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Context to the conversation

Ricardo speaks about how we all can do the quest and connect to ourselves by being in nature and without noise or disturbance and allowing for the essence in unconsciousness to be able to surface.

Transcription

Deepak Jayaraman (DJ): The one piece I wanted to pick up, Ricardo, was on purpose. The other school of thought or when I... as I am trying to learn and understand what that means, one line of thinking says purpose is emergent in the sense, you walk a path, you try a few things and slowly you discover your purpose. When I read your book, I got a sense that purpose can be discerned in the sense, if you get in touch with yourself you will get to know the essence. So, I just wanted to maybe understand... in my head I was trying to reconcile the two as I was reading your book. Would you have a view on that?

Ricardo Sunderland (RS): I do. As you can imagine, you experiment to try to get to what your purpose is and at the beginning, I was being very process-driven, very logical about it. I would, hear this, write an obituary and, or what are the five things that you would like from people to hear or say about you when you die and then compare this... you do all these things. All have the right intention for sure. But it is when you connect to this level of spirituality and it really hit home, and I give this example in the book because I asked permission to Sander, this sage friend, Sander Tideman. I first experienced the purpose quest ritual that he learned from, I believe it that he learned from monks, which they do as rites of passage. When you do the quest and you connect to yourself by allowing yourself to be in nature at its best and you even create space for you to be able to be alone by yourself and you allow for essence in unconsciousness to be able to surface and he has this very, very witty way of finding words and then you collect those words, whether when you are starting the journey or in the middle of the journey or when you are in stillness in nature and then when you come back. And then you are able to distil those words to the point that the intention is to start to write a haiku, this Japanese poem, 575 syllables. And you write this haiku, but the with the intention to discover your purpose as a part of your journey of this quest. You are awed by what you are starting to find about what you are truly here for. You feel it. It is very important to do level one first because you then, you start to feel all these things and then when you are feeling it's not okay, maybe if I am feeling this grounded with this thunder of energy going through my body, when I am speaking about this haiku maybe there's some truth in it which speaks to me, it is in you. And then when you start to live it, and then you start to work on it, and live it again, and you and you go through your journey then you start to know that this is why you are here for. It took me years to get there and I am by far not there but I think I am in the right direction because every time I do what I believe it is my purpose, I go to bed happy and I wake up happy, for example.

DJ: Lovely.

RS: When leaders declare their haikus when I take them to this quest, sometimes they haven't printed in their desk. And whenever they are going through a rough patch they can read it out loud and then remind themselves why they are doing what they are doing.

Reflections from Deepak Jayaraman

DJ: Given my lived experience, I have a slightly different take on this topic. I like what Prof Herminia Ibarra says. You act your way into a new way of thinking than you think your way into a new way of acting. In my case, when I moved from EgonZehnder to set up my advisory practice, I knew I wanted to be in the broad realm of helping people with a focus on transitions. Then I started the podcast and that started taking shape. Today, after 8 years, if somebody asks me my purpose, I would say – to help growth minded individuals play to their full potential. I realize that we need to be intentional about our actions in a certain direction and definitely nature plays a role in gathering clarity around direction. But I find that purpose is often emergent along the way than the starting point. The only reason I make this point is that sometimes I see getting paralyzed by the fact that they haven't found their purpose and end up beating themselves up. To that extent, focusing on action that is directionally coherent could help you start taking baby steps that could over time reveal your purpose in life.

End of transcription

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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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