

# The One Command® Executive Success Coaching Certification

*There is a power within you  
so great . . .*

Week 1

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

*by Asara Lovejoy*

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## One Command Executive Success Coach

**The purpose of the One Command Executive Success Coach Certification** is to become competent in your ability to make quality changes in your life through the application of the Six Steps to Theta and The One Command®, and to take others through the same process to make quality changes in theirs.

The attitude of The One Command® Executive Success Coach **is to be aligned with the greatness** that is right within each person and to **know** that greatness – to hold that idea within yourself and for the other person as you go through the coaching session.

By the end of the certification program you will be established as a Certified One Command® Executive Success Coach and a qualified expert with the ability to get great results for you and your clients.

As you take this certification 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 and your clients. This attitude begins to permeate every aspect of your life – until you simply live it on a daily basis.

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## Learning Points for Certification

- The One Command that stops limitation and creates more success, health, wealth and happiness in a moment
- The 6-Steps to the theta state
- Operating in theta – that greater capacity within you
- The syntax of The One Command – why it works
- The Quantum Field of The One Command
- Brain Waves and their function in consciousness
- The 6-Structures of Belief – the congruence test for coherent change
- Activation of Your DNA Blueprint for success
- To operate as the Observer
- The Skills of Being a Coach
- Elements of a session
- Guide another through the coaching process
- Practice sessions
- Integration of change
- Remove beliefs that keep you and your clients separate from your greater good
- Establish support and community in your practice
- Guidelines for being a coach practitioner
- Information about building your practice

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## **The Quantum Field of The One Command**

### **The 7 Precepts of the science and philosophy behind the teachings of The One Command**

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 of intelligence and consciousness in an unlimited potential.
2. **Reality is undefined and open-ended** in its unlimited potential and you can create in any direction for any probability.
3. **You carry knowledge of your greatness** and the essential self found within their DNA from birth. 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.

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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 your true potential.

**As a natural consequence, your blueprint for success simply rises to the surface.**

6. **You are the creator, the experiencer and the observer of your reality.** You can only change you, and only need to change you to change the world.

Command for the change you want to be in 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. And all levels of the universe and all levels of creation affect you.

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## Qualities of Thought

- You develop and grow through direct knowledge from the quantum field of consciousness.
- The open wave collapses into a potential.
- There are qualities of thought and emotion that operate in the more subtle and refined fields of consciousness in the alpha, theta and delta brainwaves
- These qualities include love, peace, harmony, joy, wealth, health, happiness, invention, creativity and a sense of connection and rightness in the world.
- You literally evolve your consciousness to a new standard when you dissolve your old limiting beliefs, and engage your theta thinking as your new ground of being.
- The One Command brings you to a more refined sense of consciousness.
- You have the potential for living in an unlimited way.
- As an Executive Success Coach 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***