I am priceless

Party Time. You are priceless. That's all I really want to say. If you are feeling anything less than this, say this meditation: "I am bright, I am beautiful, I am, I am." It will feed your pricelessness. Do things for you that feed this pricelessness. Do things you love that feed you deeply. Then you can feed others. You are priceless. You are precious. You are amazingly gorgeous. Sit in these mantras, breath into them. Let them impregnate your cells and break the blood brain barriers so you don't think you are priceless – you KNOW you are.

When you don't feel priceless you can prostitute yourself for the next shining object because you are searching for things that will give you worth. I think of this one woman who wanted to be with this very famous man because of this amazing diamond blue butterfly necklace he gave to his girlfriend. She got her wish and later said it was a diamond ball and chain. There is nothing, nothing that is more priceless than you. Stay tuned and I will be sharing so much more about your pricelessness and how to deeply feed your essence. That is the seat of your pricelessness. "I like myself, I love myself, and I see my essence, my soul, my light."

All love in the Divine you.

I am fed

This is on all levels. We will talk of food, but I want you to know that you create unhealthy feeding habits because you don't feel or experience being truly, deeply fed. What needs to be fed within you most deeply right now? Start feeding your depth and you will experience feeling deeply nourished.

Ah... if it were only that easy. On one level it is. But on others you get to understand that if you were dishonored in any way, or you perceived being dishonored or abused, you can eat for protection against feeling. There are so many valid and invalid reasons for eating junk, or overeating, or eating something you know

YOU are not supposed to eat because you have been told not to, or it just doesn't work for your body. It all comes from a place of rebelling against and not feeling deeply fed.

So let's just for a moment peek behind the curtain and see what truly makes you feel fed. Please be with these questions and feel them before you write about them.

What is your state of mind when you feel fed?

What is the state of your heart when you feel fed?

What is the state of your closest relationships when you feel fed?

These are enough to get started. If you sit with these in peace and truly ask and listen to the answers and then ask and listen again, much will be revealed to you about what makes you feel fed and not fed.

I love this super simple breath meditation. Inhale... pulling the sound Wahe Guru in on a whisper and then exhale whispering Wahe Guru. It is very calming and very nourishing. Feel deeply fed.

Embracing you with love and light. Keep tuned... you will be getting more on this.

I am not my habits… or am I?

You think you are. You hold on to your perspectives as if they are the gospel truth. Do you have beliefs that were given to you that no longer serve you? Maybe never did. Inspect your every belief and find out if you need to upgrade them.

You form habits from beliefs. Habits are actions taken over and over. These actions follow your beliefs about what is good or bad, what should be or shouldn't be, what is acceptable or unacceptable. They are ingrained in you like your blood. That is why there is the saying blood is thicker than water, meaning your relatives' thought patterns are stuck to you more deeply than non-relatives... most of the time teachers, coaches and others you spent a lot of time with excepted. I invite you to see who you are really related to and with. How do they think about things? They will show you about you.

I invite you to cash in just one belief for something that would level up your life. Cash in one ineffective one for something that would serve you. Do you know what belief you would like to leave right here, right now? What belief could you embrace that would create a new habit that will give you more depth and freedom in your life right now? Cash in the old habit right now. It's not only possible but powerful. Invest in you – the real you. Align your habits with what you really want in your life.

Ask:

Is this habit serving you? Pick the one you know is not serving you and see what its flip side is for that can unveil what is effective. Every habit that takes you down has a flip side that can give your life, energy, and hope back. Look at that.

Remember that your habits either line up under what you most desire or line far away and rob you of what you most desire.

Which is it for you right now?

What would it take you to shift that habit?

What new habit will you implement?

Be courageous. What do you have to lose but a noose around your…? It's dragging you around by some part of your being. It owns you. You don't own it. Create one you can own. There is more on this but first answer these questions.

I am clear

This is the best. This is your birthright. To be clear means you can hear. It means you can connect. It means you are present. For true clarity means you erase the chatter, the chaos that follows you around. Clear is bright of eyes and heart. It means you have nothing to lose or gain. You are free, you are clear. Are you ready for clear? Then create habits that will build your clarity. For your habits lead you to clear or confused. Your habits support your essence or your demise. Your habits elevate you to vastness or plague you with insecurity. Each moment, you have the chance to choose clear or not.

This breath Sitalie is one that can bring you to clear very quickly. Use it often. Roll your tongue and stick it through your lips. Inhale through your tongue and exhale through your nose. If you can't roll your tongue at first then make an "O" out of your mouth and push your tongue through the "O" with just the tip sticking out of the lips. Then do the same – inhale and exhale.

Another thing that can take you to clear quickly is to flip your tongue back like you are swallowing it, and let the back of your tongue press into the roof of your mouth. It will hit the perfect point in your mouth to activate your pineal gland and create clarity in your crown.

Silently focus on Wahe Guru, the sound of Deepest Ecstasy. Do this for at least 3 minutes. You can do this up to 11 minutes and this is something that you can do without anyone knowing. So you can reclaim clear any time.

Wahe Guru are you ready to claim the Essence, the core of you?

I See. I Believe. I Know. I Am

As I was walking in the mountains of Patagonia, I was rather lost in thought when an SUV passed and the man inside yelled, "Walk in the middle of the road, I just ran over a big Rattler." That snapped me to attention and made my walk much more observant.

What do you see? Do you look mostly through your two eyes of through your third eye?

I got to see this amazing, brightly-painted yellow bird which swooped me. The hummingbird that followed me up the hill and the biggest raven ever with a wing span angels would have been jealous of. The wind talked to me sometimes, sweetly brushing by and sometimes worked itself into a howl. I want to just be with all of this and not try to make it into anything. Just experience the gift of it.

What have you allowed yourself to be immersed in recently that took you out of what you believe to be true? That state of belief never allows you to be in what is being given.

I have had so much removed from my life, so many dreams, so many people, so many opportunities or things I thought should be or turn out a certain way that I am very liquid.

I am laying aside my beliefs of all that I am and all that I thought I should be or do. I will not tell you it is a comfortable place but I will tell you that it is profound in that there is only trust; there is only allowing; there is only “how can I serve?”

So what do you know that you know you need to unknow? Let me know if I can help you with that. If you would like a Strategy Session, please be my guest. There are limited but welcoming spots. Please sign up here http://gurutejsessions.com/ and we will have time together.

All love in the Divine,

Gurutej Khalsa