



**The One Day - One Command Facilitator
Certification
to
Start Your Rich Career Now!**

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

Teachings of The One Command®
by Asara Lovejoy

Facilitator's Certification Training Week 2

There is a Greatness Within You

Your Greater Capacity to create what you want is inherent in your DNA. You *know* that you know what you are capable of by your hopes, wishes, and desires. Try to think of something you don't know! If you do have the desire for something, then the capabilities to accomplish that desire are already within.

A State change from one brain wave to the next is a change in consciousness - going from your limited fearful self to your unlimited self, with your hopes, dreams and wishes fulfilled.

You have your solutions inherently within you, in your greater capacity – it is a part of your innate blueprint for success.

Your Undiscovered Secret Power

You have a power within you that is so great...

Have you ever heard that you only use only 15% of your brain?
Have you ever asked what that other 85% is for?

You have an untapped potential that is yours...

It is the most natural way of living and being, easy and stress free.

You are already a master of creating reality, right now. However, you mostly create from a foundation of lack and limitation, rather than peace and success.

Ask yourself, isn't this the right time, right now to realize your undiscovered power and live the true life you desire!

You are biologically hardwired for your success...

The new science talks about your DNA and your power to create new blueprints within your DNA by choosing a new focus – a new environment.

In addition, you already have over 30,000 options within each DNA blueprint to choose reality.

Your beliefs are not **fixed**. They must be formed and reformed again and again to make them real.

DNA is an open potential...

DNA is not solid. It is an open potential in the quantum field, and you are choosing which potential to express in the DNA itself. In addition, you create actual new potentials by Commanding what you want as a new option.

For example, if you were to take your personal DNA and stretch it out, it would reach to the sun 93 million miles away and return again 150 times.

And if you were to take all the DNA of 7 billion people on the planet it would fit into a grain of rice!

THIS IS AN ACTUAL REAL PHYSICAL CHANGE!



You have the capacity for creative genius and rich success at your fingertips...

Your brain is attuned to different levels of consciousness by your different brain wave activity.

The formation and reformation of your beliefs in your regular everyday life is *your small sphere of influence* found in your fast and furious beta brain wave activity.

Your ability to form and create something new in a moment is found in your slower brain wave activity of theta is your *Greater Intelligence* of who you are.

To change your life for your rich success you must disengage beliefs and programs formed by your current environment and Command that a greater potential is designed and activated within your DNA.

With The One Command you go through the 6-steps and Command a change. While in theta you disengage your old patterns and engage your new potential.

When you go through this process and make a change then, everything in your life changes. Imagine the open potential of unlimited probabilities that are your personal choices just waiting for you.

Unwinding and Rewinding

Unwinding and rewinding your DNA responds to your thoughts and creates the blueprint of your beliefs that you send out into the world like radio signals – dot - dot - dot – dash – dash – dash.

Unwinding and rewinding the DNA has been part of major research experiments.

Example – Changing Your Mind = Changing Your DNA – study by Dr. Rein

The data presented in Dr. Rein's study support the concept that cell-level processes can be influenced by human intention and mediated via energetic interactions. (The One Command itself is an energetic interaction).

Faith and trust is required

You can only know what you are doing in theta and that greater capacity of yourself by the results you achieve.

Eventually your ego self says "Hey this working – it is easy and fun and safe and I am powerful, successful, loved and serene joyful and happy."

- Keep a journal
- Mark the moments
- Celebrate every success

Eventually you'll look back and say things like I vaguely remember when I used to think like that – but this is much better, much richer, and more fun.

There are Two Worlds

Your early childhood experiences formed your unconscious mind that at this moment is the only filter from which you perceive reality.

You live in two worlds simultaneously. There is your outer world that you experience outwardly as 'reality' and your inner world that you keep safe and secret from others.

Your outer world is based on the rules in your environment such as culture, country, family values, religion and education. You learn these rule unconsciously at a very young age and then spend your life trying to live within the expectations of 'the rules.' This can cause great difficulty as you either rebellion against the rules or you sacrifice yourself to them.

Your inner world is very different. It is your rich inner world, your 'sacred self' that you hold dear, treasure, and keep safe. This is an inviolate part of your intelligence that sustains itself through any circumstance.

This is the part of you that connects you to your Greater Intelligence and speaks to your wishes, dreams and desires for your life. This part of you is easily accessed consciously through the 6-step and by your command.

When you discover that your emotions and inner core direct your success, and not the outer forces or ideas that you were taught to believe in, you awaken to your true power to create and manifest new ideas and conditions for your greatest good. And your life begins to transform naturally.

