

# **Mastery in Action**

## **The Advanced Techniques of The One Command**

### **Practice Worksheet Week 5**

*Set aside quiet time to answer these questions and practice the Hyper-Link Theta Command. The practice worksheet was designed for your personal use to deepen and expand your experience.*

### **The Magic of Metaphors**

This week you are creating your own metaphor. Once you have the basic steps down, you can create metaphors for anything—for yourself or for clients.

- 1. Identify the problem or emotional state. Write it here.**
- 2. Use your words (or the words a client uses). For example: "I am blocked." "I don't know the next step."**
- 3. Write a short metaphor to answer the problem.**

Example:

Problem: *I'm stuck between a rock and a hard place and can't seem to decide.*

Metaphor: *A stone mason one day came upon a magic rock. It was so amazing that when it touched another rock, it simply dissolved.*

After creating your metaphor, practice using the Hyper-Link Theta Command to bring it into your Being.