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SPEAKERS

Manuj Aggarwal, Carissa Andrews



Carissa Andrews 00:02

Welcome to the Author Revolution Podcast, where change is not just embraced, it's celebrated. I'm Carissa Andrews International Best Selling Author, indie, author, coach and your navigator through the ever evolving landscape of authorship. Are you ready to harness the power of your mind and the latest innovations and technology for your writing journey? If you're passionate about manifesting your dreams and pioneering new writing frontiers, then you're in the perfect place. Here we merge the mystical woo of writing with the exciting advancements of the modern world, we dive into the realms of mindset manifestation and the transformative magic that occurs when you believe in the impossible. We also venture into the world of futuristic technologies and strategies, preparing you for the next chapter in your author career. Every week, we explore new ways to revolutionize your writing and publishing experience, from AI to breakthrough thinking, This podcast is your gateway to a world where creativity meets innovation. Whether you're planning your first novel, or expanding your literary empire, whether you're a devotee of the pen, or a digital storyteller, this podcast is where your author revolution gains momentum. So join me in this journey to continue growth and transformation. It's time to redefine what it means to be an author in today's dynamic world. This is the Author Revolution Podcast, and your author revolution starts now. Well, hi, guys, welcome back to the Author Revolution Podcast. Oh, today I have a really inspiring and interesting guest for you. He is someone who is he's inspired an awful lot in me since this conversation. And so it'll be an interesting thing to see what you think of this conversation because we talk about everything from technology and AI to how we can utilize AI to help us with our mindfulness aspects and like future casting and thinking about how we get to have what we have, or how we can rewire our thoughts of the past. And even like how important it is to have different experiences. So let's welcome my guest Manuj. Aggarwal, and hear what he has to say it's going to be a fun and interesting conversation. So let's go. Well, Hi, there. Manuj, thank you so much for being a part of the Author Revolution Podcast, I'm really excited to speak with you today and to learn more from you. But before we get started, do you want to share a little bit about who you are, what your story is, what you do?



Manuj Aggarwal 02:39

Sure, thank you so much for having me. Excited to be here. My story, basically, it began in

sure, thank you so much for having me. Excited to be here. My story, basically, it began in India, I, you know, my career started working in a factory for \$2 a day. And I was 15. At that time, and I wanted to change my life, I wanted to do something better with my life. And I fell into computers through various sort of, you know, hit and trial methods try to find my path. And I discovered technology and software computers. And these were early, early, early days of the internet. And so in fact, like the first few computers I used, it didn't have any network or it was basically a floppy disk, you know, one megabyte floppy disk. But anyway, I mean, I just fell in love with technology. And I knew that what what I wanted to do for the rest of my life. And then I came to North America in 1998, started working with a few startups. And again, that was the.com, boom time. So I got a job fairly easily quickly. But then I also lost the job in a similar easy and quick fashion. And in fact, I lost like four jobs in in two years. So that sort of, because that was the very sort of economically turbulent time first the.com bust happened and September 11 happened, then the Gulf War started and all of that. So in that chaos, I was sort of forced into entrepreneurship. So I started my consulting company. And we started helping other companies who wanted to build technology software, and we started working with a lot of startups, then we work with a lot of larger corporations, Pearson Education, Microsoft, IBM, T Mobile, and all of that. And yeah, and then I discovered artificial intelligence in 2006. Although Arctic AI has been around since the 60s, so we started working with AI in 2006. And then we got deeper and deeper into it. So we created new brand new technologies using AI helping patients fix their joint pains, helping students complete their degree programs, and many other practical applications of AI at a large scale. And so ended up getting four patents in AI. And becoming a leader, a thought leader peeking about AI all over the world, helping people understand the importance of this technology. Not only that, but actually implementing this technology for a greater good. So that's what my company does. And we work with small to medium sized businesses primarily, but also with logic operations, people who really want to, you know, utilize this technology for good.



Carissa Andrews 05:27

So amazing. So Okay, my question that if you're, if you've been working on AI since 2006, how does it differ? You know, from then to what it looks like, and appears to be as of right now, like, has it changed a lot?



