

The One Command® Technique Training

Pod 7

There is a power within you so
great . . .

Based on the practices of The One Command®
by Asara Lovejoy

The Coach's Role as Guide

The Coach takes the role of the Inquisitive Questioner, the Anthropologist, the Detective and acts as the guide for change. Realize that there is no one outside of you or your client causing any harm or emotional upset.

As the Coach you KNOW that your client's internal reality - judgments against others, fears, and limitations – are all unconsciously self- imposed. No blame or judgment – this is simply the mechanisms of the unconscious process.

Once they are "stopped," the blueprint for success has the space to naturally emerge.

The attitude of The One Command® Coach is to be aligned with the greatness that is right within each person and to know that greatness – to hold that idea within yourself and for the other person as you go through the process.

Conversation with the Client to Support Making Change

- Science now proves that you literally can and do affect your DNA with your thoughts.
- The theta brainwave is directly linked to your subconscious programs and you make instant change in the DNA options when you command in theta.
- You do this naturally while asleep – now you are doing it consciously while awake.

Formation of Beliefs

98% of your beliefs were formed before you were 6 years old, when you were small, defenseless and powerless.

As a child you made a decision about the world that is mostly incorrect or just simply wrong.

Often you had negative ideas about yourself based on your parent's attitudes, words, and actions towards you.

Those views were Dead Wrong and **YOU NO LONGER NEED TO KEEP THEM.**

There is no past (please get up and go to your past) there is only you thinking NOW - an idea thought or feeling. What does it benefit you to keep thinking the same old idea of pain and suffering?

You have the right to change an idea about yourself NOW!

Science says that we remember 100% of the time incorrectly – if it is incorrect then get rid of it or change it for a more powerful thought of what you want instead.

When you Command a change you physically delink the biochemistry of the old thought and the neural connections that process that thought – this creates an open potential for creating any new thought.

You have a greater intelligence that is 90 billion times more resourceful than your beta logical mind. When you enter into that space while in the fifth step, you open the lines to that intelligence. It sends you the solutions to problems, new ideas of your self-worth and your abilities. You receive that knowledge directly in your DNA, brain and biology.

*It only takes one person to change a circumstance or relationship
– that person is you.*

–

When you change your thoughts and beliefs they become actualized in the physical world just as your thoughts and beliefs are doing now.

Your new thoughts are so much better and bring you more promises realized - of health, happiness, security, love and prosperity.

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Gathering Information in a Session

After your introduction ask your client:

- What would you like to focus on in your Session?
- Listen – reflect back

Take notes and write down their own words (you will use the clients words – not your interpretation because the subconscious reacts best to their own language)

Identify the theme.

(Every problem comes from an internal system of beliefs formed over time)

Talk about what is going on and what the client wants instead.

Words and Feelings, Calibrate - Observer

Identify words and feelings from the conversation – such as; “I feel powerless when men in authority speak loudly to me,”

or “My business goes up and down financially and my relationships do the same thing.”

Calibration – calibrate how strong that negative feeling is on a scale of 0-10 with ten being the most negative.

Ask the client to close his or her eyes and ask - when you have that thought where do you feel it in your body?

- Hot, cold, tight, weight, pressure, constant or in a rhythm – how big – bigger than your body?
- Assign a color to that feeling
- What internal words do you hear when you have that feeling

Look back or move back or go back to when you first had this similar feeling in your body or heard these same words and felt powerless when you were a child.

Empathetic Reflection - Observer

When I hear you tell me that I feel-state the emotion you feel: sad, angry, hurt, upset, scared, fearful in my body.

How has that affected you throughout your life?

How much has that cost you in income and happiness and sense of wellbeing?

- We are always getting information from others and our surroundings. All of it is filtered through the lens of our own experience and programs. What happens when we shift our perception into the position of an Observer?

What information would be available to you when you quiet the inner dialog of your own programs?

The skill of Empathic Reflection is a powerful tool in The One Command Executive Success Coach session and it allows you to get information about your client's state without having to fix or help your client.

You simply observe, collecting information as a tool to get deep-level information from your client so you can assist them to make the changes they desire.

Making Change

Ask your client: What would you like instead?

Form the Command(s) and state them out loud to the client. Does this sound like what you want instead? (Work with the client to get the right wording).

Go through the six steps and Command for the change.

Recalibrate 0- 10 NOW 10 is the MOST POSITIVE Future Pace

Say to your client: Imagine yourself 6 months from now – or a year from now looking back at yourself. What do you perceive?

For deeper change you can command for 3 things you'd like to know or have in the future

Always finish with:

What to expect after the session

Sometimes you feel like sleeping Sometimes more emotions come up spontaneously Sometimes you feel extremely good and powerful Please be gentle and take care of yourself – drink lots of water. You have gone through a real change in your brain and biology and biochemistry.

Set a Ask for feedback from your client during these practice sessions.

time for your next session or reaffirm when you'll meet again.