UMA SILBEY

PIONEER IN ENERGY HEALING, AUTHOR, JEWELRY DESIGNER & MUSICIAN

FIRST PLACE GOLD MEDAL WINNER • NAUTILUS BOOK AWARDS

Recognized for Exceptional Excellence in *The Power of Crystal Healing*

> *"Acclaimed by the international press as 'One of America's Renaissance Women' bridging Eastern philosophy and Western living for over five decades."*

I. SPIRITUAL LINEAGE & SACRED INITIATIONS

For over 50 years, Uma Silbey has dedicated her life to focused spiritual practice, synthesizing ancient wisdom traditions into transformative tools for modern living. Raised Christian with an extensive early background in visual arts and music, her spiritual journey evolved into deep study, meditation, and formal initiation under Hindu, Sikh, and Buddhist masters, as well as Native American shamans and medicine wisdom keepers.

In 1976, she met her revered Guru, Neem Karoli Baba, receiving the spiritual name "Uma" representing the Hindu goddess of divine feminine creative energy. Following this turning point, she deepened her practice in Vipassana meditation, Bhakti Yoga, and Kirtan. Taking the Bodhisattva Vow under Venerable Kalu Rimpoche, she was initiated as Karma Sange Drolma (Buddha Tara) and received sacred transmissions in Buddhist Kalachakra, Tara, and Mahamudra traditions.

50+	8	18	30+
YEARS OF PRACTICE	PUBLISHED BOOKS	RECORDED ALBUMS	YEARS IN BUSINESS

II. MONASTIC DISCIPLINE & CONTINUOUS MEDITATION

Surrendering all personal possessions, Uma moved into a Los Angeles ashram, receiving the Sikh name "Prathna Kaur" (Princess of Constant Prayer). There, she underwent rigorous training in sound current meditations, pranayama, and Kundalini Yoga teaching. Entering states of effortless, continuous meditation day and night, she emerged only to teach yoga and create specialized energy jewelry to support her basic needs.

CORE PHILOSOPHY & MASTERY

During her intensive monastic period, Uma mastered the rare ability to remain in a state of unbroken, continuous meditation while actively engaging with the world—a practice of active mindfulness and subtle energy mastery that forms the cornerstone of her teaching today.

III. ENTREPRENEURSHIP & CONSCIOUSNESS TOOLS

In 1980, Uma relocated to the San Francisco Bay Area and established her pioneering quartz crystal jewelry enterprise. Her mission was groundbreaking: to demystify metaphysical gem practices previously restricted to secret traditions, making them accessible to mainstream audiences worldwide. Through her widely successful company (1980–2010), she manufactured acclaimed "Transformational Jewelry" and handheld "Pocket Totems."

HEALING TRADITIONS & RITES

Initiated by H.H. the Dalai Lama into Blue Medicine Buddha practices. Authorized pipe holder and Sweat Lodge (Inippi) pourer trained over 12 years by Native American spiritual leader Marcellus Bearheart Williams (named Lum-He-Ho-Lot-Ti / Blue Eagle).

ACADEMIC & CLINICAL CREDENTIALS

Uma holds a Bachelor's degree from UCLA, a Master's degree in Counseling Psychology from the California Institute of Integral Studies (CIIS), and certification as an APA Professional Counselor.

IV. PUBLISHING, MUSIC & GLOBAL MEDIA

Uma is an accomplished composer and recording artist with 18 solo albums released on her own label and Kitaro's Grammy-winning DOMO Records. As a Nautilus First Place Gold Medal-winning author of 8 books, her seminal works on quartz crystals, enlightenment, and energy work have been published by premier global publishing houses.

- **Simon & Schuster**
- **Bantam Books**
- **Skyhorse Publishing**
- **Insight Editions**

Featured Nationally On: The Today Show, CNN, People Magazine, The New York Times, Smithsonian Magazine, and The San Francisco Chronicle.

V. CURRENT LIFE & MAUI STUDIO

Today, Uma lives on the island of Maui, where she maintains a working art studio on the jungle's edge and resides on the south shore. She continues to craft fine jewelry, write, compose music, and offer select private counseling and subtle energy healing sessions.

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www.Umasilbey.com