

Mastery in Action  
The Advanced Techniques  
of The One Command  
**Practice Worksheet Week 1 – Hyper-Link Command**

*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.*

**What has held you back from making change in the past?**

*(The idea that you can't, or that you shouldn't, or it wouldn't make a difference, or it may be best for you to suffer?)*

**What do you want to change, remove or improve?**

**Now use the Hyper-Link Theta Command Process to make your new Commands.**

- Mentally state 'Hyper-Link'
- Move closed eyes up to theta
- Mentally say COMMAND
- Expand
- Let your eyes relax
- Mentally state: Release Resolve Receive