



Jayaraja and Miriam van Goen: Mindful Leadership



Jayaraja is a mindful communication trainer.

Miriam van Goen is a psychedelic trip guide for joyful empowerment.

Discover ways to use mindfulness to guide your leadership skills as well as entering into business deals.

TOP EMBODIMENT TIP: Jayaraja - Move your awareness into your body.

Miriam - Discomfort in itself is not a reason to not do a thing.

Three Main Aspects of Mindfulness:

- Mindfulness comes from the East. It could be considered a mix of **Buddhism, Upanishads, Daoism.**
- 1. The present moment awareness.
- 2. How does this play out in the future.
- 3. Guarding the mind against the unskillful patterns that happen to us.

Mindfulness in Leadership:

- Being a leader is exemplifying the qualities **we want to see in the world**, but also the vision that **we want to bring into the world.**
- When you're able to own your vulnerability and able to express it, that gives leadership in any situation.
- Ideally a leader will want people's motivation to come from within.
 - They want to feel they have a sense of choice.
 - They want to have a sense of learning. This gives them a feeling of moving toward mastery of a skill.
 - They want to feel as if they are contributing to something bigger than themselves.

Making and Accepting Business Deals: Saying no can be an art.

- There are different ways to say "**no**".
- Consider the options.
- Are you in a financial place where you can afford to offer donation only sessions?
- Before refusing donation only sessions, consider if there is room for negotiating a trade for services.

Resources

- ❖ **Website:** Miriam - <https://www.guidedtripping.com/>
- ❖ **Social:** Facebook: ayaraja - <https://www.facebook.com/dh.jayaraja>



Miriam van Goen



Jayaraja





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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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