

The One Command® Executive Success Coaching Certification

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

Week 7

Based on the teachings of The One Command®

by Asara Lovejoy

Internal Positioning and Mother/Father Programs

As the coach you gather information about the client's perception of event's in their life, their responses, and the effect the events have had on her or him.

Filters of Reality are Internal

The way the client experienced an event and the decision they made about that event, becomes generalized into a belief about how other people and circumstances will respond to them.

We can identify these decisions by how they act and react in 6 specific structures of belief.

Six Structures of Belief

- ENVIRONMENT
- BEHAVIOR
- CAPABILITY
- BELIEFS AND VALUES
- IDENTITY
- SPIRITUALITY

Childhood Experience – Decision – Belief – Effect in life

In the following chart we list some of the internal effects above the decision point that caused a decision and below the decision is the 6 different areas of life that it effects.

The flow for change starts with the decision and is then identified as their belief or program that then is having an effect in their life.

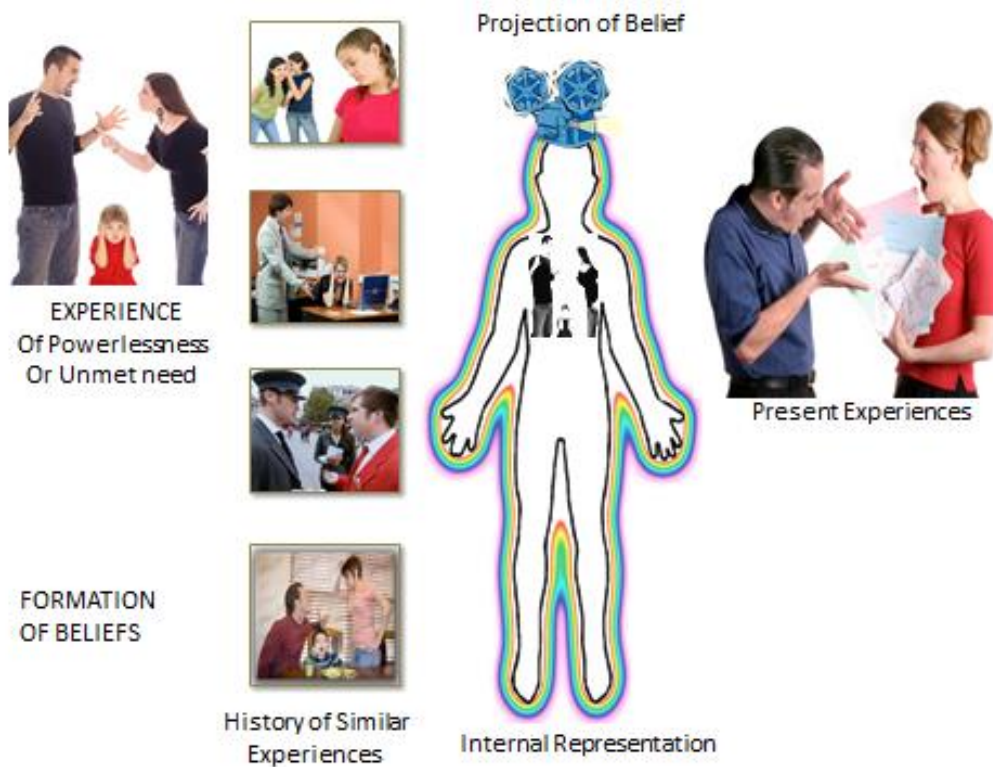
Filters of Experience

Conception-Development In Womb
Welcomed/ Rejected-Influences
Experiences/ left out
Training/ Punishment-Support/Denial
Pain/Reward
Health/Illness
Gender-Religion
Birth-Order

Decision

Environment
Behaviors
Beliefs/Values
Capabilities
Identity
Spirituality

Structures of Belief



When there is a block or limitation it is because
the client is frozen in the position of the
role they played and the decision they made that
is now held as an unconscious belief about life.



Mom and dad are fighting and it feels bad.

Many decisions will be made from this perspective:

- I am bad
- People fight and fighting is normal
- I have to fight to get what I want
- I can't tolerate fighting – I must become the peace keeper.



At the unconscious level we model our fathers behavior in the way we take action or inaction, lead, run a business, and define our abilities, such as success or failure in the outside world. The way we take action is based on our father programs...



