

LIVING AHIMSA

CULTIVATE AWARENESS, HARMONY AND PEACE WITHIN

Maya Tiwari's extraordinary work on LIVING AHIMSA throughout the world has been touching and healing thousands of lives. A powerful global and personal Peace Initiative, this work awakens self-awareness to heal millions of lives and transform disease, poverty and despair into health, harmony and joy.

In this inspirational talk, Maya presents the imperative work that teaches us how to use our most precious and primordial gift: Awareness. You learn the heart-transforming practice of AHIMSA VRATA—taking the Vow of Ahimsa—a daily practice that reminds you of your commitment to ahimsa, as you invoke inner harmony and world peace. This potent practice immediately shifts the mind into the understanding of, “I am awareness”, “I am not the mind.” In other words, it reminds us to call upon the higher self in all of our experiences. LIVING AHIMSA awakens our innate power of awareness, to live together in health, harmony, enlightenment, and kindness.

(www.ahimsalife.com)

VOW OF AHIMSA

Taken to date by 150,000 world citizens!

- I take the Vow of Ahimsa
- I make inner harmony my first priority
- I take the Vow of Ahimsa
- In my thoughts, speech and action



Maya Tiwari is an outstanding spiritual leader and teacher who has been praised by the Parliament of World Religion's for her global work in fostering wellness, peace and inter-faith understanding. The founder of Wise Earth School of Ayurveda and Mother Om Mission, Maya is also an acclaimed author and an ovarian cancer survivor at the age of 23. Belonging to and trained in the ancient wisdom tradition of Veda Vyasa, India, Maya walks a simple, accessible life in service of all. Maya received the prestigious Dhanvantari International Award and Rishi Award for her quarter-century-long pioneering work in Ayurveda.

www.mayatiwaril.org



presented by

UNSRC S.E.A.T.

Society for Enlightenment and Transformation

We seek to inspire, inform, enlighten and uplift your spirits.

- Friday, April 19, 2013
- 1:00–3:00 pm
- Conference Room (TBA),
UN Main Bldg – 1st Ave
& E. 45th Street
- Admission free

Pre-registration by return email is essential.

Please allow time for clearance at the security desk and have a photo ID with you.

You must be at the main entrance by 12:30pm.

The name on the ID must match the name you use for registration.

RSVP to: Gianluca@motherommedia.com