

Press Release

Unveiling the Mystical Depths in “Into the Heart of the Infinite”

by Maetreyii Ma Nolan, Ph.D.

Embark on a Transformative Spiritual Journey through an
Award-Winning Author’s Eyes

Santa Rosa, California — 12.06.23 — In her profoundly moving spiritual memoir, "Into the Heart of the Infinite," Maetreyii Ma Nolan, Ph.D., an award-winning author, psychologist, and spiritual teacher, invites readers on an extraordinary journey of self-discovery and divine connection. This book, set to release on January 16, 2024, offers a rare glimpse into mystical experiences and spiritual awakenings.

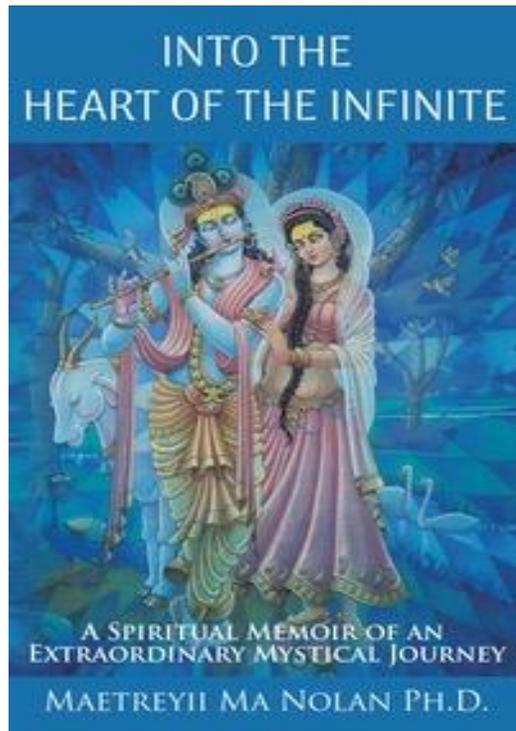
"Into the Heart of the Infinite" is more than a memoir; it's a portal into the soul's deepest yearnings and truths. Through her narrative, Dr. Nolan eloquently navigates her readers from her early years of divine visitations, through her explorations with psychedelics and profound experiences in India, to the ultimate union with her inner guru. It's a tale that transcends the ordinary, offering insights into the mystical path that leads to spiritual transformation.

Nolan’s journey begins in her childhood, filled with early encounters with the Divine. Her quest for understanding leads her through various life stages, including her time as part of the Beatnik and Hippie movements and her experiences with LSD that opened doors to expansive states of consciousness.

Her pilgrimage to India to meet her guru, Shrii Shrii Anandamurti Baba, marks a pivotal point in her spiritual journey, deepening her connection to the universal truths and the Divine.

This memoir is not just a recounting of spiritual experiences; it's a guidebook for anyone seeking to navigate the complexities of a spiritual path. Dr. Nolan's story addresses the universal challenges of faith, self-doubt, and the highs and lows of spiritual awakening, making it a resonant read for seekers and those interested in the deeper aspects of life and consciousness.

"Into the Heart of the Infinite" delves into the concept of a personal relationship with the Divine, exploring the roles of inner and outer gurus in spiritual growth. In the book, Dr.



Nolan shares her unique insights into unitive consciousness and how to integrate profound spiritual realizations into daily life.

We are thrilled to bring 'Into the Heart of the Infinite' to readers worldwide," says [Publisher's Representative]. "Dr. Nolan's story is not only deeply personal but also universally relevant. It speaks to the heart of what it means to seek and find one's spiritual path."

The book is set to be available in paperback and Kindle format on Amazon.com, with a special limited-time sale price for the eBook version.

For interviews, speaking engagements, or media inquiries, please contact Luminessa at anandagurukula@gmail.com or 707-291-6798.

About Maetreyii Ma Nolan, Ph.D.:

Maetreyii Ma Nolan, Ph.D., is a respected psychologist, spiritual teacher, and award-winning author. Her teachings and books aim to guide individuals toward spiritual awakening and living a life infused with divine love. She resides in Northern California, where she continues to write, teach, and inspire.

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Available in all major bookstores and online retailers after January 30, 2024

Biography

Maetreyii Ma Nolan Ph.D.



