



**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 7

Process of Change

There is a process of change that takes place in many aspects of yourself as you delink your old synaptic pathways of thought, and create new DNA blueprints of reality. This process of change is a physical, emotional event. Let's say that you are frustrated with your finances at the moment. Here are the A, B C's of making a change in your beliefs about your present state.

- A. Identify your fears and thoughts about your financial limits. There are a variety of reasons you can come up with: the economy is poor; others are more skilled; my family has always been middle class or poor and I can't go any higher than them; being rich and successful will make me a bad person, and so forth.
- B. Identify what it is that you want instead. For example: I want to increase my income right now in this economy; I can be rich and a good person; my quality of thought and intelligence is more important than my level of education. As you see the process is to claim that which you truly want to believe but don't think you do at this moment.
- C. Now that you know what you truly want you go through the 6-steps and Command a change in your thinking while in your theta brain wave state.

Coherence in your body, mind and emotions now takes place. As you stop your old idea of limitation by Commanding what you want instead a new blueprint is created in your DNA. **In this new blueprint you have no past and no future.**

You only have the now of this event that you created. Faith and trust are required in this moment because even as you have made a change – there is no physical evidence of that change, yet.

Overview of Holding The One Day event using the power point presentation and their Facilitators Manual.