

# Mastery in Action The Advanced Techniques of The One Command

Mastering others is strength;  
Mastering yourself is true power.  
~ Lao Tzu

Week 3  
by Asara Lovejoy

## **What you learn in week 3**

- Foundation of the Inner Self
- Why the Inner Self Connection Process is Essential
- Change your Inner Connection – represented as your Younger Self – Change your life
- Integration with the Theta Command

### **Foundation of the Inner Self**

It is extremely important to get to know your subconscious mind, that inner part of yourself that unconsciously directs 100% of your life.

The subconscious mind operates at the level of a three year old. It only operates in the now and does not judge or reason (that is the job of the conscious mind).

It believes everything that it is told—literally. For example, when you say 'there is not enough' or 'I am not worthy', your subconscious mind does not argue with your idea. It believes it and makes emotional choices in alignment with your belief.

### **Biological and Neurological**

The choice is a biological and neurological event affecting even the nervous system.

Tom Kenyon, psychotherapist specializing in brain wave entrainment says that, "when you have an experience and emotionally form a belief, your nervous system sees that as an event and interprets it as real."

### **Foundation of the Inner Self**

That is also why you have so much power to re-direct and re-train your subconscious mind and your Inner Self identity to believe something different – something new and more powerful for you – it accepts what you create in theta - a new belief as an event that is also real.

Whatever is experienced and whatever is Commanded or imagined in theta is real to your subconscious mind.

## Inner Self Connection is Essential

When you consciously engage your subconscious mind in theta, you are connecting with the essential foundation of your identity and the basis for your actions and reactions to the world.

As you re-train your inner self, represented by your younger self, (the age you accepted almost all of your ideas about the world, who you are and what you can accomplish) you in fact change your biology, and your neurology. You create brand new neuronal synaptic connections in your brain that process new perceptions and bring about brand new positive experiences.

How New Thoughts are Formed by Dr. Joe Dispenza  
<http://www.youtube.com/watch?v=Nmvk3zlyQ2w>

Your younger self represents your emotional body, your subconscious mind and is the vessel of the dreams and desires of all that you wish to become.

The best way in the world to come to a peaceful, safe place in your thinking is to make friends with your younger self and to take care of that small vulnerable younger self within.

When you are on a quest for love, happiness, a sense of well-being, importance, money and riches, you often look for the solution **outside** of yourself – thinking that someone else can make you feel better or figure it out rather than creating a more powerful emotional state **within** yourself.

There is no one who can make you feel loved, make you happy or make you rich until you are able to know deep within your subconscious mind what that experience is of loving yourself, being happy and liking who you are as rich, loved and successful.

## Change Your Inner Connection – Change Your Life

The path to wholeness requires that you travel internally, to reconnect to that sacred part of yourself that is your heart – your desires, your spontaneity, your ability to trust, and to give and receive love.

Once you have upgraded these expectations internally, biologically and neurologically – then everything in your world changes.

Advance now by taking a journey inward and creating a new inner connection with yourself!

## Inner Self Connection Process

1. Close your eyes and ground your energy. Take a deep breath and as you exhale let your shoulders relax. Notice that you are relaxing into the chair and let the chair support you for now letting yourself completely let go and be supported.

2. Now bring your energy up into your heart and align with a deep inner connection with yourself. Breathe light into your heart. Now breathe normally.

3. Now you are going to travel back into the past into your childhood. Just notice how you can travel back on your timeline to a time when you were 5 years old or younger and simply notice what is happening. Go to a specific memory or a feeling of an event when you were scared or afraid and feeling all alone in that instance.

4. Notice that small little you in that situation and kneel down in front of your younger self and look from your eyes into his or her eyes and say: *I am so sorry that you have been all alone all this time. I am so sorry I apologize for leaving you all alone, afraid and scared all by yourself but I see you now. And I didn't even know that I could come and connect with you until this very moment.*

5. Continue with: *I see you and see how beautiful / handsome you are and how much you want to be safe and supported and able to do what you want in safety. I see you and I love you and I am your adult self and I can take care of you NOW. I promise you that I will never leave you ever again and always pay attention to you to the best of my ability.*

*Come with me now. Now take your younger self by the hand and move them out into the light – into the sunshine – into a playground with play equipment and say to them. See I can remove you from danger, harm and difficulty and keep you safe in the sunshine where you can shine.*

6. Now pay attention to your younger self and notice their reaction to your intention. Do they trust you – have difficulty accepting that you are trustworthy or question your words and your promise? Or are they accepting of what you are saying and agree that you can keep them safe?

Sometimes it takes a little conversation between the two of you to establish trust. Have your younger self tell your adult self what you are thinking and feeling about them right now and tell them what you want for assurances to know that you can trust them and be safe in the world doing what you want to do.

7. Ask that they respond to you to let you know that you are being paid attention to by giving them 3 signals. (The signals can be a feeling in the heart of warmth, or a tickle on the nose, or an inner word like a big sign or a bright color flooding their mind. These are your signals to let your adult self know that you are feeling vulnerable, fearful and want some assurance that you will be safe in the situation.)

Let your younger self know that, to the best of your ability, you will stop and pay attention when they give you a signal.

8. Now pick up your younger self and bring them into your body into a safe place right within you. Start by imagining that you are holding them – giving them your love hugging them and then merge this younger protected self into your body.

9. Form the Hyper-Link Command – My younger self and I are now connected and in partnership from this moment forward.

10. State Hyper-Link

Look up and Go to theta

Command

Expand

Let your eyes relax

Release, Resolve, Receive

## **What to Expect After the Session**

Sometimes you feel vulnerable or even some grief because of the disconnection for so many years. But you now can have regular communications with your younger self.

Be especially respectful and kind to yourself as you integrate this new awareness and connection with the most powerful part of your intelligence your younger self.

## **Be in Presence with Yourself**

Muse about what you and your younger self can accomplish together.

Notice your actions and reactions – how are they different – what different results are you getting – how do you feel differently.

Notice time – how there is no hurry – it is already done and you are able to enjoy every moment of NOW.

Perhaps purchase a child's toy or element to remind you of this younger self found right within you.