A portrait of Acharya Shunnya, a woman with long, dark, wavy hair, wearing a red shawl over a blue top. She is looking directly at the camera with a slight smile. The background is a blurred green foliage.

MEDIA KIT

ACHARYA SHUNNYA

AUTHOR

TEACHER

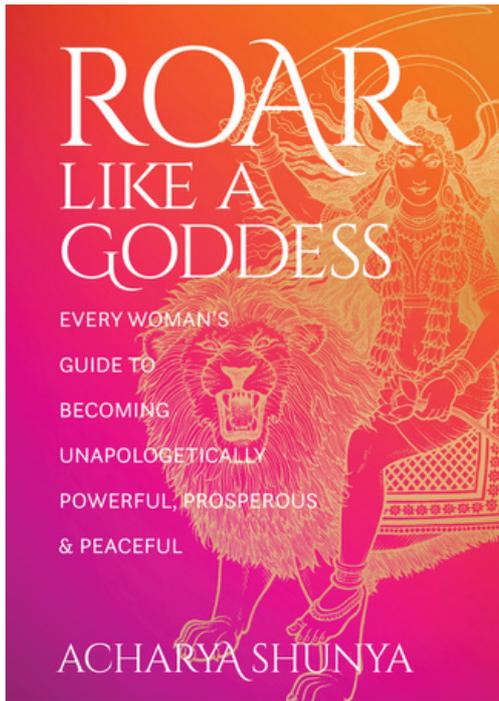
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2022

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ISBN: 9781683648826 / \$19.99 / Paperback

From Sounds True

In *Roar Like a Goddess: Every Woman's Guide to Becoming Unapologetically Powerful, Prosperous, and Peaceful*, trail-blazing Vedic spiritual teacher Acharya Shunya empowers women everywhere to step into their divine immensity and lead powerful, abundant, and wise lives through her revolutionary revisioning of ancient India's primary goddess archetypes. This book is a rallying cry for women everywhere to break free from the shackles of patriarchy and awaken their true nature, brought to life through India's primary goddess archetypes.

ABOUT THE AUTHOR

Acharya Shunya is a truth-teller who facilitates authenticity, self-remembrance, and divine feminine pathways to awakening within. The first female head of her 2,000-year-old Indian spiritual lineage, Shunya reinterprets and re-contextualizes ancient teachings for modern times, empowering people everywhere to lead fearless, fulfilled and enlightened lives. She is president of Awakened Self Foundation and founder of Vedika Global, Inc. in California and is the author of bestselling books *Ayurveda Lifestyle Wisdom* and *Sovereign Self*.



ACHARYA SHUNYA

www.AcharyaShunya.com



"The author's feminist take on Hinduism finds the radical roots of its mythology and offers a penetrating critique of how these elements have been obscured by 'male pundits' and their biased translations of the scriptures. The result is an enlightening and empathetic guide to finding one's inner strength."

Review from Publishers Weekly, May 16, 2022



Throughout *Roar Like a Goddess: Every Woman's Guide to Becoming Unapologetically Powerful, Prosperous, and Peaceful*, Shunya honors her progressive Vedic/Hindu roots while breaking the shackles of tradition to bring modern-day women an inclusive, feminist spirituality.

Sharing classic myths, original insights, and empowering practices, Shunya offers a profound process for awakening the many faces of goddess within. "It is time for all women to come out of the closet and roar with all their spiritual power," she writes, "Because that is our true sound."

Part 1 features the Goddess Durga—A role model who vanquishes internalized oppression, Durga teaches you how to take back your full feminine power.

Part 2 introduces the Goddess Lakshmi—Known for her beauty and generous spirit, Lakshmi guides you to cultivate unshakable inner contentment and soul-aligned abundance.

Part 3 celebrates the Goddess Saraswati—The ultimate teacher of our deepest journey to Self, Saraswati illuminates the gifts of wisdom, peace, and inner freedom.

SOCIAL MEDIA

Facebook: Acharya Shunya
Instagram: Acharya Shunya
Facebook Groups:

Vedic Contemplations
Sovereign Self Paradigm
Alchemy Through
Ayurveda

SOCIAL MEDIA STATS

AcharyaShunya.Com

Facebook Likes: 10,000+

Instagram Followers: 6000+

VedikaGlobal.Org

Facebook Likes: 78,000+

Instagram Followers: 2500+

TESTIMONIALS



"This book is a transmission that will awaken and empower you."

