

## AJR Amrit Sandhu Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Amrit Sandhu with us on the show today. Amrit is an international speaker, podcast host and coach who helps people live up to their full potential. I'm going to be asking him to share some practical, easy to implement suggestions on how to find our own life's purpose. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Amrit. Amrit, welcome to the show. I'm so delighted we finally got together. I think you've canceled. I've canceled. It's like been crazy, but we talk when we're supposed to, right.

0:01:34 - Amrit

The divine timing and the alignment of things definitely is something that I believe in. But, yeah, it is really nice to finally connect and drop into this space with you. Julie, thank you so much for having me.

0:01:44 - Julie

You bet and you're a wizard, because I'm talking to you in the future, because it's already the next day in Australia where you are.

0:01:53 - Amrit

Melbourne, Australia. Yes, it's my Tuesday, it's your Monday and it definitely gets better, don't worry.

0:02:01 - Julie

You can tell us what's going to happen, because you've already experienced it.

0:02:05 - Amrit

I love it Back to the future. I've got my little DeLorean over here. No, I'll stop, I'll stop.

0:02:12 - Julie

You said, a great life isn't an accident, rather it's built on purpose. What do you mean by that?

0:02:19 - Amrit

Yeah, for me, at the heart of, I think, having interviewed so many people on my own podcast over the years, there seems to be this very consistent undercurrent theme, which is most people that have built something of note or something that other people look up to and respect are generally built on them, having gone through their own trials and tribulations and learned to have overcome whatever it was that was, you know, difficult for them. Um, and that's, you know it sounds a bit more nebulous, but if I've grounded in it, it's the hero's journey ultimately that you know so many people are living into that archetype. Um, I look at someone like I don't know. Some of your audience might be familiar with Marisa Peer, a transformational therapy

hypnotherapist to celebrities, world-renowned. And you know she grew up as a nanny, consistently being told she wasn't going to amount to anything. And you know there was just consistent narrative of the no one, you're not going to be anything, no one, you're not going to be anything. And you know she had to overcome all of that noise and pressure to then realize I am enough. And that's her big message to the world that you are enough. And she's the number one hypnotherapist about how words and order suggestion actually reprogram your mind because she was consistently told something that you're not enough.

So to put that in light, for me one of the biggest challenges of life like I've got a few couple of really big challenges in my life, but the one that sort of stood out as of late, the most recent for me is this challenge of career misalignment. So I was living out of alignment with my values. I've got perfect languaging around it. Now it's like, oh, these are my values. I was living out of alignment with it, but when I was going through it it was, yeah, it was just like the existential cat was being rubbed the wrong way. It was just consistently rocking up to do work where you spend eight to nine hours, sometimes 10 hours a day doing stuff that doesn't resonate with you.

Yeah, I found myself in a depressed state. I wasn't depressed because I'd been through depression previously and I know how dark and stuck and heavy and dense all of that can be. So I wouldn't say I was depressed this time around, but it was depressing, to say the least, and I was probably kept buffeted at bay because I had all the tools that I developed from when I had gone through depression, but nonetheless, with all that awareness that came from having gone through depression and, you know, come to mindfulness, meditation and become, you know, a practitioner and a teacher, still doing a lot of this work. That was, you know, as an engineer. It was a very interesting place to be because by everyone's external outside means, they were like dude, you're doing all the things Like. You've made it Like. This is, you know, like nice house, you live in a beautiful place, you know doing all the things, great job, great pay, great salary but inside it just it wasn't for me, it really wasn't for me, and so what were you doing at that time?

Structural engineer. So for me, building high-rise towers here in Melbourne City was the name of the game pretty much, and we were doing 40-story, 50-story high-rise towers and I mean, by some means it's actually pretty cool, but like if and if we just stack them up against my values. So my values are connection, contribution and celebration. These are my three highest values and when I take a look at what I was doing there, like I was building high-rise towers, there really wasn't that much connection Contribution. Somewhat, like you know, we're building homes like office buildings, stuff like that.

People get to work, people get to, you know, rest and enjoy. Maybe immigrant families moving in to these apartment towers. Sure, there's a little bit of contribution. Is it the kind of contribution I want to have? Not really, but you know. And then there's celebration.

Right, there was very little celebration in there, and so for me, I kept seeing people such as yourself authors, speakers, coaches, like people that were having an impact that inspired them on their path and their journey. People that were having an impact that inspired them on their path and their journey, and it wasn't necessary that this was their whole life's work and all their abundance in their life came from here. That wasn't a prerequisite, but it was just hey, they were having an impact that was aligned to what they felt was really important to them, almost like the soul's mission, if you will. And so I started interviewing people every week, every week, every week, just to sort of. That was the Inspired Evolution podcast beginning, like I was inspired by all these people and I was ready to evolve.

You know, I was like whatever I'm in right now isn't right for me, and that's been the journey of the last eight years. We've been doing episodes every week and eventually I got untethered. So

that's a bit of the long version even though it is the Cliff Notes version sort of describe consistently what I've seen is people that end up achieving something of note. They've managed to build it upon, having faced and excavated their own challenges right, and those challenges give people really deep sense of why, as to why they're going about doing what they're doing.

0:07:30 - Julie

And that why is synonymous with purpose. What's coming to mind is somebody's an overnight success, but you don't see the backstory that they've been working their rear ends off for 10 years. It's like, oh, she was an overnight success, but this is her eighth album. Or you know, she's been touring globally for 10 years, living in a bus or something.

0:07:49 - Amrit

Yeah, one of my favorite, one of my favorite there's this like a penis and like people are just watching them come in to play the piano and at the end, at the end, they're like it's been amazing. And everyone comes up and is like, oh my God, you're so talented, you're so talented. And the pianist is like hey, no, I practiced for years. And they're like no, no, no, oh, you're so talented, you're so talented. And the pianist ends up kind of getting in this like really annoyed, sort of like everyone just doesn't account for all the years I put into the practice. They're just like calling me talented Like I came out of the box this way, touchwood, so that's what I'm hearing and what you're saying. So, yeah, yeah.

