

The One Command® Executive Success Coaching Certification

*There is a power within you
so great . . .*

Week 9

Based on the teachings of The One Command®

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This week we held a Demonstration Session:

The flow of a session:

Introduce yourself
Explain about The One Command
Contract for the session
Tell me a little bit about your circumstances
What would you like to focus on for your session
Calibrate
Ask questions through the Six Structures of Belief
Form Commands
Command process
Recalibrate
Future pace
What to expect after the session

Six Structures of Belief

Structure of Belief	Observations and Questions
ENVIRONMENT	What is the environment that you find yourself in? <i>Where and when is this happening?</i>
BEHAVIOR	Notice what you are doing and saying ... <i>Notice how your actions are a reflection of what you are doing/saying ...</i>
CAPABILITIES	Capabilities and skills ... <i>Notice how this structure of belief enhances your qualities, your skills and competencies ...</i>
BELIEFS AND VALUES	Beliefs and values ... <i>Notice how this structure of belief influences the other beliefs and values that you carry ...</i> <i>What does it add to them?</i>
IDENTITY	Identity ... <i>Notice how this structure of belief adds value to your sense of self, your mission and purpose ...</i> <i>How is this an expression of you?</i>
SPIRITUALITY	Notice the bigger systems you are a part of ... <i>As you carry this structure of belief forward, notice how this enhances how you connect/co-operate, and how this adds value to the other systems that you are a part of.</i>

The 6 Structures of Belief Process

- At first using these 6 Structures of Belief may feel awkward. Just follow the process and soon it will flow easily for you.
- Go through each of the six life areas and start investigating what, when, where, how and what you would like instead.
- Form Commands for each section – at the end you will take them up to theta and give them linked Commands, one after the other for each of the areas. This is very powerful as the subconscious mind takes over because the conscious mind has too much information to follow.
- We want the client to open to understanding at the deep levels of the subconscious – and it happens.
- Trust that it does because it does.
- Have fun investigating the power of making congruent change in your life and your client's life.

The Session Begins:

Introduce yourself

Explain about The One Command

Contract for the session

Tell me a little bit about your circumstances

What would you like to focus on for your session

Calibrate

ENVIRONMENT

Tell me when and where this happens or has happened.

Where are you?

- Specific place and time
- Location of event
- Location of feeling state in the body
- Energy, atmosphere or mood of the place or situation
- Specifics –where people were located in relation to you
- Time
- Temperature

Repeat what you are told (you can take notes).
Usually your client will give you more information or express
a sense of relief that they are being heard or seen.

Close your eyes

- *What do you tell yourself?*
 - *What images do you see or colors?*
 - *How does it make you feel about yourself?*
 - *Where do you feel this is your body?*
-
- What would you like instead – Form the Commands

Teaching Points

- The helicopter metaphor got Jasianna centered in her body so she could access what is going on at a deeper level.
- The subconscious holds information in metaphors and in words – your client will tell you how they are noticing the information.
- Asara used the word 'sense' further on to help Jasianna focus on identifying the sensation she was feeling in her body.

BEHAVIORS

What's Being said and done?

Their external behaviors. This could include for example, what they would see or hear or feel when they are engaged in a particular activity.
And when you have this feeling of I am afraid of speaking in front of a group, how are you different from when you don't have this feeling?
For example: *I get tense and constricted. I start to sweat and feel nausea and lose my voice.*

- *What do you tell yourself?*
- *What images do you see?*
- *How does it make you feel about yourself?*

Repeat what you are told:

For example: *You get tense and constricted, you start to sweat and feel constricted and lose your voice. You tell yourself while seeing yourself as...and you feel...*

(Only some or all of these will be easily accessible to your client. Usually your client will give you more information or express a sense of relief that they are being heard and seen.)

