

**Mastery in Action
The Advanced Techniques
of The One Command
Practice Worksheet Week 2 - Re-Imaging**

This week you are learning a deep-level change application to unlock old ideas, thoughts, feelings and programs that may have held you back or had a negative affect on you and your happiness and success. Be gentle and respectful of yourself and anyone else that you practice with.

We recommend that you either write out answers to these questions or talk them through with a One Command partner.

What do you think about your right to change your inner programs?

Do you fully understand that you are not changing and cannot change anyone outside of you – rather you are changing your inner program about that person when you re-image? This allows something undiscovered to arrive.

Choose 2-5 people who you would like to re-image (those you have a difficult time with or are angry at or who you feel treat you unfairly) and have a partner take you through the re-imaging process. And then reverse roles and do the same for the other person.

Thank you for your Mastery in Action!