

A professional portrait of Tara Devi Ma, a Black woman with long, curly, dark brown hair. She is smiling warmly at the camera. She is wearing a blue ribbed tank top under a yellow and pink patterned shawl. A long, beaded necklace hangs around her neck. Her right hand is resting on her hip, and she is wearing blue jeans.

www.taradevima.com

# Tara Devi Ma

INNER PEACE GUIDE  
SPIRITUAL LIFE COACH  
AYURVEDA TEACHER

SERVICES

The Foundation to your healthiest most abundant life is inner peace!

INVIGORATE  
YOUR  
**ESSENCE**  
WITH TARA DEVI MA  
ALTERNATIVE HEALING PRACTICE

# Hi. I'm Tara!

## From Pentagon War Strategist to Inner Peace Specialist

*After living an unfulfilled self-imprisoned life for decades, I was divinely sent on a soul awakening journey which revealed my soul's purpose as a healer.*

*I founded Invigorate Your Essence, to support others in obtaining inner peace, awakening to their soul's purpose and escaping their self-enslaved lives.*

**Tara Devi Ma, BS, MBA** – I am a published author, motivational speaker and the CEO of Invigorate Your Essence, a Spiritual Life Coaching and Wellness company. I retired from the Pentagon after a 26-year federal career. During this time, I supported top leadership within the Air Force as a senior ranking official. Additionally, I employed my mindfulness methods within the Pentagon with proven results for both individuals and teams while operating my private practice as an alternative health provider. I now devote my time as an Inner Peace Specialist educating, inspiring and entertaining others by incorporating a variety of alternative healing modalities and certifications into my programs and writing.

I provide one-on-one life and group coaching for executives, federal employees, professional athletes, health care providers, private sector members, active-duty military, and veterans helping them create their **Wellness Toolkit** by using a host of alternative healing modalities. I am certified as a Chopra | Institute for Integrative Nutrition Ayurveda Instructor, EFT & TFT Tapping Practitioner, Mindfulness Life Coach, Spiritual Counselor, Reiki Master Teacher, and Sound Healer. I also have extensive training in Essential Oil Aromatherapy, Breathwork, Motion and Flow practices, Crystal Healing, Essential Oils Flower Remedies, Acupressure for Animals and Animal Communication. I hold a Master of Business Administration from Oklahoma City University and a Bachelor of Science in Accounting from Alabama State University.



# My Client Roster

SUPPORTING A VARIETY OF BEAUTIFUL SOULS

## COMMERCIAL CLIENTELE

EDGAR CAYCE'S A.R.E

UNIVERSITY OF SOUTH CAROLINA SCHOOL OF LAW, CHILDREN'S LAW CENTER

HAMPTON UNIVERSITY

WILD CHILD VILLAGE

WAVE OF BLISS WELLNESS

SYNERGY FLOAT CENTER

## PRIVATE PRACTICE CLIENTELE

ACTIVE-DUTY MILITARY AND VETERANS

FEDERAL EMPLOYEES (DHS, DOD, DHHS, DOL, ETC.)

UNIVERSITY OF SOUTH CAROLINA

PROFESSIONAL ATHLETES

BUSINESS OWNERS

PRIVATE SECTOR EMPLOYEES

MEDICAL PROFESSIONALS (PSYCHOLOGISTS, NURSES, ETC.)

POLITICAL FIGURES

MEDIA PERSONNEL (TELEVISION PRODUCERS, WRITERS, ETC.)

ATTORNEYS

RETIREEs

## PRESS

## VOYAGE LA



# Radio

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MAJIC 102.3



I am honored to team with Washington D.C.'s top radio station to provide inspirational moments to their listening audience.

# Podcast

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THE INNER PEACE PORTAL

## SEASON 1

LIMITED SERIES WITH PODCASTER  
K.C. ARMSTRONG - VARIOUS TOPICS

## SEASON 2

ESCAPING YOUR  
MENTAL PLANTATION

# Blog

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INNER PEACE TIPS

# Inspirational Fiction



# Client Testimonials

" You really saved me."

"Feeling sooooo much better....Rejuvenated...Revitalized ...and Reinvigorated !!!!"

"I do feel a difference already."

"Thank you soooo much for the "Invigorating" notes... I have sooo much to glean from and work on."

"I had such a transformational time with you."

"Thanks so much for all of these notes and for a great session!"