Close your eyes

- *What do you tell yourself?*
- *What images do you see or colors?*
- *How does it make you feel about yourself?*
- *Where do you feel this is your body?*
- What would you like instead – Form the Commands

CAPABILITIES

- *Are you capable of changing this situation?*
- *Do you have the authority?*
- *Do you have the skill and knowledge or would you have to study or go back to school?*
- *Are you physically capable to do what you want to do?*
- *How has your lack of capability affected you in your environment – say at work or in relationship or with your finances?*

Close your eyes

- *What do you tell yourself?*
- *What images do you see or colors?*
- *How does it make you feel about yourself?*
- *Where do you feel this is your body?*
- What would you like instead – Form the Commands

BELIEFS AND VALUES

- What do you believe is holding you back, what do you see as not possible or what do you hear in your inner voice that tells you *you can't* in this situation that you would like to change?
- This is where you are discovering their deep-seated core beliefs and unconscious thoughts that hold them back. These will be changed when you make the Commands.

Beliefs that commonly arise:

- I'm not smart enough
- The world has other plans for me
- I am not supported, or smart enough, or have enough education
- I'm afraid I'll fail
- My family will disapprove

Ask your client to close their eyes and go back to an earlier time when they had this same feeling, or heard these words or saw their limitations when they were a child.

Now identify who told them or made them feel this way – mom or dad or whoever raised them.

What would you like instead? Speak about their right to make a belief change about their mom and dad. How would they like to be loved, praised and supported by their parents?

Form new – good parent Commands.

Teaching Points

- When things are natural and easy – Jasianna feels guilty.
- We all have areas that may surprise us in our subconscious programs.
- Notice how going back to childhood reveals the deeper subconscious programs.

VALUES

What values do you hold that support or oppose these changes?

- Sacrifice vs Allowing my own success
- Freedom vs Commitment
- Please others to be safe – mom/dad
- Money vs being loved and liked or even good – poverty is better than riches
- Loyalty to my family, devotion, responsibility supersedes my success
- What would you like instead – Form the Commands.

Teaching Points

- Her belief is that she wants to have fun, show up as herself and be rich.
- The value that shows up is 'having to sacrifice herself' and the value has more power.
- There is a value and a belief in conflict.
I don't know how I set good boundaries and I am supported and loved.

IDENTITY

- Who will you be in this new expression of yourself?
- What is the new image that you will have?
- How would you see yourself? Close your eyes and just let whatever you imagine come to the surface.
- What would you say to yourself?
- What would others say?
- How would you feel being successful in front of people?
- How would you see yourself differently than you do now?
- How would you see your circumstances differently than now?

Some ideas of the new you

- Really brilliant
- Capable
- Honest – getting what I want with ease and grace
- Deserving
- Loving and loved
- Helping others while succeeding
- What would you have to give up to have your new identity (for example) a victim, depressed, a loser, not good enough?
- Form the Commands based on their description of the qualities they want instead.

For example:

- *I don't know how I am a success, peaceful and loving, I only know that I am now and I am fulfilled.*
- *I don't know how I close the door to being a victim, I only know that I do now and I am fulfilled.*
- *These Commands reach throughout the neurology in a trans-derivational search to eliminate old circuits and establish new ones.*

SPIRITUALITY

This aspect is generally the most pleasing to the client. They may see a higher ideal and opportunity for themselves by the time you reach this point. Some clients open to a greater connection with their personal God ideal, and for others, they feel they can make a greater impact on the world.

Ask: How would you be different in the larger world with this new experience of yourself?

Close your eyes and tell me what you notice.

When you clear a program or belief with The One Command, it is a neurological event and new structures are set in place to support the new belief program.

Teaching Points

- What higher vibration means can be unclear.
- Ask your client what it means to her/him.
- Discussion of what a higher vibration means, and the formulation of a Command

Commands

Write down their new feelings, words and vision of themselves and form the Commands.

Now Review the Commands that you are going to give them while in theta. This is a powerful moment in your session as when you say the Commands – they are already making a change.

Go through the Six Steps and One Command process and link all the Commands by saying them one after the other.

Let them be in silence until they want to speak – unless you run out of time then gently ask them the following questions:

Closing

How was that? What did you notice (notice is a neutral word, not directing them in any way.)

Great – now recalibrate their original condition or situation.

Close with what to expect after the session.

Congratulations – job well done!