Maetreyii Ma Nolan, Ph.D., works both as a spiritual teacher and in private practice as a psychologist to assist people in connecting with the loving bliss of the Divine Being and living lives that reflect that Divine love. As an award-winning author, her most recent book, ***the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***, along with her earlier books, helps people understand the power of spiritual connection to transform your life and how you can then live your spiritual values in personal life and in relationship to the world around you.

Dr. Nolan is an award-winning author, a licensed psychologist in private practice, an RYT500, and a Yoga

therapist, as well as an Acharya or spiritual teacher. But in truth, she is mostly simply one who loves the Divine with all her heart. Since 1990, in inner communion and grace, she has received beautiful teachings from that God that she shares with others in her intuitive 'Baba Talks,' her books, podcasts, YouTube talks, meditation programs, and meditation retreats.

She began her yoga and meditation training in 1971, living in India for a year at the ashram of her Guru, Shrii Shrii Anandamurti Baba. Then, returning to the States, she became a clinical psychologist and finally an author and a spiritual teacher. She worked with Stan and Christina Groff and Dick Price, running the Spiritual Emergence Network for a number of years, and worked as a founding board member with the Kundalini Research Network.

Then, she led an international meditation community called Ananda Seva for many years and, for over ten years, ran a yoga training school where she taught Yoga Teacher Training, Yoga Therapy Certification Programs, and Acharya Training for meditation teachers. In 2014, she decided to fully dedicate her life to helping others through the spiritual guidance she receives, her books, and her work as a psychologist.

Her books include Her newest book, ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***, *Dharma: for Awakening and Social Change*, *Living Love: the Yoga of Yama and Niyama*, *Feminine Mysticism: Secrets of the Empowered Feminine*, *Yoga Psychology: Understanding and Awakening Kundalini*, *The Future is Bright: Visions for Humanity*, and *Yama and Niyama: Foundations for a Spiritual Life*.

There are also podcasts of her talks at www.Babataalks.info and on her YouTube channel https://www.youtube.com/channel/UCJWCS_PXEx4wpvjn88dXM7g. If you want to know more about Maetreyii Ma, her books, her personal mentoring program, Satsang meditations or webinars, or to find a meditation retreat with her, you can go to her website at www.yogama.info.

Book Synopsis

“Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey” by Maetreyii Ma Nolan, Ph.D.

In her deeply evocative memoir, "Into the Heart of the Infinite," Dr. Maetreyii Ma Nolan invites readers into the sanctum of her spiritual odyssey, a journey characterized by divine encounters, mystical revelations, and a relentless quest for the eternal truth. This narrative is not just a recounting of extraordinary events, but a tapestry woven from the threads of profound inner transformation and spiritual awakening.

From her early years marked by enigmatic visitations from the Divine, Dr. Nolan's life unfolds as a remarkable narrative spanning the vibrant landscapes of Beatnik and Hippie America to the sacred terrains of India. Her experiences with psychedelics, not as mere substances but as gateways to expanded consciousness, lay the groundwork for a journey that transcends the boundaries of the ordinary. It is here that she begins to grasp the essence of the unitive consciousness, a realization that reshapes her perception of reality.

The memoir explores Dr. Nolan's pilgrimage to India, where her rendezvous with her guru, Shrii Shrii Anandamurti Baba, catalyzes a profound metamorphosis. This transformative experience cements her relationship with her guru/guide within and her understanding of the intricate tapestry of the universe.

Yet it was not until her inner guide, Baba, asked her to become a teacher that her destiny was revealed to her, and the transformation process reached its zenith. With this experience, everything changed. The book goes on to describe this process of transformation and how the Divine can manifest and guide living beings.

"Into the Heart of the Infinite" is more than a spiritual memoir; it's a guide, a companion for anyone traversing the labyrinth of self-discovery and spiritual inquiry. Dr. Nolan's journey is a testament to the power of the human spirit to seek and ultimately merge with the Infinite. Her narrative bridges the gap between the earthly and the divine, revealing the potential for every individual to embark on their unique journey towards spiritual enlightenment.

This memoir is an invitation to explore the depth of one's soul, to question, to seek, and to find the unbounded joy and peace that lies in the heart of the infinite. For those who have ever pondered the mysteries of existence, "Into the Heart of the Infinite" offers not just answers but a vivid testament to the living, breathing experience of spiritual evolution.

