ayurvedic Healing



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.

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Customer Reviews

"An extraordinary book . . . [that] illuminates the wonderful truth of who we are. . . . As a result, we heal our bodies and our lives on the deepest levels."--CHRISTIANE NORTHRUP, M.D. Author of *Women's Bodies, Women's Wisdom*"Bri. Maya Tiwari's *The Path of Practice* offers great insights into how we all have the power to heal."--DEEPAK CHOPRA"*The Path of Practice* brilliantly brings forth the full orchestra of ancient healing wisdoms and practices into the lives of modern women. A must reading for every woman who wants a definitive guide to self-discovery, wholeness, and healing."--ILANA RUBENFELD Author of *The Listening Hand: Self-Healing Through the Rubenfeld Synergy Method of Talk and Touch*

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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.

I love this book. It is very informative and I loved reading it. The book is very practical and it takes us back to the various rituals and lifestyle habits that can be incorporated to our daily life in order to live a more harmonious, healthy and happy life. Coming from the same culture as Maya Thiwari, the author shows a clear understanding about the various Ayurveda practices, ancient healing methods for mind, body and soul. This is an amazing book that I would recommend to all mothers and daughters out there to read and reread. Currently I am reading *Women's Power to Heal: Through Inner Medicine* by the same author.

This book is perfect in its presentation and flow. Bri provides day-to-day practices to help me incorporate them into my life. I find this aspect of the book to be very helpful to continue on my spiritual journey. It's an awesome book!

recommended by a friend. great book.

Great book by Maya Tiwari, i have dozens of pages dog eared to go back and read or try her recipes. Book arrived in great shape and quickly.

Great book for beginners to Ayurveda. I'm now reading it for a second time. So much information!

The book is wonderful!! I recomend!!

Enjoying this perspective on Ayurvedic living and lifestyle. Some of it i will not incorporate, however the information is good to know.

Great Information a wellspring of knowledge.

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