Manuj Aggarwal 05:39

Sure. Let me give you an analogy to explain what is happening, right. So first of all, AI has been around for a long time, and around the year 2090 95, as the internet was coming up, right, like some people realize the importance of AI and what it can do. And those people started some companies, you will recognize their names like Jeff Bezos, Elon Musk, Mark Zuckerberg, you know, Bill Gates, these people recognize the importance of technology, and it took them like, literally 20 years to become the richest people on the planet because they understood the the importance of technology. And this is similar to saying that, you know, in 1920s, Henry Ford came up with the Model S of the car, it was just black tar, no other color. And it spewed out a lot of smoke, and it was not safe and whatnot. And over the decades now, cars are so advanced, we can literally live in them, right. So it's the same thing with AI, people who realize the importance earlier on, they started building, building building. And then in 2022, charge GPT came along, which is another type of AI. But what Chad GPT did was it made it accessible to everybody. So you didn't have to have like a lot of money, a lot of expertise, a lot of resources to be able to use that AI. So now that is the reason why, you know, AI has become

like a household name. Because just like the iPhone made, you know, the phones accessible or technology accessible to everyday person, chat GPT did the same. So right now, the common sort of perception is, AI is like a chatbot, you can just talk to it. But AI is much, much, much bigger than that, and much more powerful than just chat DBT, although GPT has really created a new wave of technology now. Yeah.



Carissa Andrews 07:39

Can you explain? Obviously, you have a much bigger grasp of what AI encompasses, then what else does it or what other capabilities does it have? And I know that you've one of the questions that you'd like to talk about, or were on your list were things like, how can AI change the world? And so I'm really curious to see like, what what is the bigger, broader picture of AI? Oh,



Manuj Aggarwal 08:00

Sure. So let me give you a lay lay laypersons definition of AI first, so that, you know, I can put it in a simpler context for everyone. So let's say, you know, we have a 10 year old kid, and he touches a stove. And his mind is going to you know, as soon as it touches the stove, he feels hot, he's going to remove his hand, and his mind is going to automatically register a data point that, hey, touching a stove is not a good idea. Don't do it next time, right. So our mind pattern, recognition and learning machine. And so I picked, you know, I picked an example of 10 year old, but even a three year old will have the same reaction. So our mind starts to develop this pattern recognition very, very early on right? Now, let's say the child is in middle of Antarctica, it's very, very cold out there, the child is actually wearing heat resistant gloves. And now the child touches the hot stove, it actually will feel pleasant, because it's so cold out there. And our mind will even at that age is capable of understanding Oh, you know, there are variables in this situation. So it's very, very cold, I'm wearing protective gear, it's okay to touch the stove. So I can recognize that pattern now. Right. Now, if you think about applying this to more complex problems, like, you know, climate change, find cure for cancer, you know, find energy sources. There are millions and millions of parameters and variables involved in that right. So just take an example of like predict the weather in line for next 14 days. You know, there's a lot movement, Sun's movement, you know, time of the year Moon, the ocean River, all of these things combined, then you can predict the pattern right? So the human mind is not able to pick up all these patterns. We're not capable of doing that. But we machines can understand millions and millions of parameters. So it can process this information and figure out okay, what is the outcome for this complex problems? So I hope that makes sense. It does. Yeah, yeah. So now to answer your next question, how will it change the world, you know, we have been trying to apply our human intellect to solve these big problems. And we have made such a huge leap in technology. In the last 100 years, we have invented more things than the previous, you know, 1000s of years combined. Right? Now we have the internet, the computer, all of that. So life has become very easy, very comfortable, but we still have huge problems. Because humans have the tendency to fix one problem, create another one. And so now we have problems of you know, like, they said, What is the environment look like for our kids? How are we going to feed everyone and make sure everyone has food, enough food, and enough nutrition, water, all of that stuff, right? diseases, like we went through a huge pandemic, you know, how to avoid these kinds of things in the future. So these kinds of things is not somebody, even somebody of the caliber of Einstein individually cannot solve these kinds of problems. So AI is going to be an AI is already helping to solve these problems in faster way easier ways and whatnot.



