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Sumira Life news

THRILLED TO ANNOUNCE A MONUMENTAL ACHIEVEMENT!

Thrilled to announce a monumental achievement!

Our very own Sunil Shetye has been honored by SiliconIndia magazine as one of the Top 10 Prominent Life Coaches! This is a powerful recognition of his profound expertise, unique blend of corporate wisdom and spiritual insight, and his unwavering commitment to transforming lives.

This acknowledgment from such a respected publication underscores the impact of his work in guiding individuals toward greater self-awareness, emotional intelligence, and holistic well-being. We are incredibly proud to see his innovative approach to personal and professional development receiving this well-deserved spotlight.

Read the full inspiring article online on SiliconIndia magazine here: : <https://www.siliconindia.com/digital-magazine/life-coaches-july-2025/#page=34>

This article also shown in this news letter page 2.

Top 10 Prominent Life Coaches 2025



SUNIL SHETYE

Bridging Ancient Wisdom & Modern Healing for Conscious Living



Sunil Shetye
Life Coach & Healer

Did you know that over 95 percent of our decisions are made by the subconscious mind? That means most of what drives our success, or sabotage, is invisible to us. This is where life coaches come in. Skilled coaches help unravel the hidden threads linking past experiences to present struggles. True transformation requires uncovering karmic loops, shifting limiting beliefs, and tuning into a higher frequency of thought. Blending psychological insight with intuitive precision, life coaches help clients reprogram their inner operating systems, acting as catalysts that offer both clarity and challenge to start rewriting their inner programming.

Sunil Shetye, the visionary founder of Sumira Life Management, brings over four decades of combined

corporate experience and spiritual wisdom into a unique model of personal transformation. Having spent nearly 25 years in senior roles with leading multinational corporations, including Siemens and Wipro, with international appointments and high-level service delivery portfolios, he made a conscious decision to transition from the external world of business to the internal journey of self-realization. Since 2011, Sunil has dedicated himself full-time to exploring the dimensions of human consciousness, blending ancient Vedic knowledge with modern energy psychology to build a framework that empowers individuals to understand and evolve their personalities at a much deeper level.

His approach lies in the belief that every individual is a composite of three vital planes of existence, namely the etheric, emotional, and mental bodies. He developed a proprietary consciousness assessment model that decodes these subtle layers, identifying the levels of development across key faculties like logic, emotional intelligence, intuitive perception, and leadership. Instead of labeling people with fixed traits, Sunil's methodology offers a dynamic, percentage-based mapping that reflects each person's current energy balance, revealing areas of strength and potential imbalance.

This leads to customized healing protocols, including chakra-based meditation, energy realignment, self-reflection, and practical lifestyle changes. These methods are part of a broader transformational journey Sunil guides through his online learning platform, Sumira Life, where users can access structured courses, participate in weekly Q&A sessions, and receive personalized guidance. His work extends to corporate environments as well, where he designs wellness programs focused on stress management, work-life balance, and emotional resilience, bridging spiritual understanding with real-world challenges.

"I share content in Hindi, English, and Marathi to connect with a diverse audience through my channel Soul Awakening on YouTube, social media, and my LMS-based community. Whether I am guiding a corporate executive or someone in personal crisis, my mission is to awaken consciousness and help people live in true alignment, where the soul, mind, and body exist in harmony", informs Sunil.

Understanding the Blueprint of Conscious Evolution

A published author of the book 'Soul Journey of Human Being', Sunil explores how consciousness defines personality, showing how energy imbalances formed through life experiences influence behavior. In his book, he offers a profound framework that maps the evolution of human consciousness across four distinct life stages. These stages begin with alignment to material existence, where foundational chakras and basic awareness develop, and gradually move toward advanced spiritual states marked by Kundalini awakening and eventual detachment from material life.