— Tracee Stanley, author of *Radiant Rest* and *Empowered Life Self-Inquiry Oracle Deck*

"Roar Like a Goddess reveals how understanding and practicing with these goddesses can empower a woman to experience her own deep power, beauty, and wisdom."

— Sally Kempton, author of *Awakening Shakti* and *Meditation for the Love of It*

"Acharya Shunya brings the powerful Hindu goddesses Durga, Lakshmi, and Saraswati alive for our modern context with her vivid pre-patriarchal interpretations of their qualities and activities."

— Rachael Wooteen, author of *Tara: The Liberating Power of the Female Buddha*



"If you need to find or refine your voice, or would like to encourage others in your life, please gift yourself and everyone you know a copy of this book."

— Felicia Tomasko, editor in chief *LA YOGA Ayurveda and Health*, faculty at Loyola Marymount University's Center for Religion and Spirituality

"Roar Like a Goddess is radical permission to embrace our holy wrath, highest pleasure and deepest authority for the benefit of all beings. If our world has a path forward, this is the map."

— Vera De La Chalambert, Public theologian, spiritual storyteller and Harvard-educated scholar



"Acharya Shunya skillfully shows how we are the ones who must keep the Goddess energies evolving and alive within us, which will ultimately lead us to becoming the fully sovereign, authentic beings that we were born to be."

— Meghan Don, author of *Feminine Courage: Remembering Your Voice and Vision Through a Retelling of our Myths and Inner Stories*

TESTIMONIALS

"This is a book destined to be life-changing for anyone bold enough to enter into its symbolic world. It not only rocks—it roars."

— Rev. Dr. John R. Mabry, author of *Spiritual Guidance Across Traditions*

"With engaging storytelling and a treasure trove of practices, Roar Like a Goddess shows the way to communion with the goddess within all of us, regardless of our gender or belief system."

— Philip Goldberg, author of *American Veda, The Life of Yogananda, and Spiritual Practice for Crazy Time*

"Acharya Shunya has gifted us with a revolutionary guidebook for living truthfully, compassionately, and fully."

— Yogacharya Ellen Grace O'Brian, spiritual director, Center for Spiritual Enlightenment, author of *The Jewel of Abundance*

"Acharya Shunya takes us to an astute journey merging the ancient and the modern guiding each one of us to rise to our Highest Self. A must read for every woman out there, and perhaps men, too! "

— Somanjana Chatterjee, Board Member, Silicon Valley Interreligious Council

"Acharya Shunya teaches us how to harness our divine rage with power and precision – like focused fury from the forehead of the goddess! Thank you, Acharya, for this potent gift. The aim of divine rage is not vengeance, but to reorder the world."

— Valarie Kaur, author of *SEE NO STRANGER* and founder of the Revolutionary Love Project

"Unafraid to speak truth to power, Acharya Shunya's voice is powerful and resonant like a channeled message for us from the divine goddesses of Vedic culture."

— Susanna Barkataki, author of *Embrace Yoga's Roots*

INTERVIEWER'S GUIDE

The Many Faces of Feminism

- There's currently a renewed conversation around feminism. What does Goddess archetype theory bring to the table that's new?
- When we think of Hindu goddess archetypes, we often don't associate them with highly progressive thinking. How can these ancient goddess legends that your book highlights, serve as inspiration for highly modern thinking? Give us an example.
- An important aspect of modern feminism is intersectionality — the idea that all fights for equity and equality are connected. How does goddess archetype theory support this?
- One woman's definition of freedom may not be the same as another's. How can *all* women — and female-identified beings — be empowered by these teachings?

Roaring Like a Goddess to Combat the Patriarchy

- What is the patriarchy, as contextualized by Goddess archetype theory?
- In what ways were the Vedas actually progressive?
- How have the legends / lessons of the vedas been adulterated by patriarchal thinking?
- While Goddess archetype theory may sound specifically feminine, we all have both masculine and feminine energy within. How can male-identified beings benefit from this work?
- Many say that some of the more heated sociopolitical debates of our time are resultant of a spiritual shift and reckoning with the end of the patriarchy. What is your belief around that? Are we in the midst of a coming shift?

The Goddesses and Self-Worth

- One of the most fundamental aspects of self empowerment is to cultivate a healthy sense of self-worth. How do the goddesses teach us how to love ourselves?
- What are some of the best legends that purport the idea of self-worth?
- Setting and maintaining boundaries — with our families, our children, our co-workers, and our friends, basically every aspect of life — is an integral part of establishing self-worth. What do the Vedas teach about healthy boundaries?
- What are some examples of the Goddess setting her own boundaries?

