Maria Elena Angola, born Elena Croitoru, is a Romanian author, medical doctor, and former international medical coordinator currently living in Croatia. Her life and work bridge two worlds: science and spirituality, logic and intuition, medicine and storytelling.

For more than fifteen years, she worked within an international organization designing and coordinating health and well-being programs aimed at inspiring behavioral change and improving quality of life. Her career brought her from clinical practice in Bucharest to leadership roles in Romania, Azerbaijan, and Croatia, while field missions carried her to Kazakhstan, the United Arab Emirates, and Nigeria. She also spent nearly a year working in medical mass media and later earned a master's degree in Telemedicine in Italy. In addition, she served as a health adviser for a prevention-focused film produced in collaboration with Pukka Films in London.

Yet alongside medicine, another path quietly unfolded.

For over two decades, Maria Elena immersed herself in personal development, spirituality, and transformational studies through seminars, experiential journeys, and creative exploration. She formally studied the craft of writing through the Hay House Online Writer's Workshop and Romania's "Școala de Scris," gradually discovering another dimension of healing through storytelling and creative expression.

Her creative identity emerged through a profound sequence of dreams and synchronicities.

In 2016, she experienced a vivid dream of a symbolic journey through an underground labyrinth where only the stars could guide her. As the ceiling dissolved into glass, Polaris illuminated the way forward, leading her toward her father standing in Angola above a cotton field once worked by enslaved people. A year later, while traveling in Cusco, Peru, the dream resurfaced in an extraordinary way when she encountered the legendary Maria Angola Bell — tied to the story of an enslaved Angolan woman who sacrificed her only bracelet so her voice would live forever within the bell's sound.

Another life-changing dream followed when she encountered what she describes as the Angel of Death, who revealed the unbearable regret of a soul that had never fully expressed its light. The experience became a turning point that reshaped her understanding of purpose, creativity, and fear.

In Israel, standing in the Jordan River, she prayed for a new name and direction. Moments later, a stranger approached, traced three crosses in the air, and spoke only one word: “Maria.”

In 2020, during a time when the world itself stood suspended in uncertainty, she stepped away from a successful medical career to pursue writing fully. The transition was marked by years of intense inner conflict between the safety of conventional achievement and the deeper call to create, inspire, and reveal truth through stories.

Today, Maria Elena Angola writes at the intersection of healing, spirituality, and human transformation. She describes herself as “a bird with two heads — one rational and professional, the other intuitive and magical.” Her work seeks to unite those dimensions into a single voice: one that honors both scientific understanding and the mysteries of the soul.

Through her writing, she hopes to remind readers that even in adversity, every life carries the possibility of light, meaning, and transformation.