



Who Is Vaishāli?

Are you doing what you are meant to do? Do you struggle daily with questions about your value, power and self-worth?

Life Management Expert and natural health practitioner, Vaishāli, is the acclaimed author of "You Are What you Love" and "Wisdom Rising." Vaishāli has survived a life fraught with every possible personal challenge available to a human experience: the violent death of a loved one when she was only ten years old, lying, cheating significant others, a painful divorce, financial devastation following two terminal diagnoses, and years of physical agony arising from these diagnoses. These experiences have shaped her books **"You Are What You Love"® (Purple Haze Press 2006)** <http://www.amazon.com/You-Are-What-Love/dp/0977320006> and **"Wisdom Rising" (Purple Haze Press 2008)** <http://www.amazon.com/Wisdom-Rising-self-help-transformation-spirituality/dp/0977320065>, and her workshops with heartfelt, deeply insightful knowledge on how to joyfully emerge from the challenges that life throws at us.

During her first terminal illness, Vaishāli was introduced to Chinese medicine. She continued her studies and became a certified natural health practitioner of Chi Nei Tsang an internal organ massage therapy. She also studied Ayurveda with Dr. Vasant Lad from the Ayurveda Institute of New Mexico and has lived the Ayurvedic lifestyle for over 20 years. Vaishāli attributes her healing and recovery to the wisdom of 18th century scientist and mystic Emanuel Swedenborg, Chinese Medicine and an Ayurvedic lifestyle of self-healing and wisdom that includes dosha balancing, the food as medicine approach, self-administered internal organ and emotional detoxifying massage "Chi Nei Tsang", the panchakarma purification process and herbal remedies. Vaishāli offers classes and private "self-emergence healing sessions" that incorporate these principles while focusing on the concept that "self-love" is the key ingredient for mental nutrition, healing and growth.

She is a faculty member at The Omega Institute, The Kripalu Center for Health & Yoga and the Learning Annex. Vaishāli has appeared on national radio and network television programs including ABC TV, CBS TV & NBC TV and The Dr. Oz show. Vaishāli has been featured on Oprah.com and is a regular contributor for The Huffington Post <http://www.huffingtonpost.com/vaishali>. Her articles have been published in hundreds magazines worldwide. In 2009 Vaishāli was voted by THE Magazine as one of the top 50 Inspirational women in the Los Angeles Area.

Vaishāli graduated Magna Cum Laude from San Francisco State University, with degrees in both Philosophy and Religion as well as Radio and Television. She has studied at the Lucidity Institute at Sanford University in California in the 1990's and is also a certified practitioner of in Chi Nei Tsang, a form of Chinese medicine, and student of Indian Ayurvedic medicine with Dr. V (Vasant) Lad from The Ayurvedic Institute in New Mexico for half of decade. Visit: www.purplev.com/mediakit or email press@purplev.com or call 818-848-3213



