

Ordering Information

Fees for Wise Earth School's
Premier Ayurveda
Correspondence Course

Accredited course: \$270 US
Non-accredited course: \$225 US



To order your Correspondence Course,
kindly send your check or money order to:
We are not able to accept credit cards at this time.

Wise Earth School
Premier Correspondence Course
PO Box 160
Candler, NC 28715

Add \$5.00 for Shipping and Handling.

Phone: 828-258-9999
E-mail: health@wisearth.org

*Please allow one month for
processing your order*

Course Information



Wise Earth School's Premier Ayurveda Correspondence Course is presented in a five part series that informs, teaches and guides Wise Earth's unique education in Ayurveda nutrition and the food *sadhanas* for health, nurturance and spirit.

This extraordinary Correspondence Course for your home study offers the following techniques and practices:

- **Introduction** to Ayurveda's ancient grass roots teachings of the *rishis*, Vedic seers, where you will learn about the greater energies of the universe - corresponding to self through the five elements and cosmic memory.
- **Part One** presents the core Ayurveda principles for developing a conscious and healthful life. The practices of nonharmfulness, nonviolence, inner harmony and awareness are the pillars of Wise Earth education. You will learn about the rhythms and energetics of nature's food through her six seasons and tastes.
- **Part Two** presents in-depth information about your constitution, or metabolic type, *prakriti*. According to Ayurveda each person is unique. The three *doshas*, bodily humors, are manifested within the body from five elements. Ayurveda provides exhaustive guidelines to help you identify your constitutional nature, enabling you to understand your intrinsic nature and to make smart choices to cultivate and maintain good health.
- **Part Three** provides an extensive and dynamic study course of the six seasons of nature unique to Wise Earth's teachings. In this lesson you will learn the seasons through nature's rhythms and your inseparable link to these rhythms. Seasons are to nature what the *doshas* are to the body. You will learn to live and feast in accord with the seasons. Wise Earth study of the seasons provides an indelible blueprint for knowing your bio-rhythms and awakening your wisdom to heal the self. You will learn to identify the interworkings of the five elements within every person and in every food in nature.
- **Part Four** introduces the central and perennial core of Ayurveda nutrition in Wise Earth tradition. Based in the ancient and original grass roots wisdom of Ayurveda, the practice of *sadhana* is extensively explained through the three life-sustaining templates of

food, breath, and sound. In this study you will learn to reclaim the sanctity of self through each and every limb of your being. You will explore the spaces of your home as a sacred space. You will discover the divine in receiving, preparing, imbibing, and sharing nature's foods.

- **Part Five** consists of five exquisite lessons of the food *sadhanas* for your home practice. Learning the Ayurvedic art of the spice seeds and herbs, you will be able to access nature's most effective medicine through your relationship to food. The *sadhanas* of the grain and bread teach you about the substantial memory for healing we carry within every atom, cell, tissue of your body. *Sadhana* of the vegetables puts your awareness and clarity to test, increasing the power of mindfulness as you observe the life force and life-lines of each magnificent fruit, herb, vegetable and legume. Other *sadhanas* provide the blissful practice of condiments with fruits and chutney-making, a culinary ojas-producing skill that strengthens health and harmony and serves to feast the senses and vital tissues of the body.

Sadhana,

as you will soon discover,
is the most powerful practice
to cultivate health, inner harmony
and the power
of intuition.

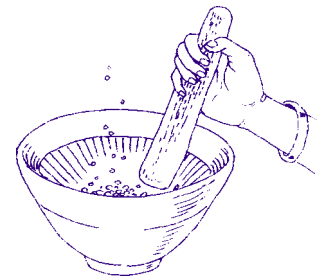
- The sacred food practices ends with the healing food of ghee and the Ayurvedic healing diet of *kichadi* - preparation of basmati rice and split mung beans. The sacred food of cow's milk, butter, ghee and yoghurt is explored in this practice session. Even if your belief system opposes your using milk and dairy products, we invite you to take fresh eyes to the Vedic wisdom presented in these pages. Perhaps you may be moved to imbibe the single most ojas-producing food on Earth - ghee - in mind and heart only to effect a deeper understanding of the memory of nurturance we inherit from the cow's generous gift of milk to humans.
- Finally, **three appendices** are included for your information. The first demonstrates how you may balance your breath in harmony with lunar and solar energies; the next appendix demonstrates how you may perform the daily cleansing of your sense organs; and the last appendix provides sample seasonal recipes for your continued Wise Earth Nutrition practice.

Wise Earth School of Ayurveda

Wise Earth School of Ayurveda has been presenting premiere Ayurvedic education since 1985 and has been the cornerstone of Ayurvedic teaching in the west.

Over the years, Wise Earth School of Ayurveda - home to Mother Om Mission (MOM) - nestled in the serene Pisgah mountains of North Carolina, has evolved as a sanctuary for hundreds of health practitioners worldwide - yoga, teachers, doctors, nurses, midwives, youth mentors, community activists - who have been trained by Mother Maya to instruct, teach, and practice Ayurveda in Wise Earth Tradition - the inner medicine model to restore good health and inner harmony to self and community.