Carissa Andrews 11:28

That's very interesting. My husband and I talk an awful lot about like the future of AI and how it appears to be evolving and how it appears like we're going to be having situations happen in the future. And we've talked a lot about how like, we could foresee a future where we, as individuals, have our own personal ais that follow us around and help us figure out certain things in our lives certain aspects of our careers, but it understands us on a personal level, do you foresee like any kind of direction of AI becoming more personalized.



Manuj Aggarwal 11:57

It has, it has already become highly personalized. So if you use any type of social media platform like Facebook, or Twitter, or even if you go on Google News, they understand a lot about you as an individual, in many cases, they understand more about you, than you understand about yourself. Okay? So, so it's already happening, where these platforms are going to feed you information that will, you know, resonate with you, it could be resonance in a way that could trigger you, or making you click on ads or, or, or things of that nature. But personalization definitely is the name of the game. Moving forward, you will see highly personalized experiences and every aspect of life, from online shopping to banking to, you know, insurance, or what have you. So far, it was not possible, because, you know, as I said, humans were limited to certain choices. So, you know, let's, I worked on a project, where we actually created 3d printed orthotic devices, that help patients with with joint pains. Now, orthotics is not a new field. But if you go out there in the market, and look for an orthotic device, they will give you like 10 choices, because, you know, in order to mass manufacture these devices, you can only come up with a few variations. Sure, but now with technology, you can personalize it, and you can actually manufacture it for that person individually. Right. So that is possible with AI. Moving forward, let's say in 10 years, 15 years, like if I go to the doctor today, let's say if I have a problem, he or she is going to prescribe me a medicine, I'll go pick it up from the pharmacy, and they will be in the marketing material of that medicine, they'll be something like, you know, 95% of the people get cured, but 5% of them will experience some sort of side effects, you know, because, you know, that's how medicine is manufactured today. But in 15 years, the doctor is going to say, Okay, let me take your DNA sample and make a new medicine that actually fits your DNA profile. Exactly. So that it doesn't have any side effects. Right. So that level of personalization, in fact, already is happening today. But in 1015 years, it'll become mainstream. Sure.



Carissa Andrews 14:30

Oh, so cool. When you think about the ramifications of that, I mean, I even think about, you know, vitamins and nutrient deficiencies and how how cool would it be to know exactly which ones you need to be supplementing versus having the stuff that's obviously not helping you? It's just, yeah, oh, how cool is that? That's very neat. From an author's perspective, like we we are utilizing, you know, things like Tai Chi btw with like, custom diabetes right now, and we're utilizing it in a way where we're, you know, importing perhaps like a series of books and letting yet figure out, you know what the series tropes are, what the series was all about, and then

helping us dive into the planning of new books and new things going forward. And so for me AI has been just a phenomenal new tool to be able to do the things I was already doing, but faster. It's been super cool. Yeah,

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Manuj Aggarwal 15:17

Absolutely. That it is it is, as you said, like, the right word is, it's a tool that, you know, everybody should be using. And it helps us exactly as you said, like, do things faster, and better. Yeah.



Carissa Andrews 15:31

What do you think of people like, obviously, in a lot of fields, even though AI has been around for a while, there are a lot of people up in arms about AI, where they're like, What is this thing? And it should be like shunned, like, what do you tell people who are a little bit afraid of AI?

