

## **The One Command Technique Training -- POD 2**

### **Practice**

Listen to the *Space in All Directions* meditation at least once. Two or more times is even better. It is 10 minutes long.

Describe here what you experienced during the meditation:

### **Questions – Watch the mp4 and read your Coaching Manual**

1. What new ways of thinking have you discovered thus far?
2. What do you now know about You as the Creator?
3. Who are you as the Observer?
4. What is important about super-positioning yourself as the Observer?
5. What does it mean to be the Experiencer?