



Rupda Ji: Heart-Centred Leadership



Rupda Ji has 45 years experience of Buddhist meditation and is a Counsellor, S.E.P., NLP, N.V.C. and Hypnosis practitioner. In this talk be enlightened by Rupda's wisdom and recommendations for how to be a heart-centred leader.

TOP EMBODIMENT TIP: Practice breathing and meditation in a full state of embodiment as they go beautifully together.

The World Needs more Conscious Heart-led Leaders: **Open up to your heart, dive deep, and find your essence to hold it for others**

- Rupda works with the head, heart, belly and the unknown - the mystical part. Most leaders and people in the West function in the head space exclusively but we need to work with all 3.

Qualities of a Heart-Led Leader: **To be fully present as a person and leader you need to resonate in all areas:**

- **Head:** intelligence, logic, awareness, consciousness, focus, computation, mindfulness
- **Heart:** compassion, listening, patience, reachable, accessible, honest, vulnerable, humaneness, respectful, sensitivity to themselves and others - noticing
- **Belly:** gut feeling, intuition, presence, grounded, balance, centred, power, boundaries, contact, sensations

Compassion v Super Ego: **Compassion is permission to make mistakes - and get back up**

- The Super Ego, critic or judge runs our life so bring awareness to it, slow it down, catch it and replace it with compassion for yourself. When it is calling you a 'loser' let compassion in to soothe and say 'It is okay.'

Connecting to our Power: **Why Empowerment (not power over) is so important to self-honour and boundaries**

- Give yourself the power and permission to be here - this belief that you are enough and have a right to stand in your power connects you to your heart and creates an inner relaxation.
- Be boundaried - it is okay to say no - otherwise you give up your power, dishonour your self and lose self-respect.

What are Some of the Barriers to Effective Heart-Centred Leadership?

- **We have to address the barriers below and give ourselves permission to make mistakes and step into our energy.**
- Fear of failure so we don't bother to try, fear of stepping into my power, fear of not being good enough - this is very common, fear of what others might think, comparing ourselves and shame or fear of being too much.

Resources

- ❖ **Courses:** New Business Vision, Deep Dive Braving the Deep, Tools for Life Leadership Training
- ❖ **Website:** www.rupda.com
- ❖ **Social:** [Instagram](#); [Facebook](#)
- ❖ **References:** Oshi, Tony Robbins, Buddhist meditation



Rupda Ji





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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