M

Manuj Aggarwal 15:46

Well, first of all, I think Hollywood has not done a good job, too. So there's a lot of fear from, you know, Hollywood movies like Terminator, or news about Skynet, or what have you. Yeah, but the fact is, even without Hollywood, human nature is to be afraid of things that we don't understand yet that are unknown. And this is not new, like when the printing press came about, you know, there was a lot of a lot of riots and a lot of resistance. Okay, what what, what will, what will the world look like, if everybody starts to read, you know, everybody starts to get the information that is reserved for only the elite of the society. Then, when the steam engine came along, and the factory started using steam engines, they were right in, in UK, in England, because the people working in the field, or, you know, working manual jobs or driving horse carts, they were like, What are we going to do? Right? But the thing is that people who understand that human evolution and technology are not separate things, you know, one feeds the other. Right? As I said, we create, we create solutions, which create problems, then we create new solutions create new problems, and that's part of evolution. So once you understand this simple mechanics, and you say, okay, you know, I'm going to adopt this technology, and see what I can do with it. Those people are the ones who benefit. So as I said, you know, Jeff Bezos not a particularly brilliant idea to say okay, people are buying books, internet is becoming more popular, let me sell books online, you know, not a groundbreaking idea. But you know, that one idea, and open mind led him to become like, the richest person on the planet, right? So, human nature, I cannot change, you know, people who will be scared, they will be scared until they have no choice but to adopt it. I can just say, and these are not my words, I will say things. Like, for example, Sundar Pichai. He's the CEO of Google, he has said that AI is going to have bigger implications for humanity than fire or electricity.



Carissa Andrews 18:05

Right now. Okay, that's bold words.



Manuj Aggarwal 18:10

So okay. And I completely agree with that. Right? So if you can imagine your life without electricity, and, you know, I think Lexi was invented early 1900s. And you said, you know, I'm good with my lamp in oil lamps. And even today, if you're working in this world with your oil lamps, more power to you, but how far are you going to get right?



Carissa Andrews 18:30

Yeah, yeah, I completely agree with you. I have a course that I created to help authors learn how to utilize like chat GBT or other tools similar to it, so that they can plan their series. And at the time, it was, so we we developed it in I think it was September of last year, and it launched in October. And it was so interesting to see the number of people who, you know, they kind of tiptoed into it thinking like, what is this thing really going to be about? How's this gonna work? And as soon as they start playing with it, and start getting like that feedback, and they realize the implications of how cool it is, now, all of a sudden, like their whole outlook changes, like they went from being like, should we really be doing this to like, oh, my gosh, this is amazing. And it's, it's so cool to watch that transformation. Because, you know, when you're in that forefront, where you're able to see just how transformative this thing's gonna be. You know, it's like, you just want everybody to do it. And it's like, why are you scared? It's amazing, like, check this thing out. And some authors for sure, and obviously other people in other industries are definitely not on that early bandwagon. They're not early adopters just yet.



Manuj Aggarwal 19:35

Yeah, I think I think you you bring up a very very important point and I completely agree with it like taking baby steps is the way to go with any new tech. No, I mean, again, think about riding a bicycle you know, we we fall for the first few times and all that our parents pushed, push us along and then eventually we get it same with swimming. Same with driving, you know, you take baby steps and in ventually you get it?



Carissa Andrews 20:00

Yeah, yeah, it's so good. It's really a good, good thing. And I've I've definitely enjoyed testing the waters and having like those future casting moments where I've been thinking about, like, what are the implications? How is this going to expand? What is this going to look like? I mean, when we have, like, even from an author perspective, if we have our own personal AI that kind of follows us along, you know, kind of like an Alexa device or whatever. And we can just be like, Okay, I'm have this really cool idea, let's flesh it out. And it already has all the information of all the books that you've already written, or, you know, your interest, it's going to be really interesting to see how quickly we can develop new stories and new ideas. It's gonna be neat. Yeah, exactly, exactly. Okay, so you've, you've spoken about the power of the mind and psychology and achieving success. So can you offer some advice to authors who are developing a mindset that helps them overcome like self doubt, or rejection that we often face in the publishing world, or even just like the self doubt of using AI?



