

The One Command® Technique Training

POD 1

Based on the practice of The One Command®

by Asara Lovejoy

The attitude of The One Command® Technique and Neuroscience trainee **is to be aligned with the greatness** that is right within you and to **know** that greatness – to hold that idea within yourself and to learn to hold that for those you share the technique with.

By the end of the training program you will be certified as a One Command® Technique Trained expert, qualified with the ability to get great results for you and your clients, associates, business and consciousness leaders.

As you take this training, you reconfigure your brain, your mind, and your emotions to operate in the embodiment of your greatness and the greatness that resides right within you. This attitude begins to permeate every aspect of your life – until you simply live it on a daily basis.

☐ **Learning Points for the Training**

What you will learn:

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| <input type="checkbox"/> The ONE COMMAND® that stops limitation and attracts more success, health, wealth and happiness in a moment | works |
| <input type="checkbox"/> Six-steps to the theta state | <input type="checkbox"/> The Quantum Field of The One Command® |
| <input type="checkbox"/> To operate in theta – that greater capacity within you | <input type="checkbox"/> Brain Waves and their function in healing |
| <input type="checkbox"/> The Syntax of The One Command® – why it | <input type="checkbox"/> Six Structures Of Belief – the congruence test for change in all dimensions |
| | <input type="checkbox"/> Activation of Your DNA Blueprint for success. |

The Quantum Field of The One Command:

and The 7 Precepts

There are qualities of thought and emotion that operate in the more subtle and refined fields of consciousness in the alpha, theta and delta brain waves. These qualities include love, peace, harmony, joy, wealth, health, happiness, invention, creativity and a sense of connection and rightness in the world. We literally evolve our consciousness to a new standard when we dissolve our old limiting beliefs, and engage theta thinking as our new ground of being.

1. There is a **vital energy field** that permeates all thought and space in the form of potential and is the essential un-manifested field from which we create physical matter. This is our greater field through of Intelligence and consciousness in an unlimited potential.
2. **Reality is undefined and open-ended** in its unlimited potential, and we can create in any direction for any probability.
3. When one is born, **he or she carries knowledge of his or her greatness** and the essential self found within their DNA. This is a sacred part of who every person is that we honor.
4. **Your hopes, wishes, dreams and desires tell you who you are in your essential nature** and are known right within your DNA as your life purpose and your blueprint for success.
5. **Your brain waves reflect the many dimensions of who you are.** By consciously going to the theta brain state one can recover knowledge of his or her greatness. At the same time you dissolve the frozen particles of limiting memories (your old beliefs) and the identity you associate with those moments as your limitations, leaving you open to our true potential. **As a natural consequence, your blueprint for success simply rises to the surface.**

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6. **You are the creator, the experienter and the observer of your reality.** You can only change you, and only need to change you to change the world.
 7. **You affect the universe and all levels of creation:** earth, mineral, plant, insects, birds, animal, human, divine, planetary, parallel universes – at the same time they are interacting with you. You have more invisible support than you can imagine at all times.



Qualities of Thought

You develop and grow through direct knowledge from the quantum field of consciousness.

The open wave collapses into a potential.

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The One Command brings you to a more refined sense of consciousness.

You have the potential for living in an unlimited way.

As a TOC Technique Trained expert you are guiding your clients to this new understanding.

“Consciousness is a non-local field phenomenon not caused by, nor reducible to, the brain but simply coupled to the brain...it is the local attention filters of the nervous system, evolved to.....access the universal repository of knowledge.”

Dreamed Up Reality by Bernardo Kastrup