

You have a team of inner drivers. Lead them with intention for clarity and control.

What you just experienced is the cockpit — your own internal space of calm and overview. It exists within you, always available.

WHAT JUST HAPPENED

In that session, you used three tools from The Inner Captain Method:

- The Power of Nothing — single-point focus to quiet the mind
 - The descent — a structured path into a relaxed, receptive state
 - The cockpit — your internal space of clarity and control
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THE 7-SESSION FRAMEWORK

The full method takes you further. Across 7 guided sessions, you will:

Sessions 1–2	Find and deepen your cockpit. Build reliable access to your inner space.
Session 3	Bring a real situation into the cockpit. Observe — without being swept in.
Session 4	Meet the primary driver behind your behaviour in that situation.
Session 5	Work each inner driver individually. Understand what each one needs.
Session 6	Bring the drivers together. Create coherence from the inside.
Session 7	Lead from the captain's seat. Directed. Unified. In control.

**By the end, you have something most people never build:
clarity about what drives you — and the ability to lead it.**

The Inner Captain Method

7 guided audio sessions · CHF 39 · One-time access
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