



**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<sup>®</sup>**  
*by Asara Lovejoy*

## **Facilitator's Certification Training Week 5**

### **Review of Forming Commands**

- Why can't I change all beliefs at once?
- What happens when the million dollars doesn't show up right away?
- What is the unstated value?
  - a) Have a big vision
  - b) What is the value I have to offer

### **Visual – Auditory – Kinesthetic**

Using neutral terms such as 'notice' or 'imagine.'

### **Tibetan Eye Roll**

**The action of moving your eyes** – looking up under your closed eyes as if you are trying to see up through the top of your head is the physical action that lowers your brain waves from beta – ordinary waking consciousness – to the theta / delta brainwave – and direct contact with your subconscious mind without any resistance – the very place where the beliefs you want to change reside.

In addition, the visualization of traveling up and out into the universe traveling to the outside edge of the galaxy, dropping into the black void of space, seeing a pin point of light, rapidly moving toward it and bursting through into the white luminosity of that greatness that resides right within you – further lowers your brain waves into theta / delta.

**Now you are ready to go through the Six Steps Process into theta, make your command and change your life.**

- 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 physical process of stepping on the 6 papers is to train your body and your mind in this process.

## **Six-Step Process - Introduction**

**Explain the process and demonstrate on a student.**

Place your six pieces of paper in a horizontal line on the floor. You are going to stand on each piece of paper, and as you do, follow the words being read to you. Stay on each step until you complete your experience, taking as much time as you need, then move sideways to the next step.

1. *Before you step on Ground, think of something you wish to manifest in your life:* more money, a car, better health, or a relationship. When you choose what you wish to manifest, simply have the idea of what it is you would like to create for yourself.
2. Once you have that idea of what it is you would like to manifest, close your eyes and *keep your eyes closed during the entire process.* When your eyes are closed, you access different portions of your brain from when your eyes are open. You have a deeper experience when you keep your eyes closed.
3. Your partner will read the directions on the following pages, slowly at each step, and guide you through the Six-Step Process. Stay at each step as long as it takes until you know that you are ready to continue on. You will know, energetically, when you have completed the experience before moving forward.

It is easy to adapt for people with a disability. They can place the papers on their laps one at a time or line them up on a wall and touch each one as they go through the process. If they choose, their partner can place each piece of paper under their feet. (This was done successfully with a student who was using a walker after hip surgery.)

**Allow approximately 45 minutes each for this exercise. They should each do this exercise twice. Each partner takes one turn and then repeat.**

# Six-Step Process

## Step One: Ground

Stand on the paper that says Ground. Listen to the sound of my voice, and feel the weight of your body settling down onto the paper under your feet. Now imagine roots coming out from the bottom of your feet and send them down, deep, deep into the earth.

Connect with the magnetic power of the earth, the basis and foundation of all of our support, and imagine that you are wrapping your roots around the exquisite element of gold, diamonds, and rubies in the center of the earth. Feel the power of that energy grounding you and balancing you. Stay here until you feel your body shift into a well-grounded state.

## Step Two: Align

When you are ready, move sideways to the second step (your partner will hold your waist to guide you if necessary) and step on Align.

Imagine all that power of the earth energy coming into your body, into your heart. Now take a deep breath, inhaling the power of the earth energy. As you exhale, imagine the energy is expanding in all directions around you. Allow that breath of your heart to expand in all directions, above and below and around you, aligning you with your purpose in a state of unconditional love. When you feel your body shift, you are ready to continue.

## Step Three: Go To Theta

Now move sideways to the third step: *Go To Theta*.

Imagine a golden beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and out below you, deep into the earth. Imagine moving your consciousness up this beam of light, out the top of your head to above your head, out to the outer edges of the planet, on through the solar system, beyond the galaxy, until you push through the black void of space and into the white luminescence of *Source*.

This is the place of creation of all that you desire. Think and feel from this state of consciousness as you activate your DNA, the cells of your body, and your mind to be that master that you are.

## Step Four: Command

Now move sideways to the fourth step: *Command*.

While holding the thought of what you wish to manifest, mentally and silently Command:

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

Take your time to allow this declaration to fulfill itself energetically in your body before you move to the next step.

## Step Five: Expand

Now move sideways to the fifth step: *Expand*.

While you are still in *theta*, imagine what you desire in a bigger way, a greater capacity, an expanded version that serves more good than your original idea. When you expand your idea to become something bigger than yourself, you increase its capacity to manifest. Allow yourself to let your idea take on its own energy.

Observe as it changes and becomes even more than you can imagine. Watch as new, expanded, bigger ideas arrive. Let it become more beautiful and harmonious. Stay in the process until you know that it is done. Once you are in this greater state of capacity, you will move to the sixth step.

## Step Six: Receive with Gratitude

Now move sideways to the sixth step: *Receive with Gratitude*.

State in your mind clearly, "**Thank you! It is so!**" And experience the sense of gratitude and fulfillment emanating from you and coming into you from *Source*. While in this state of gratitude, move your consciousness back down the golden beam of light, coming gently and respectfully back into your physical body, and imagine the particles of consciousness of your manifestation floating down from *Source* into your body, into the cells of your body, and into your DNA itself.

Imagine unwinding, unwinding, unwinding all the old limiting ideas and rewinding, rewinding, rewinding, a new holographic image of your great good. Imagine a new holographic image of this life that is your new life

replicating itself in every DNA strand in your body, in every organ of your body, in every hair follicle of your body, and in every particle of emotion in your body and your thinking.

Feel it, accept it, and give thanks again. ***"Thank you! It is done! It is so!"***

Take a deep breath and send your energy back down into the earth to firmly re-establish your ground of being. Adjust your energy; let your body stretch, flex, and move with this new understanding of reality.

Take all the time you need to come once again fully awake and alert into your body. Then open your eyes and return to the room.

Share your experiences and then change roles.

## Reality Responds

When you start the practice of operating from within yourself, from the power within, of who you are in your capacity to create any success for yourself, then the world responds.

Reality responds. Reality resonates with your desire, because your desire becomes the strongest desire to be fulfilled. Your desire becomes the tickle in consciousness with the other person you are interacting with, because you are making an invitation to a new reality.

## 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.