0:08:27 - Julie

Well, that was like the Beatles. Weren't the Beatles touring for eight years or something before they came to America and were on the Ed Sullivan show? And then it all blew up.

Oh, I'm not sure, but yeah it was a long time, it was several years, and I've seen documentaries on it where they were playing in these just awful dingy little pubs, you know, throughout the UK and people were thinking, really, the famous Beatles were playing in this. You know this just less than optimal club, let me put it that way. And they did it. Do you think that we're all on our own spiritual evolution type journey, and are we required to be cognizant of it, or are we being led even when we're not aware of it?

0:09:14 - Amrit

Yeah, it's a beautiful question. So I do believe everybody's here for a reason. One of my fundamental core sort of viewpoints, if you will, or philosophies, if you will, is that we are the universe looking in on itself and it's pretty trippy that consciousness is having this experience of like being folded in on itself. It's looking in on itself through Julie's eyes at Amrit at the moment, and Amrit's looking in, folded in on itself over at Julie, and it is like all the spiritual teachers will tell you it's one, it's all the spiritual teachers tell you it's one, it's all this oneness.

But yet it's having this individuated experience to experience something you know, and there's many conjectures as to what that is um, but ultimately, I do believe that no two fractals of the whole are superfluous to the grand design, to the experience that it's trying to have of itself, and so does everybody have a place in it? Yes, do. A lot of our dis-eases emerge from people not really knowing or giving themselves permission to drop into their authentic self and view the world as they were put here to be. That's pretty much what drives most of my work, to be honest, because everybody's trying to be someone that they're not, or you know, somebody else, or their neighbor, or this other person that they look up to. So it's and it's yeah. I mean, there's just so much that pulls you off your center in that space. So is there a place for everybody? Absolutely.

The next part of your question is really interesting, because I remember having this existential crisis at some point whilst being Mr Purpose, right, and it was like, okay, my work here is help

people, guide them, align them to their purpose and then obviously build in you know, the entrepreneurial systems or the career systems or the leadership systems, practically, because my background is an engineer, right, like I wasn't just, you know, visualize and manifest. It was like how do we actually go about and changing. You know your life Not to say that that doesn't but also you know the grounded tools behind it. And I had this moment where I was like, even when people are thinking that they're furthest away from their purpose and having that realization, it's like that is the exact moment that they're actually coming back to their purpose, which is perfectly aligned for them on their journey. So it's so serendipitous. So they're actually never really off purpose, even when they're on like off purpose. So I do believe that we don't need to be super cognizant of it. However, and then I started to question what is your role in all of this? That I'm like, and in the end of it, I just came to the realization that I'm just a way marker or a guide. So if someone's tuning into this podcast and it's like, you know, purpose might be something that they might be off of and it's just something that's really deep in my heart, in my being, to share, to promote, to support people with.

Now, when people are like inauthentically themselves and off purpose, there is a lot of disease that shows up in that space, you know. And transformation. The formula is pretty straightforward. It's like people don't change until, either, the change is staying the same is greater than shifting, or the shift is easier than you know where they're going. And so, as a transformational coach, like that's, all the job is is pretty much just to say, hey, you can change if there's something that's more aligned to you and feels like it's going to cause less dis-ease long-term, and then supporting people through that shift.

So that's the work that I do, but the key in there is, yeah, I think we're always guided and we're always on the path, but there's a lot of the verdict on destiny is still out, right, like? Is it all written? Is it preordained? No one's going to know, right, like? This is a question people have been asking forever. So then, what choice do you really have in life?

And after having meditated on this for quite a bit, the choice that I realized we do have, potentially and this is my worldview is we always have the choice of how we show up, what we show up for. Even if we don't have a choice for what we show up for Now, we may have a choice for what we show up for, but how we show up is always within our control, right? And so having an understanding of, like you know, when you start diving into purpose. You zoom out on your life and start to see ah, this is why this is happening. It's not happening to me, it's happening for me and from here I can use that as fodder to go create this right.

I fodder to go create this right, I can use that as an opportunity for this, or I've learned this from here, you know, and then you can start to. It significantly impacts how you can show up, going forward. And so there is a lot more grace, a lot more ease. Is it always easeful? No, I would say. In fact, it probably isn't. But does it give you a lot more meaning to show up and fulfillment behind the challenges and even the gifts? Back to where we started. Even your greatest gifts can actually be the source point for your greatest offerings in the world.

0:14:15 - Julie

Okay, let's unpack that. Everything you just said I got about 18 questions that have come out of that. First of all, about 18 questions that have come out of that. First of all, where does our life's path originate? Are we doing it?

There's lots of schools of thought that when we're in heaven, before we reincarnate, that we are drumming up our next adventure in this lifetime, in our next lifetime. I, when I'm working with clients and we're doing a what I call a past life scan I don't hypnotize anybody. I connect into them and we ask a question and then a year shows up and I can dive into that year and I'll see a scene, like a movie scene, of what was going on, and oftentimes we can get their name and where they were and we can corroborate it with historic documents online, which is really

fun. But I'll see a semblance of a script that will repeat throughout multiple lifetimes and we're exploring the script from a different perspective each time. Different place, different time, different gender, different set of circumstances, same basic script. Is that what's been your experience of what's happening? Where does that life's journey, where does that plan originate, or is it just on a continuum?

0:15:40 - Amrit

Yeah, it's a fascinating question and my true answer is I don't know. Yeah, I don't know that any of us really does it's all?

0:15:47 - Julie

fascinating question and my true answer is I don't know. Yeah, I don't know that any of us really does.

0:15:49 - Amrit

It's all conjecture yeah, here's what I think, but we'll find out when we're back in heaven, right?