300 DPI Media Photos

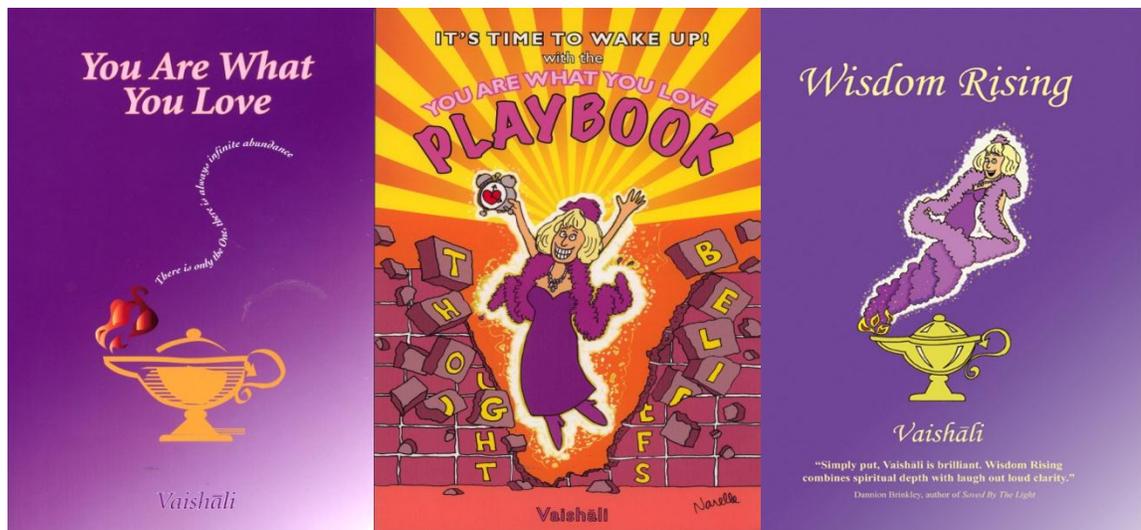
Selected Network Television Links

Vaishali on NBC-TV

<http://gooddaynm.kob.com/article/stories/s1170396.shtml?cat=10392>

Vaishali on CBS-TV:

<http://purplev.com/mediakit>



You Are What You Love© - You Are What You Love Playbook - Wisdom Rising

ISBN-10: 0977320006

ISBN-10: 0977320014

ISBN-10: 0977320065

ISBN-13: 978-0977320004

ISBN-13: 978-0977320011

ISBN-13: 978-0977320066

ALSO: Wisdom Rising Book on CD: ISBN-13-978-0-977320097

You Are What You Love® on CD – ISBN13: 978-0-9773200-2-2

Distributed Though: New-Leaf, Ingram, Altas Books/Bookmasters, Amazon.com, Barnes & Noble on-line and Gazelle (UK).



Keynote Workshops:

Summary of Vaishali's Teachings: The path to vibrant health and wellness begins by creating a right relationship with your mind and your body. Vaishali, who has healed herself from terminal illness twice without western medicine, prescription drugs or surgeries, shares natural health tips and practices that will improve your health and your mindset in ways that are practical and easy to implement. Book or attended a Vaishali workshop and you will experience a totally new outlook toward your health and your life!

Make Your Mind Your Friend: The Fine Art of Creating a Life Worth Living

What if you could have a "happily ever after" relationship with your mind, body, and spirit all the time, no matter what? This workshop shows you how.

Vaishali's strength as a life management expert is her ability to make universal wisdom relevant to your everyday life. She combines the best of new thought with the wisdom of Indian and Tibetan ayurveda, Chinese medicine, Eastern philosophies, and the works of Emanuel Swedenborg, an 18th century scientist and mystic. She also teaches the basics of chi nei tsang, a self-administered massage that works directly on the digestive system.

You will learn what it means to make your mind your best friend instead of your worst enemy; how to achieve vibrant health and wellness by creating a right relationship with your body and your mind; how your body is a physical manifestation of your thoughts. You also experience Vaishali's proven formula for avoiding pitfalls encountered in daily life, and find out how to allow your spiritual identity to navigate life's biggest questions as you learn to claim your value, power, and worth.

During this workshop you will learn:

- What it means to make your mind your best friend instead of your worst enemy.
- How to achieve vibrant health and wellness by creating a right relationship with your body and your mind .
- How to see your body is a physical manifestation of your thoughts and emotions.
- Experience Vaishali's proven formula for avoiding pitfalls you encounter in daily life.

You also find out how allow your spiritual identity to navigate your life's biggest questions as you learn to claim your value, power and worth.

Embrace A Whole New You

If you struggle with everything from mild dissatisfaction with your body image to all out self-loathing issues this is the event for you. Do you hate the way that you look or find yourself constantly engaged in a nagging negative inner dialogue about your appearance? Poor self-image is a symptom of not understanding why you are having a human experience and how the body is a form of unconditional love. What if you could reframe your perceptual judgments about the most intimate life long relationship you will ever have? Let Vaishali introduce you to a bigger picture wisdom that will set you free. If you have decided that you need to upgrade what you give your attention to when it comes to your body image, let Vaishali will spend one on one personal time with each participant and help you to embrace a whole new you.