## Let's Build Your Wellness Toolkit!



Sleep Hypnotic Tracks  
Mantras Crystals  
Affirmations Meditation Oils  
Emotional Breathwork Prayer  
Clearing Yoga Mudras  
Visualization Journaling Nutrition

## The SOUL INVIGORATION AND THE INNER PEACE EXPERIENCE

### ONE ON SESSIONS

Sessions are offered as 90-minute sessions or as 16 week sacred containers

Experiences are customized to each client's needs and will include several of the following modalities:

- Life Coaching
- Spiritual and Intuitive Counseling
- Energy Healing
- Sound Healing
- Breathwork
- Guided Meditation
- Crystal Healing
- Card Readings
- Essential Oils
- Affirmations
- Visualization Exercises
- Chakra Balancing
- Mudras
- Mantras
- Personalized assessment of your Dosha/Body Type (included with 16-week package)
- Motion and Flow Exercises (included with 16-week package)
- Ayurveda Nutrition and Wellness Teachings (included with 16-week package)
- Customized Guided Visualization Activation Track (included with 16-week package)
- EFT & TFT Tapping Therapy (included with 16-week package)

# How it Works

Often times we feel as though our lives are on permanent stop. No matter how much we want to change, it does not manifest for us.

We try vision boards, affirmations, and conscious visualization and yet for some of us these widely known successful techniques fall short in delivery of the lives we wish to live. This is due to deeply rooted limiting beliefs.

Research has proven when our brains are at their deepest state of relaxation, we are able to support changes to our beliefs and thoughts. This state is where our brains produce theta waves.

Guided Visualization Activation Tracks use underlying theta waves to support you in reaching a deep state of relaxation. This allows for true remapping of your thoughts and your approach to life! All you need is a phone and headphones!

## Visualization Activation Tracks

As we move towards our goals there are often limiting beliefs which surface and cause the road to our heart's desires to experience twists, turns, and in some cases, stops.

Whatever your heart desires --- career change, weight loss, stress reduction, self-love, increased income, improved relationships -- the list goes on...a beautiful way to support yourself in achieving your dreams is through guided visualization activation support!

- Consultation Details
- 90-minute virtual consultation
- Breathwork and Meditation exercises with instructions for performing on your own
- Relaxation tips handout
- Personalize affirmations to support you while awaiting the delivery of your Activation track.
- Customized Activation Track. Tracks are delivered as MP4 files within 10 days of your consultation and should be listened to daily for 21 days. It is a small commitment to achieve enormous results!
- Customized waken state affirmation track (for those who complete end of 30-day survey).



## FAMILY SUPPORT

### **Support for the entire family!**

My Invigorative Family Guidance will start with teachings on the foundational support of nutrition, sleep and emotional wellness and incorporate an array of alternative healing modalities such as Reiki, breathwork, meditation, sound healing, yoga, essential oils, crystals, EFT & TFT Tapping Therapy and many Ayurvedic traditions.

As your confidant and guide, I offer your family a sacred space to discuss your concerns, learn new practices, rest, relax and rejuvenate!

During this experience I support your children and your entire family by giving you the tools you need to achieve optimum vitality physically, emotionally and spiritually! Together over 16 weeks, we will customize your Wellness Toolkit to help you achieve your desires, find balance and heal!



## ANIMAL SUPPORT

### Animal Heaology! It's A Family Affair!

The integration of animals and their parents, mindfulness practices, Reiki and many other healing modalities to support the healing, health and well-belling of our animals!



I believe the well-being of animals is directly linked to the wellness of their parents therefore my sessions include time connecting with the animal as well as animal and parent bonding time through breathwork, affirmations, meditation and guided visualization exercises. My sessions are designed to promote healing and relaxation for the soul, body and mind.



### Client Testimonials

#### **Thank you so much!**

"So an update... we went to the dog park earlier and the girls were off leash. Sadie barked at a guy and after I went and stood by her and talked to her she let him pet her and licked his hand!"

#### **You are wonderful...**

"Your manner, your knowledge and your handouts! Darby is still in a very good place, I'm trying to keep us both in it as long as possible."

#### **Thank you so much!**

"This experience with Boots and you was so incredibly positive. I had such a sense of peace when you left. Boots is still struggling with breathing, but my interactions are so much less fraught with fear and sadness. I'm better able to just be with him and be loving and enjoy him. I've been sending him love and intentions and petted him with oil yesterday."

