

# **The DNA of Success:**

How to Release untapped  
Ability and Intelligence  
with  
The One Command®

Video #4

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## Connect to Your Success DNA in Theta

The demonstration of the success that you are seeking only arrives by taking the **first step of faith**; that is action without evidence by declaring that your greater intelligence can and does have solutions, ideas, inspirations and the ability for your hopes, wishes, dreams and desires to be realized in your life.

When you seek an idea that is greater than yourself, and lower your brain frequency to theta, you are operating in the form and the design of all the masters throughout the ages.

The rich abundance of cash, goods, emotional well-being and business and personal success that you say you want is all around you, in your atmosphere of creativity, of potentially, and in the never-ending supply and substance of infinite possibilities that are waiting for you to say yes!

The infinite substance of your good and your theta thinking links you to the rich abundant universe and makes manifest your rich abundant life. By going to theta and connecting to that deeper part of you and Commanding, **I don't know how, and turning it over to that greater capacity, a more creative, spontaneous, natural part of your self, the untrained part of your self, you succeed.**

By living in the part of you that has an unlimited potential of ideas, that has the idea, that it might be just as true, that the world is an easy place to live and asks, what if it were just as true that it is natural and ordinary to be richer, happier and more joyful?

What if it were just as true that you are able to accomplish that idea and that notion? You are creating reality, in the direction you are focusing. If you move your consciousness into another realm, into a realm of masters creating reality, then you begin by focusing on,

***I don't know how to create a new reality for myself,  
I only know that I do now and I am fulfilled.***

Just realize that when you say, I have the desire to create that reality for myself and that is all that is required to change reality; to have the desire and to stay steadfast in the desire, then you are on your way.

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, and the other people that become attracted to your product, services or plan of action, because you are making an invitation to them of that new reality.

## How to Reach Theta

Your theta brain wave is a natural part of your biology and as you activate more theta brain frequency in your daily life, great strides and improvements in manifesting and resolving old issues appear almost as if by magic. **The process of looking up under your closed eyes** - you want to remain internal with your eyes closed during the entire process - **activates the physical connection between your eye muscles and the ability to slow your brain waves to theta.** There is a physiological connection in looking up that immediately lowers your brain to theta. In addition, we add the visualization or imagery of traveling out into the outer edges of the universe, falling over into the black void of space, and then pushing up into the white light, the bright luminosity of all potentiality in its unmanifest form.

Research done on those in the theta brain wave records the most common statements made are **that when a person is in deep theta it is a place of non-judgment–non-attachment, it is a place clarity and bright white light** and when returning to ordinary beta thinking after being in theta the person is more peaceful and more relaxed. The 6 - 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.**

When you are first practicing going into theta with your eyes looking up under your closed eyelids, you often have some rapid eye movement as you slow your mind to **your theta brain wave.** Remember natural theta occurs during REM (Rapid Eye Movement portion of your deep sleep cycle).

You may feel some slight discomfort around your eyes as you are using muscles that you're exercising for the first time. In the same way as your biceps would be sore after a work out, your eye muscles will be sore for awhile when you first start practicing going into theta. 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 your self. This process is real and is teaching you to activate the unused portions of your brain and is the **Key** to activating Your DNA for Success.

## Six-Step Process

Place the 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 you hear in the guided exercise of the Six Step process or that may be being read to you. Stay on each step until you complete your experience, taking as much time as you need, then move side-ways to the next step.

***Before you step on Ground, think of something you wish to manifest***, more money, a car, better health, or a relationship – to experience the greatness within you. Form the Command so that you can mentally say it when being guided through the process. **Write it out first if that helps you to remember it.**

### **Listen to the CD as you go through the six steps**

#### **Step One: 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 and step on Align. Imagine all that power of the earth energy coming into your body, into your heart. Now take a deep breath, and, as you exhale, imagine the energy is expanding in all directions around you. The breath of your heart is expanding in all the directions, above and below and around in all directions. As you exhale, allow that breath to expand in all directions, 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

Let your eyes gently roll up UNDER YOUR CLOSED EYE LIDS – this is mechanically lowering your brain wave to theta and continue to 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, passing by each planet as a radiance of light, beyond the galaxy, until you push through the velvet black softness of space, into the pure White Luminescence of that greatness that is you. This is the place of creation of all that you desire. Practice thinking and feeling from this state of consciousness as you activate your Success DNA, the cells of your body, and your mind to be the Master that you are. Roll your eyes up and experience a lightness as you consciously go into *theta*. Once you have engaged in this state you are ready to move to.....

### Step Four: 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) is so NOW! I only know that it is so 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. (Remember the subconscious mind only operates in the present moment in the NOW!

### Step Five: 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 your self 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. Now that you are in this greater state of capacity, move to the sixth step.

## Step Six: 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, open your eyes, and return to the room.

## Practice in Action

Use Your 6 Steps PDF to layout the papers and go through the process of forming a command and commanding what you want with a partner. Then switch roles and take them through the process.

Keep track of what you command for and when it arrives.