

# Mastery in Action

## The Advanced Techniques of The One Command

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

Week 1  
by Asara Lovejoy

## **What you learn in week 1**

- Why Advanced techniques are valuable
- The Premise for Advanced Change techniques
- Your Authority to make change
- Hyper-Link Theta Command

## **Advanced Techniques to Increase your Skill and Application of The One Command®**

Consciousness is evolving every day. The consciousness of all the people on the planet is evolving, and these Advanced Techniques implement even deeper, faster results to evolve you forward in your life in beautiful and powerful ways.

## **Next Level of Mastery**

- As you practice over time you notice there is often an ability to instantly be in theta.
- Recognizing this we are sharing a Hyper-Link process to theta that takes you there quickly with the same profound results.

## **Advanced Techniques to Increase your Skill and Application of The One Command®**

- For those in The One Command Certified Coaching training program, you can add these techniques to your practice for deeper results effortlessly with your clients.
- And for you who are attending this training for your personal growth and development, you will see great change during the course as you apply what you discover here.

## **The One Command Direct Change Rules of Engagement**

- You are biologically designed to change easily.
- You have many aspects of yourself that have been biologically created as synaptic neuronet connections wired together in your brain.
- You have the ability and the RIGHT to change any compilation of thoughts, feelings and memories - to unwind the wiring and to create new wiring.
- There is more open potential awaiting you when you release old, fixed, wired groups, or fixed beliefs, thoughts and feelings.
- Yes, it is like becoming a child again – not knowing what you will discover, but learning new things about yourself, about life, and about your possibilities - thereby creating new fantastic results.

### **This is an Actual Real Physical Change**

When you change the wired connections – you simultaneously establish new synaptic links that allow new experiences, thoughts and ideas about you and your potent possibilities.

An excellent example of how actual, real physical change occurs when you make a Command, watch Dr. Joe Dispenza's short video on how new thoughts are formed on the neurological level.

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

What you used to be linked to emotionally by the biochemistry of firing a specific synaptic wired group memory is disengaged.

When you disengage that memory – you can make new choices.

For example – how many of you have had the experience of another family member being preferentially treated over you?

How has that affected your entire point of view of who you are and what you can do?

How do you think that would change your life if you create a new neurological point of view?

## Your Authority to Make Change

Until you make that inner shift, all your actions in the outer world will continue to give you what you are dramatizing and keep you recycling fear, distress, lack, and emotional pain.

*Take time now to do the practice assignment for this week's lesson to deepen your understanding.*

## Hyper-Link Theta Command

The Six Steps neurologically disengage the beta mind and rearrange your inner genetic blueprints and mind sets into open new potentials.

These potentials then re-engage into new neurological synaptic connections > new feelings > new chemistry > new results.

Each of the 6 steps creates an inner state that quickly brings about the most comprehensive and coherent mind/body emotional change possible.

- **Grounding** – creates connection
- **Aligning** – creates intention
- **Go to theta** - creates brain state shift from beta to theta
- **Commanding** – directs intelligence
- **Expanding** – creates brain state shift into deep theta-delta-gamma brain wave activity that forms new synaptic neural connections
- **Receiving** – activates the frontal lobe to engage in the new picture, vision, sound, and feeling of the new idea and actual DNA restructuring

Once you fully understand the purpose and function of each of the 6 steps, you may now create a hyper-link that includes all of these elements without naming them.

You can always take time to go through the 6 steps anytime you want to slow the process – sometimes that is desirable.

## The Hyper-Link Theta Command Process

Mentally form what you want to create. You don't have to say the whole Command. Instead state what you want – in the positive.

Calibrate on a scale of 0-10 – 10 being the strongest how strongly do you think you can have, do or be that?

- Activity in my best interest
- Resolution in my favor
- Increase of (xyz)
- New associates and friends
- Healing with (name)
- Healing for (condition)

## The Hyper-Link Theta Command Process

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

*Take time now to do the practice assignment for this week's lesson to deepen your understanding.*

## Be in Presence with Your New Self

As you stay in presence with your New Self, you enable the experience to move through you to:

- Restructure the ego
- Retrain your conscious mind

A verbal reminder you can use after you have used the Hyper-Link Theta Command:

**Up until now** (fill in your reminder of what you used to feel/hear/see/do).  
**From this moment on** (fill in the new choice you have made).

*Example: That's right. Up until now I used to be afraid to receive what I asked for. And from this moment on, I receive with ease and gratitude.*

Use this verbal reminder as often as you need a conscious reminder of what is now your New Self.

Other ways to lock in your New Self are:

- 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. 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.

## **Mastery in Action: The Advanced Techniques of The One Command Practice Worksheet**

*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