#### **We love the oils!**

"Yesterday, I used some of the Geranium roll-on you gave me. It is really nice, and that was so sweet of you! I did do alternate nostril breathing!! Was just looking at the pictures again...the last 2 are especially impressive! I like the first 2...they capture Caley well, but the last 2 to me showed how good you made her feel, and how much she likes you!!"

## COLLECTIVE COACHING



**Integrative Wellness Coaching**  
Invigorating and harmonizing your workforce through Inner Peace Wellness.

Tara Devi Ma™, CEO  
Invigorate Your Essence, LLC  
taradevima.com  
taradevima.com

### Inner Peace Group Coaching

Ayurveda is used to teach body type analysis which supports individuals understanding more about themselves and their co-workers. This analysis is further used to teach individuals how to support themselves in the areas of nutrition, sleep, exercise, breathwork and meditation. Each session is accompanied with Energy Healing, Crystal Healing Chakra Balancing, Sound Healing and Aromatherapy.

### Leadership Training

Leadership principles are infused with Inner Peace Group Coaching to provide the necessary skills to excel as leaders and to support the whole person beyond the workplace.

### Holistic Executive Support

One-on-one Inner Peace Wellness Coaching plus life coaching, spiritual counseling, leadership assessment and enhancement.

### Reiki Certification

Supports continued inner peace that extends from the home to the workplace, Reiki energy healing classes can be taught in groups or individually.

### Alternative Healing Fairs

Provides firsthand experience of the healing modalities discussed in the Inner Peace Wellness Workshops and Holistic Executive Coaching Sessions.

#### Client Spotlight

University of South Carolina School of Law. Children's Law Center

Relaxation and Mindfulness Course. Developed to support attorneys and case workers at the South Carolina

Department of Social Services Child Abuse and Neglect Case Unit.



## WORKSHOPS

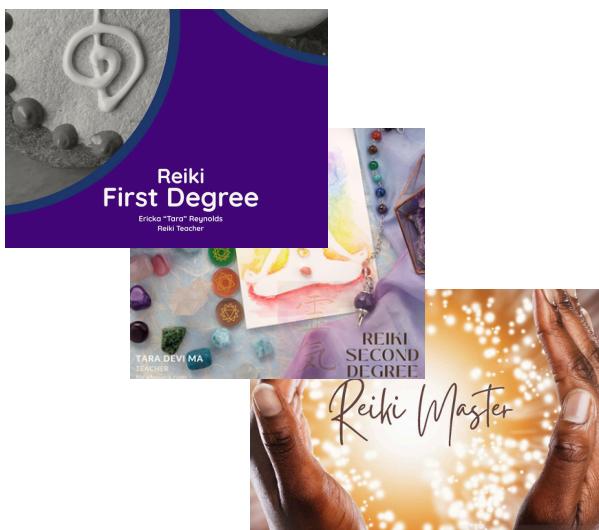
Workshops are designed to deepen your connection with your soul and support your life journey!

Below is a sample of the workshops I offer:

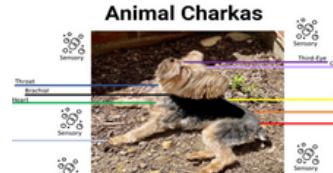
- Breathwork and Meditation – The foundation of Mindfulness
- Journaling for Emotional Cleansing
- Crystals – Mother Earth’s Gift
- Mudras and Mantras for your Wellness Toolkit
- Tapping Into Your Soul’s Purpose
- Manifest Your Desires Through Visualization and Journaling
- Tapping into your Psychic Abilities
- Aromatherapy for Inner Peace
- Sound Healing for Inner Peace
- Card Reading 101
- Moving Zenfully into the Holiday Season and Beyond

## Ayurveda Wellness Series

- Introduction to Meditation and Breathwork
- Introduction to Ayurveda
- Ayurvedic Nutrition
- Emotional Freedom
- Inner Pharmacy
- Ayurvedic Daily Routines



## Animal Alternative Healing Modalities for Workshop



### Invigorating Lifestyle Guidance for LA Fire Survivors

#### Support for this experience that will last a lifetime...

The support I offer is based on a method I created that goes beyond the standard mental health services and stress management support that are currently being offered for such events.

