



FOUNDER'S STORY

Why Namaste Moments?

Before Namaste Moments became a company, it was a phrase I adopted and gave a particular meaning within my own leadership and teaching practice.

A NOTE ON THE PHRASE

The word namaste has long carried meanings associated with recognition, respect, and honoring the humanity in another person, and the phrase “namaste moment” has been used in different ways over time. I did not create the phrase itself.

What I did was begin using “Namaste Moments” in a specific leadership context to describe the kind of outcome I wanted people to reach in difficult conversations, complex decisions, and moments of tension.

ORIGIN

When I was a Dean in higher education and an Adjunct Assistant Professor in the Graduate School of Education at Mills College, I often worked with people navigating competing perspectives, difficult conversations, institutional challenges, and decisions that required both clarity and care.

In my seminars, I adopted the phrase “Namaste Moments” as my shorthand for a particular kind of leadership outcome.

THE DEFINITION

For me, a Namaste Moment was the point in a conversation when people could move forward with greater clarity, shared direction, or a meaningful next step—without requiring anyone to lose their dignity in the process.

TO BE CLEAR

It did not necessarily mean everyone agreed.

It meant we had reached a place where people could hear one another, understand what mattered, identify a focused direction, and move forward with dignity and respect.

HOW IT GREW

2023

I purchased the domain
NamasteMoments.com, imagining an ebook
on the leadership principles behind the idea.

2025

I established Namaste Moments™ as a
company, with a much larger vision for what
it could become.

2026

I launched the Namaste Moments
Alignment Framework™.

BEYOND THE CLASSROOM

We experience these moments throughout our lives.

A decision.

A relationship.

A leadership challenge.

A transition.

A moment when what once worked no longer fits.

WHAT HAS STAYED CONSISTENT

See clearly enough to understand what the moment requires.

Choose a direction you are prepared to stand behind.

Move forward without sacrificing your dignity or someone else's.

TODAY

Namaste Moments™ is a human development company that helps people bring their choices, relationships, leadership, and next chapter into closer alignment with who they have become.

Through the Namaste Moments Alignment Framework™, we help people develop greater self-awareness, clarity, and confidence so they can make more intentional decisions in everyday life.

Mildred S. Lewis, Ed.D.

FOUNDER, NAMASTE MOMENTS™