

Founder's Journey – A Tapestry of Healing

Namaste. Kia Ora. Ayubowan. This is more than just a greeting. It is a welcome from the many places, I have called home, a recognition of the light that shines within each of us.

My life's journey has been a vibrant tapestry, woven from the threads of diverse experiences. Wife, mother, doctor, fellow traveller, immigrant- each role has added a unique colour to the picture. Now, standing at the threshold of a new beginning in Sri Lanka, my heart overflows with the desire to share this journey of healing with you through the Ayuda Center of Healing.

Born into the rich tapestry of the Indian subcontinent, my life was like a meandering river carrying the boulders of life with its stark realities - the beauty alongside suffering, the injustices, discrimination, violence intertwined amidst the sweet fragrance of jasmine, all woven together on the intricate tapestry of human existence. It was here the seeds of my passion for healing were sown, rivers became roads to carry me to where I desired to go. To hold closer the sufferings of mankind and to touch the brokenness.... This quest led me to Sri Lanka, my husband's homeland, where I encountered profound human struggle, tumultuous unrest, human depravity, amidst breathtaking beauty. I wanted to keep flowing to my own destination and follow our own way, forward and upward to seek and find meaning.

Life's path led us to the serene landscapes of New Zealand, where I discovered a deeper understanding of myself and the transformative power of holistic well-being. Here, I embraced the Maori philosophy of "Te Whare Tapa Wha," a holistic approach that resonated deeply. I learned invaluable lessons about compassion, forgiveness, cultural diversity, race reconciliation, justice, equality, womanhood, and the power of healing from trauma. Life became an endless pursuit of finding meaning and gaining insights across the globe.

My travels, my encounters with friends, family, colleagues, and strangers across Australia, Indonesia, Myanmar, and beyond painted a rich picture of the world - its vibrant cultures, diverse beliefs, and discovery of human connectedness, spirit of love and the power of perseverance like a river as it cuts through rocks.

Through personal challenges, I witnessed the remarkable resilience of the human spirit. As a recent survivor of cancer, I am deeply moved by the love and compassion shown by my immediate family, extended whanau and friends. Adversities became stepping stones to growth, strength, and triumph. I discovered the profound fulfilment that comes from aligning personal values with interconnected work, family, and spiritual dimensions. These experiences, like brushstrokes on a canvas, shaped my journey as a medical and mental health professional, wife, mother and a friend and a person living through cancer. I am profoundly grateful for the divine strength that continues to sustain me through each moment, lifting me and my family above the waves of adversity.

Guided by faith and a deep desire to serve, "Ayuda Centre of Healing" was born, a beacon of hope, a space where you can find solace, learn and rediscover your inner peace. We walk together as friends, seeking purpose and celebrating achievements. May Ayuda be a place where you find renewal, strength, enjoy fun times, one shared moment at a time.

This is my journey, a tapestry woven from resilience, compassion, learning, meaningful relationships, and a unwavering commitment to healing. Join me at Ayuda, and let us unite in love and friendship.

Kia Kaha , ' Stay Strong'