

Contract for a Session

It is your role as a coach to guide your client through the process of The One Command during your session together.

We highly recommend that you take a moment to create a contract with your client before you get started using the following statement.

"I agree to show up 100% to be present and to give you as much guidance as I possibly can with the knowledge I have at hand. You are 100% responsible for what you learn and what you take into your heart as new skills and possibilities in your life. You determine how much knowledge you receive even as it is my responsibility to give you the best explanations and teachings as I can, and only you are responsible for the amount you absorb. Do you agree?"

It is important to add this Disclaimer.

The One Command is not medicine, 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.