

OLA MAAME MEDIA KIT



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Ola Maame

OFFICIAL BIO



Ola Maame is a Ghanaian shamanic healer, spiritual guide, and ancestral wisdom keeper who leads people on a profound journey of emotional healing, energy restoration, and spiritual awakening rooted in the ancient traditions of Ghana. Through Soul Travel Ghana, a spiritual and herbal healing center she founded in Kasoa, she helps individuals release generational burdens, reconnect with intuition, and step fully into the life their soul has been calling them toward.

Her soul work is to reconnect people – especially Africans and the diaspora – with the forgotten knowledge of their ancestors, restoring harmony, confidence, and spiritual clarity in a world that often suppresses indigenous wisdom. She believes that when one person heals, entire families, communities, and generations experience liberation. Her mission is to revive African ancestral practices in a way that is accessible, grounded, and powerfully transformational.

Known for her rare blend of spiritual depth and everyday relatability, Ola Maame guides women and men through emotional trauma, ancestral blockage release, and intuitive awakening. Her teachings carry the authority of lineage and the compassion of lived experience. Those who journey with her describe a feeling of coming home – to themselves, their roots, and their purpose.

Today, she stands as one of Ghana's emerging female spiritual leaders, teaching herbalism, energy cleansing, emotional healing, and the art of soul travel. Her programs have reached followers across Ghana, Europe, and the diaspora seeking clarity, healing, and reconnection.

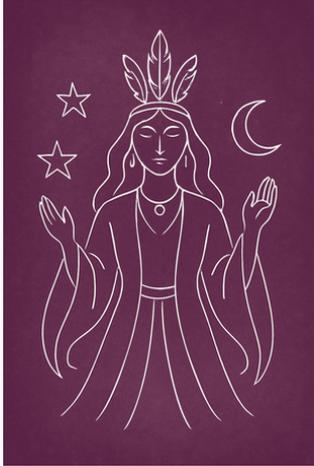
More of Ola Maame: www.soultravelghana.com/about

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MEDIA MENTIONS

Ola Maame has been featured in:

- - TV3 Ghana (interview)
- Nyansa TV
- ModernGhana
- GhanaWeb
- PlugzAfrica
- Multiple radio and online spiritual and cultural platforms



TALKING POINTS

- ***The Renaissance of African Spirituality***

Why young Africans and diaspora communities are returning to ancestral wisdom for healing, identity, and clarity.

- ***Modern Healing Through Ancient Knowledge***

How indigenous practices like cleansing rituals, herbal remedies, and energy healing can address emotional trauma and spiritual disconnection.

- ***Women as Keepers of Ancestral Power***

The rise of African women stepping into spiritual leadership roles traditionally dominated by men.

- ***Misconceptions Around African Spirituality***

Breaking down myths, stigma, and religious misunderstanding through open conversation and education.

- ***Healing Generational Trauma***

How ancestral work can release deep-seated emotional patterns and unlock spiritual flow.

SOCIAL MEDIA LINKS

Website: www.soultravelghana.com

Instagram: www.instagram.com/queen_of_soultravel/

YouTube: www.youtube.com/@theolastv3558

Personal Facebook Page:

www.facebook.com/ola.maame.3/

POTENTIAL TOPICS

Spirituality & Ancestral Practices

- *Integrating traditional African spirituality into modern life*
- *Understanding soul travel and intuitive awakening*
- *Herbal medicine and ancestral wellness*

Women's Empowerment & Inner Healing

- *The power of feminine leadership in African spirituality*
- *Breaking emotional blockages and reclaiming confidence*
- *Navigating personal transformation with cultural grounding*



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Identity & Diaspora Reconnection

- *Returning to ancestral roots for healing and identity*
- *How African spirituality supports diaspora self-discovery*
- *Deconstructing western narratives about “African mysticism”*

Healing & Life Transitions

- *Using spiritual practices to navigate trauma, loss, and change*
- *Releasing generational patterns*
- *Restoring balance in an overstimulated world*

