

## Talking to Your DNA

**Step 1** – Think about what you want to change, remove or improve in your life.

**Step 2** – Notice how you thought about what you want – did you first think of what you *don't* want? If so, that is important information, and it gives you the opportunity to turn that around and decide what you *do* want.

**Step 3** – Write out what you want instead, keeping it clear, positive, and direct.

**Step 4** – Turn that statement into a One Command and go through the 6-Steps.

**Step 5** – Be clear now, that when you said your Command in the theta brainwave, you have changed your programming at the DNA level.

**Step 6** – Celebrate – do the Happy Dance, congratulate yourself, enjoy the sense of Mastery.