

INTO THE HEART OF THE INFINITE

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

By Maetreyii Ma Nolan Ph.D.

An Incredible Life Story of a Woman Who Heeded the Voice of Divine Love

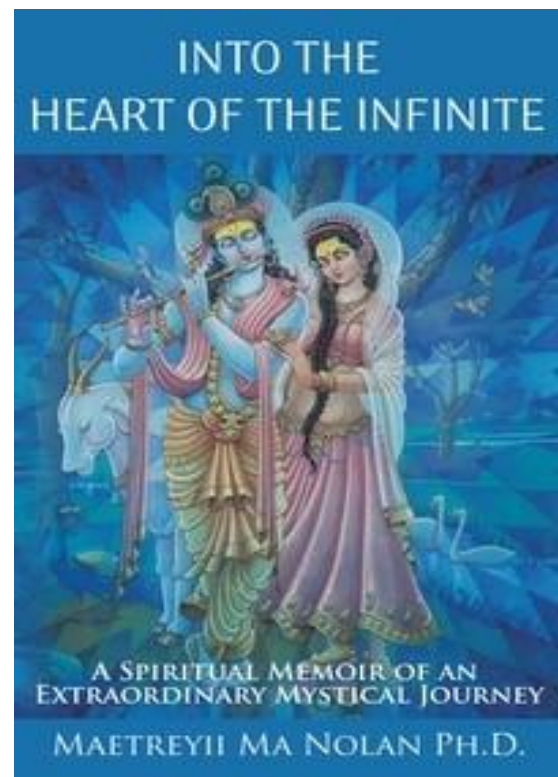
Ever wonder what it would be like to have one foot in the state of ecstatic love and spiritual bliss and the other in the practical everyday world—and those be totally integrated?

That's the evolutionary endpoint of Maetreyii Ma Nolan's remarkable story of personal transformation in her book ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey.***

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 in divine love and speaks to and, in recent years, through her. And while she met and lived in the ashram of the living 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!

Maetreyii Ma was an unusual child to begin with; living on a farm, she sensed the living energy of trees and animals and began to innately understand the oneness of all. At eight or nine, she began to grasp her spiritual relationship with the world through an inner vision of an unknown destiny. Then, a mysterious Divine Presence came to her, altering her life. Following a seeker's path, she joined the Beatnik movement and continued on to become a hippie, eventually finding her way to LSD—which provided her with a profound consciousness-expanding experience of divine love and universal oneness. Through many unexpected mystical footsteps, seemingly orchestrated by an unseen hand, she found herself on the precipice of a new threshold of consciousness, a fundamental transformation of being. Through intense meditation, she sought to *naturally* return to a state of divine love she had experienced before, yet wavering between worlds, she was fearful...



It was then that Baba came to Maetreyii Ma to comfort her, shower her with love, and support her. She writes, “The mysterious voice I heard during my meditations was distinctly male and unbelievably kind...Every word he spoke was a droplet of pure love. He was all... I had ever searched for. He was the personified form of the Universal Love I thought I had lost.”

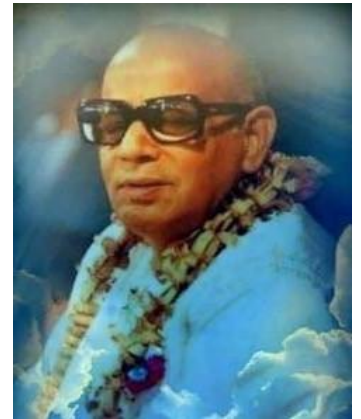
Maetreyii Ma is not someone who withdrew entirely from the world to deepen her connection. Throughout the many years that Baba gently guided her—including to the living guru in India and again home—she was married, had children, earned a Ph. D., became a clinical psychologist, and was engaged in a spiritual community in California.

But there was still a divide between the states of bliss and ecstasy that she experienced in Baba’s physical and metaphysical presence and the world she lived in. This rupture came to a head when he began calling her to carry on his teachings to the world after his death. She did not feel worthy, and so she resisted, turning to her “real world.”

How he brings Maetreyii Ma gently to the place where she could embody his Shakti divine energy and deliver it to others while being his voice in person, in books, and more -- is the power of the last quarter of this journey. And it is in that process that she discovers how to bring her two worlds together.

If you would like to interview Maetreyii Ma Nolan on ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***, please send an email with the name of the show, your contact information, a proposed date and time, and the calling details. Interviews are based on her schedule availability.

Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey will be available on Amazon.com as of January 16 with a \$12.99 Paperback and on a Kindle eBook for only \$.99 for a time-limited sale.



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Maetreyii Ma Nolan Ph.D. Biography

Maetreyii Ma Nolan, PhD works, both as a spiritual teacher and in private practice as a psychologist, to assist people to connect with the loving bliss of Divine Being and to live lives that reflect that Divine love. As an award-winning author, her most recent book, ***Into 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 from that God source beautiful teachings 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.



On Air Introduction

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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.

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Questions for Maetreyii Ma

1. What inspired you to write this book? How can it help others on their journey?
2. How did you begin to have a mystical relationship with God? What first brought you to this?
3. What was the role of LSD and psychedelics in your spiritual awakening? Did it play a big part?
4. Tell us about Baba and how you've had this mystical relationship since your early 20s?

5. What role has Baba played in your life and how has it changed how you live your life and what you experience?
6. Describe what you are talking about when you write about unitive consciousness. What is it?
7. How do ordinary people access this divine consciousness?
8. Is everything really one? One Self, One love, one God? So what is the difference between God, the Hindu Brahma, and Unitive Consciousness?
9. You are a Western woman and a yoga meditation practitioner for many years. Is it possible for ordinary Western men and women to reach these refined states that the yogis talk about, and you describe in your book? What does it take?
10. How does meditation relate to experiencing this unitive consciousness?
11. In your book, you talk about transformation. What is transformation? What does it entail? What was it like for you?
12. Are depression, anxiety, and emotional pain a part of the spiritual path? How do we work with them?
13. What was it like to be asked to bring your inner mystical world out and make it public? How did it feel to be asked by your inner guide to teach?
14. What is the biggest struggle you faced in your transformation of consciousness? How do we all deal with self-doubt, fear, and stepping outside of the box? How do we manage the feelings that come up?
15. What was it like to feel the Divine flowing through you and to see the magic that manifested? Was it awe-inspiring?



16. Can you talk about suffering, our human situation, and the experience of God's grace and love?

17. What about your books? What would you say is the most important message for us in your writing?

18. Tell me about your other books, Living Love, the Yoga of Yama and Niyama. How does it help on the spiritual path? What is the guidance given? What are Yama and Niyama?

19. How can people connect with you? What if they want to study with you, what should they do?

20. How can people get your book and read your spiritual story?

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Learn More

Book

- ***Into the Heart of the Infinite: A Spiritual Memoir of an Extraordinary Mystical Journey***
Purchase 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 COVR 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 The 2022 Global Book Awards For Spiritual Healing
- 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.Babatalks.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.Babatalks.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
- COVR Collation of Visionary Resources
- BAIPA Bay Area Independent Publishers Association