

Title:

An Age Old Secret For Accessing Knowledge

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1298

Summary:

The human mind has boundless potential, and humans have been exploring many ways to use the mi

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visualization, benefits, brain benefits, meditation, technique, experts head, walking, brain,

Article Body:

Over the centuries, human beings have developed many techniques to gain access to their inner

One technique that many people have found very beneficial is to have an imaginary guide that

A modern variation of this technique has been developed by intelligence researcher Dr. Win Wen

This exercise is sometimes called ^Putting on the Expert's Head~

This technique enables you to access some of the enormous untapped potential that resides in t

The first step is to decide what knowledge or skill you would like to develop in yourself. Wh

Once you have decided what skill or knowledge you would like to develop, take some time to thi

The person need not be currently living. Before you move ahead with this exercise, you may wi

You might even decide you want to see the world from the perspective of your favorite animal o

When you are ready to do the Expert's Head exercise, prepare yourself by deeply relaxing your

Now think: is there a particular place where you would like to meet your imaginary expert? Y

You can improve your ability to visualize imaginatively by speaking out loud your inner impres

If you are not yet able to easily imagine a location in which to meet your chosen expert, don't

Your imaginary encounter may go exactly as planned, or there may be surprises in store for you

When your imaginary guide appears, handle the encounter with as much politeness and respect as

Even if these guides are figments of your inner mind, you still need to be sure you are access

If you get any sense of discomfort between you, thank the expert for coming, and politely dism

Once you have established a meeting with your chosen expert, mentally picture yourself and you

Place the expert's head above your own, facing the right way, and lower it over your own head.

Take the time to allow the expert's mind to slowly merge with your own mind. Now gently pull

When you feel that you are actually in the expert's body, notice what seems different to you.

Focus on the differences you notice and start to talk about them out loud. Spend at least five

You can use the Expert's Head technique to improve your skills at some desired activity, or to

First spend a few weeks performing the Expert's Head exercise daily to familiarize yourself with it.

First spend a few minutes performing the desired skill entirely in your mind. Feel as if you are the expert.

After about fifteen minutes, gently remove the expert's head and step out of the expert's body.

Before the experience starts to fade from your memory, spend a few minutes writing down or speaking about the experience.

When you wish to improve a particular skill, first spend about 15 minutes mentally doing it as the expert.

Please realize that advice and knowledge received in this manner is not infallible. Do not feel that you are the expert.

This technique can greatly increase access to your inner creativity and wisdom, but you will still need to practice the skill.

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