Sample Excerpts from the Book

Sample 1

Prologue

*I*n my age of wisdom, I pause to reflect upon my journey of spirit, and the ups and downs of life that have brought me to the depths of my soul. I have come to know that there is only one eternal, immortal flow of being. The illusion of a separate self weaves a dream we call our lives. But beneath this outer shell lies a vast realm of love, divine essence, and aware consciousness. This is the Self of ourselves, the interior castle, the realm of light and blessedness. I have come to realize that this is the true treasure of human life. From this interior realm, a flow of knowledge and love—of teachings far beyond anything my mind can conceive—have arisen to guide my life and the lives of others.

It was not always like this. I did not always feel this grace, this omniscient love. By a power far beyond me, I have been guided step by step, experience by experience, to the numinous. This is the story of how this realization and grace unfolded. It is perhaps not so much my story as the story of how the Infinite can manifest in our world and transform our lives.

Sample 2: Side Trip to Varanasi

A

When Baba was gone from the ashram for a few weeks, Jack and I and two friends from the ashram, Dhruva Hobby and Ryan, decided to take a trip to Banaras, or Varanasi as it was called in India, to see the burning ghats. We had heard about Banaras and the burning ghats before we went to India and wanted to see them. So, excited to see more of India, we booked passage on a dusty, worn-looking Indian bus, crowded with people. Even the top of the bus was piled high with luggage and people hanging on, desperate for a ride. We settled in as best we could and endured the long, bumpy passage to Varanasi.

Getting to the city, we secured decent hotel rooms, with running water no less, even though it was cold. The following day Dhruva and Ryan decided to go out early by themselves to explore, and so they were gone when Jack and I got up and set off for the burning ghats. As we approached the old city, we found a maze of narrow streets, about four to five feet wide, with brick walls several stories high on both sides. The buildings were ancient, some of the bricks worn or moss-covered, and holes in these old walls housed little shops with brightly colored silks, rugs, and exotic items for sale.

As we entered the old city, we were soon lost in this maze of narrow, twisty streets. Fortunately, a young boy approached us, saying in pidgin English, "You want to go burning Ghats? I take, for small charge only—few rupees. Need guide? I am guide! For whole day!" Jack and I looked at each other and nodded in agreement. This seemed like a pretty good idea, given that we were already lost. We needed a guide. Jack said, "Yes, yes," to the young man. "Burning Ghats, okay?" The boy nodded, agreeing, "*Thik hai, thik hai, yes, yes,*" and headed down the street.

As we meandered through the old city following our guide toward the ghats, where little shops abounded, men called out for us to come in and look at the beautiful rugs, silks, or spices arrayed in their small shops. We stopped and climbed into one to sit on a plush Oriental carpet and view the beautiful silks. The owner, in his grayed whites and a burgundy vest, insisted we take some tea, but the boy whispered for our ears only, "No, no. You will be drugged!" With this warning, shaking our heads "no, no," and motioning, we repeatedly refused the tea until the man finally listened.

With an edge of fear and caution, we soon moved on from this shop. After several such stops in what we knew were somewhat sketchy situations, our guide finally got us to the Burning Ghats. Stepping out of the narrow streets into the open air and bricked paved banks of the Ganges River, the pungent smell of smoke from burning bodies hit us. We saw small

boats docked against the brick bank with funeral pyres on them. In another area on the bank, pyres were burning, and people gathered around, crying and lamenting. Hit by smoke, burning bodies, and loud chaos, it was as if we were in another world.

After some time in these burning ghats on the banks of the Ganges, exhausted and overwhelmed, the day growing late, we motioned for our guide to lead us out. Thankful to be out of there and in one piece, we returned to our hotel room by early evening, but our friends were still gone. We became concerned as night came, and they were still not back.

A few hours later, Dhruva and Ryan finally arrived at the hotel and came to our room. Ryan was limping badly, and they both looked a bit shaken. Jack said, "Hey, what happened to you guys? We were starting to get worried." Ryan lumbered in, clearly exhausted, and slumped onto the bed as Dhruva said in a somewhat numb tone, "We got attacked, and I lost my bamboo flute." I commented, "How could you lose your flute? You never part with that thing."