And the fascinating, you know, arc in the Inspired of the Republishers. We do, you know, consistently ask this question. It's like, you know, where does your soul? It does seem and this is just and I'm very conscious back to you know us being fractals of the whole, like what is my worldview is not meant to be someone else's worldview. So, from what I, from the like vantage of Amrit, what I see is I do kind of think that there are certain way markers that your soul sort of goes. Or it might be like intention setting, you know, because I do feel ceremonial context can be very supportive for zooming out and sort of seeing how life is kind of working at times, and because there's a lot of wisdom in those, in those traditions. But I do feel that potentially, your soul may have set an intention coming into this life right now. If there was like I want to experience this or I want to experience that and I'll experience this, maybe, um, some people espouse that that is what's happening. But if I feel into my face that I've a Sikh like you do, come here to learn Now, if you have, sometimes I feel like you may have a choice in what you sign up for at university.

It's like, actually I'm not going to do legal studies, I'm going to be an engineer, right, or actually I'm going to, you know, study career or something you know, like it's. You might have a bit of a choice, but sometimes you go to school and you know, especially when you're in, like you know, prep to one to two, like in the early primary school years, you don't really have a choice on your curriculum. You know, you just come through and you do life, um, touch wood. So I mean, do we really know where, like what the way mark is, like whether we programmed them in or whether they're there for us? I mean, overall, I think it's all about learning. That much does definitely resonate true for me.

Um, I'm conscious that that's also my faith. The word seek literally means to learn, um in Punjabi, which is my faith. Um, yeah, so yeah, I mean I'd love to sort of be like, yes, we've gone through lifetimes and we're sort of, you know, going through this process of maturing, to this one point of you know, self-realization, and we're all getting there and you know it may be very well, that could be true, um, but there is definitely an exploration, uh, through lifetimes that we're carrying and for some people, me using the word lifetimes is already triggering. It's like so Amrit comes back in another lifetime and you know the engineer in me is always going to be super grounded and just be like we don't know. We really don't know.

And there's this fascination around the final frontier. Recently I've been researching more and more around the Bardo's, the death, the dying process, and you know the Tibetan systems, the Egyptian systems and just how well people have mapped out the afterlife and you know what they believe happens. Now the trippy-dippy place I go into is like does that actually happen? Or is it that they're thinking that this is going to happen, that it's more likely to incur because

it's a quantum field, and you to happen, that it's more likely to incur because it's a quantum field? And you're just like, well, stop thinking.

Like just you know, because that's that's the Tibetan philosophy, is like the last thought that you carry actually dictates where you launch into on the other side, in the bardos, um, in in some schools of thought, within the Tibetan philosophy. So you know it's, where do you land? When do you come back? Some people say you come back in 39 days. So I mean there's so much in there in terms of what we do know what we don't know. Do we have a soul's plan? I think we're all here to learn some lessons and that makes it sound like, oh yeah, learn some lessons like the ruler or the stick, and it doesn't have to be like that. You know, we learn a lot through love. You know, like I lost my dog about a week and a bit ago yeah, dude, it's tender.

0:19:31 - Julie  
So sorry.

0:19:40 - Amrit  
Thank you, I'm sorry too, but you know there's that loss like it does sting, and so there is that. You know, stick, that it does kind of hurt, but the refocus is always like the 10 years I did get to spend with her, you know, and all the time we spent together and all the and. So you know, and there's things that I've learned only through losing her on the other side. It's been an intense couple of weeks of just processing, learning, you know, and. But you know, did I learn through pain or did I learn through, you know, pleasure? I've kind of learned through a lot of pleasure over 10 years and then some things are being coalesced in over pain. So I do believe that we're here to learn very much so, and most of the spiritual teachers, like their entire thing is just like earth is a school. Welcome to the earth school. Earth is a school, welcome to the earth school. And we're here to learn and grow.

One thing I will say in response to your question. For anybody that wants to dive in deeper, my sort of hallowed ground in response to this question is a poem by. It's a short story. It's meant to be a poem, but I don't know. Is it a poem, is it a short story by Andy Weir that's W-E-I-R it it's called the Egg. It's called the Egg, and for me it just really deeply resonates. And it's one of those things that, again, you're not going to know if it's true, but when you read it, for me it just it puts a lot of things at rest and I kind of go, oh, this is my capital T truth. And he talks about, yeah, what we're doing through the lifetimes that we come here on earth.

0:21:03 - Julie  
Well, I think that most of us, when we reach I'm in my mid-60s, so most of us, when we reach where I am, we can look back on our life and think, okay, that led to that and that led to that and that led to that, and even though at the time they didn't seem to be related at all, they really were and they were leading us on our path. Perhaps we don't recognize it at the time, but certainly when we look back we can, which, for me, gives me the sense of oh what's next? You know, it's exciting.

0:21:42 - Amrhit  
It's like okay of, oh, what's that? You know it's exciting.

0:21:44 - Julie  
It's like, okay, well, what's going to happen next? And then I think, okay, yeah, that was awful going through that, and yet here's how it worked out, really for the best. So at this point in my life I expect and I did younger too, but I really do now I expect the people that I need to show up right when they need them and I expect the circumstances to be there and to align perfectly right when I need them to, and I just trust that and they always do, amrit, always, every time, every, every every time. And so it makes it more of an adventure, even to the place of dying. I don't want to die today or not anytime soon, but that's what my first book is about is what

happens as we're transitioning and how we're surrounded by angels and the spirits of deceased loved ones and pets.

I call it heaven and we're with all of our loved ones, and you know, and it's just pure joy and I'm thinking, okay, if that's the worst thing that can happen, I don't want to die today, but okay, that in itself is going to be an adventure and it happens for everybody. So to your point, I think what I've heard from Spirit a bazillion times is we're here to explore and experience things instead of, you know, just to learn. I hated school. So you're like, okay, you got to learn this. No, thank you, but we're here to explore and experience stuff makes it sound way more fun. I really like your definition of karma, because karma has been so bastardized over the years of well, if you do this and you're mean to your little brother when you're four and he's three boy, karma is going to come back and smack you in the rear end and you're going to have to pay for it in your next life.

