

# Embodied Spiritual Mentorship

2026



Swami Jaya Devi

A six-month journey of deepening, exploring, integrating,  
and awakening.

Guided by 35 years of lived wisdom in meditation,  
mindfulness, yoga, breathwork and spiritual community.



# Intentions

This mentorship is created as a sacred six-month container for those wanting to dive deeper into their own inner work. These intentions are not goals to achieve – they are the spirit in which we will meet.

## **Deepen your practice**

Move beyond technique into embodied, living wisdom that shapes your daily experience. We are not adding more to your life – we are uncovering what is already within you.

## **Cultivate honest self-awareness**

Develop the capacity to witness yourself – your patterns, your stories, your resistances – with clarity and compassion, rather than avoidance or judgment.

## **Integrate transformation into everyday life**

Ground spiritual insight into sustainable habits, relationships, and daily rhythms. The meditation cushion is a beginning, not a destination.

## **Find and trust your own path**

My role is not to hand you a map – it is to help you trust the map that already lives inside you. You are your own greatest teacher. I am honored to serve as your guide.

## **Honor the breath as a doorway**

Use the breath as a living portal to the body, the present moment, and the sacred. Breathwork will be woven throughout our time together.

## **Build a small, intentional community**

You will be part of a carefully chosen small group. While sessions are one-on-one, knowing others are walking the path alongside you matters.



“These intentions are not goals to achieve – they are the spirit in which we will meet.”

# Mutual Commitments

This is a relationship built on trust, respect, connection and mutual dedication. Please read these carefully before applying.

## What I offer you:

- One dedicated, confidential 60-minute private Zoom session per month
- Practices tailored specifically to your life and your current edge
- Supporting materials as needed
- Email availability between sessions for brief check-ins
- 35 years of lived experience, held in service to your unfolding
- A non-judgmental, confidential, and sacred space

## What I ask of you:

- Show up for all six monthly sessions – on time and as prepared as you can be
- Maintain a consistent personal practice between sessions
- Bring honesty and openness, even when it feels uncomfortable
- Hold the contents of our sessions in sacred alignment with your values
- Approach this work with patience – transformation is not linear
- Trust the process, even when – especially when – it is slow or unclear





# Mentorship Application

This program is offered to a small group of committed individuals. You must apply for the Mentorship and be accepted. The goal of the application process is to assure a good fit and resonance for both Mentor and Mentee.

Please answer each question fully and thoughtfully – there are no right or wrong answers, only honest ones.

*Completed applications can be returned to [connect@swamijayadevi.com](mailto:connect@swamijayadevi.com).*

Applications are due by 11:59PM Thursday, June 4, 2026. You will hear back regarding your application no later than 11:59PM on Saturday, June 6, 2026.

## Personal Information

**Full Name**

**Preferred Name**

**Email Address**

**Location and Time Zone**



## Your Practice

### **Describe your current spiritual practice.**

*How long have you been practicing? What forms does it currently take – meditation, breathwork, movement, prayer? How consistent is your practice? Are there any aspects of practice do you struggle with? Or thrive in?*

### **What drew you to this mentorship?**

*What feels right about working in collaboration with Swami Jaya Devi at this time?*

### **Have you worked with a teacher or spiritual mentor before?**

*If yes, what was that experience like? What did you gain or find challenging?*



## Going Deeper

**What significant life events or transitions are shaping you right now?**

*Share whatever feels relevant – grief, change, a new chapter, a long-standing challenge.*

**Where do you feel most stuck or resistant in your inner life?**

*The places you habitually avoid are often the places most ready for exploration and light.*



**Where do you feel the most success or satisfaction in your inner life?**

*The places you shine can guide you deeper into your own authenticity.*

**What does a successful six months look like to you?**

*How will you know – in your body, your heart, your daily life – that this work has mattered?*

**Is there anything else you want me to know about you?**

*Anything at all – a gift, a struggle, a question, an intention, a hope.*

# The Six Month Journey

Each session is 60 minutes via Zoom. The arc below is a guide – your sessions will always be shaped by what is most alive in you that month. We begin wherever you are, always.

## Month 1

### Foundation & Deep Listening

We begin by truly seeing each other, with a short meditation and a thorough moment of connection to understand your history, your current practice, and what you are currently carrying.

Together we co-create your personal intentions for the six months ahead and establish a home practice that is realistic and genuinely nourishing.

## Month 2

### The Body as Doorway

We explore somatic awareness and the language of the body, tailored to the current state of your nervous system. Together, we will identify where you hold tension, emotion, or disconnection – and beginning, gently, to soften those places.

We will explore custom practices for your individual healing. These could be yoga or breathwork practices, mantra, meditation or self-inquiry. Some tools may arise from Swami's in-depth Ayurvedic wisdom or from her book on yogic living, Embodied. All recommended practices will help you learn to feel safety in your own life and connection in shared presence.



Month 3

**Working With the Mind**

Together we will dive into inquiry into the patterns, stories, and beliefs that shape your experience. What are the habits of your mind? Do you sabotage or mitigate your own successes? What thoughts and beliefs fuel that? Is your mind calm or restless?

We will then deepen your meditation practice by refining the techniques suited to where you are. You will learn to be present and compassionate with difficult emotions without being overwhelmed by them – intentionally sitting in the fire of your own transformation, without being consumed.

Month 4

**Navigating Shadow & Resistance**

We will create space for an honest exploration of what arises when you resist being truly present – the inner critic, denial and avoidance, spiritual bypassing or the habit of doing too much. We will work compassionately with what has been pushed away.

This is often the richest territory of the entire journey. It requires courage and is always held with great care and gentleness.

Month 5

**Integration & Living Practice**

How do the insights from this container land in your actual life – your work, your relationships, your daily rhythms? How are you releasing what comes up once it begins to heal? Together, we explore rituals of release and letting go.

We will delve into how to bring your mindfulness practices off the cushion in a manner best suited to you. We will also address refinement of your continued home practice for the ongoing, beloved road ahead.

Month 6

**Completion & the Continuing Path**

We complete this intentional deep dive by once again truly seeing each other, with a short meditation and a thorough moment of connection. This session will include reflection, celebration, and gratitude. Together we'll acknowledge how far you have come – honestly and fully.

You will leave with a personal practice and continued support from Swami, as well as a clear intention for your next steps, rooted in your own inner wisdom and the wisdom of the ages.



*This mentorship is a sacred commitment – from me to you,  
and from you to yourself.*

*I look forward to walking alongside you.*