



Srikumar Rao: How to Lead a Fulfilling Life by Definitely, Completely, Utterly Eradicating Stress!



Dr. Rao is an elite speaker and coach for persons seeking spiritual growth and for those wishing to leave an impact on the world. He has a TED talk that has been viewed by several million people on various platforms all around the world and is the author of several books. Find out how to adopt a radically different approach to thinking about life, thereby eliminating stress and cultivating extreme resilience.

TOP EMBODIMENT TIP: Destination is a mirage, the journey is with you always.

Beginning to Think Differently

- There is only **ONE reason we feel stress** and that is because we think the universe SHOULD be unfolding in the way we want it to and when it does NOT, the resistance and resentment we feel creates stress.
- Our lives are an endless quest to have control over some part of our external or internal environment. In reality, we do not have and will never have control over our lives. When we become aware of this **illusion of control** then we can understand that it WILL break down sometimes.

Concepts To Practise Thinking Differently:

- The choice of which emotional domain we occupy is determined by our mental chatter and mental models. **When we build awareness of our mental chatter and mental models, we can actively make a different choice.**
- Our awareness is like a torch, it will light up anything we shine it on, so we may choose to shine this flashlight of awareness on things that are going well for us regularly, before bed/upon waking/during the day, until the default emotional domain is appreciation and gratitude.
- We can anchor ourselves in a cause that is greater than we are, one which brings good to a community.
- All events are neutral, suffering begins only when we attach a label to it or have judgement about it.
- **Invest in the process not the outcome**, set goals to establish direction and then focus on the ACTIONS.
- Whenever you are beset by difficulties, focus ONLY on the next step to be taken.
- **Believe in the benevolent universe** and ask the question “What if the universe is well disposed towards me? What if difficult circumstances are exactly what I need for my learning and growth?”
- In any interaction with others, ask the question “Am I leaving this person feeling better about themselves, feeling more elevated and positive about their lives or am I pushing them further into a downward spiral?”

Resources

- ❖ **Books:** “Happiness at Work” and “Are You Ready to Succeed?”
- ❖ **Website:** www.theraoinstitute.com
- ❖ **Email:** srikumar.rao@theraoinstitute.com



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[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.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now