Create Your Health

Now more than ever none can afford to be sick, miss work and not support your family properly. When you eat food, after it passes the stomach it becomes liquid. There are no bones in your internal organs they are all composed of soft tissue. So if you touch something hard and constricting, that is unresolved stagnant emotions, perceptions and experiences you have not yet digested. This begs the question how well are you digesting your life? And Vaishali has the answers.

Vaishali who has appeared The Dr. Oz Radio Show and was quoted on Oprah.com, shares simple and profound techniques for improving the quality of your physical and emotional health.

Vaishali will discuss:

- Chi Nei Tsang: A rare form of Chinese medicine that focuses on supporting the digestive and lymphatic systems which govern the body's immune systems.
- Recognizing and releasing stagnant energy from the digestive track easily and directly that if not released will lead to illness or disease
- Understanding the relationship between physical and emotional components of health.

Love Wins!

Intellectually we know that Love is the most powerful force in the Universe, but we rarely identify ourselves as Love and nothing else. And, even more infrequently, do we remember to fearlessly align ourselves with these Truths – especially when life gets challenging.

Let Vaishali take you by the hands and gently and compassionately remind you:

- * Love is wholeness making; it is the supreme healer.
- * Love is the ultimate wisdom for creating personal happiness.
- * Love is how we grow beyond anything, no matter how limiting.
- * Without Love there is no self-knowledge.
- * Love intelligence is self-correcting and liberating.
- * Love is inseparable from Truth and Wisdom.
- * Remember to see yourself as Love and forget all your other self-restricting stories.

The Love Wins! workshop is the cure for resolving your loyalty to fear, lack and insecurity. It will enable you to replace those bad habits with an alignment to the unconditional Love you came here to realize. Join with Vaishali in claiming, "I can be Love now!"



1 Week Workshop:

How to Detoxify Your Mind, Body and Emotions:

Vaishali addresses the physical, emotional and spiritual components that are designed to promote complete balance and wellness.

Your body is a physical manifestation of your mind. In this hands-on interactive workshop, Vaishali will teach you how to recognize and release toxic emotions, experiences and perceptions from your body facilitating increased qualities of health, vitality and relaxation.

Introduction:

- How and why our thoughts and emotions have a direct correlation to our physical health.
- An understanding of the Spiritual Law: you are what you love and you love what you're giving attention to.
- How to recycle the energy of negative thoughts and emotions that contribute to ill or dis-ease health.
- Health and wellness defined by Eastern philosophies and health practices that see each person as a unique and individual Spiritual life force.

Physical Health:

- A Chinese medicine and an Indian Ayurvedic definition of healthy and well balanced.
- Simple tools everyone can use to help improve their physical health, like CCF Tea, Chi Nei Tsang message, Triphala, breathing correctly, etc.....
- Importance of light exercise and internal organ massage to flush the lymph system and keep the immune system strong and vibrant.
- How to use the navel as a diagnostic tool to determine and understand how well anyone is (or isn't) "digesting" their life.

Spiritual Health:

- Spirit means "life" and honest examination of what it means to be fully alive and enlivened no matter what life throws your way.
- Answer the big questions: Who am I? Why am I here? What is the meaning and purpose of life? What is my value, power and worth?
- An introduction to inventor/scientist/mystic Emmanuel Swedenborg voted by Stanford University to be the most brilliant man who ever lived

Emotional Health:

- Learn why emotional health is based on what you give your attention to.
- The key to emotional health is to realize the truth about your value, power and worth.
- Internal organ massage, in conjunction with right understanding of what you give your attention to, is the fastest way to clear toxic emotions from the mind, body and spirit.
- Personal happiness is how we practice reaching enlightenment. Spiritual maturity is about lightening up and bringing back the sense of play and joy you had as a child

Life on Earth was designed and created to give us all the opportunity to grow beyond any and all limitations. That is our birthright. We all have the power to heal and grow. Let Vaishali teach you the tools you need to take back your life, mind, emotions and power.



