

PRINCIPLE 4: NOURISH YOURSELF

Tejpal: Welcome, everybody. This is Tejpal. Welcome to “Unleash the Power of Your Intuition” program. Today we are talking about Principle 4: Nourish Yourself.

The following are a few exploration questions. What does it mean to nourish yourself? What are the benefits for yourself and your life? How can nourishing yourself help you develop your intuition? What prevents you from nourishing yourself? And finally, what could you do to nourish yourself?

I'd like to make a distinction between what I call self-care and self-nourishment. When I hear the word “self-care,” I usually connect to the physical aspect of my being. When I hear the word “self-nourishment,” I hear much more than the physical aspect of my being. I hear the spiritual, emotional, mental, heart and physical aspects of my being.

When I hear about self-nourishment, I hear something that is much more unique to me. The way I'm going to nourish myself is different than anybody else on the planet Earth because I'm wired in a unique way.

With self-care, we usually have some basic rules that we have a tendency to apply to everybody, as far as how many hours we should be sleeping, what kind of food we should be eating, and so forth.

Let's explore the five levels of self-nourishment. First, let's look at the physical level. Try to ask yourself what nourishes you at the physical level. For me, food is very important. I love food. I love organic and quality food. I love to cook. I have a garden. That is one big part of my physical nourishment.

The other big part is my space. I love clean space. I don't like to be in a messy space. I love silence because that helps me create. I love colors. My space is also very important as part of my physical self-care.

Third is my physical wellbeing. I need to do yoga. I need to work out pretty much every day. If that is not in place, I am not going to be happy in my life.

If I look at the emotional level for myself, I pay a lot of attention to how much time I hang with people and who my friends are. They have a value system that I truly appreciate. They all have done personal work, so we can have some meaningful and authentic conversations.

Those are very important for me. I'm not going to just put myself in situations where my emotional reality is going to be compromised.

I also love to create. I love art, so most of the people I hang around are artsy people one way or another.

If I look at the mental level, it's really important to always discover something new. It's going to be in my field, the field I love so much, which is spirituality and personal development or leadership. I will spend time in retreats or workshops to explore this field.

If I look at the heart level, the way I like to surround myself at times with very young kids. I love to be around kids who are 1, 2 or 3 years old. They're just full of energy, spontaneous and curious, and they crack me up. They feed my heart.

My work feeds my need tremendously as well. When I teach, do my workshops and do one-on-one, it feeds my heart.

If I look at the spiritual level, I need to have my daily spiritual practice, which is currently yoga. That's what I practice and teach. If I miss a day, that day is going to be out of balance.

I just shared in a quick and concise way how I nourish myself. Now it is your turn. It's important for you to go through those five levels. Write your insight down. There's beauty in writing over and over.

Now, If I talk about these five levels, it doesn't mean they have to be equal. For some of you, the physical is going to be very important. It will give you a lot energy and intensity. Go for it. For others, the mental level is going to be very important and you may love to read and research.

For me, the spiritual is extremely important. It's my purpose. The physical is also important. If I have those two, I can be creative, playful and relaxed. Those two are my foundation.

Notice which level or levels are really important for you. How are they going to feed the other levels? The configuration of these five dimensions is unique to you, and it will evolve with time. Go back to the exploration of how you nourish yourself on a regular basis because it will change with time.

When you pay attention to what nourishes you, it's going to be easier to take action. Each time you pay attention to your needs, you become much more peaceful with yourself and others and with what is coming at you, (the good and the bad). You become less reactive, and your level of sensitivity is going to increase. You are opening up to more subtle spiritual information coming to you.

Your ability to nourish yourself on a regular basis is going to help you tremendously to develop your intuition.

I was recently in a workshop giving that exercise to a group of people. I was asking them to first create a self-assessment. One of the women answered, and she was at least 40 or 50 pounds overweight. She said, "My physical dimension is really not good. I need to do more stuff there. I need to work out."

I looked at her and accessed here. Really, the problem was not her physical dimension. I'm sure she had said that story over and over. The problem for her was her emotional dimension. This woman needed to spend a lot of time playing, having fun and being extremely creative. That was not happening in her life. Because that was not happening in her life, the physical body was unhappy.

I told her that she was very funny and had a ton of humor and that she needed to express that, be creative, and pay attention to her emotional needs. It was such a relief for her. Instead of trying to focus one more time on her physical dimension and to nourish that, she decided to focus on her emotional dimension and to maybe change some aspect of her life there.

Pay attention to how you assess yourself. What are the dimensions that really impact your whole being?

Having said that, we all have stories about each dimension. We all sometimes have a tendency to compromise and pretend it is okay to compromise.

I've heard so many times that people are not happy with their physical reality. They say, "I'm 50, and that's the way it is. So be it." Guess what. If they decide to change that reality, they can change that reality and transform their life.

So many times I have heard at the emotional level that people say, "I've been in this marriage for 15, 20 or 30 years. There's not much going on in

this marriage, but it's safe. We don't have any conflict, so I stay." I think, "Interesting." That's a way to compromise.

When you compromise at one level of your being and decide to give up your energy field doesn't have the same configuration. You are not shining as much. You are not radiating as much. How can you open to your spiritual reality and attract what you want? We need to commit to shine. We need to commit to our radiance.

I heard an example of a father who had created a great life. He was a good father and a good husband. He had a good life, but something was missing. The choice was between these two sentences "Life is pretty good. It's kind of boring. Something is missing, but there are a lot of good things," or "I am not living my purpose right now. I don't know what it is. That's missing, and I want to find it out." I hope you appreciate the difference.

I invite you to put your standards high. Don't give up. The more you nourish yourself at all these levels, the more you will be open to receive from the non physical reality.

We know when we are out of balance, when we are tired, we are not subtle. I am not subtle when I'm tired. I know that. In order to take advantage of our life, we really need to master self-nourishment.

Having said that, what are you committing to? What is one thing you choose to do within the next 24 hours to develop the quality of nourishing yourself? Write that down and commit to it.