

# The One Command Technique Training

## Resources and Recommendations

### Books

<i>The One Command</i>	Asara Lovejoy
<i>Biology of Beliefs</i>	Dr. Bruce Lipton
<i>Spontaneous Evolution</i>	Dr. Bruce Lipton
<i>Molecules of Emotion</i>	Dr. Candace Pert
<i>Hidden Messages from Water</i>	Dr. Masuru Emoto
<i>Genie in your Genes</i>	Dr. Dawson Church
<i>Isaiah Effect</i>	Gregg Braden (or anything by him)
<i>Breaking the Habit of Being Yourself</i>	Dr. Joe Dispenza
<i>Reinventing Your Body, Resurrecting Your Soul</i>	Dr. Deepak Chopra
<i>Spiritual Liberation</i>	Michael Bernard Beckwith
<i>Matrix Energetics</i>	Dr. Richard Bartlett
<i>Physics of Miracles</i>	Dr. Richard Bartlett
<i>Sermon on the Mount</i>	Dr. Emmet Fox
<i>The Power of Your Subconscious Mind</i>	Dr. Joseph Murphy
<i>Trance of Scarcity</i>	Victoria Castle
<i>Stroke of Insight</i>	Dr. Jill Bolte Taylor
<i>The Holographic Universe</i>	Michael Talbot

### DVDs

What the Bleep  
Down the Rabbit Hole  
What if? The Movie: Awakening  
The Living Matrix: A film on the new science of healing  
Ambition to Meaning: Finding your life purpose with Wayne Dyer

## **Video links**

### **Asara Lovejoy**

Meet Asara Lovejoy and The One Command

<http://www.youtube.com/watch?v=KHpVCfaVirk>

Meet Asara Lovejoy

<https://www.youtube.com/watch?v=Qlv8yGsQJrM>

One Command Previews

<http://www.youtube.com/watch?v=EKZJ9lC0rtA>

### **Great video links for understanding quantum science**

Water Crystals in Motion: Messages from Water

<https://www.youtube.com/watch?v=PDW9Lqj8hmc>

Dr. Quantum and the Double Slit Experiment

<https://www.youtube.com/watch?v=fwXQjRBLwsQ>

Dr. Quantum and Flatland

<http://www.youtube.com/watch?v=BWyTxCsIXE4>

Dr. Joe Dispenza – Creating Your Day

<http://www.youtube.com/watch?v=mKZiEpnqIZE>

Dr. Joe Dispenza—How New Thoughts are Formed

<http://www.youtube.com/watch?v=Nmvk3zlyQ2w>

Dr. Bruce Lipton – Rewriting the Program

<http://www.youtube.com/watch?v=21bxAH6mHc8>

Gregg Braden – Consciousness

<http://www.youtube.com/watch?v=vRQeIsfQtE4>

Jill Bolte Taylor story

<http://www.youtube.com/watch?v=QTrJqmKoveU>

Dr. Joe Dispenza - Rewiring Your Brain to a New Reality

<https://www.youtube.com/watch?v=pCdZeOaBTow>

Dr. Bruce Lipton and Wayne Dyer—You Can Heal Yourself

Part 1: <https://www.youtube.com/watch?v=yImwoJDYGjk>

Part 2: <https://www.youtube.com/watch?v=3DwUunAN0Vs>

### **Just for Fun**

Bob Newhart – Stop It

[http://www.youtube.com/watch?v=7999\\_0E3BpU](http://www.youtube.com/watch?v=7999_0E3BpU)