Manuj Aggarwal 20:50



Manuj Aggarwal 20:58

Yeah, I think the key here is to recognize that everything that we, that we experience in the real world, the first step of that is developing that in our thought in our mind, right? A lot of people don't realize that. And this is all based on scientific data. Humans have average, humans have 60 to 70,000 thoughts every day. Okay, and 90% of those thoughts are negative, meaning, you know, I not good enough. I don't know why I make these mistakes. People don't like me, whatever, all these things, right. So one, one way to reverse this trend is the practice of meditation. And I see you have the, you know, the ohm in the back, but meditation is a way to sort of utilize your conscious mind, and use it as an observer to notice what is happening in your conscious mind. And you, you'll start to see this stream of thought that is happening in our minds every day. And as you see, as you notice these negative thoughts coming with meditation, basically, you start to separate out your conscious mind and subconscious mind. And your conscious mind can now make start making decisions to say, Okay, this is not what I want to think this is not what I want to say to myself, I want to say okay, I am able to overcome any challenges, and I am able to achieve all of these things. And then plant those stories. One thing I will say again, you know, since we are talking about authors, authors are storytellers, right? Yep. And all a human being is, if you break it down, is a bunch of stories that are who have happening in our mind over and over and over and over. Right? Yeah, yeah. So if you can start to meditate, if you can start using AI, this is a very powerful technique, by the way, you are writing fictional stories for other people. But what if you write your own life story. And you say to yourself, oh, you know, look how far I have come. And then you read it to yourself, you will start to get familiar with your own power, with your own resilience, right? So so this is the these are the ways you can combine Eastern traditions of meditation, and new technologies like AI, to really experienced growth in whatever you're trying to do.



Carissa Andrews 23:41

I love that for him. Yeah, I'm kind of that weird combination, where it's like, I'm kind of on one hand science fiction now on the other side, fantasy. So I love Buddhist teachings, I love being able to like play around with the concepts of mine, we teach actually, manifestation for authors and one of the one of this like side other other side of the company. And so we have things like meditations and guided meditations, and then hypnosis to get into the subconscious mind. So I completely 100% agree with you there. It's just, it's amazing how much we can learn from ourselves when we silence the mind or rewrite the stories, like you said, that we're telling ourselves because that's how you shift and grow into that person that you're actually hoping to become. It's really cool. Exactly. Now you have this intriguing connection, and maybe you kind of touched on it just a minute ago to about, you know, the correlations or the connection between meditation and AI, which seemed to be completely different, you know, opposite fields. Could you offer that fresh perspective, like what do you mean by meditation and AI have something in common? Like, what's, what is that?



Manuj Aggarwal 24:39

Well, as I tried to explain, you know, most of most of us, I'm generalizing because I used to belong in the same category because our lives are controlled by our conscious mind. And that is sort of like only 5% of what we are capable of. You may have heard this, you know, we only use 10% of our capacity. Free minds capacity. So the reason is because our subconscious mind is what is driving our life. But it is like an iceberg, you know, below the below the surface. So

95% of that is invisible, invisible to us. And we don't even know what what is happening deep beneath the covers. And so, with meditation, as I said, think of think of like a sticker, right? A sticker has the sticky part, and it has like, you know, the smooth paper in the back that that you peel off, and then it becomes you can stick it to the wall, or wherever our mind is like that. So think of the subconscious mind as the sticker, the conscious mind as the sticker and the subconscious as the smooth paper in the back. So with meditation, it starts to separate, you know, you can start to observe it. So from one entity, you can start to experience two entities conscious mind subconscious mind. Yep. And again, that's the, that's the power of you telling the right stories to yourself. With AI, for example, you know, I do this with my clients, as the first step of their journey with us. It's about looking at the past stories, and looking at the future stories as humans, you know, the Buddha, as you said, Buddha's teachings are staying in the present. But we it's, most people find it very difficult to stay in the present, our mind is always focused on Oh, what happened in the past? Or what is going to happen in the future? Now utilize AI to create stories of the past, okay, you know, I had a bad experience with this person. Okay, go to AI and say, This is what happened, you know, tell me this story in a more positive light. You know, what did I learn from this? You know, what was the lessons? How did I become stronger, and utilize that story to change the narrative that are happening in your mind about the past. And then you talk about, oh, you know, I'm gonna achieve this thing, I'm going to have buy a home, I'm going to buy a nice car, I'm going to get married, I'm going to find a partner, whatever that is, again, very wig. These are vague ideas in our mind floating around. So you, you go to AI and say, Okay, give me a detailed description of what this will look like, how will this experience feel like, and then you are defining in concrete terms, how you will actually experience that. So you can start to almost receive that benefits of meditation, through AI by fixing the stories of the past, and the stories of the future. And it's so good, obviously, you know, get aligned.



