

# Mastery in Action The Advanced Techniques of The One Command

Mastering others is strength;  
Mastering yourself is true power.  
~ Lao Tzu

Week 2  
by Asara Lovejoy

## **What you learn in week 2**

- Re-Imaging Process
- Elements of Re-Imaging
- Your Authority to Re-Image
- Integration with the Theta Command

### **Advanced Technique: Re-Imaging**

Re-Imaging is a specific process to change the structure of a current idea, thought, belief, and feeling that are neurologically and biologically wired together as a program such as: mother, father, boss, family member, sibling, partner, spouse, child.

### **Current Imaging**

Close your eyes for a moment and think about your mother or father – whichever one you prefer. Now notice how you feel in your body. What image do you see – what words and sounds do you hear?

You think about every person as a blueprint and in that blueprint the same feelings, thoughts, ideas and emotional responses are triggered.

What did you notice? Did you see and feel the same sense of judgment about the effect of your parent on you?

The blueprint of any immediate family member was established before you were 6 years old.

As you get older the inner blueprint for friends, love partners, spouses, boss, or co-worker are all filtered through your family images, beliefs about what that means to you, and the emotional colors.

For example, have you ever heard that you pick a husband or wife or partner that is like your father or mother?

Did you know that you train your children to be elements of your siblings or parents – to replay the same dynamic with you?

And in general in your relationships, how many times have you had the same disappointment or sense of betrayal or opposition?

## **Why Re-Imaging**

To change your limiting ideas of reality based on childhood thoughts, feelings, and ideas, you must redesign and re-image their meaning to you.

It is true that you cannot change what happened to you – but you can change the decision you made about your self-worth, value, or safety in the world - based on those experiences.

## **Your Authority to Re-Image**

Since the original experience - how much have you learned about life – what do you know now that you didn't know then? In addition, when an unconscious decision was made – then all other possibilities were eliminated.

By making a new IMAGE new experiences have the opportunity to arrive.

Yes, you have permission to change your brain—to change your mind about the meaning of a past event and open to brand new possibilities.

From this new perspective, what can you create and accomplish?

## **Re-Imaging Process**

1. Define who you would like to re-image – mom or dad.
2. Close your eyes. What was said, felt, seen or heard that has had a persistent negative affect on you in your life from (mom, dad, brother, sister, aunt, uncle, other)?
3. What would you want to hear, feel, see instead?
4. Open your eyes. Write these words down so you can hear the right new words as you go through the process and create a new blueprint for the good (mom, dad, boss, spouse). It is best to go through this process with another person – have them be the guide and the voice for the inner process.
5. Close your eyes – ground, align, go to theta, call forth the image of (person).

6. Say to that person: *I am so sorry, I apologize for keeping you frozen in the exact same idea and position all my life up until now, please forgive me, I love you.*

7. Next, imagine a good mom or dad standing next to the image of your current mom or dad and whispering in their ear, teaching them how to be a good mom or dad. Your current mom or dad are now saying the words to you that they are hearing from the good mom or dad - saying these words to yourself: *I am so sorry, I apologize for hurting you by saying negative, judgmental words and taking harmful actions against you* (you can add the real words here if you want), *please forgive me - I love you.*

8. Continue with these words. *I see you and want your success, I appreciate who you are and I am truly sorry for the pain I caused you.* Now take your time – and have your guide add the words you have always wanted to hear.

9. Now observe how your (mom, dad, boss, child, partner) has changed. See their body get lighter and brighter, and see the good version of that person merge with that person. Notice that everything about them has changed and notice that even the color of their eyes has changed. **Notice the eyes changing color.** And then bring that new version into your body so that this becomes the new blueprint of (the person).

10. While you remain here in theta, mentally say **Hyper-Link Command.** This new blueprint is now your active perception of (person).

11. Come back into your body, RELEASE, RESOLVE, RECEIVE.

12. What did you notice during the process and what do you know now that is different?

## **Be in Presence with Your Command**

Muse about the new outcomes. This develops the frontal lobe images, feelings and integration of the Command and deepens it over time.

If you enjoy visuals, create a vision board – with abstract images or real images. Or you can write a poem or song about your Command.

Notice your actions and reactions – how are they different – what different results are you getting – how do you feel differently.

Notice time – how there is no hurry – it is already done and you are able to enjoy every moment of NOW.