Dhruva sighed and slumped. We pulled over a chair for him. He wearily sat down and then proceeded to tell the most harrowing and amazing story. Apparently, like us, they had made their way down to the Burning Ghats, but without a guide, and had gotten lost in the maze of streets on the way back. They ended up in some back area without people around when suddenly two *Goondas*, or Cutthroats, appeared in front of them with foot-long *Gurkha* knives, with their long, curved blades drawn and ready to use.

They looked around. There was nowhere to run. Dhruva clutched his sacred flute to his chest and thought of Baba—then the bandits attacked, one going after Dhruva and the other Ryan. Dhruva said that he saw the knife and felt it swing across his waist as the bandit pinned him to the wall. He commented that it "felt like something cutting through paper." At this point, Ryan looked up from where he slouched on the bed and said, "As I was fighting off the other guy, I saw the Goonda cut Dhruva across the waist. I was sure he was going to die. The man I was struggling with stabbed me in the thigh. It didn't look good for us."

Then something mind-blowing happened. Ryan glanced up and saw Dhruva's flute blow up in a bright flash of white light, throwing the bandit off of Dhruva onto the ground. The Goonda, who was sprawled on the pavement, looked at his friend, who had stopped attacking Ryan. Both thieves were wide-eyed and stunned. Terrified, they grabbed each other and ran off as fast as possible.

Ryan's leg was injured in the fight, but although they both saw him knifed across the middle, Dhruva did not have a mark on him. His treasured flute was in burnt pieces, scattered across the alley, but he was alive. They both were. With a bit of awe and gratitude for divine grace, they made their way back to the hotel and to us. Ryan spent a few months on crutches, but other than that, all was well. It could have gone very differently without a bit of Baba's cosmic grace and an exploding flute.

Sample Q & A

Here's a sample Q&A for an author interview with Dr. Maetreyii Ma Nolan, focusing on her book "*Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey.*"

Q1 What inspired you to write “Into the Heart of the Infinite”?

A1: The inspiration for writing this book came from my own inner guidance and the profound transformations I have experienced. I wanted to share the sense of a divine presence, deep insights, and mystical experiences that have shaped my understanding of the universe and the self. My hope is that by sharing my journey, readers can find resonance and inspiration in their own spiritual quests.

Q2: Can you tell us about a pivotal moment in your spiritual Journey that you cover in your book?

A2: One pivotal moment I delved into was my encounter with my guru in India. This experience was transformative in deepening my spiritual practices and fundamentally changing my perception of life, the Divine, and my own self. My time in India with my guru was deeply experiential and transformative. His spiritual presence was a guidepost that led me to a deep connection to the guru within and my path toward seeing the One in all that is.

Q3: How do you think your background in psychology has influenced your spiritual journey and the way you’ve written this memoir?

A3: My background in psychology has been instrumental in helping me understand and articulate my experiences. It has allowed me to bridge the gap between spiritual experiences and psychological insights, making my journey relatable to those who may be more grounded in the psychological realm. In my writing, I've strived to present my experiences in a way that is both spiritually rich and psychologically insightful.

Q4: What challenges did you face in integrating your spiritual experiences into your everyday life, and how is this reflected in your book?

A4: Integrating spiritual experiences into everyday life is a central theme in my book. One of the key challenges was finding balance - maintaining a deep spiritual connection while fulfilling my roles as a professional, a mother, and a wife. The book explores how I navigated these roles and the lessons learned in harmonizing the spiritual with the mundane.

Q5: How do you think your book contributes to the current conversation about spirituality and personal growth?

A5: "Into the Heart of the Infinite" contributes a unique perspective by blending personal narrative with universal spiritual insights. It adds to the conversation by illustrating how spiritual awakening is not just about transcendent experiences but also about

transforming everyday life. It emphasizes that spiritual growth is an ongoing journey, deeply personal yet universally relevant.

Q6: What do you hope readers take away from 'Into the Heart of the Infinite'?

A6: I hope readers take away the message that spiritual transformation is accessible to everyone. It's not reserved for those in monasteries or on distant retreats but is available to anyone, anywhere. I want to inspire readers to embark on their own journeys, to seek their own truths, and to discover the infinite peace and joy within themselves.

Q7: Are there any upcoming projects or books that you are currently working on?

A7: Currently, I am focusing on expanding my teachings through Satsang's Baba Talks and my mentoring program for serious students of mysticism, yoga and meditation. I want to help those interested in delving deeper into their own mystical journey and connection to Divine grace and presence. The aim is to provide practical guidance for living a spiritually rich life and being able to directly experience the unity of all life and the presence of the Infinite, even in daily life activities.