To truly heal, one must understand how the internal imbalances affect everything from work-life balance to team dynamics and begin aligning their inner self accordingly

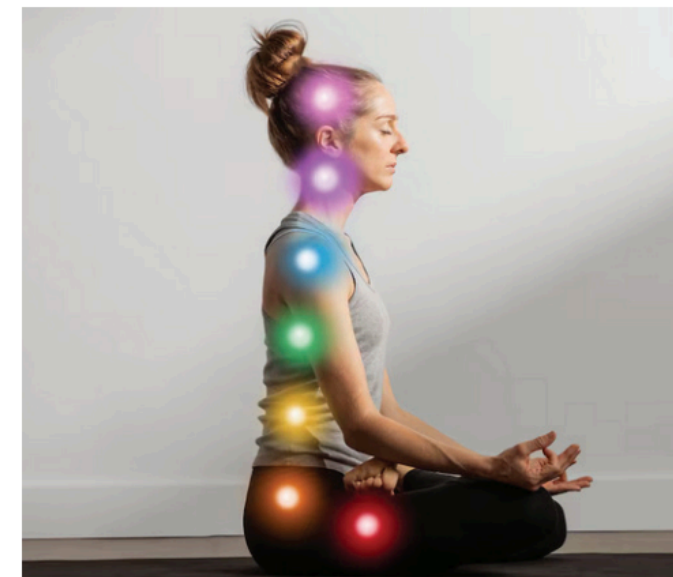
According to Sunil, many individuals operate within the first and second stages, focused on survival, ambition, and societal roles, without fully understanding the root of their emotional or physical imbalances. Readers have resonated deeply with his insight that challenges they face in adulthood often stem from long-standing energetic imbalances built up over the years. What sets Sunil's work apart is his emphasis on early awareness. He advocates for introducing consciousness assessment tools as early as school or college to enable balanced personality development.

Healing through Conscious Alignment


One of the most significant challenges Sunil has consistently encountered in his life coaching journey is guiding individuals through deep-rooted anxiety and lifestyle imbalances. Drawing from his soul-mind-body alignment model, Sunil emphasizes that anxiety is not merely a psychological disorder, but a misdirected overflow of internal energy caused by imbalanced consciousness. He often finds that clients, especially younger individuals, struggle to channel

their mental and emotional energy constructively, resulting in confusion, indecision, and distress. Sunil also works closely with parents, helping them detach from imposed expectations and supporting their children's authentic development. He identifies the root causes of these imbalances, whether they stem from emotional blockages, physical neglect, or inherited belief systems through personalized assessments and consciousness-based diagnostics.

A breakthrough came with clients suffering from chronic spinal, neurological, or anxiety-related conditions, where conventional treatments had failed. "I have found that most of the major challenges people face, whether it's spinal issues, anxiety, lifestyle disorders, or relationship conflicts, stem from deeply ingrained personality patterns shaped by their past experiences. To truly heal, one must understand how these internal imbalances affect everything from work-life balance to team dynamics and begin aligning their inner self accordingly", asserts Sunil.



Empowering India's Future

With the recognition of the 2024 India 5000 MSME Award, Sunil's work in consciousness-based coaching has gained significant momentum and credibility. He envisions a massive future for transformational coaching in India, rooted in both scientific insight and ancient wisdom. As more people become aware of inner imbalance and the need for emotional clarity, the demand for such holistic solutions is surging. "Most people dismiss consciousness because they can't see it, but I believe it exists beyond what we currently know, just like we see stars without fully understanding them. I have experienced higher states of consciousness, and I am convinced that only an evolved human being can truly access and manage these subtle dimensions through deep inner work", concludes Sunil. 

SUNIL SHETYE

recognized by **siliconindia** *Magazine as*

S^{TOP 10} **PROMINENT**
LIFE COACHES **2025**

*Through this Award, we acknowledge and applaud the leader's
myriad coaching programs, and their ingenuity to leverage
the best practices & unique methodologies to address
complex client and business demands.*

Mandvi Singh

MANDVI SINGH
Managing Editor