

Podcast Transcript [103.10 Ricardo Sunderland - Spiritual energy - The yeast in the bread of human energy](#)

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Context to the conversation

Ricardo speaks about how we can be intentional about reconnecting to that primary source of energy that we have from our birth. Ricardo calls it the yeast for our bread.

Transcription

Deepak Jayaraman (DJ): Lovely. I am mindful of time, Ricardo, we could keep going. Just a couple of questions before we wrap up. Again, picking up from another phrase that was very poetic, what would happen if you tried to make bread without yeast? You might get something, but it wouldn't be bread. And you say that spiritual energy is the yeast in the bread of human energy. Talk to us about what you mean here.

Ricardo Sunderland (RS): I think by being able to talk about that, it is important to be clear that there is a part deep within us, some people call it self, some people call it soul, some people call it spark, some people... however you call it, it's there. And getting access to it, it's not easy because again we were... as life's struggles go on, we started to get separated from it. But when we are able to connect to it, whenever you are either 40 or 50 you can do with it far more than when you had full access to it when you were 1. So, we need to earn going back to it and get access to it. And when we are able to do, you cannot make bread, you cannot feel alive when you do not have access to it. There is so many leaders that I work that are so successful that when they hire me, they feel a void in their lives. No matter how successful they are, the more success they get the bigger the void feels. And it is because in many cases they are not intentionally reconnecting to that energy that is our birthright, and when we are able to connect with then it's the gist of life, we can make bread from it. This is something that, again, sometimes life, and what happen in our lives blocks us from hearing things like this. Whenever I am able to work with leaders who want to get to that place because the void is un-variable or the void just feels like a wonderful opportunity to be able to create more and be able to find a greater place because they feel the calling, that's the gist of their life and that's the gist of who they want to become. When you do you can create bread, yeah.

End of transcription

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Ricardo Sunderland- Nuggets

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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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