An experience such as this can result in an array of emotions from anxiety and stress to sadness and grief to anger and frustration. There is conflict amongst family members, loss of loved ones, homes and businesses which have caused many to feel lost, hopeless, frustrated, angry...the list goes on.

Worry, stress, anxiety and conflict with family can all be supported with alternative healing modalities.

My Invigorating Wellness Coaching will start with teachings on the foundational support of nutrition, sleep and emotional wellness and incorporate an array of alternative healing modalities such as **Reiki, breathwork, meditation, sound healing, yoga, essential oils, EFT/TFT Tapping, crystals and many Ayurvedic traditions.**

As a confidant and coach, I offer a sacred space to discuss your concerns, learn new approaches to achieve, peace, rest, healing and motivation to move forward.

During this experience I support you by giving you the tools you need to achieve optimum vitality physically, emotionally and spiritually! Together over 16 weeks, we will customize your Wellness Toolkit which includes a customized guided meditation audio and intensive Ayurvedic Teachings to help you achieve your desires, find balance and heal!

I support: Individuals | Families | Friends | Businesses | Schools | Churches  
Therapists wanting to incorporate alternative healing into their practice

### Firsthand Experience

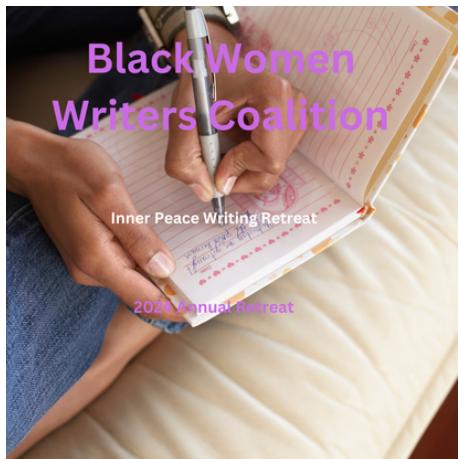
I have firsthand experience with natural disasters and loss as I was a resident of Oklahoma City and a federal employee at Tinker Air Force Base for many years. I experienced my share of life-changing impacts from the various tornadoes that disrupted my life, damaged my home, displaced friends, and co-workers etc. I spent many evenings hunkered down in the lowest level of a building on the air force base next to a boiler room knowing there was no secure shelter for us and only our remains would be found should the tornado hit the building. Or I was home in the centermost room (my closet) with a pillow over my head protecting myself from the tornado that blew over my house.

While my federal career took me away from the tornadoes of the mid-west, it didn't take away my memories nor my close connection to those who still reside in Oklahoma.



## RETREATS

Retreat location, duration and activities  
are customized for your group's needs



## Castleton VA



## SPIRITUAL CLEANSINGS



My cleansing ceremonies are customized to support you and your needs and includes a Reiki healing for you as well. A typical ceremony will have the following elements:

A special house/office gift cleansed and charged with Reiki for you  
A customized essential oil blend  
Grounding and centering of those present for the ceremony  
Cleansing Ceremony - Clearing of negative energy and bringing in good positive supportive energy with smudging, sound healing, crystals or outdoor activities (customized to support your needs and any special considerations such as animals in the home)  
Reiki healing for you and all those present for the ceremony  
A dedication of love and positive energy to include stated intentions for you and those participating in the ceremony  
A ceremony of gratitude and lessons learned for goodbye ceremonies

There are many reasons why we may seek spiritual cleansing. Here are a few:

- Moving to a new home or office
- Leaving a home or office (goodbye ceremony)
- Feel as though you need support with clearing the energy in your current space
- Moving forward after the end of a relationship
- Support a current relationship
- Supporting a harmonized home or work environment
- Starting a new project
- Starting a new chapter in your spiritual journey
- Financial support
- Overall release of negative energy around you

# Tara Devi Ma

**Discover Inner Peace!**  
Invigorate Your Essence!

*Live Limitless!*



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## WHO I WORK WITH

I like to partner with wellness providers by way of profit sharing or leasing space to help build awareness of alternative healing practices and provide inner peace support.

For companies, federal and state employers, I offer my services as contractor support to provide employees with inner peace support.

## WHAT YOU CAN EXPECT

I am dedicated to my practice and I go above and beyond to ensure my clients are satisfied with the services and programs I provide.

## GET IN TOUCH

I would love to partner with you! Let connect!

Tara