0:23:41 - Amrit

I mean, even when we come to karma, like I find myself speaking a lot on my podcast and I know your question is quite broad and I'm just broadening it out further, so pardon me for that but even like the word Maya for some people is like an Indian, you know, is an Indian word that people use a lot and to your point, you know I'm a little bit I don't know. I find myself in this space quite a bit, I guess, being Indian by heritage and growing up in a quite a spiritual family that was also quite business oriented as well, and anyway, that's my background. Um, touch wood, there's. There's this really interesting like trying I've been, I've been like people will say, oh, maya is an illusion and like, oh, like the Maya is like this really multidimensional concept and you've just like flattened it, not even like 2D, like you've 1D'd it, like the word illusion is a dot.

0:24:38 - Julie

Okay, wait a minute, wait a minute, wait a minute. Maya to me is a girl's name, because I know several people that are named Maya. What is Maya to you? What is maya to you?

0:24:51 - Amrit

okay. So and this is where it's very difficult to explain in english, but it's a word in, in, in our, in our culture. So you know how people say um, this world is just an illusion, or this world is a hallucination. Um, you know, like the mystics. Okay, so mysticism 101, mysticism 101 will say, okay, the world as you know it, where is it? And it's like it's out there. Yeah, that's like, okay, cool, I see all this world out here and where is it. And it's like it's out there, yeah, and it's like, okay, cool, I see all this world out here and where are you processing the world out there? And it's like, oh, over here, I'm seeing it through my eyes. And you're like, cool, through your eyes. And so how are your eyes processing information in my head? Okay, so, what's happening in your head? So, is the world actually happening out there? Is that happening in your head? Oh, oh, oh, whoa, okay, that's interesting. But then there's other people and it's like, yeah, cool, now let's dance, right? So that's where mysticism 101 starts to come into the fore, right? So the world out there, yeah, is very much this world of now.

You can call it an illusion, because is it actually out there, is it not? Now, that is such a finite word, but when you start tuning into the description of Maya, maya is something sacred, it's something beautiful. It's almost like and this is still not going to cut the like, it's probably not even 50% of the depths of where I need to get to. It's almost like this cosmic quantum soup of experience that's webbed out as an opportunity for you to have this relationship with consciousness, to modulate, to experience, frame by frame, time and space so you can learn the lessons that your soul needs to learn through an incarnation. What are you even doing? And that doesn't even scratch the surface of what maya is. And so people will be quickly to say in the West, it's like Maya, the great illusion, and it's like, oh, yes, thanks for using the word great, but there's so much more under there, right? Like there's so much more under there.

And that's not. I'm not here to sort of say, oh, you guys, like absolutely, there's so much beauty, like the West is, you know, like revived yoga for India in 70. Like it's such a beauty. And this is not me sort of saying oh, west, east, because unity is the name of the game, but the key thing in there is.

Karma has a similar thing, like you described, right, like it's so open and so multidimensional and something so beautiful, and yet it, you know, like I can't even bring myself to say it, but people say, like karma is a bee and you're like what, like dude, you can't say like, anyway, obviously people are allowed to say what they want. You know, they're incarnations of the whole, but it's, there's these some really sacred sort of topics and they are very misunderstood. But also, again I go back to, we are all fractals of the whole and if this is the piece of wisdom and carrying it that way serves you to the best of your ability, in that time who am I to judge you? Judgment is only going to stick me into the wrong places. For me, right, I should be open.

But it's useful, if you are curious, to sort of understand that you know there's a lot more going on behind karma, behind Maya, and it's almost like the double wave experiment in, you know, light. We don't know whether it's particulate or whether it's wave and depending on how you go into the experiment, it shows up that way Words like Maya, words like karma, right, like they legitimately are wave-like in their nature, and then the way we sort of interpret them. You know the collective zeitgeist kind of is very particulate. You know there's a lot more going on back there and even you know you start tuning into the sort of Sanskrit wisdom, the way the words are sort of put together. It's not even just like it's a word the letter M followed by A, followed by Y followed by A. The word is like an energy and it sort of is constructed that way.

0:28:42 - Julie

Yeah, Well, the other language and I know Sanskrit's one of them, but the other language that I've heard that the letters all have a frequency to them is Hebrew.

0:28:51 - Amrit

Yeah, yeah, it's beautiful and Hebrew is amazing because they don't. The letters are also the numbers, and so, as you're like, using the letters, you can then like, count and then like words with the same. This is the engineering me, so, pardon me, guys, I'm probably going to lose you for a sec. But the words like so nature has the same total number, like it like 27 I don't know if it's 27, but let's just say it's 27 nature, all the letters n-a-t-u-r-e. One, seven, six, whatever, equals 27, and the word for god also equals 27. And ergo they say if and I don't know if this is 100, true, but they say you can interchange them. If they have the same summing total, those words are interchangeable because they carry the same weight, and so it's like God is nature and I'm like, oh, dude, that's kind of poetically perfect, isn't it?

0:29:42 - Julie

So, yeah, hebrew is also very beautiful, it's those ancient, ancient cultures and languages that have those frequencies which I don't think that's any surprise to any of us that the more recent languages and they're obviously thousands of years old, like English will, and everybody's saying the same thing. They're just saying it in a different way, but it's all similar. It's all basically the same thing. We're just coming about it and presenting it in a way that appeals to different masses at different times throughout history. Would you agree with that? I?

0:30:35 - Amrit

would, and I would also just remind because there are people here that are tuning into this podcast, because I've tuned into your work and there's a lot of great leaders and potential future leaders already listening in to your show and there's this concept that I think it's important to recognize that there is nothing new under the sun in some ways, like it's all



emergence in many ways, and you know the thoughts and the imagination, but then also the timeless wisdom, you know, and I think some people get caught up in kind of going.