Potential Interview Questions for Vaishālī

1. The title of your book is "Wisdom Rising", what do you mean by that?
2. I hear that you have been diagnosed terminal twice, on separate occasions. Is it true that you recovered from this without surgery or western medicine? How did you do this?
3. In your book, "Wisdom Rising" you talk about the relationship between physical health and spiritual health. Why is this important? Can you explain in more detail?
4. How do you heal toxicity in the body & relationships? Does toxic energy stick to the body? Is meditation the best way to relieve it?
5. What suggestions can you offer to someone who is physically or emotionally suffering and has had very little success with drugs, self-help books, and recovery programs?
6. Many of the excerpts in "Wisdom Rising" illustrate direct correlations between mental and physical health. How are the two really so closely related?
7. I've heard you say, "You are what you love and you love whatever you are giving your attention to." In theory this sounds great, but is it really possible to "Be love now" when you've just lost your life savings or your partner is suffering from a terminal illness?
8. I've heard you cover some deep and profound philosophical ideas yet you do it with a great deal of humor. I've also heard you share a very entertaining version of a King Solomon story. Can you talk about the importance of using humor in helping people grow & evolve into their potential?
9. What is your secret to living a happy, successful life?
10. Any upcoming events?

For Media Inquires or to set up an interview Contact: Aime McCrory aime@thebusinessmuse.com
or 818-848-3213

Selected Testimonials and Book Reviews

Vaishāli is not only an inspiration for love in her new book *Wisdom Rising*, she is a mentor for living with joy and grace. This is a missive not to be missed. - **Vision Magazine**

In *Wisdom Rising*, author Vaishāli offers readers wisdom through her witty down to Earth awareness of the world around us. Smart, funny and downright sensible, this book is a great read for those wishing to improve or learn more about the importance of life and how we choose to be in it. This out of the box author puts life's lessons out there for the reader to learn by weaving in her own personal experiences. -**Midwest Book Review**

Thank you for your insightful session. I was very moved by the time you took to write the answers as well as your excellent organization and delivery of the digital files. 99% of practitioners are far behind you in both sophistication and integrity of their work product. And your messages were very helpful and thought-provoking. -**Jerry Woods -Owner School of Multidimensional Healing**

Wisdom Rising is a lightening rod of laser clear insight and Vaishāli is a prolific phoenix, rising from the ashes of past pain to provide great gems of wit and wisdom. She is a master teacher for our times." -**Awareness Magazine.**

You Are What You Love© will inspire you to endure, reclaim and celebrate your true divine nature -**Yoga Magazine**

Vaishāli's new book, *Wisdom Rising* is a delightful, sweet, and satisfying collection of brilliant articles and short stories, that like gem quality jewels, are a thing of beauty, and a joy to behold.- **Authors Roost Magazine**

Simply put, Vaishāli is brilliant. *Wisdom Rising* combines spiritual depth with laugh out loud clarity.-**Dannion Brinkley, NY Times bestselling author of "Saved by the Light"**

Vaishāli's compassion and understanding as a wisdom teacher is a force to be reckoned with. -**Vera Ramone King Author of "Poisoned Heart: I Marred Dee Dee Ramone (The Ramones Years)**

In *Wisdom Rising*, Vaishāli writes with intelligence and wit making her content is easy to absorb and apply. -**Paige Lovitt, Reader Views Magazine**

In *Wisdom Rising*, Vaishāli shares deeply into some of the sources she relied on to pull her through her crises. Of the scores of self-help books I've read and reviewed, I found this one particularly easy to read, with humor and insights -**Light Connection Magazine**

From the depths of your soul to the tip of your Godhead, *Wisdom Rising* takes you on a loving, humorous and provocative ride through many levels of awareness on the path to wisdom. This book is perfect for the times we live in. You will be thrilled, amazed and emotionally moved. - **Mellen-Thomas Benedict, Author of "Journey Through the Light and Back"**

The Beatles would have been better off with the Vaishali instead of the Maharaji! ~**Hal Siemer, Author and publisher of Quest Magazine.**

I value how you live and who you are in the world. -**Dr. Jill Bolte Taylor, NY Times Bestselling Author.**

You Are What You Love© has a lot of useful information and it is well worth the read- **Reader Views**

You Are What Love© is surprisingly funny, as it is practical.- **In Light Times**



Story and Interview Ideas:

The Benefits of Having A Positive Outlook

How can people avoid stress, depression and damage to their relationships when they lose their jobs? Stress contributes to heart disease, hypertension and other serious health problems. Vaishali who speaks from her personal experience of being diagnosed terminal twice, explains how something as simple as a positive state of mind, can promote healing and health.

