

PRINCIPLE 2: BE GROUNDED

Tejpal: Welcome, everybody, to “Unleash the Power of Your Intuition”. Today we are exploring Principle 2: Be Grounded.

It took me a while to understand that principle. I only understood it when I started going to Barbara Brennan’s School of Healing. I remember those teachers telling me, “You are not grounded.” I just didn’t even know what that meant.

The first year, these teachers really helped me to become grounded I realized one thing. That’s really what I want you to understand today.

My physical body is my foundation for my spiritual reality. If I want to access the spiritual world, I need to acknowledge the physical reality and be present in my physical body. Otherwise, I’m going to experience what I call La La Land or fantasy land instead of divine land.

There’s a huge distinction there. I want to explain first what it is to be grounded and perhaps also help you understand what it is not to be grounded. Then we’re going to explore what prevents you from grounding and what you can do to be more grounded in your life.

Usually, we describe being grounded as being one, being connected to the earth, being in the moment and present. You often feel that you are bigger than your mind and your thoughts.

That doesn’t mean when you’re grounded that you don’t have, for example, anxiety or pain. People sometimes think if they’re grounded, they are serene and life is beautiful. Guess what. No.

With any kind of pain you may experience, if you stay grounded, you're going to experience pain as part of you and your experience. When you're not grounded your pain is going to take over and perhaps terrifies you. That's a completely different way to relate to your pain.

Another way to describe being grounded is to go to the opposite and describe what it is not. For example, if you are scattered, spacy, dreamy, overactive, in denial, in the past or the future, lost or so-called confused, you are not grounded.

When you live in your mind constantly, you're not grounded. When you think about your feelings but don't think about your life, you're not grounded. If you're always into the future expecting miracles and that's all you do, you're not grounded. I hope you get a sense about what being grounded is.

What are the benefits? They are tremendous because it helps you to be wiser. Since you're much more aware of what's going on with your whole experience, you can really create a life that is much more aligned with your needs, your truth and your purpose. You will open your intuition in a way that is priceless, as we talked about before.

Usually what prevents you from grounding are a few things. The first two are any unprocessed pain or conflict. You may have pain that you thought you dealt with or conflict that you thought didn't impact you any more.

They hang in your energy field, by the way. I can see them when you come to see me or work with me over the phone. They just hang in your field and prevent you from grounding. Then you're just going to go more into your head. Your energy field is not as vibrant.

When you are driven by fear or anxiety, you're not grounded. Sometimes you're just going into automatic behavior that you have learned at a very early age.

In my family of origin, I learned different ways not be grounded because it was not a welcoming surrounding. It was not a welcoming environment from my point of view.

My automatic response was just to take off and observe what was going on, but at the same time when I was observing, I was not present in my body. I was disconnected. Here I am asking you to observe your process and be present at the same time which is different.

That could be some of the ways that prevent you from grounding.

I invite you also to ask yourself the question, "What prevents me from grounding?" There are some very specific situations and people for whatever reason that creates inner tension within you. When you are around them, you cannot ground.

What can you do to ground more in your life? It's a beautiful question. It's sometimes not an easy question to answer, but there is a unique answer for each of you. Because of the way you're wired, your physical body is unique, which is quite amazing when we think of it.

There are not two physical bodies that are the same. That is quite outstanding and overwhelming. It gives me great joy. Having said that, there's a unique answer to how you can ground and create that sense of being full of aliveness and awareness in this body.

I can give you some examples. You can download these handouts on the website. For some of you, it could be dancing or moving in a certain way shape or form. It could be walking, painting, sculpting, singing, chanting,

cooking, gardening or smelling roses outdoors. You already have a sense of what you can do here to ground. For other people, it could be some specific breath that helps them to ground.

Hopefully you have a sense about different options that can help you to be fully alive in your physical body so that your mind, body and spirit can unify.

Having said that, I also offer three practices that will help you to ground and open up your intuition through the principle of being grounded.

Again, commit to practice every day. Commit to really mastering that principle as much as you can because it will help you in your relationships, in your ability to achieve what you want to achieve in your life, in your ability to attract the right people into your life and to open up your intuition.

Remember, when you are grounded and fully present in your physical body, your spiritual reality is much more accessible to your being. Enjoy this principle. Enjoy these practices.