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# The One Command Technique Training

*POD 5*

**Based on the teachings of The One Command®**

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## **Your Role as the Guide**

As a coach you take the role of the Inquisitive Questioner, the Anthropologist, the Detective, the Guide and act as the **guide** for change through The One Command. Realize that there is no one outside of your client causing emotional upset.

You hold this intention with your client - you KNOW that the client's internal reality such as judgments against others, fears, and limitations – are all unconsciously self-imposed.

## **Clarity About The One Command**

It is your role to guide your client through the process of The One Command.

"I agree to show up 100% to be present and to give my client as much guidance as I possibly can with the knowledge I have at hand. The client is 100% responsible for the outcome of the session.

## **Disclaimer**

The One Command is not medicine or medical treatment or therapy of any kind, and no representation is being made as to that result. It is a technique of going into the theta brain wave, asking questions, and making change through The One Command while in theta.

## **Introduce The One Command as the Vehicle for Change**

Let your clients know that this is real. They are making real change in their neurology and biology.

When a client consciously goes into the theta brain wave and internally states The One Command, neurologically the old thought path is disconnected, at the same time a new synaptic path with the new thought is created.

Once the negative firing sequence is halted the potential that already resides within their blueprint for success, health, wealth, and happiness can naturally rise to the surface.

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## **Creative Imagery**

In addition to the physical practice of moving your eyes up under your eyelids as if you are attempting to see right up through the top of your head, **Creative Imagery** assists you and your clients to **expand** your mind, to let go of the beta mind and experience the theta state.

People often question whether they are in theta. Remember to tell them that this is a practice:

First you'll be in alpha/theta

Peaceful calm = sign of theta

Practice takes you quickly into theta

Develop enhanced intuition

Everyone has his or her own style of imagining

## **Coach Building Skills**

Information is always coming in from others and our surroundings. All information and experience is filtered through the lens of our own subconscious programs and triggers.

What happens when you shift your perception into the position of an Observer?

## **Empathic Reflection as the Observer**

What information would be available to you when you quiet the inner dialog of your own programs?

## **Reflective Listening**

The act of reflective listening is a neutral observation– not problem solving or having an answer but neutral.

Reflective listening is non-judgmental – listening and reflecting back the words you hear yourself say, or that you hear your client say.

This is the power of you as the “witness” or observer that creates

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the sacred space where magic happens.

### **Auditory Reflective Listening**

You reflect back the exact words you hear.

For Example: *"I am really worried about my friend."*

Reflect back: What I hear you say is, *"You are really worried about your friend."*

### **Kinesthetic Reflective Listening**

Another dimension of reflective listening is to check what emotions you are feeling while in the session. Here the client may be unclear, or you may not be clear enough in what you are hearing to reflect it back, so you can reflect back **what you are feeling.**

For Example: *"I am feeling sad right now. That makes me think that you are sad – are you sad (angry, agitated, depressed)?"*

Report back only when you actually notice a feeling and see if by reflecting it back your client can identify that same emotion.

### **Exercise for Coach Building Skills**

- In this exercise you will be going into the state of the Observer - simply noticing your own thoughts, feelings, emotions and images as you ask a simple question; 'If I knew about myself, what would I know?'
- Go up to theta (ground, align, go to theta, and while there observe what you imagine about yourself).