

Influential Women Distinguishes Dr. Sunayana “Dr. Sun” Pandé: Expanding Global Transformational Healing

RIO RANCHO, NM, UNITED STATES, July 7, 2026 /EINPresswire.com/ -- Visionary polymath and metaphysical parapsychologist advances integrative frameworks through Life in the Bliss Lane® ecosystem

Dr. Sunayana “Dr. Sun” Pandé, PhD, a distinguished polymath, metaphysical parapsychologist, trauma alchemist, and visionary thought leader, continues to redefine the intersection of psychology, neuroscience, and metaphysical inquiry through her expanding educational and healing platform. Born at the foot of the Himalayas and identifying as a Brahmin Hindu and nonbinary parent, Dr. Sun’s life and professional journey are deeply informed by lived experiences of

resilience, including surviving cancer, coma, gun violence, and the events of 9/11. These formative experiences have shaped a lifelong commitment to radical healing, empowerment, and expanded consciousness.



Dr. Sun’s academic and professional trajectory began with a Bachelor’s degree in Psychology from New York University in the late 1980s, followed by a rapid ascent in the financial sector where she became a Vice President on Wall Street in her twenties. Despite this early success, she has consistently described a profound sense of misalignment between external achievement and internal fulfillment. Following the transformative impact of 9/11, she relocated to South Florida, returning to graduate study and ultimately earning a PhD in metaphysical parapsychology, a discipline she describes as integrating psychology, neuroscience, and metaphysical exploration into a unified model of human experience.

Central to Dr. Sun's work is the belief that consciousness can be expanded through structured spiritual practice and disciplined meditation. She teaches that altered states of awareness provide access to multidimensional insights that inform creativity, emotional integration, and trauma resolution. These practices remain foundational to her daily life and are embedded throughout her writing, courses, and digital tools.

A major milestone in her professional contributions is the founding of Life in the Bliss Lane®, an award-winning platform and learning ecosystem that includes more than 120 published books, a wide range of immersive courses, and a proprietary app designed to support consciousness expansion and trauma integration. Through this platform, Dr. Sun has introduced innovative frameworks such as Kappal Otti™ and the tripartite system featured in Sail Beyond Trauma, which collectively emphasize the integration of mind, body, and soul as a holistic approach to healing.

Dr. Sun's work has earned recognition for its originality and impact, including honors such as the Cognitive Innovation Award and the New Mexico Excellence Award for Trauma Innovation. Her contributions are increasingly cited within interdisciplinary discussions that bridge trauma-informed care, spiritual practice, and emerging models of consciousness studies.

Beyond her academic and creative output, Dr. Sun is an active public speaker, coach, and workshop facilitator who works with global communities, including LGBTQIA+, neurodivergent, and spiritually curious individuals. Her approach emphasizes accessibility, inclusion, and empowerment, encouraging individuals to reclaim personal agency and reframe lived experience as a source of transformation rather than limitation.

Throughout her teachings, Dr. Sun integrates ancient Vedic principles with contemporary scientific perspectives, advocating for a synthesis of traditional wisdom and modern research. She is also a vocal supporter of environmental justice, disability rights, gender equity, and inclusive spirituality. Her work consistently challenges conventional boundaries while promoting frameworks that honor the full spectrum of human identity and experience.

Dr. Sun's philosophy is grounded in the belief that personal transformation is inseparable from collective evolution. By fostering spaces where unconventional ideas can be explored without constraint, she encourages individuals to transcend systemic limitations and engage with higher states of awareness. Through Life in the Bliss Lane®, she continues to develop tools and methodologies aimed at supporting individuals in achieving resilience, self-mastery, and sustained well-being.

As her platform expands, Dr. Sunayana Pandé remains committed to advancing integrative approaches that unite science, spirituality, and lived experience. Her work continues to position her as a leading voice in the evolving dialogue around consciousness, trauma healing, and human potential in the 21st century.

Learn More about Sunayana Shivangi Pande:

Through her Influential Women profile, <https://influentialwomen.com/connect/sun-pand%C3%A9>, or through Life in the Bliss Lane, <https://lifeintheblisslane.com/>

Influential Women

Influential Women provides a platform where women from all backgrounds can connect, share their perspectives, and create content that empowers themselves and others. Through storytelling, thought leadership, and creative expression, Influential Women amplifies voices that inspire change.

Editorial Team
Influential Women
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/924966987>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.