Through MOM, Wise Earth's teachings in Ayurveda is helping several at-risk communities to transform violence into harmony, nurturance and health.



Ayurveda in Wise Earth Tradition

Ayurveda in Wise Earth Tradition recreates and introduces the unique principles and practices of sadhana which are rooted in grassroots origins of Vedas, spiritual awareness and opportunity that cultivate health and inner growth, and ensure harmony with nature. Wise Earth's inner medicine model for healing has been founded by Swamini Mayatitananda (formerly Maya Tiwari). Its extraordinary education and teachings focus on the cultivation of inner awareness and healing *without* medicine.

Wise Earth's vision and education is informed by Swamini Mayatitananda's spiritual awakening and wisdom based on the greater Vedas - *Atharva*, *Yajur*, *Rig*, and *Sama*. Ayurveda in Wise Earth Tradition serves the vision of the *rishis* in that we are a self-healing, conscious entity - intrinsically whole - unlike Ayurveda's contemporary application which has been adopting a more prescriptive, disease-care approach.

Purpose OF WISE EARTH SCHOOL OF AYURVEDA'S Premier Correspondence Course

Wise Earth School of Ayurveda is the only known school in the world that teaches Ayurveda's original grass roots education of sadhana. The goal of Wise Earth's Premier Ayurveda Correspondence Course is to teach you to heal yourself through living in harmony with nature's rhythms. This course is about applying the wisdom of Ayurveda to cultivating health and harmony by awakening your inner medicine healing potential - to heal without medicines. Ayurveda Nutrition presented in this home study manual is much more than food and healthful nutrition. It is about healing, nourishing, nurturing body, mind and spirit with nature's energy and foods. Wise Earth Sadhana informs you that Food, Breath and Sound are the three templates through which you can live in peaceful accord with nature and discover your Greater Self. In this practice you are learning to be mindful of the living earth within and without. You are learning to see, intuit, and honor each other, the animals and birds and fish as sacred life and not your food. The knowledge and tools provided you in this course assist you to strengthen spiritual understanding and cultivate sacred practice in everyday life. You are learning to breathe in accord with cosmic rhythms, move in alignment with breath and fortify the body with sacred practice. You are learning to bring forth the magic of your own personal sound through chanting and recitation of Vedic mantras and, in so doing, to move in rhythmic harmony with nature. You are learning to listen and hear the sounds of your inner self. In other words, you are learning to heal yourself, nature, and all things that surround you.

Wise Earth School's Premier Ayurveda Correspondence Course offers an all encompassing one-year course syllabus that includes Ayurveda energetics of nature's food and our relationship to it. It also addresses Ayurveda knowledge of metabolic constitutions and appropriate ways of eating, and nurturing yourselves through each of the six seasons.

Guidelines for Successful Completion

OF WISE EARTH SCHOOL'S
PREMIER AYURVEDA CORRESPONDENCE COURSE

Participating in the Home Assignments of the Wise Earth School's Premier Ayurveda Correspondence Course is optional:

This correspondence course is available to all persons - layperson or professional. The two distinct ways you may participate are as follows:

- Holistic Health Professionals who are seeking accreditation from the Wise Earth School of Ayurveda must complete the assignment criteria presented in the guidelines below.
- Persons who are seeking this knowledge for their own personal health and wellness need not participate in the assignment portion of this correspondence course.

Following are the guidelines for participating in the home study assignment portion in your correspondence course manual.

1. Four assignments are included which are to be completed at home at pivotal junctures of this home study plan and returned to Wise Earth School.
2. Each of the four assignments is due at a three month interval from the starting date of your correspondence course studies.
3. Your assignments will be reviewed and marked by a trained Wise Earth Sadhaka and will be retained at Wise Earth School for a period of one year until your completion of this course.
4. Assignment submissions must relate only to the content of this correspondence course. Do not send personal letters, health inquiries, or any unrelated materials with your assignment paper.
5. Kindly submit your assignments to the Wise Earth School by e-mail. You may send by postal mail if you do not have access to e-mail.
6. Having successfully completed Wise Earth School's Premier Ayurveda Correspondence Course, you will receive a certificate from the Wise Earth School with accreditation points for having completed Wise Earth School's Level One studies in Ayurveda. This will qualify you to enter the Ayurveda Practitioner Intermediate Training programs.
7. For those practitioners who are applying for consideration to practice and instruct Ayurveda Nutrition in Wise Earth tradition within their community, applications will be accessed and reviewed on a one by one basis. Consideration will be based on the Ayurvedic knowledge and experience of each applicant.

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Sri Swamini Mayatitananda

(formerly Bri. Maya Tiwari) is the spiritual head of Wise Earth School of Ayurveda, a nonprofit organization in North Carolina, USA, and is the founder of Mother Om Mission (MOM), a charitable organization in Guyana, South America 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.

A pre-eminent Vedic monk, Mother Maya has been carefully tutored by His Holiness Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage – Veda Vyasa.