Expressing Your Feelings Calmly- The Key to Achieving A Balanced Life.

The key to reclaiming your life is to acknowledge and express your feelings, rather than suppressing them deep inside which leads to mental and physical stress. "Repression is harmful and creates stress in your body" States Vaishali "According to many medical reports and data, stress is one of the leading factors in disease. By understanding what stresses us out, we can reduce this malady". Vaishali will share quick and effective tips for reducing your stress levels, how to recognize and release toxic emotions, enabling you to reclaim the balanced life nature intended.

How I Beat Two Terminal Illnesses without Surgery or Prescription Drugs

An expert on healing through life's challenges, Vaishali explores the physical manifestations of emotional disarray and what you can do to promote healing. When Vaishali was told that her organs were failing and there was nothing Western medicine could do, she didn't roll over and give up. She learned everything she could about natural health practices (Ayurveda and Chi Nei Tsang, A form of Chinese Medicine) including proper breathing, nutrition and bodywork, then utilized them in her everyday life to heal herself. She used the same techniques to recover from a head injury soon afterwards. Vaishali will share why true healthcare should be for people who want to take their power back from the pharmaceutical industry and from the limitations of insurance companies.

How to Make Your Mind Your Friend by Detoxifying Your Mind, Body and Emotions:

Now more than ever none can afford to be sick, miss work and not support your family properly. Vaishali who has appeared The Dr. Oz Radio Show and has been quoted on Oprah.com, explains how and why our thoughts and emotions have a direct correlation to our physical health. Vaishali will explain what it means to make your mind your best friend instead of your worst enemy; how to achieve vibrant health and wellness by creating a right relationship with your body and your mind; how your body is a physical manifestation of your thoughts. Vaishali will also share proven formula for avoiding pitfalls encountered in daily life, and find out how to allow your spiritual identity to navigate life's biggest questions as you learn to claim your value, power, and worth.

Reducing Stress Though Breathe Work

How we breathe effects our supply oxygen to the body. Many of us are not emotionally, psychologically and experientially digesting our lives because we are not breathing properly. Vaishali who has appeared The Dr. Oz Radio Show and has been quoted on Oprah.com, shares simple and profound techniques for improving the quality of your physical, emotional and psychological life by simply breathing properly. Vaishali will explain why, when you learn how to breathe correctly and bring the diaphragm back down, the flow of energy will be restored to your liver and other organs.

Summary of Vaishāli's Teachings: The path to vibrant health and wellness begins by creating a right relationship with your mind, your body and your spirit. Vaishāli, who has healed herself from terminal illness twice without western medicine, prescription drugs or surgeries, shares natural health tips and practices that will improve your health and your mindset in ways that are practical and easy to implement and are relevant to anyone with a human body. Participants, viewers and listeners will leave with a totally new outlook toward your health and your life.

Degrees and Expertise: Vaishāli graduated Magna Cum Laude from San Francisco State University, with degrees in both Philosophy and Religion as well as Radio and Television Department. She is also a certified practitioner of in Chi Nei Tsang, a form of Chinese medicine and studied Indian Ayurvedic medicine with Dr. V (Vasant) Lad from The Ayurvedic Institute in New Mexico for a half of decade.

One-On-One Sessions-Emerge with Vaishali: Self Emergence Sessions Designed to Create Complete Balance and Wellness.