The new science is in on our ability to create reality.

We used to think that our actions and reactions and choices we're largely pre-determined by our parentage – our DNA.

We used to think that we had to "overcome" our family circumstances, family behaviors, attitudes or attributes to succeed.

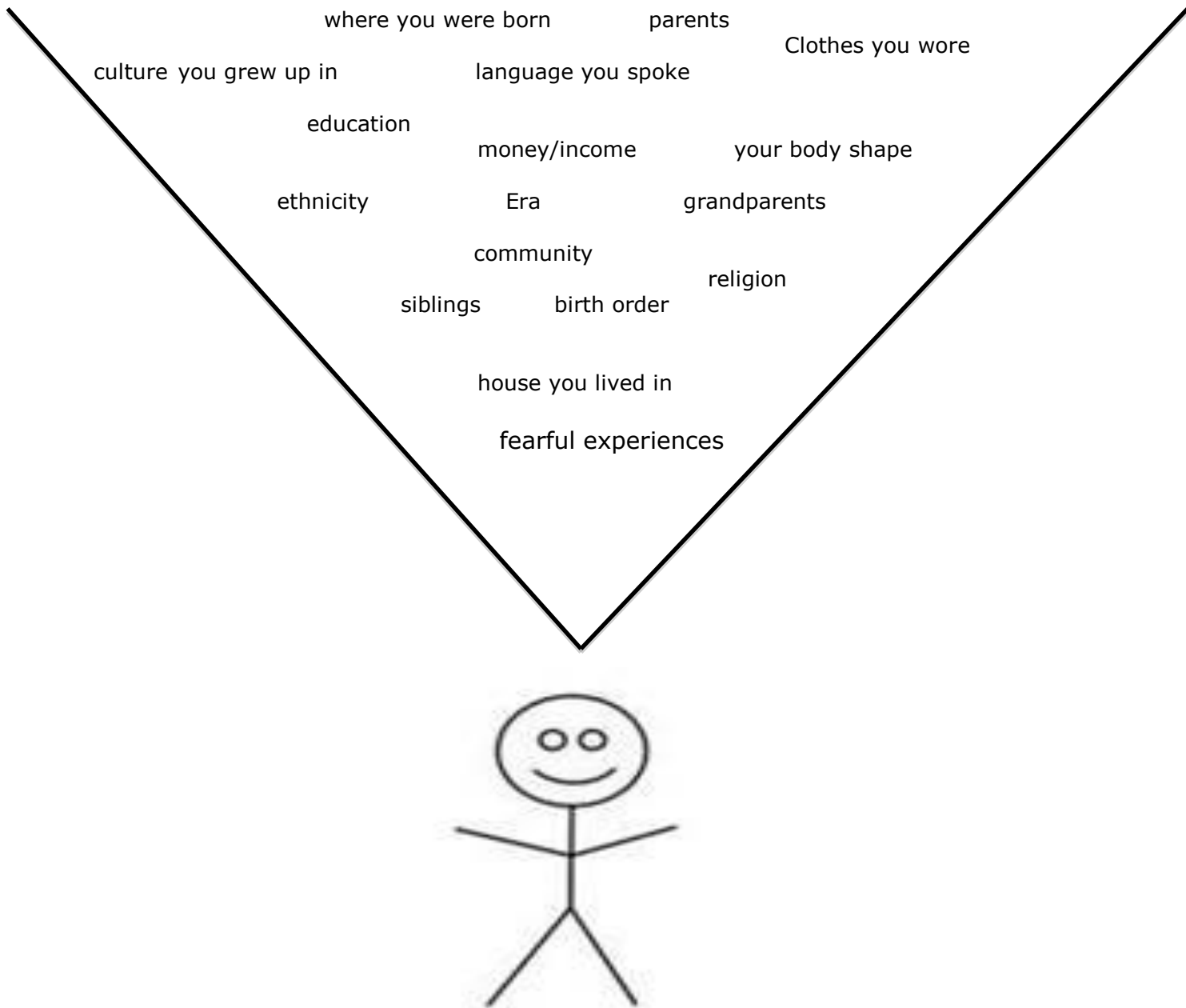
Environment that has influenced your DNA and formed your reality.

