

# The One Command Technique Training

*POD 4*

**Teachings of The One Command®**

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## **The One Command®**

For a 1% moment of concentration in theta and by your Command you get 100% return of your time and energy. You get that result because as you Command a thought in theta you physically and biologically interrupt all the thoughts that derail that truth at the same time you simultaneously create a new DNA blueprint for that thought to appear in physical form. And you are hard-wired with the ability to accomplish this!

This simple statement is so powerful that you can experience physical reactions to the neurological changes in your brain. You are instantly changing old addictive thinking patterns that are harming you, but you are so familiar with them, it seems too simple to think that you can just let them go.

You train yourself through breath, thought, and trust to let yourself change into this new pattern. Soon enough it will become your natural way of thinking.

The One Command is a direct link to your brain in theta, the place of open potentiality from which you create what you wish to manifest into physical reality.

The One Command is a simple statement that stops your limited thinking and creates a neutral space to re-direct fear-based thoughts of lack and limitation to ones of abundance, success, and worthiness.

### **GO TO YOUR GREATER INTELLIGENCE AND COMMAND:**

I don't know how \_\_\_\_\_,  
(fill in the blank with your desire)  
I only know *that* it does now and I am fulfilled!

Replace every fearful thought with this simple statement and you put your brain into idle so that you can experience new ways of knowing and thinking about your greatness, and good!

**You are also commanding your subconscious mind to demonstrate your good and fulfillment.**

## **There are Three Parts to The One Command®**

**The first part** stops your old way of negative or fearful thinking.

**The second** part puts your mind into a state of pause where you connect to that greater capacity within you – your theta mind.

**The third** part thrusts your dreams and wishes into the world in their new form as you unwind and rewind the new reality onto your DNA and your subconscious hard drive.

1. **I don't know how – stops the negative thinking.**
2. **Make your Command** - I (fill in the blank) for example: only know that I create \$20,000 a month income NOW – Commands what you are creating.
3. **And I am fulfilled is the blessing** – receive in gratitude as you bring it back into your body unwinding the old programs in the cells of the body and your DNA and rewinds with the new information to make it so in you first and watch it arrive. You have now created a new filter of reality a new possibility and as you are already masters it is 100% assured that it will arrive.

When you think a thought of lack, of fear or find yourself talking DOWN TO YOURSELF stop yourself by quickly going to theta and state the real truth:

*I don't know how my good comes to me. I only know that it does now and I am fulfilled!*

See how quickly your good will come. It will show from more clients, or work, and in unexpected ways. It takes only seconds to go to theta and to declare this simple statement; and feel the emotion of good coming to you, as you are steadfast, persistent, and determined to have faith without evidence that it is so!

Prepare yourself for your abundant good.

## Go Up To Theta

**I Don't Know How \_\_\_\_\_, (Fill in The blank)**

**I Only Know That It Does Now And I am Fulfilled!**

Once you learn the wording of The One Command you can apply it to each and every situation.

## Going into Theta

The 6 easy step process of The One Command has been designed to implement all the qualities and characteristics of being in a deeply relaxing, and healthy theta state of mind.

To go into theta, your eyes look up under your closed eyelids and you often have some rapid eye movement as you slow your mind to your theta brain wave.

The part of your brain that you are activating operates these eye muscles. It may seem to strain your eyes, as you activate this greater part of your brain that is waiting to wake up and to be put to use for your good. Any discomfort you may have is similar to what you would experience when exercising any new muscle.

As with any new learning, be gentle on yourself. This process is real and is teaching you to activate the unused portions of your brain and is the **key** to becoming the master that you are.

Often during this teaching you will be asked to go to your greater intelligence, and this is the process you will use.

During the process you are being guided to use your imagination. Remember that everyone has different styles of imagining. There is no perfect right way.

To begin, just accept that you are doing it and eventually you will in reality know that you are connecting to **your greater intelligence** and making great changes in your life.

## Forming Your Command

1. Identify what program or belief you want to change
2. State what you want instead
3. Go to theta state The One Command
4. Only operates in NOW
5. Operates in your childhood language

## A Simple Format to Create a Command

What I want to change, remove or improve.	What I want instead.	What will improve as a result?

**In the first column you write what you no longer want.**

<b>What I want to change, remove or improve.</b>	<b>What I want instead.</b>	<b>What will improve as a result?</b>
I hate my job and can't leave.	I have a career that I love and it pays me well.	

**In the second column write what you want instead.**

<b>What I want to change, remove or improve.</b>	<b>What I want instead.</b>	<b>What will improve as a result?</b>
I hate my job and can't leave.	I have a career that I love and it pays me well.	

**In the third column write what will improve when you get what you want.**

What I want to change, remove or improve.	What I want instead.	What will improve as a result?
I hate my job and can't leave.	I have a career that I love and it pays me well.	I'll be happier.

## Here are More Examples:

What I want to change, remove or improve.	What I want instead.	What will improve as a result?
I hate my job and can't leave.	I have a career that I love and it pays me well.	I will be happier.
The economy is so bad now, I'll never find a better job.	I have a job that is perfect for me.	I will feel more secure and excited about going to work again.
I never have enough money.	I have all the resources and money I need.	I will feel safer and more relaxed knowing I have enough.
I'll never understand this.	I learn easily and am confident in what I know.	I will have more self-confidence in my ability to easily learn new information.