

The One Command Technique Training

POD 3

Teachings of The One Command®

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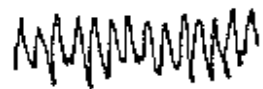

Brainwaves

Your ability to form and create something new in a moment is found in your slower brain wave activity of alpha, theta and delta and is your greater intelligence of who you are.

To change your life for your rich success you must command a change that creates a physical response in your body and brain.

With The One Command you go through the 6-steps and command a change. While in theta you disengage your old patterns and engage your new potential.

The electrical charge of your brain's activity is measured in hertz, or Hz. The higher the number of Hz (electrical impulses), the faster the operation of your brain.

Brain-Wave Frequency	State of Consciousness	Brain Wave Sample
BETA: 14 to 30 cps	Fully-Awake, Alert, Excitement, Tension	
ALPHA: 8 to 13 cps	Deeply-Relaxed, Passive-Awareness, Composed	
THETA: 4 to 7 cps	Drowsiness, Unconscious, Deep-Tranquillity	
DELTA: .5 to 3.5 cps	Sleep, Unaware, Deep-Unconsciousness	

Examples of Alpha Thinking

- | | |
|-----------------|------------------|
| Meditation | • Daydreaming |
| Imagination | • Quiet |
| Reiki | • The "Zone" |
| Watching TV | • Energy healing |
| Removal of pain | • Thoughtful |

Capacity for problem solving would be the equivalent of all our planet out to the Van Allen Belt.

Theta Brain Waves

The Theta brain wave is the foundation of who you are in your subconscious mind and began forming ideas about life when you were in the womb.

Your brain operated predominately in theta and delta from infancy until about 5 years old.

There were no comparisons of any other behavior or emotions than those in the immediate environment and you made decisions about you and your value, the world and how safe or dangerous the world was based on these experiences.

You became all the experiences of your childhood and determined beliefs about you and the world when you were small, defenseless and powerless.

Theta Brain Waves only operate in the NOW.

The theta brain wave - unique and powerful properties.

As a child you synthesized your daily experiences while asleep in theta/delta brain state every night.

In other words you did not learn while in your experience of stacking blocks and knocking them over – you learned the principles, ideas and concepts at night while in theta where you set up neuronet processes to organize your understanding and conclusions.

While asleep in theta/delta brain state

- Deep Rapid-Eye-Movement sleep at least three times a night, REM sleep.
- In REM sleep you discharge negative thoughts and fears from the day and from the past.
- You also create what you dream to be realized, receive answers to your problems and unexpected solutions and Brand New Ideas and Ah Ha moments!
- The theta / delta slow brain wave frequencies heal the body, engage directly with the cells of your body, and your DNA and establish neurological pathways for thought – your belief system and your habit of thought.
- By directly accessing this fantastic powerhouse of reality you can consciously change the direction of your life by choice and you can do all of this in a moment.

Benefits of the Theta State

- ☐ Quieting of emotions and thoughts.
- ☐ Deep level healing and regeneration of the body.
- ☐ Recapture strong and vivid sense of well-being.
- ☐ Increased sense of love for self and others.
- ☐ Unheard and unseen things come to conscious awareness.
- ☐ Ideas spring forth from unconscious and intuitive sources rather than from deductive reasoning.
- ☐ Integrative internal experiences = feelings of psychological well-being.
- ☐ Improvements in relationships with self and others, and emotionally healthier.
- ☐ More flexibility in thinking, reasoning, and reacting.
- ☐ Increased connection and improved relationships with others.
- ☐ More self-acceptance.
- ☐ Increase in creativity, new ideas, and problem solving.

- ❑ Hypnagogic images full of “reveries and fantasies,” with much visual imagery and many childhood memories, and mental events that are “surprising to the ego.”
- ❑ Greater tolerance.
- ❑ Integrative experience of knowing and feeling

Video Links for the Power of the Brainwaves

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

Jill Bolte Taylor Story
<http://www.youtube.com/watch?v=QTrJqmKoveU>