A Self-Emergence session with Vaishali will bring clarity to your daily life experiences and empower you to move forward with ease, self-confidence and greater personal happiness. Vaishali describes a session as a private conversation with your Higher Self, without the input and opinions of the ego. These sessions are designed to answer your specific personal questions as well as to help you understand why you are here, how to accelerate your growth and how to free yourself from the ego recreated problems that cause patterns of limitation and restriction in your life. Vaishali is also gifted at dream interpretation, and her analysis of your dreams can be included in your private session.

Vaishali is committed to helping you create new responses to the old patterns that keep recurring in your life so that you can leave behind what no longer serves you. She uses humor and offers a wide variety of tools, techniques and tips in life management wisdom to support the emergence of your true self, the self you were meant to be. The purpose of these sessions is to shift your mind so that you see your life and potential from a much wider perspective and have the power to grow beyond your present issues.

All sessions must be scheduled in advance and your personal questions submitted prior to your private session are requested. Let Vaishāli teach you the tools you need to take back your life, emotions and power. Feeling good has never been more fun! \$200.00 To sign up click here or http://www.purplev.com/make_an_appointment.html call 239-513-3313

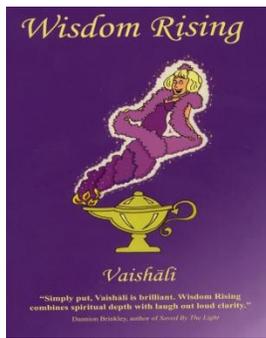
One-On-One Sessions-Chi Nei Tsang

During her first terminal illness, Vaishāli was introduced to Chinese medicine and later became a natural health practitioner of Chi Nei Tsang, an internal organ massage that works directly on the digestive system, helping to release stagnant energy and emotions. Vaishāli attributes much of her healing and recovery to the highly detoxifying, "Chi Nei Tsang" massage.

About Vaishāli (short bio):

The path to vibrant health and wellness begins by creating a right relationship with your mind and your body. Vaishāli, who has healed herself from terminal illness twice without western medicine, prescription drugs or surgeries, combines the wisdom of Indian and Tibetan ayurveda, Chinese medicine, Eastern philosophies, and the works of Emanuel Swedenborg, an 18th century scientist and mystic that will improve your health and your mindset in ways that are practical and easy to implement.

Vaishāli is a faculty member at The Omega Institute and a columnist for the Huffington Post, she has appeared on national radio and network television programs including The Dr. Oz Radio Show." and she has been featured on the home page of Oprah.com In 2009 Vaishāli was voted by THE Magazine as one of the top 50 Inspirational woman in the Los Angeles Area. Vaishāli graduated Magna Cum Laude from San Francisco State University, with degrees in both Philosophy and Religion as well as the Radio and Television Department.



Wisdom Rising by Vaishali

ISBN-10: 0977320006 ISBN-13: 978-0977320004

Wisdom Rising Book on CD: ISBN-13-978-0-977320097

Paperback: 395 pages

Release Date November 2008, Returnable Status

Wisdom Rising Can be Purchased on Amazon.com,amazon.co.uk Barnes & Nobel and at Bookstores world-wide.

Suggested Categories: Self-help, New Age, Spirituality, Love, Addiction

Every life challenge that is a source of suffering is like an oyster stimulated by a grain of sand, resulting in the growth of a pearl. In Vaishali's case, suffering produced great pearls of wisdom. **Wisdom Rising** is a collection of those pearls, strung together to create a jeweled accessory stylish enough to adorn and complement the remarkable wardrobe know as the human experience. Author Vaishali demystifies mysticism by offering answers to many thought provoking questions such as how to make your mind your best friend by stopping your attention from bouncing around like a ping pong ball; how to develop your ability to understand your value, power and worth without having to dress up, get botox or be a size 2; determine how emotionally healthy you are; be in right relationship with your life purpose and your true self. Like her first book **You Are What You Love**® (ISBN-10: 0977320006 and ISBN-13: 978-0977320004) **Wisdom Rising** is inspired by the wisdom of the 18th century mystic and scientist Emanuel Swedenborg and her nearly two decades of studying Chinese Medicine and Indian Ayurveda, **Wisdom Rising** is chock full of enough mystical insight and humor to raise laugh-out-loud spiritual wisdom to a whole new dimension.