So why do I even bother sharing what I'm sharing? And it's like, well, it's not so much about that, it's like spending more time representing the frequency you want to see more of in the world, right, and if you're spending more time sharing more like you know my podcast, like you know I'm not an expert, you know podcaster, yeah, and in there it's just, you know, continuing to explore my fascinations. But having shared my fascinations and explorations far and wide with other people, just through the nature of having a podcast, touchwood, people are now, you know, I get to see more of that frequency in the world, touchwood.

0:31:46 - Julie

Well, and certain people are at a certain frequency in their life and they're going to find you or find me, or find another person who's talking about this material in a way that is going to resonate with them at that moment, and then there are people listening that need to hear it from them to resonate with them as well, and I think people don't.

0:32:09 - Amrit

People don't step out like that. There's this real reluctance to be like who am I? Why me? And it's like well, if this is important to you, that's exactly enough. It's important to you. You are incarnate, the fractal of the whole. Go on, we need you now, we need you yesterday.

0:32:27 - Julie

You were led. That's what they say here in the deep south in America.

0:32:31 - Julie

You were led.

0:32:33 - Julie

I love that. I love that Changing directions. You say we're in a spiritual renaissance. What do you mean by that?

0:32:42 - Amrit

I do think everyone can sort of see it right, like I think we're coming into a time where, yeah, it just seems like my honest worldview is that I'm the dead weight, yeah, like I'm last to eat, I'm last in line, and like I found it a helpful worldview. Why? Because if I considered myself being on the front line, on the pioneer, and willing to push consciousness forward and stuff like that, it just doesn't. A, it doesn't resonate with me. But then B also, it's just so much responsibility and roll up your sleeves and got to figure stuff out, whereas being the dead weight is hella fun because it's like you guys have already done all the work, like Julie's been doing this work for, like you know, for however long, and then Amrit gets to show up and go, hey, like everybody's transformed I think I might be one of the lagging indicators Like we just, okay, I'll show up, I'll do the work, just so that we're not all held back by little old Amrit. You know, touch wood, and it's just, it's a helpful. It's helpful for me in approaching it that way, because I'm not as burdened. It's incumbent upon me to change, because I'm not trying to change the world. It's just I need to change, because the world's already changed and my evidence of that is even just 10 years ago there was the word organic, and not necessarily as an indicator of spirituality, but it is an indicator of openness, mind openness. So organic was like very fringe. Now I'm like in the supermarket and there's like there's like a whole area for like organic fruits and organic meats and I'm like what is like? It's like you know, and it used to be those organic chicken like shops, organic salad bars. It just seems to be that more, like more and more of this openness is popping open. I and I'm looking at I don't want to sound like my podcast is a, like a frog in an ecosystem as a litmus test, but it is surprising and not surprising and it informs kind of this renaissance thing in my mind that the kind of conversations that I'm having on the podcast,

you're having on your podcast, these other spirituality podcasts, like they're on the up, like the viewership, the audience, like people are tuning in like the times now, like it's actually happening and it's really really interesting. It's really really interesting what's happening. And I'm just I'm conscious that I need to be careful because I also am in my eco-chamber of the inspired evolution, right. So naturally it's going to feel like that.

But when I walk out on the streets the other day my dog was still here about a month and a bit ago walked out to walk the dog and I've just been studying astrology because it fascinates me, right?

So I'm in the middle of studying and I come upstairs and I haven't mentioned I promise you, touch wood, I have not mentioned a single word about a star sign or anything, or anything, or anything. And I walk out on the street, two new neighbors that I'd never met before and my existing neighbor, and we're just like all chatting, the four or five of us, and the whole conversation from them was about their astrology and like their star signs and why they are the way that they are and how. And I was just sitting here, just like this internal smile emerged because I didn't want to tell them like this is what I do and, oh my God, I'm so I was just like watching, I was in that space of kind of like meditative observer, like this is deeply woven as a synchronicity, but like not to sound like this. But I live in Melbourne and it's suburbia. I'm not like on a mountain somewhere where it's suburbia, it's. You know, I'm not like on a mountain somewhere, where it's like all spiritual, it's like it's very much suburbia.

0:36:18 - Julie

You're standing under crystals in a yerk all day.

0:36:23 - Amrit

And people are just having these conversations and I'm like there is more and more of this happening in the collective in the zeitgeist everywhere and I just see it like it's not even like creeping in through the edges anymore.

0:36:40 - Julie

It's like this whole. I'm seeing it everywhere. I'm seeing it everywhere. Um, yeah, it's fascinating. People are looking for guidance because they feel that something's lacking in the organized religions and in the cultures in which they've been immersed, and they believe that there's more to the story. Or are they going back to the basics? Because, like we touched on a couple of minutes ago, everything that's old is new again and perhaps is just being presented in a different format. But all of the ancient teachings and wisdom just seem to keep coming back around and people resonate with them, perhaps in a different manner than before.

0:37:20 - Amrit

It's really interesting because, even like New Age has made a surge over the last little while. And then now there's like almost like New Age, the people that are at the front of the New Age are kind of like going back into organized, like traditional faith and religions and sort of almost saying I'm so sorry, I was a new ager, I'm back to the faith. You know, there's this apology that needs to happen and I don't know like for me. In that regards, it's universally people are diving deeper and deeper into what faith means and looks like to them. Yeah, so that's the good news. In terms of the nuance of whether they'd land in new age or whether they'd land in openness or spirituality without religion or religion without spirituality. One of the things that I think in today's day and age is and I'm very careful to say this because I don't really want to say this out loud, because I have so much love and respect for religion because, honestly, there's this thing about like new age wisdom where it's like you pull some things together off the top, but the things you're pulling together you only really have the luxury to pull together because you've got these deep pillars of faith and religion. Like that, people put down roots, people gave their lives in certain instances to honor and keep these faiths intact, right, and so here in

the 21st century, we get to go to go. Oh, you know, this is a bit of Buddhist insight, this is a Sikh insight, this is a Hindu insight, this is a, you know, christian insight, this is a Islamic insight, this is Abrahamic, this is, you know, from Judaism and we. Could you know like this is and do I think it's wrong? Well, no, I don't think so. My humble opinion, I'm just one, and this is Amrit, the Fractal having his experience. The universe is looking in on itself and it's honored these roots, and maybe this is a time for more, even more unity to come in through the pillars, because I think people start to really realize we're all saying the same thing slightly differently, yeah, so, yeah, one of the things I've all of that to say, I think, at certain points, for the Western mind, the modern mind I don't want to say Western, maybe even like the modern mind sorry, pardon me for doing that the modern mind.

