

PRINCIPLE 5: BE HEART CENTERED

Tejpal: Welcome to “Unleash the Power of Your Intuition”. This is Tejpal. Today we are exploring Principle 5: Be Heart Centered.

Many spiritual traditions have said that the heart is the expression of your soul and spirit, so the heart is a very important component in accessing your intuition.

If we look at the energy field and the chakra system,(which is one aspect of your energy field...The chakras are wheels of light or energy in your body), the heart chakra located at the center of your chest is considered the bridge between your physical and spiritual realities. It has the ability to access the non-physical.

If we look at other researchers who have explored and measured the energy field, they say the heart is the organ that has the biggest energy field. It's 500 to 5,000 times bigger than the energy field of the brain. Isn't that interesting? We don't realize enough about the power of the heart.

If we looked at the heart more from a mechanical point of view, it is an engine that gives and receives. It exchanges information constantly, and we know that our life is only made of exchange. The more we exchange, the more vibrant and alive we are.

There are two main components of that exchange. We give and receive. You may think that being heart centered is the ability to give a lot. If I say to you, “Who are the people in your life who are very generous?” you are going to think, “Who are the people who give a lot?”

I like to look at generosity not from the point of view of giving, but of receiving. When you know how to receive from a place of generosity, not from a place of greed, you create complete abundance in your life.

A lot of people are focused on asking, and creating intention, goals and vision boards to manifest the life they want. All of those techniques and aspects are extremely important, but if you dismiss the receiving aspect, it's not going to work.

Some people cannot receive. What's going to happen is that whatever you ask for is going to go to your neighbor or a different email address, but not to you, because you can't receive.

To me, receiving is as important for creating abundance as asking. It's certainly very important in developing your intuition because when you practice your intuition, what do you do? You practice receiving.

Your senses and antennae are out. You choose to have an energy field that is extremely sensitive. You absorb all the information without label or judgment, like a sponge. Then out of that sponging or receiving, some kind of message, wisdom or insight is going to come to you.

First, you experience receiving. Then something happens. We are being taught to first think and then receive, but we can't receive when we think first, so we spend more time thinking about our life than living and experiencing our life.

Let's explore some of the obstacles to receiving. There are four to seven main obstacles. Let's look at them. What can prevent me from receiving?

1- If I don't like a person, it's going to be harder for me to receive from that person.

2-If I don't trust that person, I can't receive from that person.

3- Perhaps at the time I'm thinking more of what I have to give back, so I'm already creating some kind of stress. I'm already in the future, so I'm not receiving what the person is giving to me.

4- I may go into a lack of self-esteem and think I don't deserve what is given to me.

5-I may be terrified of intimacy. I just can't be too close because receiving has a lot of closeness to it. I think, "What am I doing? What am I saying? I can't breathe."

6- I may just shut down because I come from a belief system that I need to work hard to make things happen or I can't receive, and that it's okay to work hard a lot to get tiny, little things.

Pay attention to how you receive and how often you receive. Pay attention to your balance between giving and receiving. I have some homework to give you around that besides the three practices I've designed for you to enhance your ability to be heart centered.

How often do you ask for help? How often do you express your vulnerability? What do you experience when it's time to receive? Do you create a life where you avoid receiving as much as you can and only receive from professional people? Can you receive from your friends, spouse or whoever else?

As you assess your ability to receive, if you want to increase your ability to be heart centered, choose one situation or person that you're going to receive from.

See what happens and experience some of the benefits. I can guarantee you will have many benefits out of receiving more and your intuition will develop tremendously.