

TOC Technique Training Final Review

Full Name:

Email:

Phone:

Address:

Congratulations on learning so much and applying The One Command in your life, for your clients and others. This is an interactive document so you can fill in the answers here and at the end **hit the submit button**. Once we have reviewed your answers, comments and ideas you'll receive an email with access to your special One Command Technique BONUSES and your Certificate will be sent in the mail.

Thank you for being a practitioner of The One Command and helping to bring this powerful knowledge into a greater world community. You are greatly appreciated!

1. Pick two of the 7 Precepts and explain what they mean to you. How would you incorporate them into your explanation of The One Command?
2. How does The One Command bring you into a more refined level of consciousness. Include some of the more evolved qualities of thought and feeling.
3. Why is The One Command a physical phenomenon? What is the physical process of change when you make a Command?

4. Describe your ability to create reality. What is the process you go through in your brain biology and what is the result?
5. How do you as the Observer create and or change reality? Refer to the double-slit experiment.
6. What does coherence and the unified field mean? How does this relate to synchronicity and creating a physical result?
7. Explain who you are as the Experiencer – what does this mean related to The One Command?
8. What does hertz or cps mean in relationship to brain wave activity?
9. What is the beta brain wave? Describe it in cps or hertz, activity and what kind of thinking process applies to the beta brain wave?
10. What is the theta brain wave? Describe it in cps or hertz and why and how that makes a difference compared to beta.

11. Where does the most natural theta brain wave activity occur? Describe the eye activity while in in theta.
12. What happens neurologically when Commanding in theta?
13. List 4 benefits of the theta brain state and how it applies to making change in one's abilities to create what they want.
14. Why is the syntax (the order) of The One Command important?
15. Describe the benefits of the first part of The One Command, I don't know how. Describe 5 ways it is important.
16. Why do you make your Command while in theta?
17. How is the quantum field important when going into theta to Command?
18. Why is gratitude and blessing important?

19. Why is unwinding the DNA important and why include the negative you are letting go when unwinding?
20. What are you accomplishing when you rewind the DNA?
21. Explain why The One Command only exists NOW!
22. Why do you only need to Command ONCE for the change or results you are seeking?
23. If the person speaks other than English as their first language – why do you sometimes want them to make Commands in that language?
24. When forming a Command we ask what do you want to _____,
_____, or _____?
25. What is the KEY to forming the strongest Command for the best results?
Identify what.....

26. What is your responsibility in coaching your client and what is your client's responsibility?
27. How does this idea make you a GREAT Coach? *You hold this intention with your client - you KNOW that the client's internal reality such as judgments against others, fears, and limitations – are all unconsciously self-imposed.*
28. Describe how TOC makes real change? Incorporate the biology of change.
29. Why does creative imagery add value and deepen the TOC experience?
30. Describe how reflective listening as the observer compares to subjective listening and responding.
31. What is auditory reflective listening?
32. What is kinesthetic or empathetic reflective listening?

33. Explain the value of each of the steps in the TOC 6-step process in a sentence or two for each step.
34. List two important principles of practice?
35. Why is "I am fulfilled" so important?
36. Give an example of what you can share with your client to help them realize that change is possible.
37. Gathering information for a session – why are using the client's own words important?
38. Calibrate means what?

39. Explain, "When you have that thought where do feel it in your body?" Why is this used?
40. Making Change – List three steps in making change.
41. Why is it important to tell the client what to expect after the session?
42. A person's language will indicate how they are processing information at any one time. What are the three representational systems people indicate through their language and eye movements?
43. What is your representational system – based on which car you would buy?
44. Describe these eye movements and how the brain is processing when the eyes are in a certain position; visual, visual construct, visual remembered; auditory, auditory construct, auditory remembered; kinesthetic (feelings);

auditory self-talk.

45. List three predicates for each visual, auditory, kinesthetic.

46. List two predicate phrases for visual, auditory, kinesthetic.

**CONGRATULATIONS YOU HAVE COMPLETED
THE ONE COMMAND TECHNIQUE TRAINING.**

There are two bonus pods, 9 and 10 for specific ways to focus in a session! Once you have submitted your final review you will also receive the bonus Advanced applications of The One command such as: The One Command Hyper-Link, The Re-Imaging Process, The Inner Self Connection Process, Your circle of Influence and Metaphor for Change.

We appreciate you and who you are. Please give us a little feedback.

A. What did you like the most about the TOC training process?

B. What would you like more of or improved in the training?

C. Please write a success story or a testimony that we may share with others about the training and include your photo.

Again, thank you for who you are and what you do in the world.

Many blessings and wonderful thoughts coming your way from The One Command Team.

Hugs and love,

Asara and Eden

SUBMIT