



Reprogramming Your Brain to Feeling Talented

What You'll learn

You're going to learn and do the following:

- What are talents
- The truth that everyone was given 4 talent gifts
- You're going to Uncover Your Sensory Experiences for feeling both a lack of talents and talented
- And then do a Meditation to Reprogram Your Brain to Feel Talented

Let Me Walk You through What Talents Are

Some people **confuse talents with skills or strengths** because the consensus describes famous people and successful people as talented. What is the only difference between them and you is that they know their talents. That is all. So can you imagine how your life is going to change now that you are going to know your talents?

Talents are innate qualities you were born with. They are Divine gifts given to you to express in your world. They usually showed up when you were young. Unfortunately, many drop them in favor of fitting into society. They avoid using them to become the people others want them to be. Did that happen to you? Others don't get an opportunity because adults in their life focus more on controlling their behaviors.

Talents have much more to do with how your brain functions and how you are wired. Many years ago someone from a famous corporation developed a talent test to help put people in work spaces where their brains were naturally wired. When they

placed people in their natural talented area, they were happier and more successful than just following what others wanted for them.

Four Talent Areas

There are four areas that help you define how you are naturally wired and provide you with clues to your talents and happiness. They are:

Amount of Right Brain Thinking - This is how much you process input with creative and emotional processing.

Amount of Left brain Thinking – This is how much you process input with rational reasoning processing.

How Quickly Ideas Come Forward – This is how fast ideas come into your awareness with each new input.

Degree of Spatial Thinking – This is how you experience input using dimensions either visually, auditory , feeling wise or other sensing.

We all are wired in these 4 areas to one degree or another. The degree with which we are wired gives us clues to our talents. The talent survey and resulting talents will be described more in lesson 2.

For this lesson you will:

Fill out the 4 step worksheet for uncovering sensory experiences for feeling a lack of talent. As well uncover your sensory experiences for feeling talented. Then

Do the meditation for Reprogramming Your Brain to Feel Talented

Worksheet a 4 step process

Filling out the worksheet has four steps to complete.

Completing the worksheet for “Reprogramming Your Brain to Feeling Talented” is important to do before the meditation because it helps you genuinely feel talented.

Let me walk you through these worksheet 4 steps now.

Step 1 Reprogram Your Brain to Feel Talented:

Uncovering Sensory Experiences For Feeling a Lack of Talents

Think of an event that has caused you to feel a lack of talents without judging if your feelings are justified or not. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? Here is a (hint of some feelings: powerless, unsafe, not loved enough, lack of abilities, controlled by others, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down in the worksheet provided.

Step 2 Reprogram Your Brain to Feel Talented:

Locate your sensory experiences for Feeling a Lack of Talent in Relation to Your Height in the Space in Front of You

Now where do you sense it in relationship to you in space? It could be a visual image, maybe just a sensing of energy or you hear a sound. Is it straight in front of you? Is it in front and upward or downward? Is it directly to your right? Is it upward or downward on the right? Is it directly to your left? Is it upward or downward on the left? Note where that sensing is. Now don't worry if you are not sure, just go with what first comes into your mind. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3 Reprogram Your Brain to Feel Talented:

Uncover your sensory experiences for Feeling Talented

Now imagine how you would experience your life if you felt completely talented. Are there any images you see? What do you hear? What feelings do you feel some (hints of some feelings: powerful, safe, loved, capable, in control, valuable, or peaceful)?

Step 4 Reprogram Your Brain to feel Talented:

Locate your sensory experiences for Feeling Talented in Relation to Your Height in the Space in Front of You

Again, now where do you sense it in relationship to you in space? Is it in front of you? Is it in front and upward or downward? Is it straight and to your right? Is it up or down on the right? Is it straight and to your left? Is it up or down on the left? Note where that sensing is. Don't worry if you are not sure; just go with what first comes into your mind. Now note the images you may see and the sounds you hear and the feelings or other senses you feel or sense.

Next do the meditation for Reprogramming Your Brain to Feel Talented

When you have a good idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation for “Reprogramming Your Brain for Feeling Talented”.

This video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions. The meditation does this 4 times.

And remember to be gentle with yourself and surrender to your unique process. Don't be concerned if you got it right or wrong. It will work for you even if you are not sure where it is located or what the exact sensory image is. Enough sensory images are in the meditation to help this work regardless of how clear your sensory experiences are. Just go with it. Your brain will reprogram just as you guide it to.

Important Points

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation. You can actually reach deep theta.

When you can feel talented, you will be able to uncover and own your talents more easily in the next lesson, which will be used to discover your 4 talents you were born with. The link to that lesson 2 is below.

Download the worksheet now and watch the guided meditation

Start having talented feelings. Also don't forget to also download the bonus tip sheet to get a preview before starting the next lesson – Muscle testing Talents. As you read it, you may have some ideas when you think about how you processed information when you were young. Don't be concerned if you don't understand it all yet, that will be explained in lesson 2.

After the Meditation, go to Lesson 2.