Carissa Andrews 27:49

And that is super cool. Like, I mean, I can I call it consulting the Oracle, when I'm having to deal with AI, like, I have a question. I'm like, I'm gonna consult Oracle. But it's, it's so interesting, because, uh, you know, when we're, when we're teaching manifestation, you know, sometimes as authors, we're going through years, maybe a decade or more of where we're struggling through everything, where we're trying to get seen, we're trying to be published faster, you know, trying to publish our books faster, we're trying to get more sales or whatever, it never occurred to me to be like, Hey, this is the situation of how everything is played out in my author career right now. Tell me, like what I'm learning. Tell me what how this is actually benefiting me, it's like, because I do try to teach authors that you know, your mid manifestation. So maybe you're adding more tools to your tool belt, maybe you're adding more support through the people that you need to meet and that the energies that have to come in or whatever. But to have a tool like, I had never occurred to me to say, hey, Chad, expand this thing for me. So I can view it or envision it differently. And even, like, if you're trying to generate more money, for instance, often, obviously, people and authors are doing that, you know, we can't always encompass or envision, like, what would that future self or that future look like if you had money? So I would imagine you'd be able to do the same thing then to me, like, describe what my life will look like, if I'm a successful author so that I can get a better handle on it. How cool is that? That is really neat. Yeah, yeah. Wow. Okay, that's, that's cool. I like it. Okay, so obviously, exponential growth is a concept that many authors aspire to achieve. From your experience. Are there any key strategies or habits that authors could adopt to exponentially grow their audience or influence in this digital era?

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Manuj Aggarwal 29:25

Yeah, um, you know, first of all, everything is all about our core values. Success and money. today are the the tools that we measure the use to measure our success, but I think we need to change that definition and see okay, how many the definition of success should be how many people you have impacted? And, by the way, if you use that metric, money is a byproduct of all that right. So now if you work backward from there, now you You want to say okay, how do I impact more people, that means your message needs to resonate with more people. That means you need to showcase who you truly are, what you are made of other human, what struggles you have gone through, what are your thoughts about certain things? What are your values, when you start to amplify that message, then you become a magnet of two people who are in the same wavelength. And again, there is no right or wrong here. Like, you know, I'm a tech guy, I talk about technology, you are an author, you talk about, you know, telling stories, somebody else may be talking about business, somebody else may be talking about helping people building homes in Africa, whatever your true life purpose is, and how do you find life purpose, you know, I use, I share this concept, a Japanese concept called iki. Guy. So ikigai is, is a very simple framework, which helps you to figure out your life purpose, and who you truly are, once you find that you start to amplify that, and today, that this is easier, and less expensive than any time in human history. You know, get online, talk to people, share your stories, share, find your iki guy. And just keep repeating that as you start to build a community around you. And as you build a community around you, I mean, there is a saying, you only need 1000 true fans in this world to live like a king, or queen. And there are 8 billion people on this planet. So it's not that difficult to attract 1000 true fans, if you can really overcome your own own view of who you are, and really elevate yourself using these tools that we just talked about, then it's just a matter of consistency and time.



Carissa Andrews 31:57

I love that. That's key. Definitely the consistency part of it. Because I think in in this era, right now, we have a lot of the like, we want everything right now we want to be able to like be successful today. We want it to have money today. We want to impact people today. And so having that consistency and remembering that like it's all part of the journey of accumulating those people that you are impacting that that's that's good, because it needs to, it needs to expand like that. I agree. Exactly. Okay, considering your acknowledgement of neurodiversity as a contributing factor to your own success. What messages do you have for authors who might see their own neurodiversity as a barrier when it comes to what they're trying to do? Rather than a strength? Like, what would you say to that?

