

THE INNER CAPTAIN METHOD

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

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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