There is a lot of ritual around some of the older faiths that can be perceived from what I've studied people in the podcast and the people that tune into the podcast that seem to be I can't even say outdated, because it's not outdated, it's timeless wisdom. But there's a challenge to approachability in that space. Yeah, but people still want to be spiritual, people still want spirituality, they still see the importance of it. But there's like this hey, like I can't, you know, like certain phase, like you either believe everything or you're nothing, you know. And it's like, well, I like these parts, I'm undetermined on the other parts. Can I just come say g'day? And it's like you're not one of us and it's like, oh, come on, bro, you know. And so then the other person is forced into exploring their spirituality in other places.

0:40:36 - Julie

Don't you think that's changing, though? Don't you think that that's I do? I do too.

0:40:41 - Amrit

I do, but even then, in the spaces where it's changing, within these organized, there are places that are more open, but even they have this like, oh, you guys are open and you guys aren't really us, you know. So there's this and ultimately, and this is just my little humble two cents, if you needed to rebrand spirituality not that you need to rebrand, but the word is unity, like it's just, it's all about unity, right, like anything. That's spirit, like, oh, what does spiritual mean? It's like, does it promote oneness and I know I'm a Sikh, so that's obviously going to be my worldview, right, but does it bring us together? And so it's interesting when you're looking at spiritual conversations and it's like there's like this loggerhead thing happening. It's like, is the intention behind it divisive or inclusive? You know, um, and I understand the importance of like, yes, absolutely. You know we're going to bring things together and you know there's a lot like discernment is really important so we can have meaningful conversations Absolutely honoring that intention, real energy behind it.

You know, unity, I think is and this is not to say you know I don't want to get on a crusade and be like you know you guys aren't being inclusive, that's. You know everyone's doing the best they can and they're meant to be playing the roles that they are as well, you know, in what they're doing and this is not to say that I've figured it out, this is just what I feel in and around this space is that unity is of the utmost, is the utmost quality of spirituality. In many ways, some will say love, but love leads back into you know, oh, we're all one. It's like, oh, yeah, we're all one, love, unity, right, and so I think therein, lies a bit of the challenge.

0:42:22 - Julie

My goal with this show is to combine spirituality and practicality to help create a life of purpose and joy. And so, with that in mind, how do we figure out our soul's purpose? Let's get down to some practicality things. Let's give people some tools that they can use to improve their lives in the short run. We've delved into the spiritual side of the equation. So how does somebody figure out what their soul's purpose is?

0:42:51 - Amrit

So how does somebody figure out what their soul's purpose is. Perfect, all right. So this is going to be education mode for a moment. Just bear with me for that. I'll try and keep it succinct. And then if there's questions that emerge from there, because I've written a whole book on this. So there's basically three key phases right To understanding your soul's purpose.

Back to the fundamental tenet of we are the universe looking in on itself. Yeah, so why is the universe looking in on itself? Don't know. Yeah, like what is? Like some people have conjectures and you know spiritual, the key thing is it's looking in on itself.

The little old engineer, amrit, yeah, all he can say about that, without going into belief systems and stuff, is like okay, you're, it's curious about itself. Like, at the very least, there's this sacred curiosity that's going on, right, like why am I here, julie, over there, looking in on themselves? Right? So it's curious. I can definitely deduce that from a really grounded place from my humble perspective. So you've got your sacred curiosities right Now. Even in step one, there's a lot to sort of get under. So when you're looking at your sacred curiosities right Now, even in step one, there's a lot to sort of get under. So when you're looking at your sacred curiosities.

Back to what I said. Remember everybody's trying to be someone that they're not. So what I call sacred curiosities versus hijacked curiosities. School taught you to be a certain way. Go get this job. Someone said you're better off doing this. You're not good at that. Blah, blah, blah, blah, blah, blah, blah. Society, parents, blah, blah, blah, blah, blah, blah, blah. Society, parents, family, all this stuff you get. Your curiosities get hijacked. You're not a good writer, you're not a good speaker. Yeah, you're not good at speaking this language, whatever, right, it's like you're not very good at maths. You're not very.

All that is like you hijacked off and marketing's doing it to us all the time you walk down, like you see billboards of airbrushed people with 12-pack abs who looks like that within a one-kilometer radius of here? Yeah, but like hijacked. You need to look like that. And it's like I'm just here to love and care everybody regardless of what they look like. But no, they must look like this and it's like.

So there's all these hijacked curiosities versus your sacred curiosity. Like you are the universe looking in on itself. What is it that the universe wants to see through Julie? What does it want to see through Amrit? Through you. Who's listening into this podcast, right? So how do you discern whether your curiosities are hijacked or sacred? Cool, great question. So, underneath there, what you need to get to is understanding your core values. Yeah, so if you determine your values, my values are connection, contribution celebration. I learned this the hard way. I went the very long route, right, so that I can ultimately share this insight with you and navigate years of your work. So you don't have to do that, right? So when I was back in engineering, connection no, contribution sort of Celebration, no. So the temple that was Am Amrit was completely flat. I literally say the pillars of the temple that is you, is your values Now how did you get to those three C values though?

Actually great question For those that want to know their values. There's a whole exercise. It's 20 minutes. It takes you 20 minutes. [Inspiredevolution.com forward slash values](https://inspiredevolution.com/forward-slash-values), [amritsandhu.com forward slash values](https://amritsandhu.com/forward-slash-values) Both resources will take you to the same place 20 minute masterclass.

