

PRINCIPLE 6: BE PLAYFUL

Tejpal: Welcome to “Unleash the Power of Your Intuition”. This is Tejpal. Today we are exploring Principle 6: Be Playful.

Lets explore the following questions. What is playfulness and how playfulness relates to your intuition? What are the benefits of being playful in your life? What are the blocks you may face to bring more playfulness into your life? How you can bring more playfulness into your life?

What is playfulness? I love to define playfulness with two qualities. When you are playful, you are relaxed and alert at the same time. That’s unique. A lot of times you are either relaxed and then you fall asleep, or you are alert and you go, go, go and do, do, do under pressure.

When we bring those two qualities together, it creates a unique combination that raises your sense of perception and allows you to access information beyond the physical reality. My wish for you is that you become hypersensitive, yet you don’t have to live in drama.

First, you’re relaxed and alert at the same time. Second, you bring the notion of laughter. Laughter has been studied in medicine and in the spiritual world. It has been used in the spiritual world for thousands of years. What will laughter do to you at the physical level? It will strengthen your nervous system, release stress and strengthen your immune system.

If you experience it and decide to laugh for no reason, you completely clear your energy field. You reboot your system. It’s like you start from scratch again. It’s like a huge release. It’s wonderful and necessary when you want to be accessing your intuition in the moment without thinking in the past or future.

Third, when you really play, you are engaged in the moment. You're not just halfway in the moment. You're fully there. You forget time and space. You have such a good time. We have studied and talked about that. Each time we are alive in the moment, it's much easier to access our intuition.

The last aspect is the notion of creativity. When you're playful, you engage your creativity because you put yourself in new situations. You stretch your mind and may stretch your body. You don't take things too seriously, so you love to be in a new situation without worrying about the outcomes.

When you engage your creativity, you ease the way to your intuition because you don't limit yourself and you are not linear in your thinking.

What are the other benefits of being playful in your life? I'm sure you can list many of them. I will invite you to explore that for you because it's unique for each of us. There are a few we can mention right now. You can also download some of the handouts.

The number-one benefit that is priceless from my point of view is that you don't take things too seriously. You create more distance between you and your environment. That is so important because when you do that, you are not in reactivity mode.

Your happiness or joy factor does not depend on whatever is going on in your life. You can have that from within. Your life is not driven by outside events. It's driven from within, and that is so important.

Those three components of not taking life too seriously, being more detached and less reactive, and being driven by the inside of you instead of by pressure from the outside will help you express and access your wisdom and intuition. You may discover many more benefits than I do. Take the time to write them down.

Having said that, for some of you it still could be hard to implement playfulness into your life. If I look at myself, sometimes it's very difficult because I love what I do. My standards are high. I want to achieve a lot of things, and I have no problem working hard. I can just go, go, go.

At times, I forget to play. Somebody like me has to commit to playfulness or surround myself with people who really know how to play so I can drop things and really go into play mode.

If you are a Type A person who is driven by your to-do list, goal setting and achieving a lot, you need to plan your time for playing.

The other thing that's important is to explore your style of play. What is your style? How do you play? For each of you, it's unique. Some of you love to be engaged in the physical, mental or spiritual level. Maybe you want to be more social so you can be more in the emotional reality. Find your style.

I remember when I used to play volleyball every Sunday with a group of women. Nobody really knew how to play, but we had so much fun. Nobody really knew the rules, but we were just having a great time. That's all I needed.

Lately, the way I play is to invite people into my house for a painting parties. Everybody brings their painting and brushes. Everybody is doing art at the same time. Because I love music, I will bring my guitar and chant or sing. Other people will bring other instruments, and I love that as well.

That's my style of play and some of the ways I play. Spend some time with this. How do you play? What is your style?

Enjoy this principle. I will "see" you for Principle 7: Trust Yourself.