And the way we process our emotions, self esteem, worthiness feeling of being loved is based on our mother programs...

If we are raised by a single parent, then we take on that parent's *internal* representation of their mother or father.

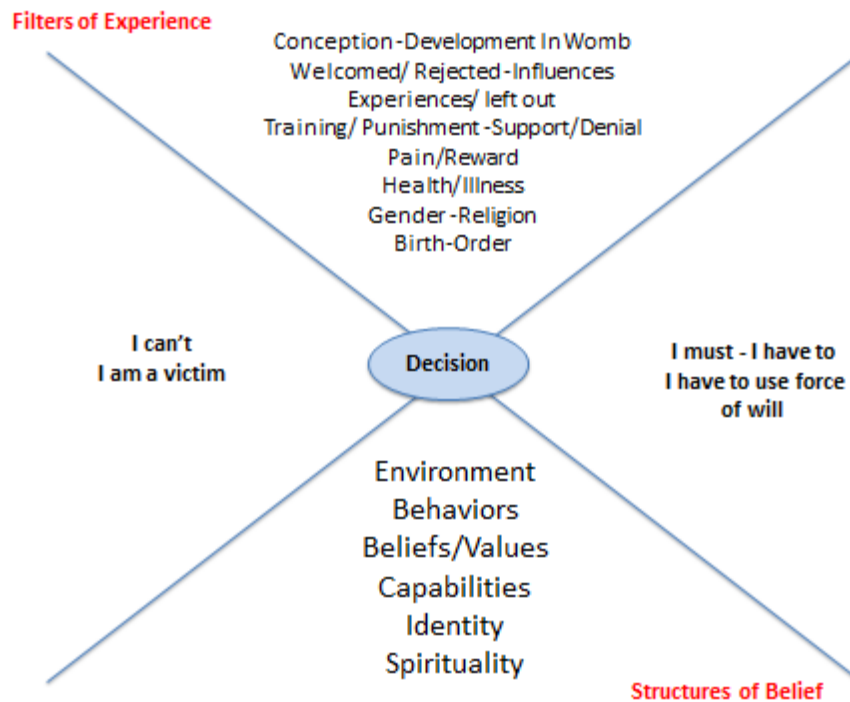
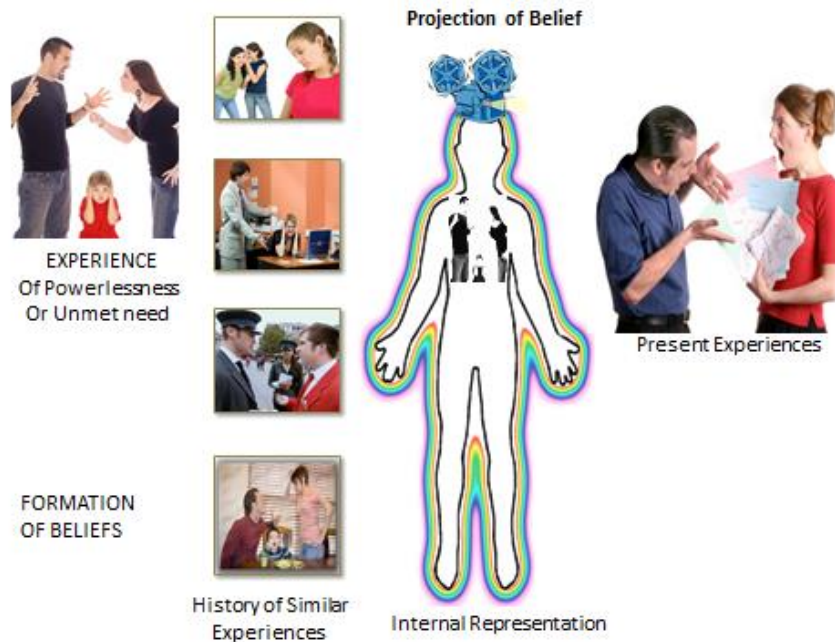