You'll be as clear as I am on my values, on your values. It's completely frank, right? So the key thing in there is our values are the pillars of the temple that is us Now, which us right? What do you mean by that? Amrit? This is our personality. Like there's so many, all the spiritual, higher self, lower self, spirit, ego, soul, mind, like, however you want to look at it, yeah, like there's this more expanded version of you and then there's this little version of you. I, like Gary Zukav's,

you know soul and soul and personality. Yeah, I really dig that. I just think it's like it's got a lot of it's the least baggage, you know. But Eckhart Tolle, like ego and spirit, you know you can use those languages. The pillars of your personality are your core values. Yeah, so that's the one that's in this Maya, in this world, having this interaction. I'm here to connect, I'm here to contribute, I'm here to celebrate. These are the key three things. It doesn't matter if I get paid for it or not. Now, it's interesting because I will get paid for it, because those are my highest values. It's what my soul, through my personality, in this incarnation and lifetime, wants to experience. So it's what I value from a soul, deep level, but also it's the value the world is going to get from me as well, because wherever I exploring connection, contributions, so it goes both ways and it's like I know when I first say it it's like, oh, values, people are like values. And it's like, dude, it goes super deep. Yeah, this is your persona, this is your personality. They're the pillars of the temple that is you. Now, once you've gotten clear on them and erect and a light source and, like you know, the aperture, the life force, energy that is your soul, can move through the temple with great ease, because you haven't built it on this, like the pillars aren't all wonky and stuff, because you've got living into hijacked curiosities, right. You've come back to your core values and gone. I like to connect, I like to contribute, I like to celebrate, right, and so it's like, okay, cool. These are the three things that are really my core and you'll probably end up with four or five core values, but anyway, top three is usually a very good to sort of carry around in your mind, helps with decision-making, helps with relationships, helps with everything.

My wife, her highest value is integrity, and there's certain points in time where someone needs to say something to somebody to let them know that that's not okay. And she has, at times, way back when, looked at me and gone why don't you say something? And I was like, am I a bitch? And I was like, no, actually I'm Mr Connection and I don't want to have that, I don't want to connect into that conversation. So is something wrong with me? No, I'm just. This is who I am and I can honor that.

And her highest value is integrity. And I totally get where you're coming from. Someone should yeah, I'm sorry, that's not going to be me, you know Interesting, yeah, so like all that gets ironed out. And so that's just one example decisions like do I do this job, do I do this career? It's all. So you've got your sacred values, you've got your values right. And then now you can audit your curiosities, like, hey, now that I've got this, I'm pursuing this career, I'm having relationships with this person, or I'm doing this over here. Is this what I'm doing actually aligned to my values, and it's pretty obvious. It's like no, it's not Okay. So is it a hijacked curiosity? Yes. Am I living into someone else's narrative and story? For me, yes, or is this built on my sacred curiosity? So let's have a look at now Amrit, the coach, the speaker, the podcaster. Do I get to connect to people? Yeah, do I get to contribute to them? Absolutely. Do I get to celebrate life and hopefully they celebrate life more? Yeah, so it's like ding ding, ding, ding ding, right, so podcasting is really good for that.

A lot of connection, a lot of contribution, a lot of celebration. Public speaking a lot of connection, a lot of contribution, a lot of celebration. You know, one-to-one, deep, profound coaching Absolutely, a lot of deep connection, a lot of contribution, a lot of celebration. Ah, so for me, these are just like. These are just labels yeah, for people to buy my services, which is weird, like buy my services, but it's like, hey, this is just an opportunity for the value that I bring in the world to be packaged in a way that you can understand and transact with it. This is what I'm here to do, like. I'm just here to connect, contribute and celebrate, and hopefully that can help you on your path.

If you're looking for more connection, more contribution, more celebration, right now, you, you might go. What's that like? How do you even? So? That doesn't make sense, right? That's why it's called hey, podcaster, people kind of get that. Hey, coach, people kind of get that. Hey, mentor, people kind of get that. Public speaker people kind of get that.

So this is where starting to understand what your values are and say, ah, this actually does feed into my sacred curiosities, right? So, understanding your sacred curiosities. Oftentimes, from that point, people go, oh, I'm really curious about coffee, and they'll pick one point of curiosity that lives on top of their values. Yeah, and try and run away into their purpose and be like cool, I'm done, and it's like, no, you're probably about halfway there. So the key thing is what you want with your sacred curiosities.

The way that it works the best is if you've got at least three, ideally five or more things bouncing and ricocheting off each other. In terms of curiosity, you might be curious about powerful women, hot rod cars, conscious conversation, and you set up a podcast around like you know, women that are actually remaking these amazing cars and best in the field for like could, could be anything right, but now there's like an interdynamic between three things, right. So for me, just spirituality, mental well-being, conscious conversation, deep listening. Like there's these few things like conscious media, good news media as opposed to bad news, so like there's like all these curiosities that I've got and they're like bing, bing, bing, bing, bing, bing, bing, bing and they're bouncing off each other and it's like, ah, from there there's this natural energy that's being built out around this, because your curiosity is a natural like in your imagination, like your natural energy shows up in and around this. So, from there, what you have is every time you spend some time to cultivate your curiosity. So the step from phase one to phase two is cultivation, and sometimes it's just lame as literally just booking some time in your calendar to spend some time doing what you love. Yeah, it's very 3D in some ways. You ask for practical, but you've got your curiosities. You don't spend any time with your sacred curiosity, spending a lot of time hijacking. Now spend some time, now that you've got clear on your values, with your sacred curiosities, carve out some time to cultivate that.

