

## 6-Step Short Cut—A simplified version of The One Command

1. **Ground** – Connect with the magnetic power of the earth. We are electromagnetic beings. Rooting ourselves in the earth balances us.
2. **Align** – Draw the earth energy up into your feet, up your body, feel it surrounding your heart and reaching out into the universe, expanding in all directions. Take a deep breath, breathing in love, and exhale, releasing all negativity. Align with your Purpose.
3. **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 deep into the earth. Move your consciousness up into the beam of light, out through the top of your head, letting your eyes follow, out past the planet, the solar system, the black void of space to the white luminescence of the vital energy field of all that is - the place of creation.
4. **Command** – While holding the thought of what you desire to manifest, silently state your Command. I don't know how...Command...I only know I do now, and I am fulfilled! Rest in this place for a moment.
5. **Expand** – While still in Theta, allow your vision to expand, increasing your greater capacity into an idea greater than yourself . Here is where you receive direct knowledge from the universe.
6. **Receive** – And I am fulfilled. Clearly state Thank You in your mind. Experience the sense of gratitude and fulfillment emanating from you. Be grateful as to what you are giving to the universe at this moment as well.

Move your consciousness back down the golden beam of light, coming gently and respectfully back into your body. Imagine a new holographic image of your new life replicating itself in every DNA strand in your body.

Unwind, unwind, unwind all of your old limiting beliefs, let them go and rewind, rewind, rewind the new understanding of your manifestation, rewind, rewind, rewind.

Thank you, it is done, it is so.

Take a deep breath, come back into your body, re-establish your ground of being. Stretch and flex, moving with the new understanding of reality, refreshed in every way.