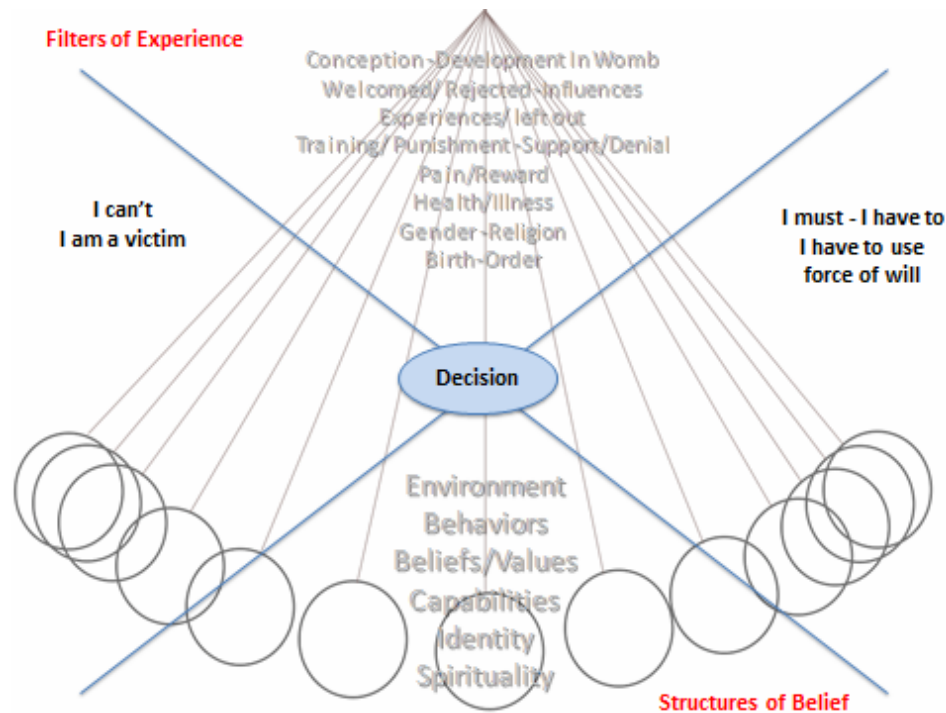
We will also unconsciously hold the position of the role we played in the family, i.e.: The Smart One, The Beauty, The Rebel, The Hero, The Little Mom, The Black Sheep, The Peacekeeper, etc.



There is also an energetic pattern that is the family system. And there are rules, habits and protocols that support that Pattern, which we call a program. This pattern is held in the physical body, including the DNA level.



Unless the program is changed, we will swing emotionally from victim to force of will.



Changing Parent Programs

You are changing your idea of your parents – not your parents

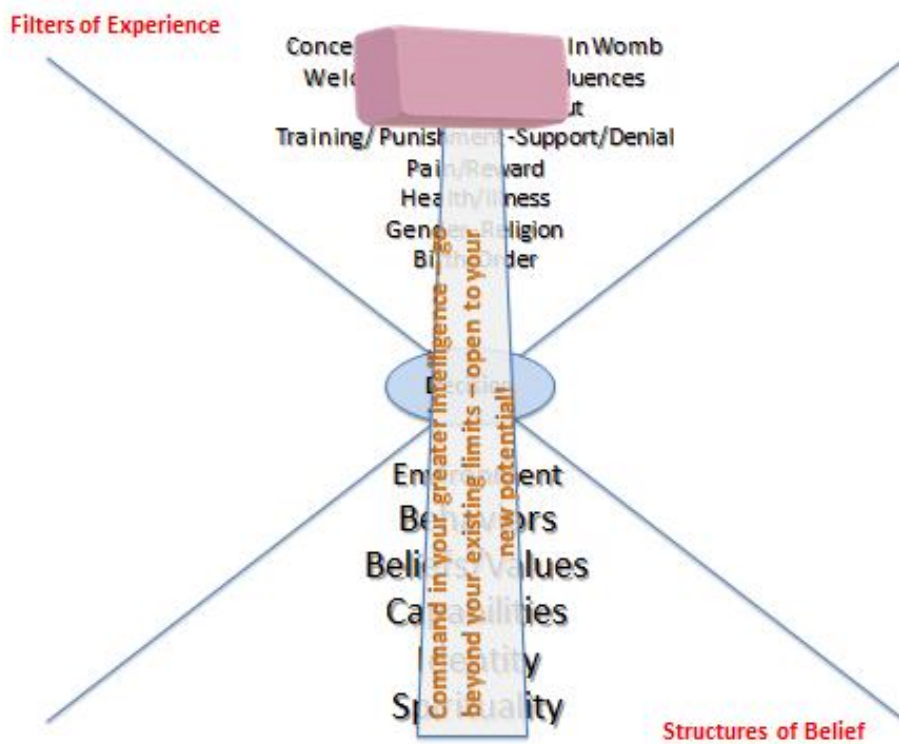
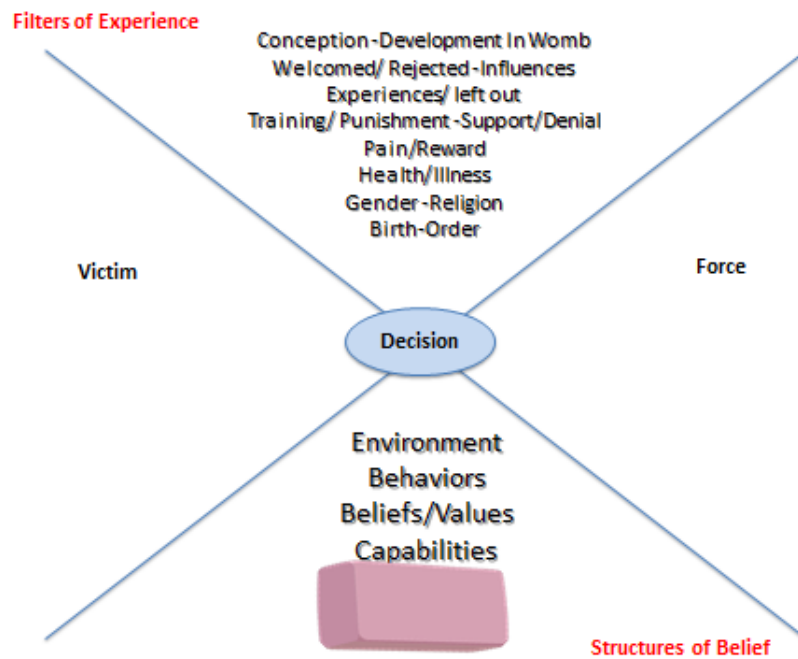
You have the right to make change because memory is false in any event.