So the podcast started with me opening up my house every two weeks to my local community and we shot the shit on spirituality, philosophy, Carl Jung, stuff, like all this sort of stuff, chai chats and community. It was that audience of people coming over every two weeks that was like, hey, can you please start a podcast? And there's a whole story as to like how reluctant I was. But anyway, and that's where it started, I was just cultivating like spirituality, like all this stuff that I was interested in, and they and I was just filling up and this is what I think people are alluding to and they're like fill up your cup. What cup? This is your cup. Yeah, fill up your cup. This is your cup of your passions. I like to think of it as the Holy Grail, but pardon me for that, this is the cup of your passions. And every time you give permission for some of your curiosities to be cultivated, you're filling in the cup with a drop.

Yeah, so, opening up my house every two weeks it was on set on routine. It was like yep, filled up a drop, filled up a drop, filled up a drop. And I was getting passionate about these conversations. My passions were giving permission. People are like thank you so much for this gathering. I'm like this isn't for you, it's for me I'm having the best time ever. Like this is me playing with my passions.

From there they pulled me out into service. They were like, hey, you know, the cup kept filling up. It was only like six months of doing this work. But then they were like hey, will you please do a podcast? Anyway, reluctance, I got pulled into a podcast, started doing a podcast and eventually they were like hey, will you like my podcast? Audience was like hey, will you coach me? And I was like on what? I'm not a coach, I'm just exploring, I'm a fellow student. And they're like no, no, no On the conversations you're having. Can I have those conversations with you directly? And I was like that's valuable for you. And they're like I think so I'll pay for it. And I was like what do you mean? Like I don't get it. But okay, and this is where, if you fill up your cup of passions, eventually you'll just be overflowing with passion. Yeah, because you are attracted From the overflow with passion.

The key step to phase three is very simple then. So, step one sacred curiosities. Step two is understanding your cup of passion. Step three is purpose. Now, to get from passion to purpose, it's actually quite simple. You just serve your passion. But don't rush there.

Remember the guy that was interested in coffee or the girl that was interested in coffee just quickly sets up a business around coffee and is like that's my purpose. And it's like whoa, whoa, whoa, whoa. Take the time to play and explore and fill up your cup of passion so that you know that this naturally fills in. That process has a refinement to it. It gives you permission to oh, it wasn't this, it was this, or it's more of this, it's less of that, it's this, this, this. And then it's like really zinging, and naturally you're giving, and from that place I genuinely and this is a belief system, so pardon me for that, but I believe burnout becomes a thing of the past, because you're literally like remember, we started so deep to get our values, to get curious, to cultivate our passions, to serve it to others, to live our purpose. Touch wood, that's the formula at a high level for getting to your purpose.

0:55:17 - Julie

All right, I could talk to you for hours, but I got one last question for you, if we've just scratched the surface, my man, All right. Why do we incarnate? Last question To learn?

0:55:28 - Amrit

Okay.

0:55:29 - Julie

That's easy, all right. How can people learn more about you and your work? You are fascinating. You're obviously a deep thinker. I mean, anybody listening to this conversation is going to walk away with man. That guy's a deep thinker and he's got lots to say and it's and it's a lot of it's profound. So I'm saying to people listen to this more than once, because there's a lot of golden nuggets in here, because it's it's a lot, so do that. And you're obviously so passionate and so brilliant and eloquent and all of those wonderful you have all those wonderful traits. How can people learn more about you and your work?

0:56:10 - Amrit

Touch wood. Julie. Thank you so much for the kind reflection. Yeah, absolutely so. The easiest way. First of all, you guys have listened to a good 90 minutes of a podcast and it still kind of I don't want to say grinds my gears lovingly, but there's a little extra nudge. Guys like go get your values. Like [amritsandrew.com](http://amritsandrew.com) forward slash values, [inspiredevolution.com](http://inspiredevolution.com) forward slash values. Like that's hopefully this has inspired you. That'll give you something tangible, like not that there wasn't anything done, but do you know what I mean? Like that's super grounded, concrete for you personally. That's tailored to you, that you will get your 20 minutes right and you'll have your values and you're super clear, as at that point, on all the things you know, on so many things that we've discussed here today. So first recommendation is that if you want to continue having chats like this the Inspired Evolution podcast, [youtube.com](http://youtube.com) forward slash inspiredevolution. I'm there every week doing two conversations. You know similar to this, but I do say, julie, you ask amazing questions and so, yeah, you know there's that podcast. And then also, if you're interested in mentoring, that's [amritsandu.com](http://amritsandu.com). You can make your way over to my website and find out more about mentoring if that's suited to you.

It's mostly spiritual mentoring and entrepreneurship coaching. Things are built out generally in three phases. We get you very clear on your authentic vision and where you want to go to. Then we look at what's in the way, what's blocking you mindset, you know, limiting beliefs, shadow work, all that sort of stuff. And then phase three is kind of where it's slightly different.

Like I said earlier, it's like we don't just get clean and manifest and call in touchwood, which has definitely works, highly recommend that work, but then also we go away and build like

entrepreneurial structures in terms of, like, online business or whether it's. You know your CV needs a whole rework and you know actually targeting like which, like which new job you're going to pivot into, based on the alignment of your soul. Also, some people are coming more aligned but they're already in leadership positions. They just want to bring that in. So those are kind of three different types of people that come into mentoring generally Conscious entrepreneurs, people looking to pivot on purpose and conscious leaders.

So yeah, that's the work there, but those are generally the three phases mentoring goes through. So yeah, ultimately, the podcast is a great place to stay connected. I think the values is very practical for you to definitely do some work on yourself and you know it's an easy free grab. But I think if you want to go even deeper then obviously I'd be honored to be here in mentoring as well. It's like it's resonating and aligning.

0:58:38 - Julie

And we'll have all that stuff in the notes, in the show notes, so all the links and everything that Amrit just mentioned. All right, everybody Enjoy deciphering all of this and picking out the golden nuggets there are many in there and, in the meantime, sending you lots of love from Sweet Home, Alabama, and from Melbourne, Australia, too where Amrit is.

0:59:05 - Annncr

We'll see you next time. Bye everybody. Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

0:59:18 - Disclaimer

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