Empowered Partnership

- Often when we speak about modern feminism or self-empowerment, it's from an entirely solo perspective. Can a woman be an empowered modern feminist and in a committed partnership?
- What examples of loving, supportive partnerships do the Vedas give us?
- Because of the duality inherent in Vedic Gods/Goddesses, can we even explore the teachings of one without considering the other? E.g, Who is Brahma without Saraswati?
- What is a toxic relationship, and how can we break those patterns?
- Share a little bit about how Goddess archetype theory led you to break out of your own toxic relationship, and how that led to writing Roar.

Goddess Archetype Theory Informing Modern Feminism

- How can Goddesses from India serve as inspiration?
- What are the most potent legends that provide a blueprint for modern empowered living?
- How can we reclaim traditional narratives in a modern context?
- What are some surprising lessons we can take away from the legends? (E.g: Lakshmi's pursuit of pleasure)

Roaring Instead of Purring

- As a spiritual teacher and the head of your 2,000-year-old lineage, there must be a tendency to want to trend toward inclusivity rather than rocking the boat. How do you walk the line of being bold in your assertions, as well as inclusive in your teachings?
- Women have largely been taught to be accommodating, rather than to express themselves boldly. What do the Vedas teach us about using our voice boldly?
- What is righteous anger, and why is it important that we learn to express it?
- The Vedas purport that we are all connected; that our struggles are inherently shared. When teachers — particularly in the spiritual community — cling to the idea that “we are all one,” we tend to trend toward spiritual bypassing. Why is it so important for women to call out injustice and speak up, rather than to maintain the status quo?

Sex and Spirituality – How Goddess Archetype Theory Encourages Pleasure

- You've written (for *Spirituality & Health*) that Goddess Lakshmi actually encourages us to seek out consensual sexual experiences between adults. How do the teachings of the other Goddess types (E.g Durga) also support safe and consensual sexual exploration?
- Some may be surprised to hear a spiritual teacher encourage the carnal pursuit of pleasure. Why is this a misperception so prevalent?
- What do the Vedas teach us about a healthy sex life?
- How does Hindu scripture differ from a Judeo-Christian-Islamic perspective?

Financial Independence is Spiritual Independence

- Similar to the pursuit of sex, we — particularly as women — are taught that the pursuit of material wealth is gross or “non-spiritual.” Why is this not the case?
- Why is building independent wealth crucial to building an independent life?
- The Vedas came from a culture in which women were traditionally not seen as breadwinners. What does a modern interpretation of the Vedas / Goddess archetype theory teach us? How do you reconcile culture from context?

SPIRITUAL MOTIVATIONAL SPEAKER, WELLNESS, RELATIONSHIP AND WOMEN'S EMPOWERMENT COACH



Acharya Shunya is a highly-rated motivational speaker, workshop facilitator and retreat leader with 20+ years of experience as a spiritual, wellness, relationship and women's empowerment coach and group facilitator. Shunya works with individuals, groups, and organizations to amplify their authenticity and empower them to become a better version of themselves, utilizing goddess archetypes from her culture as tools for unapologetic living. To deliver lectures on eastern spirituality, psychology and wellness (Ayurveda) she has been invited to prestigious conferences in universities such as UCLA UCSF, Stanford and others.

Kripalu **Stanford University** **UCSF** **UCLA** **1440 Multiversity**
SHIFT NETWORK **CIIS** **AS SEEN IN** **Sivananda, Bhanamas**

- ✓ Awarded Lifetime Achievement Award by California Institute of Integral Studies (CIIS), San Francisco, 2016
- ✓ Recognized amongst Top-100 Ayurveda and Yoga Teachers in USA by Spirituality and Health Magazine, 2016
- ✓ Featured on the cover of OM Times Magazine, 2021
- ✓ Advisor on International Yoga and Ayurveda affairs to The Government of India, 2016-2018
- ✓ Former president of the California Association of Ayurvedic Medicine (CAAM), 2013-2016