You are opening to another idea of life – one that is also within you.

Your imagination sees this just as real as what you remember (inaccurately).

Identify the new ideas/beliefs

- My mom is openhearted and loving and wants my success.
- My dad is proud of me, tells me he is proud and supports my success.
- My mom praises me.
- My dad has my back.
- COMMAND IT IS SO!

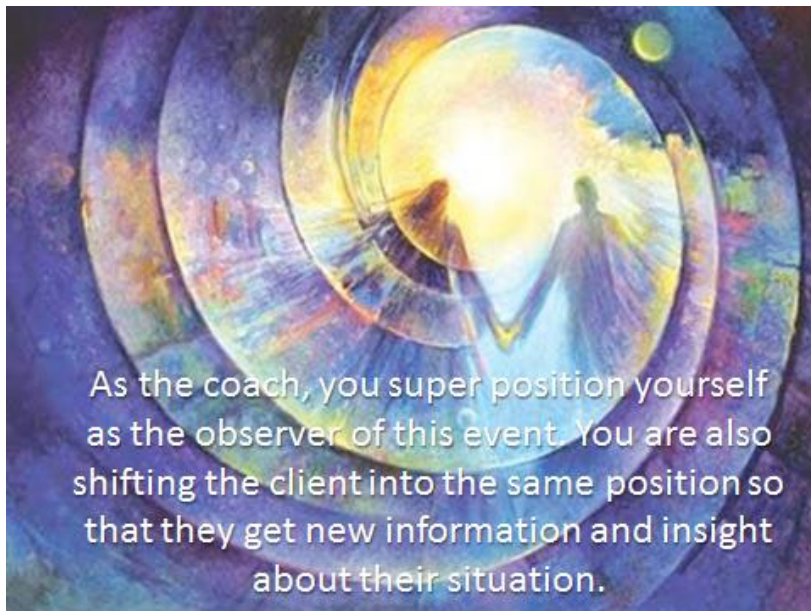


Shifting the inner images of your parents

When you shift the inner images of your parents, it neurologically and biologically disengages the old decision which is frozen as a belief - and allows new information, more choices, and a different perspective to become the new filter of reality.

And everything in your life is changed.

By going into the Theta brain wave and making your Command, you stop the firing of the limited idea (*which was frozen and repeatedly recycled*) - and allow your open potential to arrive.



What is it that you would like to change in your old idea of your inner parents?

Command it is so....