

### **POD 3 Exercise: The One Command Technique Training**

Share your answers with a friend or practice buddy.

Compare beta thinking and theta thinking. What are the important roles they each play in your life?

List the benefits of the theta brainwave state.

Read the article [The Three Aspects of Mind](#) and think about what you find the most valuable in that article.

Take yourself through these questions – relax and think about these questions – record brief notes on your responses.

- Think about your experience with the different brain waves.
- Have you ever had an AH HA moment?
- Come awake with a new idea?
- Solved a problem while you were sleeping?
- Had an out of the body experience?
- Are you aware of the difference you feel when in your rational beta mind and a meditative state?