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Manuj Aggarwal 32:43

Fear, they said earlier, there are a you have to understand humanity is a huge species, 8 billion people, we have unfortunately labeled things in incorrect manner. If somebody has a neuro diverse way of thinking, we label them with various labels, you know, that doesn't mean they are not valuable, or they don't have brilliant thought. In fact, some of the most interesting and deep conversations I've had are with people on the spectrum, right. So I will say, again, understand one thing, whoever you are, you only need to attract 1000 More people similar to you. And when you put your message out there without any prejudice, without any vulnerable, I

mean, you have to be vulnerable, and you have to present your true self. But without any notion that nobody's gonna listen to me initially, yeah, nobody may listen to you. But eventually, as you stay consistent with your message, those people who have had similar experiences as you, they will start to gather around you. So, if you consider yourself to be a neurodiverse person, there will be other neuro diverse people who are seeking similar things that you are offering. But the point is, in order to get to them, you need to be able to expose yourself and be out there so that they can attract get attracted to you. I will just say yeah, again, you know, coming from the background I come from you will have people around you saying things you know, you will not amount to anything you know, you're not good enough and all that you can shut off those voices. And find those people because they exist out there who will say Oh, you will amount to something you are capable of something you will be able to do something let me help you out. And you know, all of these things. As authors, I'm pretty sure in the audience most people are familiar with Hero's Journey framework. Right now. The Hero's Journey framework says once you are on an adventure, you will find a lot of ups and downs but eventually you will find a mentor Who has gone the path before you experience the same things as you're experiencing right now, and will be able to help you with with whatever you are doing, you know, so if people are Star Wars, I'm a Star Wars fan, you will see Luke Skywalker meets Yoda. And, you know, in Matrix, Neo meets Morpheus, and, you know, in Lord of the Rings, you know, Gandalf was the mentor. So if you truly believe, as an author on, you know, how life unfolds, you can superimpose hero's journey on every life. And then you can say, hey, if this is true, then that means I'm on an adventure, I'm going to go and find a mentor who can help me. And I'm going to keep pushing until I get to the transformation stage, where I find myself.



Carissa Andrews 35:52

I love that. Yeah. And it's so true to like, you will, like attract the right people. Like I think about my son, he's on the spectrum. He's on the, the, what used to be Asperger's side of the spectrum. And even when he was in like, kindergarten, he was attracting other kids who are were of similar like they were on the spectrum as well. And so it's like they you do you attract the people who have similarities enough to you that that vibe with you who understand you and who, you know, some obviously won't recognize your worth, but others are definitely going to because they they understand what you're going through and can see it from an outside perspective, which will elevate it's so cool. Yeah. Yeah, exactly. Okay. So travel is also a big thing for you, you say it's enriched your life and your work providing new insights and inspiration. So how can authors use their travels, or even the exploration of cultures, different from their own to deepen their themes and universality of the writing?



Manuj Aggarwal 36:48

I mean, you know, basically, again, going back to our previous converse, points, our life throws a lot of stimulus at us, you know, different experiences. And our mind is a pattern recognition machine. So the more experiences we expose our mind to the more versatile and creative it gets, because it is recognizing all these patterns, right? So when you go travel, at the end of the day, humans have very, very basic, similar needs. We want to feel secure, we want to feel safe, we want to have enough food in our belly. And we want to, you know, have a better prospect for our future generation than ourselves. These are sort of common themes, right? When you go travel, you'll see that people solve these problems in multiple ways, you'll find

different cuisines, you will find different ways of building businesses, you'll find different ways of even storytelling, as your mind starts to pick up these experiences, it is actually growing exponentially inside because it is taking more and more impressions on itself. And then the other thing is, you also start to recognize, by the way, those 1000 people that you're looking for, to build a community around you, it doesn't have to be in your city, it doesn't have to be in your state, it doesn't have to be in your country. It could be all the way on the other side of the planet, right? So that visibility is very important for you to understand this connected world today.