- Your particular family
- Your Ethnic heritage
- Your place in your family and your gender male or female
- Your early childhood experiences
- The social values of your country
- The values of your spiritual / religious practices

How Subconscious Beliefs and Patterns are Formed

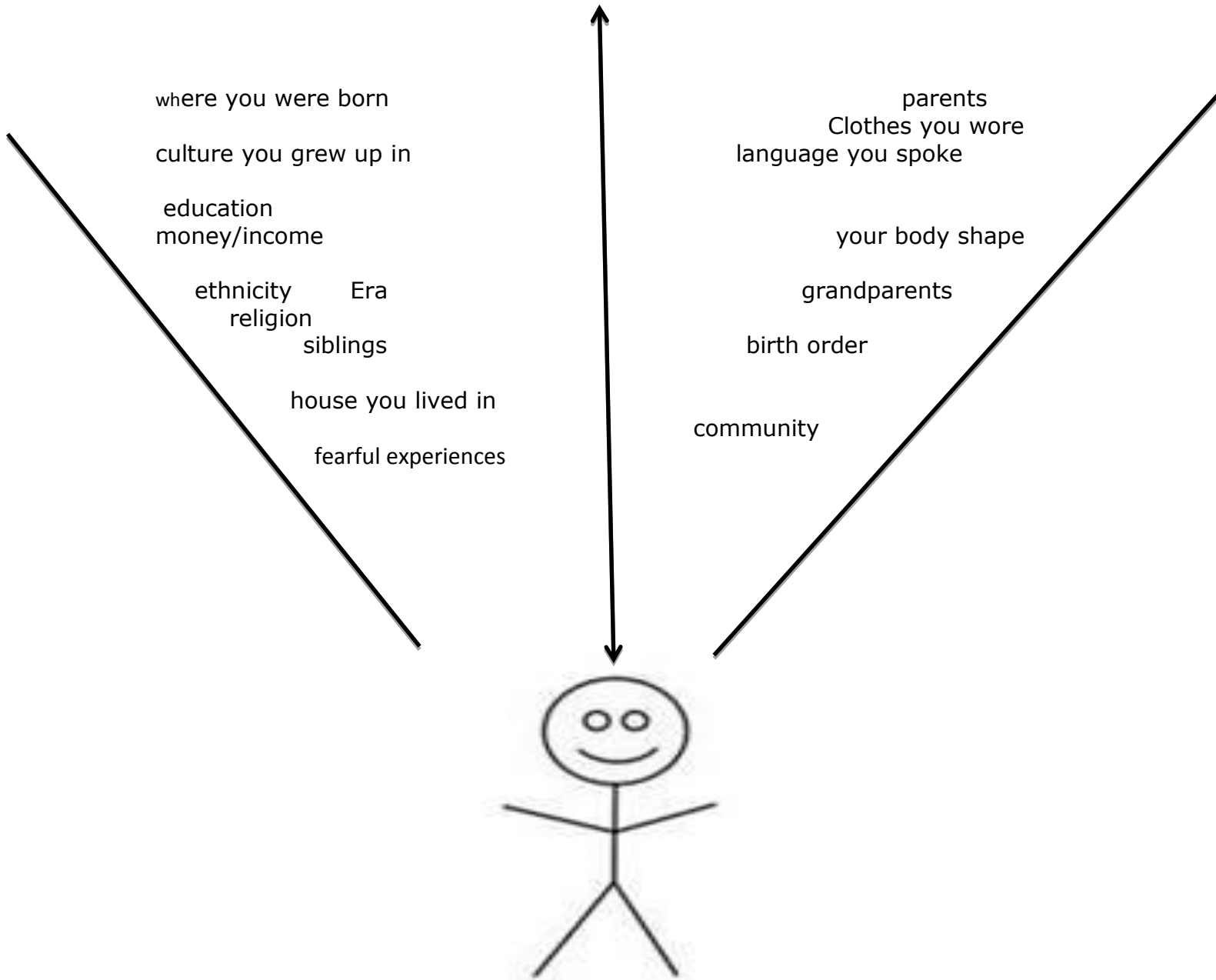
Ages 0-6

Your Greater Intelligence



Clearing Beliefs in Theta

Your Greater Intelligence



Adjustment of your ego self

Doing what we are doing for protection and to be safe in the world is based on our powerless moments rather than our greatness.

- What will my job be if I don't sacrifice myself for others?
- Why would I be loved simply for who I am?
- I don't know what real support and unconditional acceptance/love looks, feels, like, tastes like.
- If I am my great self I'll leave others behind – I'll be kicked out of the tribe hurt – persecuted – become selfish and corrupted by power.
- If I get what I want, others will suffer.