

The One Command® Executive Success Coaching Certification

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

Week 2

Based on the teachings of The One Command®
by Asara Lovejoy

You as the Executive Success Coach

By the end of the course you will be a *Certified One Command Executive Success Coach* and a qualified guide with the ability to get great results for you and your clients.

What you discover and what you want your clients to know is that this practice **is real** – making change in the DNA in the neurology and bio chemistry of the brain, and in the cells of the body.

The opportunity for your hopes, wishes, dreams, and desires to become real in the physical world is a simple process of identifying what you want to change, improve or remove and through the One Command process, elegantly and easily make a deep and lasting difference.

As the Coach you hold the ideas of this greater truth for the client. You also act as the Guide to that greater understanding.

The rewards for you and the client are life supporting. The rewards for you as the Coach are open-ended in possibilities, for a new practice or for adding to your existing practice with great financial reward.

To make this journey you must have some qualities of thought:

- The ability to surrender to new ideas that create new realizations and awaken states of potential.
- The desire to investigate your thinking.
- The commitment to exercise a system as a new way of living.

Dive into the Quantum Soup

Physically we are little more than recycled atoms - which are energy and information.

We may appear solid in this dimension, but in scientific terms, we and everything around us are 99.999% empty space.

DNA is not solid. It is a potential in the quantum field and you are choosing which potential to express from the DNA itself and by creating what you want as a new option.

There are many probabilities in your choices.

And many new paradigms or ways of viewing your present, past and future.

For example, if you were to take your personal DNA it would reach to the sun 93 million miles away and return again 150 times for your personal DNA.

And if you were to take all the DNA of 6.5 billion people on the planet it would fit into a grain of rice.

In the quantum world we are a potential waiting to happen.

If you are willing to give up what you think you know about how your thoughts create physical matter and become neutral, and open to a new experience, then you can become like a mystic on the mountain who materializes with a thought.

You as the Creator

You are designed with the ability to create and be the awakened master of your life.

You are physically designed through your DNA, your brain, your nervous system, biochemistry and your complete physiology and biology to operate in many levels of consciousness as reflected by your different brain wave frequencies.

The purpose of this training is to engage your mind in a new direction - to awaken your latent talent and abilities.

What you have in your life now is a reflection of what you have brought into matter *by your own thinking*.

98% of your subconscious thinking was established before you were 6 years old - when you were small, defenseless, and powerless.

Limited fearful thinking that triggers old negative responses to new ideas, experiences, input and opportunities - is habitual.

In the old idea of consciousness – *You* – has been regarded as a result of your brain potential.

In the new paradigm, your consciousness is the ground of being and your brain is the expresser and processor.

As thought is the primary ground and brain is secondary, then it is natural to ask how to use the brain in an optimal fashion to fulfill the purpose of your greatest gifts.

Thoughts are not determined as 'things' but as waves of possibility...the brain itself consists of quantum possibilities before we measure it....before we observe it.

You as the Observer

- You as the Observer choose from the possibilities, the one facet that becomes the actuality of your experience.
- Physicists call this process the collapse of the quantum wave possibility.
- When you Command a thought you are in essence collapsing a wave function into a particle that then becomes your thought that then becomes matter.

Super Positioning as the Observer

- The One Command creates a New Thought in the unified field that leads to a new experience in a single synchronized moment.
- This coherence realigns your unconscious mind in agreement with your new idea.
- Neurons fire new sequences with new biochemistry of this new possibility.
- New habits of thinking are established.

The More You Operate in the Unified Field of theta the more coherent your brain becomes.

Professor Frederick Travis at the Center for Brain, Consciousness, and Cognition in Iowa, explained that the EEG of an enlightened person shows his or her whole brain working as one, functioning in a totally synchronized, coherent way.

You as the Experienter

- The formation and reformation of your beliefs in your regular everyday life is your small sphere of influence found in your fast and furious BETA brain wave activity.
- Here you compare, analyze, contrast, judge, and view limits as more powerful than possibilities.
- **You spend about 98% of your thinking here in this field for a 1% result that you call your experience of your life.**

How do you define yourself now and experience your life?

What do I believe about myself as a person now?

What do I believe has happened to me that limits me?

How have I sacrificed myself for the sake of others?

What habits do I have that I would like to change?

What behaviors do I have that I would need to change to have what I want?

What are my 3 most important values?

What would I like more than anything else in the world?

What Would You Like to Change, Improve, or Remove?

- Notice what you think about your life and how you would want to change it – you as the Creator that forms your command.
- Go through 6 steps into theta and command – you as the Super Positioned Observer.
- Now experience the new biochemistry, thoughts and habits of your new idea of yourself – you as the Experienter.