

Mastery in Action The Advanced Techniques of The One Command

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

Week 4
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What you learn in week 4

- Your Circle of Influence
- Outsider vs Insider
- Insider vs Outsider
- You as the Center of Your Universe – Your new Circle of Influence
- Hyper-Link Theta Command

Your Circle of Influence

How effective you are in your world is determined by the belief you have about your influence. Factors such as your birth position (as first, second child, etc.) and the value that position held in your family will affect you.

Another important factor is your gender; very different information comes to you depending on whether you are born male or female.

Whether you were rewarded or criticized on your performance in school, how you were rated in comparison to the other students, and your parents comments and feelings about your school performance greatly determine your self-esteem and value.

Sometimes you work harder to show others your worth or feel that you cannot measure up no matter what you do.

Even as an adult these ideas and feelings prevail.

These might be some of the ideas you heard about yourself as a kid – different roles that you take in a family such as:

- The hero (the one everyone looks to for the answers)
- The black sheep (it's all your fault)
- The clown (not smart but funny)
- The bully (fighting with others to make your way in anger and resentment)
- The pleaser (giving in to make others happy)
- The mediator (you are always trying to make everyone happy – not taking sides and keeping the peace)

Outsider vs Insider

As a consequence of these various roles you feel that you don't quite fit in and others have more authority, presence and power than you do. Even very successful people can feel like an outsider – even when others don't view them that way.

This comes from the **neurological wiring** at the identity level of not seeing yourself as accepted for who you are or that you seem stuck in a role, or that you have to perform for approval.

When you feel, think and reason from the position of an outsider, then opposition and struggle are normal to you in your world. As an outsider you live and act from of a position of having to overcome, struggle against, or put up with what you can't change in order to become accepted to become and insider.

Questions to uncover and discover about who you want to be as an Insider in your Circle of Influence. You will find these questions in your exercise sheet for this week.

- What do you think you would look like as an insider?
- What do you imagine you would have as an insider that you don't have now?
- What qualities would you have that you don't have now?
- How effective would you be in your personal and business dealings as an insider?
- What extra magic or super power would you have as an insider?
- How would your life be changed and improved?

Your New Circle of Influence

Having a new inner dynamic of you as an insider with influence and positive feedback and positive responses to you and your ideas is immeasurable.

Being part of a community on the inside means never having to go it alone and always having others who witness you and your greatness – your gifts and abilities.

The goal of the Inner Circle of Influence process is to establish a brand new base line of identity about who you are and how you are accepted and supported.

We created The One Command Circles worldwide to bring Circles of Influence to thousands around the world – to make change and to live in Mastery with support. Here now you can create an internal version of that support.

Before you start the process, identify 3 insider qualities that you would like to activate inside of you. (Use your exercise sheet with the questions to do this process.)

Circle of Influence Process

1. Close your eyes. Take a deep breath and as you exhale, allow your shoulders to relax. Let yourself fully relax and sink down into your chair, allowing the chair to completely support you as you let go.
2. Ground by coming into your body and feeling present in your body. Send your energy down, down, down deep into the earth and connect with the power of the earth.
3. Now notice the negative energy and toxic feeling of being an outsider, not being heard, or loved, or listened to, draining out the bottom of your feet. The bottom of your feet are channels going down deep into the earth and this toxic material can easily be absorbed and transformed by the earth. Let it drain right out of you - let it go.
4. And at the same time see light coming in from above you – coming down through the top of your head filling up your body and the cells of your body as the energy empties out it is replaced with this light.
5. Now bring your energy up back into your body, refreshed, cleared and whole back up into your heart and align your heart with I am an insider. I don't know how I am an insider. I only know that I am now and I am fulfilled.
6. Now go to theta – move your eyes up and go to theta. While in theta imagine you are walking into the center of an amphitheater – imagine that you are in your body looking out your eyes standing in the center of an amphitheater.
7. Now focus on the group that you want to support you. Let's start with 10,000 good mothers or fathers, whichever is the most important to you, and imagine that they are standing on the floor of the amphitheater surrounding you, with you in the center.

Imagine they are looking at you and you can see their eyes one by one looking at you as they say to you -- *I see you – you are the center and we are focused on you. We see you and support you. You are loved.*

Now add the specific words that you have always wanted to hear for example: *You are the perfect daughter, mother, (son-father) and as the voice of the 10,000 good mothers we are on your team – we bring power and wisdom, compliments, insights, laughter and constant protection to you as the 10,000 good mothers. We love you and know that you are seen and heard, well-liked and respected by what you say, what you think, and what you do.*

8. Now take the energy of these words, images, thoughts and feelings of *I am the insider and I am supported.*

9. Now activate the Hyper-Link Command.

- Hyper-Link
- Command
- Expand
- Relax your eyes
- Release, Resolve and Receive

Take a few moments to tune into how you are feeling. What do you notice that is different?

Take care of yourself always after a deep level change.

Today, do one little thing to take better care of yourself...then repeat tomorrow. ~ Unknown

Be in Presence with Yourself

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.