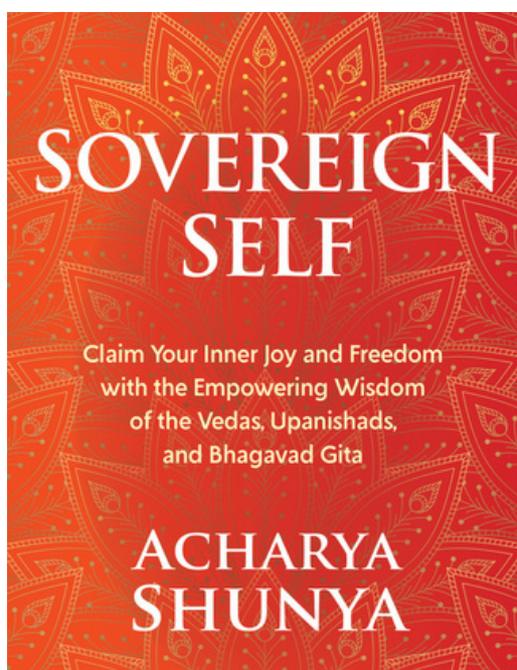
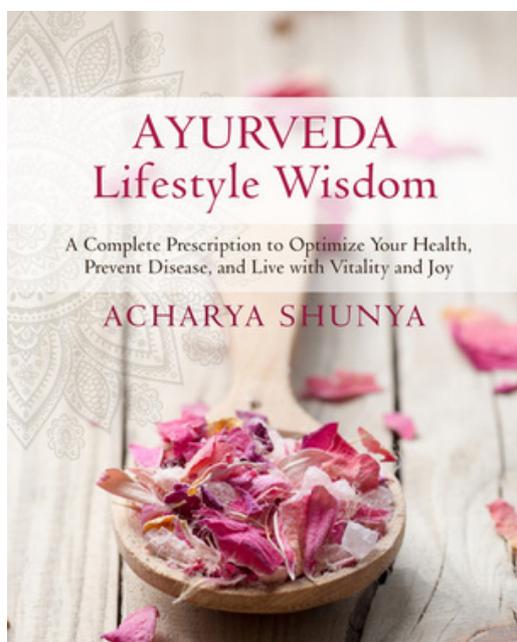
 **8.5K**
monthly page views

 **75K**
podcast downloads

 **15K**
email subscribers

PREVIOUS BOOKS

Acharya Shunya is a prolific writer. *Roar Like A Goddess: Every Woman's Guide to Becoming Unapologetically Powerful, Prosperous, and Peaceful* is being released on the heels of tremendous success of her previous two books, also published by Sounds True. *Sovereign Self* (2020) was hailed as a masterpiece in eastern yogic spirituality and psychology, and *Ayurveda Lifestyle Wisdom*, was translated in 7 languages and voted amongst top-10 books in alternative medicine by Health Line, in its year of publication (2017).



"A prescription to optimize our health in a clear and straightforward fashion, giving each of us the power to change our lives."

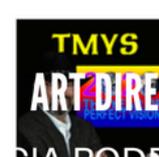
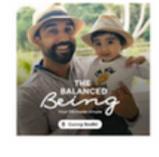
— James R. Doty, MD, clinical professor of neurosurgery and director at the Center for Compassion and Altruism Research and Education, Stanford University School of Medicine

With a special gift for embodied feminine knowing, Acharya Shunya dissolves the obstacles that have prevented free access to these treasures and invites everyone to the table of liberation and joy."

— Mirabai Starr, author of *Caravan of No Despair* and *Wild Mercy*

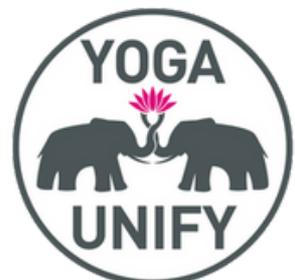
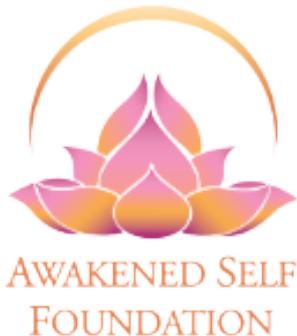
PODCASTS FEATURED IN

Acharya Shunya hosts her own 5-star rated podcast since 2021 called 'Shadow to Self'. Apart from that she makes regular appearances as a guest on like-minded podcasts, worldwide.



BLOGS FEATURED IN

Acharya Shunya blogs regularly on her website. Apart from that, she regularly contributes as a guest blogger on blogging platforms and online magazines worldwide.





**Invite Acharya Shunya as a
speaker, blogger or guest on
your podcast!**

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Please feel free to reach out for any questions.