Carissa Andrews 38:22

That is so great. It would imagine that it would be the same than to when it comes to reading. Like even though travel is a different experience. You're actually physically in that place. But when you're reading, you're kind of mentally going into those different places and bringing all that in. Yeah, it's really interesting. Okay, so, I mean, I could talk to you all day about AI because it's fascinating and talk to you about all of the different things that like the mindset work is something that just really resonates with me. It's something I've always really enjoyed. I've read things like Eckhart Tolle, and I don't know it just like when, when the matrix you mentioned, the matrix came out, that was like, the most profound movie on the planet. I was just like, oh, my gosh, that is so amazing. And, yeah, so it's just for me, I love that the concepts of, you know, how we can think differently, how we can live our lives differently, how we can shift our beliefs and move into new eras by you know, taking on new ideas and embracing new technologies. It's really a cool thing. So I appreciate your conversations and like the insights in this, I think it's going to help my audience a lot. And I know that they're going to enjoy it as much as obviously I did. So before we leave, before we move on, where can my audience go to find out more about you about all that you do? Learn you know, how to get in touch, where do they go?



Manuj Aggarwal 39:36

Yeah. So three places I will share. One is you can find me on LinkedIn. Just you know, Manoj Agarwal, my first name last name, it's my personal website is the same manujaggarwal.com. And my company website is called TetraNoodle.com. So the name of the company is techno technologies. And yeah, just or Google my name, I'm easy to find And just let me know, you heard me on this podcast, what are you trying to do? How can me and my team help you?



Carissa Andrews 40:06

Awesome. And I will definitely make sure to have all of the links in the show notes as well to make it easy. So thank you so much for news. I'm so happy that I was able to meet you and to be able to speak with you today. After lunch with him here. Thank you so much. Guys, wasn't that conversation with Manuj, absolutely fascinating. Like I said, In the beginning, there was something about what we were describing and talking about, like the the mash up between science or technology with spirituality, I love I love playing with those types of concepts. I like thinking about how we can look at things from a different perspective or a different way, and come up with new and interesting ideas or ways to be able to play around in this spiritual aspect or in the manifestation or side of things or whatever. And I really love that, like,

someone as technologically inclined as minutiae can see the, like the spiritual ramifications and the applications to be able to change the world. I mean, it his vision is so inspiring. And I just, I love the concept of everything that we were talking about today, like everything from you know, how to have the more personalized, like prosthetics or medicines, like that are specifically designed for our DNA, or like, it's just the future aspect is so enticing to me. And I think it probably touches on that futuristic strength that I have, because I think I'm number 10, futuristic. And it's just I love, I love that concept. I think it's just amazing. So at any rate, I hope that you enjoyed this episode as well, we're going to be diving into a lot more on quantum manifestation very soon. So like I said, He inspired some interesting insights in me. And I started asking myself some questions through meditation. And I got some interesting results. And so we're gonna start talking about them through podcast episodes coming soon. So stay tuned for that. It's going to be interesting. And in the meantime, I hope you go check out Manuj see what he does, like follow him on the the different sites if you want, like LinkedIn, he gives LinkedIn as one of his sites to be able to go check them out. But overall, just just know that there's some interesting cool things that are coming and be excited for them be excited to dive into the interesting world of quantum physics and quantum mechanics and neuroscience and how it all applies to manifestation. Because yeah, we're going there. Speaking of that, if you are interested in like the notion of quantum manifestation, I am going to be hosting a brand new masterclass in June. So June 14 at 1pm Central Standard Time, I'm going to be giving a masterclass on what it means for quantum manifestation and how it overlays how I'm teaching manifestation and actually complements it so, so well. And this was all information I got, like I said in a meditation, so I'm, like, humming with excitement over being able to start talking about this concept and how it's all interplaying so cool. And so I will make sure that the links in the information are in the show notes. You can also download the transcript to today's podcast episode by heading over to authorrevolution.org/235 And you can get everything right there. Alright, guys, have a wonderful rest of your week and joy noodling on the conversation we just had and get ready in anticipation for a whole bunch more coming your way. So there we have it. It's time to go forth and start your author revolution.