

Mastery in Action
The Advanced Techniques
of The One Command
Practice Worksheet Week 3 – Inner-Self Connection

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.

Inner Self-Connection Process

The path to wholeness requires that you travel internally, to reconnect to that sacred part of yourself that is your heart – your desires, your spontaneity, your ability to trust, and to give and receive love.

Use the Manual to go through the 6 steps of the Inner Self Connection Process. Ask a One Command partner to take you through the process.

1. What did you notice from doing this exercise?

2. Who are you now when connected to your Inner Self in this new way?

3. What changes have you made?

4. How will you live your life differently now that you are connected to your Inner Self in this new way?

5. Take another person through the practice and see what happens with them.