

PRINCIPLE 1: BE CLUELESS

Tejpal: Welcome, everybody, to “Unleash the Power of Your Intuition.” This is Tejpal. Today we are exploring Principle 1: Be Clueless. There is a statement I like to share with that principle. It is “The more clueless you are, the more insights you gain.” Isn’t that interesting?

I don’t know about you, but what I know is that we have been raised in a society where being clueless is not a good thing. We need to know and have an answer about anything and everything. I remember when I was at school all the learning was focusing on knowledge and knowing.

Interestingly enough, each time we do have a problem or challenge in life, the first tendency is to look for an answer. To find an answer, we are either looking for an expert or a psychic, but either way we still look for an answer. We have this belief that if we have an answer, life will be so much easier and abundant and that our level of happiness would be so much greater. That is truly an illusion.

Being so focused on finding an answer and believing that answer is going to be just the solution for all your anxieties, doubts and worries is really a good story. That story comes from your negative mind.

The yogis have said that we have three minds: the negative mind, the positive mind and the neutral mind. Which one is the loudest and the fastest? The negative mind is. It is the first one to kick in and jump into any situation that you are experiencing.

Usually when you are experiencing doubt, worry and fear, you’re not really connected to who you are. The negative mind can be so loud that eventually you’re going to believe that what this mind is telling you is the truth and the reality and that there’s no other reality than that.

Then you become more and more worried and you go into more fear and anxiety. You can't listen to anything. You're obsessed with finding the answer.

If you just were more connected to yourself, you would remember one thing that you already know inside of you. It's that your spirit and your soul are way bigger than your negative mind and any mind that you have.

In order to reconnect to our soul, we need to accept to be clueless. We need to accept that we are not going to be driven by our negative mind.

In order to do that, it may take a little bit of practice, but I'm going to share some of the benefits. At the same time, we're going to keep diving in to what it is to be clueless.

The benefit of being clueless is that when you are clueless, you're much more relaxed. You're not under the pressure that you need to have an answer. When you are relaxed, most of the time you're more intelligent, at least it works for me. There's another thing that happens also. There is more wisdom.

People are attracted to you not because of how much you know but because of your wisdom and your frequency of energy. The wisdom is going to come through you if you can be clueless.

In a way, being clueless is accepting to put your filters down. We are born with filters. Our experiences good and bad, the value system that we have been raised in, our unique soul frequency and unique purpose, the country we have been raised in, all of the above and more have created some filters in our being, so we have a unique way to understand our reality.

When we choose to be clueless, we choose to put those filters down as much as we can so that we can be in the present. You are open to what I

call the unknown and to unexpected situations. It could be good or bad, but you're open. You're not living in fear factor. Fear factor is reducing you.

That's what I call some of the main benefits of being clueless. In my work, they're obvious. I need to be clueless. When people come to me and have pain in their lower back, I can't have an answer through my logical mind. I have to access the pain in my own healing style.

From that, I'm going to receive different messages at a spiritual, emotional, mental or physical level. I'm going to give some insight for the person for healing.

In my life, being clueless is priceless because each time I'm going through challenges of any kind, if go back to being clueless, then I open up. That challenge becomes much smaller.

Take the time to explore. Write down the benefits for you of being clueless. If you don't know, pretend you know.

I want to talk about a point that is very important. What prevents you from being clueless? We have a tendency to think it's much easier to raise our hand and have an answer than to be questioning and not having the answer.

I remember that when I was in my 30s still working in a large corporation, I was part of this group that was a group of 80 people that used to hold the vision for that large international corporation that had 150,000 employees all over the world.

I was one of the top 80. There were at that time six females. I was the youngest one. In order to pretend that I belonged to that group, I was doing anything but being clueless. I was trying to be the sharpest,

brightest and smartest being. Perhaps I was also a little cocky. That's certainly possible.

What prevented me from being clueless was simply my ego and pride, and with that, I suspect my fear and insecurity. I had thought, "If I'm not super smart, then I'm not going to be part of that group. I'm not going to be at the top of this organization."

Eventually, I understood that my pride, ego and insecurity were really in the way of being clueless. I couldn't understand the beauty and joy of being clueless. I left that organization, by the way.

Explore for yourself and write down what prevents you from being clueless. Try to be as specific as possible.

To keep exploring and understanding that concept, I want to go to the next point which is how do you know you're not clueless? There are a few components. Sometimes it's easier to define something by its negative instead of by what it is.

1. You know you're not clueless when you are thinking about what you are going to say in a conversation.
2. You're trying so hard to understand what's going on.
3. You are doing most of the speaking.
4. You don't know how you are feeling at that moment.
5. You are judging or comparing.

These are five possible statements that will help you to understand that if you're experiencing any of these five, you are not clueless. You're in your head.

Being clueless is trusting that your mind can be on the back burner and that your whole experience can be fully alive. Not only do you not need to have an answer, but you're not attached to having an answer.

Very often when I reveal to my clients some of the blocks they have been holding for a long time, and they don't even know these blocks are part of their life, the first question they ask me is "How do I get rid of it? What do I do now?" Often my first answer is, "I'm not sure I know."

I am very comfortable not knowing right away and inviting people to be in this unknown so that a bigger understanding and a new field of awareness can show up.

With this audio, I hope that you understand what it is to be clueless and that you get inspired to be clueless in your life.

You have three practices that I really invite you to experience. Please pick one that you're going to commit to do every day for at least two weeks. I'd love for you to do it for 40 days, but at least do it for two weeks in a row. It's not going to take a lot of your time, but it's going to impact your life tremendously. Remember, the more clueless you are, the more insight you gain.