Selected Testimonials:

"I value how you live and who you are in the world." **Dr. Jill Bolte Taylor, NY Times Bestselling Author.**

"Simply put, Vaishali is brilliant. *Wisdom Rising* combines spiritual depth with laugh out loud clarity." **Dannon Brinkley, NY Times best selling author of "Saved by the Light"**

"Vaishali's compassion and understanding as a radio host and author is a force to be reckoned with." **Vera Ramone King author of "Poisoned Heart: I Married Dee Dee Ramone (The Ramones Years)"**



"Vaishali is not only an inspiration for love in her new book *Wisdom Rising*, she is a mentor for living with joy and grace. This is a missive not to be missed." **Sydney L. Murray, Publisher, Vision Magazine**

"In *Wisdom Rising*, author Vaishali offers readers wisdom through her witty down to Earth awareness of the world around us. Smart, funny and downright sensible, this book is a great read for those wishing to improve or learn more about the importance of life and how we choose to be in it." **Midwest Book Review**

Life Management Expert, Vaishali is an author and syndicated talk Radio host of "You Are What You Love"® demystifies mysticism by offering answers to many thought provoking questions about the fine art of self-resurrection. Vaishali has survived a life fraught with every possible personal challenge available to a human experience: the violent death of a loved one, lying, cheating significant others, a messy painful divorce, financial devastation due to life threatening illness and injuries. These experiences have shaped her books with honest heartfelt and deeply insightful knowledge on how to understand the purpose behind human life. Vaishali has appeared on The Dr. Oz Radio Show and was recently quoted on Oprah.com . She is a columnist for The Huffington Post and a frequent guest on network television. She is a faculty member of The Omega Institute www.purplev.com/mediakit

Purple Haze Press is distributed by Atlas Books, Ingram, Baker & Taylor, New-Leaf, and [www. PurpleV.com](http://www.PurpleV.com) . Gazelle in the U.K.

Purple Haze Press 2430 Vanderbilt Beach Rd #108 PMB 167, Naples, FL 34109 239-514-7193 Marketing & Promotions 818-848-3213. For more information contact: 818-848-3213 or email press@purplev.com www.purplev.com/mediakit



You Are What You Love

Vaishāli

YOU ARE WHAT YOU LOVE® BOOK FACTS

Title: You Are What You Love®
Author: Vaishāli
Name of Publisher: Purple Haze Press®
Phone Number: Sales 818-848-3213. Publicity 310-228-0943
Website: www.purplehazepress.com & www.purplev.com/mediakit
Date of Publication: Oct 2006
ISBN: **You Are What You Love™** ISBN13: 978-0-9773200-0-4
You Are What You Love® Play Book – ISBN13: 978-0-9773200-1-1
You Are What You Love® on CD – ISBN13: 978-0-9773200-2-2
Distributors: Atlas Books – info@atlasbooks.com; Fax 419-589-4040
Ingram – 800-937-8000 or go to Ingram's I page

Baker and Taylor – orders@btol.com; (800) 775-1100 Gazelle Distribution in the U.K.

You Are What You Love® can be Purchased on Amazon.com, Amazon.co.uk. Barnes & Nobel and at Bookstores Nationwide.

Brief Description:

You Are What You Love®, is the definitive 21st Century guide for spiritual seekers of timeless wisdom. This life changing book provides a powerful perspective on the power that love brings when properly understood. Vaishali's offers positive alternatives to living life in a world dominated by materialism, consumerism, educational elitism and governmental and legal systems without morality.

Vaishali's book, **You Are What You Love**® teaches us about courage, patience, authenticity, living an inspired and joyful life. The fundamental message of You Are What You Love is that you love what ever you give your attention to. This transformational wisdom provides a powerful perspective about paying attention to what we love in life.

