RAJSHREE PATEL

MEDIA KIT

The prosecutor who left the courtroom to cross-examine the most important case of all — the one you have against yourself.

About Rajshree

Rajshree Patel is a former federal prosecutor turned spiritual teacher, author, and host of the podcast *Doubt to Purpose: Gita Unplugged*. She has spent thirty-five years translating ancient Vedic wisdom into practical tools for modern life — teaching hundreds of thousands of people across 35 countries how to understand the mind, regulate emotions, and live without the exhausting split between who they are and who they're performing.

Born in Uganda to a family that fled the Idi Amin regime, Rajshree came to America as a refugee and became a federal prosecutor — skeptical, logic-driven, certain she had everything figured out. Then one night in 1988, thinking she was going to a sitar concert, she walked into a room where Sri Sri Ravi Shankar was teaching. For the first time in her high-achieving, perfectly controlled life, someone got past her defenses.

She left law to follow that thread. Six years in ashrams in India. Hundreds of hours of direct training with a master. The ancient tradition of Vedanta studied not as philosophy but as practice.

What followed was thirty-five years — and counting — of teaching at Amazon, Google, Harvard, the United Nations, the Pentagon, and in living rooms across six continents. She is the author of *The Power of Vital Force*, published in seven languages.

She doesn't let you plead it out. She holds up a mirror. You do the rest.

CREDENTIALS

— Author of *The Power of Vital Force* (published in 7 languages)

— Student of Sri Sri Ravi Shankar for 35 years

— Former federal prosecutor turned spiritual teacher

— 250,000+ people guided across 35 countries

— 600+ centers founded

Speaking Topics

— **Why meditation isn’t working — and what actually does** — The counterintuitive truth about why effort-based practices often deepen the problem. Ancient tools that work with the mind instead of against it.

— **The seven layers of you — and why you’ve been addressing the wrong one** — A map of human functioning that nobody gave you. Why anxiety, patterns, and emotional reactivity keep returning no matter what you try.

— **Why knowing better never becomes feeling better** — The gap between intellectual understanding and lived change. What bridges it — and why most self-help misses this entirely.

— **The loneliness epidemic — and the ancient wisdom answer** — We have never been more connected and never felt more alone. The divided life — performing a version of yourself while feeling absent from your own life — is the modern loneliness no one is naming correctly.

— **When therapy and apps aren’t enough — nervous system regulation through breath** — Sudarshan Kriya is one of the most researched breathwork practices in existence. It works directly on the nervous system in ways thinking — and technology — cannot reach. Forty years of evidence behind it.

— **Workplace mental health — from the inside out** — Having taught at Amazon, Google, Harvard, the United Nations and the Pentagon — Rajshree brings ancient tools for stress, emotional reactivity, and leadership presence directly into organizational life.

— **When AI can’t fix your mind — the case for ancient tools** — The world is turning to technology for mental health answers. A former prosecutor who spent six years in Indian ashrams offers the counterpoint — and the evidence to back it up.

Has Taught At

COMPANIES

Amazon, Google, Facebook, LinkedIn, Lyft, NBC Universal, IBM, KKR, Coca-Cola, Visa, Microsoft, GAP, Morgan Stanley, Shell Oil

UNIVERSITIES

Harvard University, IIT India

GOVERNMENT & INTERNATIONAL

The United Nations, UNESCO, The World Bank, The Pentagon

ALSO

Prisons, schools, universities, and community programs across 35 countries. This work has never been only for the elite.

Select Media Appearances

PUBLICATIONS

Vogue, HuffPost, Mercury News, Happinez Magazine

TELEVISION

Bold TV

PODCASTS

Bulletproof Radio with Dave Asprey, Moonshots with Naveen Jain, Careers by Jenn, Breakfast Leadership, Well Woman Show, Mind Love, 40+ Fitness, Optimal Living

WELLNESS PLATFORMS

MindBodyGreen, Thrive Global, She Does The City

Select Quotes

“I’m a former prosecutor who learned the hard way that the most important case you’ll ever face is the one against yourself.”

“I hold up a mirror. You do the rest.”

“I’m not interested in spiritual performance.”

“The setting changes. The work doesn’t.”

“The only way out is in.”

Contact & Booking

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