

## PRINCIPLE 7: TRUST YOURSELF

Tejpal: Welcome to “Unleash the Power of Your Intuition”. This is Tejpal. Today we are exploring Principle 7: Trust Yourself.

Lets explore the following questions. What does trusting yourself mean? How does it relate to your intuition? What are the benefits of trusting yourself in your life? What prevents you from trusting yourself?

When I teach many people to trust and develop their intuition, the first question I hear is, “Did I make things up? Is it real? How do I know if it’s my fantasy or if it’s real intuition?” All of these are great questions.

My first and simplest answer is to pretend everything you receive is real, right and has some value. Don’t question your experience at all. Pretend you know. Trust your experience. That is a key element. We have learned in our society to trust knowledge and expertise. We have not learned to trust our experience.

A lot of times, we have heard, “You should not feel this way or be sensitive that way.” Basically, when we feel something and share it, if the other person did not like, they will say to you: “What’s wrong with you?”

I am going the other way around. Trust every single aspect of your experience. Claim and promote your uniqueness. Acknowledge how you are wired. Do not question anything about yourself. The way you are is perfect at that moment.

Claim your fullness and value every single aspect of your experience. When you start to do that, what happens is that your intuition expands. It’s very interesting because when your intuition expands, your trust expands. It’s a spiral.

For some of you who already have intuition, you know that the intensity of the messages that you receive through your intuition is really strong. You cannot doubt them. When you receive a message, it is strong and clear. You never doubt it. You know.

The more you develop your intuition, the more you increase your trust and inner confidence. That helps you be much more in the moment. When you create a life based on your experience, your life is going to be more vibrant and abundant.

A lot of times, we choose not to listen to our experience. Let's explore what's in the way. What's in the way could be our obsessions, inner pressure, fear, or our ego.

I'm going to give you a few examples. A lot of times, I see people who are facing challenges in personal or professional relationships. They are coming to me to get some intuition, insight or psychic information.

A lot of times, I ask them, "What you're telling me today about this relationship, you knew it on Day 1." They pause and realize that most of the time they knew it, but they didn't want to hear it.

We have all done that. We listen to our dream more than we listen to the current situation. We want so much for a relationship to work or for that professional deal to happen that we're not paying attention to what is truly going on at that moment.

If we pause and say, "He or she has a lot of knowledge and clients, but there is something off about this person," or, "I don't really care for that aspect," and acknowledge, feel, sense and intuit that not everything may go right there, then we may pause and create a different scenario. Sometimes our impatience and inner pressure prevents us and we keep going as if we didn't know or didn't hear it.

Pay attention to your dream and the current situation. It's great to have dreams, but your dreams are not good if they create some kind of numbness or prevent you from being sensitive to what's going on, reinventing a situation or creating something new. That is certainly one of the biggest obstacles to trusting ourselves.

The second biggest obstacle that I also experience is that we think in order to trust, we need to understand. For me, these two concepts are different, particularly when you practice your intuitive skills.

There are a lot of things you're going to receive. You may not understand why you received them, what they truly mean and so forth, particularly at the beginning.

We need to just trust the information and accept that we don't understand them. Eventually some meaning will show up, but you have to make a distinction between the two.

I hope those elements are useful. I truly invite you to promote and love yourself just the way you are at this moment. Take the time to explore the three practices I have designed to create more trust toward yourself in your life. Enjoy.