

Dandapani

Hindu Priest; Entrepreneur; Former Monk

Please contact a GDA agent for information.

Topics

- Faith / Spirituality
- Mental Health / Psychology
- Peak Performance
- Personal Growth
- Stress Management
- Wellness

About Dandapani

Dandapani is a Hindu priest, entrepreneur and a former monk of 10 years. After graduating university with a degree in Electrical Engineering he left it all behind to become an ordained Hindu monk under the guidance of one of Hinduism’s foremost spiritual leaders of our time, Sivaya Subramuniyaswami. For 10 years he lived a life of serious personal discipline and training at his guru’s cloistered monastery in Hawaii. When his vows expired, he chose to venture out into the world making New York City his home. He works with entrepreneurs and some of the top athletes in the world in helping them understand and leverage their mind so that they can be the best at what they do. He does this by empowering them with tools and teachings that have been used by Hindu monks of his tradition for thousands of years. Among his clients are companies such as Fortress Investment Group, ICONIQ, McKinsey, American Express, Bloomberg LP, Sprinklr, Nike, Ribbit Capital, Red Ventures, and more. His book, *The Power of Unwavering Focus*, published by Portfolio and Penguin Random House is being translated into 23 languages. And his TEDx talk has over 6.9 million views. He currently lives in Nosara, Costa Rica, where he and his wife are passionately creating a 33-acre Hindu spiritual sanctuary and botanical gardens to further their mission.

Select Keynotes

- **Unwavering Focus Part 1**

Probably the most popular of all his presentations, Dandapani’s TEDx talk on Unwavering Focus has more than 4.9 million views on YouTube. This presentation, Part 1, is about learning the fine art of concentration. First, Dandapani teaches how the mind works as he was taught in the monastery by his guru. Then, he teaches you how to concentrate, as opposed to just telling you to do so. Finally, he teaches you how to develop willpower, the mental muscle you can use to help you stay focused. His pragmatic exercises for actually practicing concentration throughout the day help you develop a sustainable state of focus.

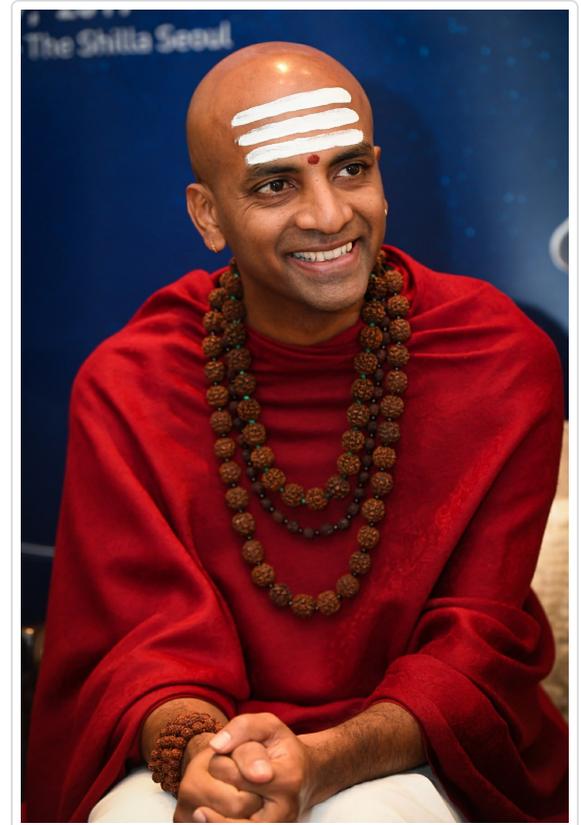
- **Unwavering Focus Part 2**

The second installment of Unwavering Focus is a deep dive into the study of the mind. As Dandapani often says, “The mind is the most powerful tool we have, yet most of us have never been taught how it works and have never been trained on how to use it properly.” In Part 2, Dandapani teaches three states of mind: how to work with unresolved emotional experiences that are buried in the subconscious and dictate how we act and react; how to cultivate intuition and overcome fear, worry, anxiety and stress; and how to create positive patterns in the subconscious that can assist us in living the habits we want to cultivate.

- **The Economics of Energy**

Another highly popular presentation, *The Economics of Energy* is based on the premise that we only have so much energy each day and our life is a manifestation of where we invest our energy. The goal, therefore, is to wisely manage and invest energy into the things that truly matter to us. How then do we evaluate who and what deserves our energy? How do we create a budget for our energy? How do we handle energy vampires, be they clients, friends, relatives or family? How do we create kind and simple evaluation processes to see if someone deserves our time and energy? These and more questions are addressed by Dandapani as he shares time-tested teachings and tools to manage life’s most precious resource—our energy.

- **Meditation & Mindfulness**



The true rewards of meditation come not at the start, but rather much later. Learn a step-by-step process to meditation which will help you sustain your practice. This is the same simple, practical and effective method Dandapani learned from his guru at the monastery where he lived as a monk. Among the lessons Dandapani teaches: how to concentrate; how to set up a meditation space; how to sit and breathe in meditation; how to define your meditation goal; and how to harness, direct and concentrate energy within you. One of the by-products of these lessons is mindfulness, because mindfulness comes from a concentrated mind. From your meditation practice, you will be more present, creative and intuitive, and you will bring forth spiritual insights from deep within.

- **The 50-Year Plan**

Where did you come from? Where are you now? Where are you going? In this presentation, Dandapani outlines a clear systematic approach to help you figure out what it is you want out of life. By getting a clear vision of how you see yourself in various aspects of your life 50 years from now, you will be able to create a lifestyle in the present that is inline with your vision for the future. Many people want to learn how to concentrate but then don't know what to concentrate their energy on. The 50-Year Plan is a great subsequent topic to Unwavering Focus and The Economics of Energy.

- **Life's Purpose**

Dandapani started speaking about this topic when he discovered that many people in his audiences had no idea what their purpose was in life. In fact, most of them never even considered the concept of having a purpose in life. As Dandapani points out so clearly, most of our day is (or at least should be) driven by purpose. From the mundane to the important, from the habitual to the occasional, all tasks have a purpose. So shouldn't life have a purpose as well? When you are clear on your purpose in life, you can build your entire life around it.

Select Book Titles

- **2022:** The Power of Unwavering Focus

Select Articles

- [Dandapani's Blog](#)

Select Testimonials

"Dandapani has spoken to the employees at Red Ventures twice, once in-person during our biggest event of the year and then recently via Webinar due to the pandemic. Both times and in both formats he was captivating. Dandapani's lessons are simple and at the same time profound. Through practical lessons and real-world examples, Dandapani is able to equip his audiences with actionable takeaways so that they can better understand how their own minds work, how to manage focus and energy, and ultimately, how to live a life of purpose.

– Ric Elias, CEO and cofounder of Red Ventures

Dandapani delivers his message in a refreshing, real, smart, funny and highly practical way. He doesn't talk religion – just life. He was able to turn his Monk teachings into practical advice for everyday living.

– Rob Nixon, Entrepreneur and Founder of Profitable Partners

What I find the most exceptional about Dandapani is how dedicated he is to giving each of us practical tools that integrate seamlessly into our modern-day lives. He takes complex ideas around the mind and awareness and simplifies them in a captivating way that is truly transformational.

– Sadie Lincoln Founder, Barre3

For the first time in my life, I'm enjoying making my bed in the morning. Thanks, Dandapani!

– Tim Ferriss Entrepreneur, Angel Investor and Author of The 4-Hour Workweek