This Q&A offers insight into Dr. Nolan's perspectives and experiences, providing a glimpse into the themes and messages of "Into the Heart of the Infinite." It's a useful resource for interviewers and readers alike, offering a deeper understanding of the author's journey and intentions.

On Air Introduction

Maetreyii Ma is an award-winning author, psychologist, and spiritual teacher who has developed a worldwide following, bringing forth the deep wisdom that manifests to her both through her inner guru, Baba and in her teacher, the renowned Indian mystic Shrii Shrii Anandamurti Baba.

But here's where this gets really interesting. The Baba that has loved and guided her throughout her long life is the all-knowing spiritual consciousness that embodies divine love and speaks to and, in recent years, through her. And while she met and lived in the ashram of the living guru, Shrii Shrii Anandamurti Baba, in India for eight months before he passed from this earth, the immortal spiritual consciousness he embodied has been side-by-side with her since her college years—long before she met him and after!

Her story, beautifully told in her new book ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***, is a story of profound transformation

that reveals how she came to experience the spiritual ecstasy and beauty that Her guide, Baba, brought to her while integrating it into her “real world” life of wife, mother, psychologist and spiritual teacher—to live a life in awakened, joyful consciousness.

With roles as the past founder and president of Ananda Seva Mission, a founding board member of the Kundalini Research Network, and a previous director of the Spiritual Emergency Network, she has long been a guiding light in the spiritual community.

Into The Heart of the Infinite

Learn More

Learn More

- ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***

Purchase after January 16 on Amazon or on my website at

<https://www.maetreyiima.org/books-to-buy.html>

Additional Books

- ***Dharma: for Awakening and Social Change,***
- ***Living Love: the Yoga of Yama and Niyama,***
- ***Feminine Mysticism: Secrets of the Empowered Feminine,***
- ***Yoga Psychology: Understanding and Awakening Kundalini,***
- ***The Future is Bright: Visions for Humanity,***
- ***Yama and Niyama: Foundations for a Spiritual Life.***

Awards:

- Silver Winner of the Prestigious C.O.V.R. Award for Contemporary Spiritual Books
- Gold Winner of the 2022 Global Book Award for Mental & Spiritual Healing
- 2023 Best Indie Book Award® Winner for Non-Fiction – Spirituality
- Winner of C.O.V.R. Book Awards for Iconic Books 2021
- Winner of the Book Excellence Award

Podcast

- <http://www.BabaTalks.info/>

Mentoring Programs

- <https://www.maetreyiima.org/mentoring.html>

Education and Community

BabaTalks Podcasts,

- www.Babataalks.info
- **YouTube Channel:** <https://www.youtube.com/@maetreyiima7>
- **Maetreyii Ma' Teachings:** <https://www.maetreyiima.org/articles.html>
- **Meditations, Workshops & Satsanga:** <https://www.maetreyiima.org/weekly-baba-talk--meditation.html>

Social Media

- Facebook: <https://www.facebook.com/Maetreyiima>
- X/Twitter: <https://twitter.com/MaetreyiiMa>
- Instagram: <https://www.instagram.com/maetreyiima/>
- LinkedIn: <https://www.linkedin.com/in/maetreyii-ma/>
- YouTube: https://www.youtube.com/channel/UCJWCS_PXEx4wpvjn88dXM7g

Websites

- www.yogama.info
- www.megannolan.net
- www.Babataalks.info

Credentials:

- Ph.D. in Transpersonal Clinical Psychology
- ERYT 500 Yoga Teacher with Yoga Alliance
- Yoga Therapist with IAYT International Association of Yoga Therapists
- Ordained Yoga Minister or Acharya

Memberships:

- American Psychological Association
- Redwood Psychological Association
- International Association of Yoga Therapists
- Yoga Alliance
- Redwood Writers Association
- IBPA Independent Book Publishers Association
- Nonfiction Writers Association
- C.O.V.R. Collation of Visionary Resources
- BAIPA Bay Area Independent Publishers Association

CONTACT INFORMATION

Luminessa Enjara

Ananda Gurukula Publishing

anandagurukula@gmail.com

707-575-0886

Maetreyii Ma Nolan PhD. Author

maetreyiima@gmail.com

707-291-6798

