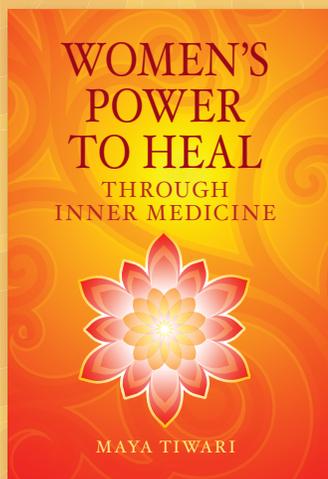


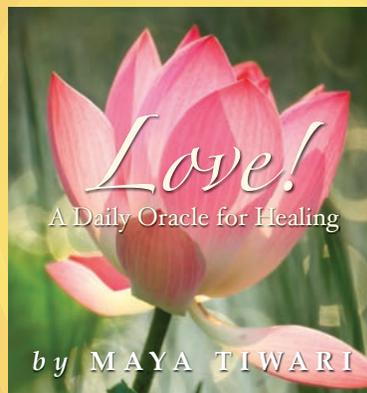
Three Revolutionary Books on Health, Harmony & Love by World-Renowned Ayurveda Expert and Spiritual Leader MAYA TIWARI



Women's Power to Heal: Through Inner Medicine

Women have absolute power within themselves to heal—the premise of this book is simple yet profound. By calling on the ancient healing wisdom and practices of Ayurveda, Maya Tiwari illuminates how women of all ages, backgrounds, and cultures can transform disease and despair into health and inner harmony. This power-packed guide teaches natural, time-tested Ayurvedic remedies for: menstruation problems, menopause and osteoporosis, fertility issues, sexual diseases, HIV/AIDS, and practical guidelines for maintaining optimal health through food choices, herbal baths, compresses, internal cleansing, aligning with the cycles of the moon, and spiritual practices.

Women's Power to Heal
Maya Tiwari
ISBN: 978-0-9793279-1-9
\$24.95 378 PB
Item # (TK)



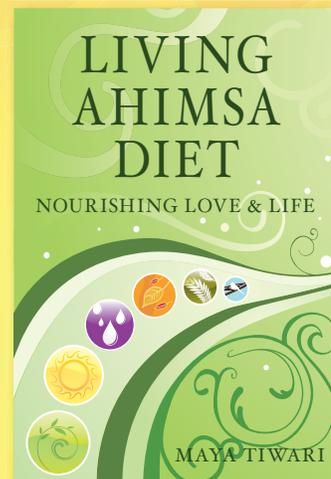
Love! A Daily Oracle for Healing

Love, just love! That's all there is and all there ever will be. This beautiful, 236-page hardcover handbook is filled with awe-inspiring photography and powerful Darshana—love blessings from Maya Tiwari that serve as daily divinations into the healing power of love. When in doubt of your innate ability to love, or in need of some comfort or a gentle reminder, open this oracle to any leaf and let it speak to you. The powerful energy of prayer herein will guide you: help you shift your thinking, ease your pain, wipe away your tears, and serve as a gentle balm to your spirit.

The Oracle of Love
Maya Tiwari
ISBN: 978-0-9793279-3-3
\$55.00 236 HC
Item # (TK)

*"I have been inspired by the work
of Maya Tiwari for many years...."*

~Christiane Northrup, MD, author of the New York
Times bestsellers: *Women's Bodies, Women's Wisdom* and
The Wisdom of Menopause



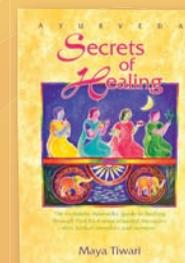
Living Ahimsa Diet: Nourishing Love & Life

This is the extraordinary sequel to Maya Tiwari's best-selling *Ayurveda: A Life of Balance*. Grounded in ancient Vedic principles, it is the first "food" book that sheds light on how to practice non-harm—Living Ahimsa—by eating, living, and loving in harmony with Mother Nature. Laden with wholesome seasonal practices, vegetarian and gluten-free recipes, and guidelines for the whole family, this book teaches us not to fear the feast or the fast—or the thick and thin of life. Within these pages you'll recover your joy in preparing, sharing, and imbibing your meals with whole-hearted ease, learn to eat and live in blissful harmony with daily, seasonal, solar, and lunar cycles, and reconnect you to your true nature of fullness!

Living Ahimsa Diet
Maya Tiwari
ISBN: 978-0-9793279-2-6
\$24.95 424 PB
Item # (TK)



WORLD-RENOWNED AYURVEDA EXPERT AND SPIRITUAL TEACHER MAYA TIWARI is a living testament to the healing efficacy of her teachings. More than 25 years after freeing herself from "terminal" ovarian cancer—and having been recognized by the Parliament of the World's Religions for her outstanding contribution to humanity—she shares the healing wisdom that has touched the lives of thousands in these three new groundbreaking books.



Also from Lotus Press, Maya Tiwari's seminal work,
**Ayurveda
Secrets of Healing**

Ayurveda Secrets of Healing
Maya Tiwari
ISBN: 978-0-9149551-5-3
\$XX
Item # (TKxx)



MOTHER OM MEDIA
More than a series of revolutionary
books on Ahimsa, Health, Harmony,
Love, Life & Nourishment