



Awakening Your Life's Purpose with Dr. Jean Houston

An Exercise: Access Your “Inner Experts” to Quicken Your Learning

In my 50 years of researching the outer limits of human potential, one miracle I've discovered is the existence of “inner experts.” They are in every single person on Earth, without fail.

And you have a wide array of these experts, willing inner teachers of diverse skills and abilities.

Some hold the mastery of a particular skill you have, like swimming or playing the violin or weaving or woodworking.

Others represent your various roles and relationships: child, parent, sibling, best friend, mentor.

Anything with which you have familiarity and practice, however small or large, has an inner expert who is always available to support, consult, and inspire your outer efforts.

Are you ready to get started?

First, choose a skill you'd like to work on and ask the inner master of that skill to come forward...

Let this expert lead you to a place nearby where you can work together to improve your skill. All the materials you need are there—paints, piano, golf clubs, tennis rackets, computers, dancing shoes—whatever you need.

In fact, the very space around you seems filled with the essence of your skill...

At this level of the psyche, an enormous amount of information is available that is not normally processed by the conscious mind.

Your inner master of a skill has access to all the knowledge you've gleaned in your lifetime—consciously or unconsciously—about the skill, as well as some new tricks.

When you call on the master, some of this hidden knowledge can be harvested and integrated into your learning.

Let's see how this works.

The master of the skill may communicate with you in words or without them. Perhaps the teaching will feel like a muscular sensation or appear as a sudden intuitive knowing. You may be advised to practice old skills, or you may be taught new ones.

However it happens, this expert who holds the mastery will give you deep and potent instructions.

As you receive this intensive training, you'll feel increasingly free, spontaneous, and confident, even overcoming any inhibitions or blocks you had before.

You'll be working with subjective time in this exercise, so please get a timer with an alarm.

Give yourself five minutes of clock time. *Imagine yourself having a rich learning session with the master of the skill, rehearsing and improving till*

you've moved closer to mastering it yourself.

Set the timer, close your eyes and begin...

When the timer goes off, come back now and notice how you feel in your body. Is the skill more a part of you? Do you have a greater feeling of pleasure and confidence about it? Are you looking forward to performing it?

In fact, if it's possible for you actually to engage in the skill right now, please do, and notice if any technical improvements have taken place.

Practicing with the inner master in this way is something you can do over and over again.

Before long, you won't have to go through these steps to call up this member of your "crew." The inner expert will be so much a part of you, it will be as if you are receiving instructions and improvements whenever you practice.

You can employ the procedure to call upon other members of your inner crew who have mastery in other skills or qualities of excellence.

If you give time and practice to rehearsing skills on the inner level, their outer manifestations will grow in you far more quickly.

This is one of the many techniques I'll be revealing in greater depth to participants in my 7-week online course.

If you'd like to join me and a dynamic community of thousands of other inspired souls around the world for a journey into your true potential and highest purpose, you can get more information and register here:

JOIN ME TO AWAKEN TO YOUR LIFE'S PURPOSE