In addition, *You Are What You Love*® explores 18th century mystic Emanuel Swedenborg's philosophy of gratitude, mysticism & love. Author Vaishali also illustrates wisdom by associating it to traditional sources as Christianity, Buddhism, Judaism, and Sufism with unconventional sources including Dr. Phil & Oprah Winfrey, she magically mixes concepts and story telling that brings the reader to a heightened understanding of Oneness. One of the most powerful points of the book is that "We do not have love, we are love. We don't earn it; we don't have to justify it; we don't have to wait until others decide we are good enough; we claim it because we are it."

Author's Background:

Vaishāli is the author of *Wisdom Rising* (Purple Haze Press 2008) and *You Are What You Love* (Purple Haze Press 2006). She is also national health & wellness speaker, radio host on KTLK 1150am 11-noon Sundays (greater LA) & KEST (SF). Vaishali is a certified practitioner of Chinese Medicine and East Indian Ayurveda medicine. Vaishali is a faculty member of The Omega institute and The Kripalu Center. Vaishali has appeared on Oprah & Friends XM radio, ABC TV, NBC TV, CBS TV etc...

Endorsements: "*You Are What You Love*® is a spiritual recipe for serving up wisdom at its best. It shows you how to take knowledge of the ages, mix it with the clarity of a flawless diamond. Nothing short of Brilliant.– **Dannion Brinkley- #1 NY Times Bestselling Author.**

Vaishāli is not only an inspiration for love in her new book *Wisdom Rising*, she is a mentor for living with joy and grace. This is a message not to be missed. - **Vision Magazine**

Vaishāli is a prolific phoenix, rising from the ashes of past pain to provide great gems of wit and wisdom. She is a master teacher for our times." -**Awareness Magazine.**

PURPLE HAZE PRESS

PMB 167,
2430 VANDERBILT BEACH ROAD
#108
Naples, Florida 34109
239-514-7193
www.purplev.com



About Radio Host Vaishāli

Are you doing what you're meant to do, or do you struggle daily with questions about your value, power and self-worth? Well, that's why God invented Vaishāli: The spiritual Wild Child of the Airwaves! Her contagious sense of humor has you mastering your limitations faster than you can say "illumination." Vaishāli makes enlightenment real. She takes live calls, giving tips her listeners can put to use now, as she draws on honest, heartfelt and deeply insightful knowledge based on her real-life experiences.

"You Are What You Love®" is a weekly syndicated radio show that began in 2006 and is now broadcast in the Greater Los Angeles & Santa Barbara on KTLK 1150AM, every Sunday 11-12PM, on Contact Talk Radio® in Seattle and on-line Fridays from 1-2pm PST, <http://www.contacttalkradio.com/hosts/vaishali.html> and active on Women's Radio (and available for complimentary downloads at any time) at www.womensradio.com/users/Vaishali-670.html . Also past shows also achieved at http://www.purplev.com/purple_player/v_content/purple_audio_player.html

Vaishali's quick wit and upbeat personality makes her stand out from most talk show hosts. Hearing profound wisdom coming from a place of "unconditional love" keeps listeners tuning in weekly. "You Are What You Love®" assists the listening audience and callers in feeling better about who they are and where they are in their lives. The show's message about compassion, love and practical wisdom may be directed at the specific caller, but it is also applicable to most listeners in their everyday existence.

"If you possess knowledge, but have no idea how to apply or implement that wisdom into the flow of your life, that knowledge is meaningless. If it does not improve your life, it is useless," states Vaishāli. Vaishāli, who has dedicated her life to increasing our understanding of love and compassion, invites you to tune in live or visit the archives of "You Are What You Love®" at www.purplev.com and experience miracles, understanding, practice wisdom and life-changing "A-ha" moments.

Vaishāli is the author of **Wisdom Rising**

([http://www.amazon.com/\\$seoName/e/B002IYU4H0](http://www.amazon.com/$seoName/e/B002IYU4H0)) and **You Are What You Love®**

([http://www.amazon.com/\\$seoName/e/B002IYU4H0](http://www.amazon.com/$seoName/e/B002IYU4H0)) Vaishāli learned to transform her life from the threat of two terminal disease diagnoses, domestic abuse and financial devastation. Completely recovered, she shares her wisdom.