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Context to the conversation

The spiritual dimension - Ricardo speaks about tuning into the spiritual elements within us. He says that when you are able to connect from that place and you can speak from your truth, then you start to become coherent and there starts to become coherence between your head, your heart, and yourself, and your essence.

Transcription

Deepak Jayaraman (DJ): I want to go back to the spiritual dimensions, Ricardo. We... when we hear about the physical, we hear about the emotional, I think, spiritual as you rightly said very often a) it is confused with religion and b) it is often seen as a, you know, in a highly rational space, like in the workplace, spirituality is often seen as something that's irrational, something that's not scientific. Can you just sort of bring it to life for us, just maybe just that spiritual dimension, those three levels, and how that can unlock significant value for leaders in organisations and communities?

Ricardo Sunderland (RS): Yes. I guess the one that's the most difficult to go through, it is level five. So, maybe I go there and I'll try to simplify. As I was sharing, level five is about embracing the spoken word. It is the power of the spoken word when you are speaking your truth. I am constantly asked, so what is your truth? And we all have a purpose in life. Each one has a different purpose. When you are connected to your purpose, it serves like an energy compass. You know when you are aligned to your purpose or you are in the right path of discovering your purpose because then you get energy in everything you do, mostly. You know when you are misaligned to your purpose because you feel that you are losing energy in everything you do. So, it's good to recalibrate your course. As you are starting to get closer to your purpose, my purpose in life is to connect leaders to their energy and became more humane, and you go deeper to it, my purpose is to elevate consciousness. So, then knowing that is very helpful for me to avoid any noise or unnecessary noise in my life's journey. From that place, I can speak my truth, I can write a book, I can declare what for me is truth or not, which doesn't mean that I am right or wrong, just allows me for me to be able to give a point of view that I can share very openly with my clients, and then it is my client's choice to take it, to take it or leave it. But then I can hold confidently a space where I don't feel dependent on the other, and I can share very openly in spirit of service, my truth, which is connected to my purpose. Every system has a purpose, every person has a purpose. When you are able to connect from that place and you can speak from your truth, then you start to become coherent and there starts to become coherence between your head, your heart, and yourself, and your essence. When you are not in that place, there is dissonance. It is like a radio station. Maybe you are 88.1 and maybe I am 96.5. When you are connected to 88.1, whenever you feel that, you feel you are in the zone when you are there, almost like you hear music coming and you can't believe that you were able to jump that high or make that

result. It is like you are almost like a superhuman when you are there. Rarely where we are in 88.1 or 96.5. How to be able to sustain it, that's how it starts to help us to have this compass. Of course, coherence from that place allows us to be able to be in a good relationship with ourselves, level two. When we are in that place, we are in coherence. But it is now a different dimension of coherence, if that resonates.

DJ: Got it.

RS: When you are from that place, you get access to all these different spiritual energies, compassion, which is what we are talking about in level six, it is gratefulness. When I am able to be compassionate with myself, then I can start to be in a better relationship with myself. I can be able to start myself to get myself out of the way. I can be able to get my story out of the way so I can be in better service for others. When I am able to be grateful and when I use gratefulness as a way of waking up in the morning, for example, how do you connect to this nurturing of the soul, of the essence of yourself is through level six. It is very good to be able to get to that kind of level because it is very, it is what I call the resource. It is the resource that connects you to your ability to be able to be in a good relationship with yourself, level two, or with your loved ones on level four. The last one, it is also complicated, not as simple as level six. You get access to six by being in coherence with level five, but then level seven takes you to a different level, which is being in alignment with a perfect power of creation. From that place, you can create incredible things. But you need to be in alignment with things that would be very difficult for people sometimes to understand unless you are in that place. Like I quote in the book that "imperfect is perfect". I was advised by many people to take that out of the book. And because I wanted to be coherent with my truth, I decided to leave it in the book, because I know that sometimes imperfect can mean horrible things for people and saying that those horrible things are perfect, it is not the intention of what I say in the book. But it is the intention to know that we are imperfect as human beings and as such we are perfect. We cannot love; if we weren't imperfect, we wouldn't learn how to love if we weren't imperfect. And by that imperfection, we learn how to love, which gives us the most beautiful emotion there is. So, there is a connection there, and from that place, we can actually allow ourselves to give ourselves a break. We don't hold ourselves to levels of inhuman imperfection, and when we are able to let ourselves and we cut ourselves a break, we can let go of things, we can take more risks, we can allow for creativity to go to different levels that unless we are afraid of failure or control. It is essential to be connected to this place, which is deep, deep, deep within us, and from that place, then we don't feel lonely. We can fail from that place and learn from that place. No matter how unfortunate the circumstances are in our life, we always have this ability to be able to, yeah, learn that there is never too late to have a happy childhood, for example.

Deepak Jayaraman (DJ): That's a wonderful way of putting it, never too late to have a happy childhood. That's a wonderful space.

End of transcription

Reflections from Deepak Jayaraman

DJ: Thank you for listening. If you want to tune into any of the specific themes that we touched upon here you can do that in the member section of the podcast. You can just go to Playtopotential.com and go to the curated playlist section and you will have themes like Authenticity, Self-awareness, Formative years, and so on where you have miniaturised content with insights from multiple speakers organised by these themes.

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Ricardo Sunderland- Nuggets

- 103.01 Ricardo Sunderland - Leadership - Shaping context rather than setting direction
- 103.02 Ricardo Sunderland - 7 layers of the human energy field
- 103.03 Ricardo Sunderland - Tuning into our emotions
- 103.04 Ricardo Sunderland - Downside of professionalism
- 103.05 Ricardo Sunderland - The spiritual dimension
- 103.06 Ricardo Sunderland - Tuning into our purpose
- 103.07 Ricardo Sunderland - Role of breath in tuning into ourselves
- 103.08 Ricardo Sunderland - Tackling self-limiting beliefs
- 103.09 Ricardo Sunderland - Finding your rightful place in your family system
- 103.10 Ricardo Sunderland - Spiritual energy - The yeast in the bread of human energy
- 103.11 Ricardo Sunderland - In Summary - Playing to Potential

About Deepak Jayaraman

Deepak seeks to unlock the human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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