

The One Command® Technique Training

Pod 6

*There is a power within you
so great . . .*

by Asara Lovejoy

The 6-Step Process on Paper

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.

- ◆ Ground
 - ◆ Align
 - ◆ Go Up to Theta
 - ◆ Make The One Command
 - ◆ Expand
 - ◆ Receive
- Unwind-Unwind-Unwind (the program/DNA) Rewind-Rewind-Rewind

Ground

Connect with the magnetic power of the earth, the basis and foundation of all of our support and imagine that you are fully in your body here present now. Feel that grounding and balancing. The earth is home base. We are electromagnetic beings. Rooting ourselves in the earth balances us.

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.

Go into Theta

Let your eyes look up underneath your closed eyelids and imagine moving your consciousness up a beam of light, and out the top of your head into the universe. This is the place of creation of all that you desire – the open potentiality for any reality. Practice thinking and feeling from this state of consciousness as you activate your DNA, the cells of your body, and your mind to create this new state of being within you.

Command

While holding the thought of what you desire to manifest, silently state your Command, I don't know how...I only know I (fill in the blank) NOW, and I am fulfilled! Rest in this place for moment.

Expand

While still in Theta, allow your vision to expand, increasing your greater capacity into an idea greater than yourself that serves a greater good for you and the world.

Here is where you receive direct knowledge from the universe.

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.

Integrating 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.

Important Principles of Practice

Meet Yourself in the Moment. To make a commitment means to accept who you are at any given moment and from that place of acceptance to seek your next level – your new thought – your new action.

As you Command what is under the water will rise to the surface and with each new thought, emotion and discovery you must Command what you want instead of what you fear.

The More You Operate in the Unified Field of theta, the more coherent your brain becomes.

Professor Frederick Travis at the Center for Brain, Consciousness and Cognition in Iowa, explained that the EEG of an enlightened person shows his or her whole brain working as one, functioning in a totally synchronized, **coherent way**.

Service to a higher ideal keeps you committed.

For example if you want to grow your business or to have more income you may have the higher ideal that you are doing it for your family.

This higher ideal above your own interests keeps you operating in a higher dimensional reality – in the greater field of your intelligence - and therefore makes it easier to succeed.

Another example is my commitment to The One command. The One Command has a voice of its own that wants to be expressed in the world. I am the servant to that field of intelligence. That is my greater mission.

Support in a larger community raises your field and helps you to transform quicker and easier and that is why we developed The One Command Circles in conjunction with our online courses and personal coaching with Asara, Bonnie and Dr. Katie.

The Biology of Change

Your unconscious limits operate as a whole system within you. Your thinking has become a habit. To know something new you must create space for a new idea, thought and feeling to arrive.

Simply wishing and hoping are not enough. But your hopes, wishes, dreams and desires are the messages of your greater intelligence and are waiting to be given birth.

The biology of your emotions, mind and heart flow from the chemicals you release with a thought and then enact a pathway within your brain and the cells of your body.

The One Command has the power to stop that unconscious habitual firing sequence which allows you to create a new firing sequence of intelligence – one that matches your new expectations.

Becoming familiar with your new reality requires some skills. The greatest of which is your ability to receive what you have asked for – what is your fondest desire.

To celebrate when it arrives – acknowledge that you created this new experience and continue on as the conscious creator of your destiny.

Acceptance and Receiving

The one principle above all others that is key to your financial freedom is your ability to receive your good when it comes your way. Because of your old programs often you reject help, compliments, or even cash, goods and services.

Through The One Command® you are coming to a new understanding about the power of fixing and helping as your prime directive to be of service to

others when in actuality you are fixing and serving because it is the way you were trained to get approval and love.

In addition, you often harbor the idea that others will not want you or like you if you are strong, capable, and helpful and receiving your due and more on a regular basis.

This is breaking out of the old codes, the ones that describe self-love and a sense of worthiness as selfishness. It is only when we are able to receive without fear and in gratitude that we can teach others to receive as well. It is only when we have an understanding of what it feels like to receive our good that our good may arrive.