

# **The DNA of Success:**

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

Video #6

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## Model of Belief to Creation

This is a simple process that helps to stop the trap of circular thinking we all fall into. A belief about our life is verified by the actions of others that leads to a similar old limiting feeling or idea of self - a belief we have a negative feeling about it – that we then we judge our self again or judge someone else that then creates another feeling and re-enforces the original belief which leads to another action. I'll explain in detail how this applies. Our judgments always comes from some unconscious unspoken rule being violated.

**Belief < --- > Action < --- > Feeling < --- > Judgment**

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**Define what you truly want / need**

**Create what you want instead**

**Future pace 3 times**

**For example:**

- **Belief** - My boss doesn't like me < --- >
- **Action** - Your boss might criticize you in some way < --- >
- **Feeling** - I hate my boss for criticizing me – or I am no good I am a failure. An old early childhood feeling comes up with the belief that I am always the one who is criticized. < --- >
- **Judgment** – I have to be nice to my boss to keep my job and repress my feelings

This is how most of go about creating and recreating the same limiting feelings and ideas of what is possible in our lives. The way out is to drop down into another investigation and ask – **what do I really want from this person – what do I really need instead?**

When you connect to the deeper emotion / or desire or **need** then you define what **YOU WANT INSTEAD and Command that it is so**. When you create what state of being or outcome you truly desire, you empower your self to be in a new position - **a success position with your boss** for example or in a success position in your relationships and in the world. Here is a model we apply to investigate beliefs and to discover what you want instead as developed by a good friend of ours, Kirk VandenBerghe.

**Belief < --- > Action < --- > Feeling < --- > Judgment**

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**Define what you truly want / need**

**Create what you want instead**

**Future pace 3 times**

**Here is an example of how redefining your experience / your beliefs, changes the present and your future.**

## **Kathryn and Diane's story**

Hi Kathryn. I know that you have shared your story about your sister Diane in many of our seminars as a way to explain how the process of The One Command® can change your present and future by changing your decisions about the past. We are going to summarize the story and thank you and Diane for giving us permission to use your story for that purpose.

**Here is Kathryn's story about her sister Diane.**

Q. What is your Belief?

**Belief < --- >** My younger sister hates me, criticizes me and always wants to tell me how I am doing it wrong and ineffectively.

Q. What is the action that supports the belief or how do you know it's true?

**Action < --- >** My sister hates me ↔ Because she pulls my hair and says mean things

Q. How does that make you feel?

**Feeling < --- >** I hate her (you could also check in with the actual feeling of the emotion – for example my stomach gets tied into knots)

Q. What judgment do you believe about your feelings or what rule would that violate?

**Judgment < --- >** I have to love my sister because we are family

(Note: any statement that includes have to, ought to, or should, are judgments.)

Close your eyes and check in to your feelings – I am agitated, angry, my stomach is in a knot, I feel frustrated and powerless about my negative sister Diane.

Q. What do you need right now?

**Define what you truly want / need**

I need acceptance

Q. What kind of relationship would you like to have instead? Do you think your sister feels accepted by you?

**Create what you truly want instead**

I'd like to have fun with her and if I needed help I could call her I'd like to share more of my life with her

**Now change your old beliefs about reality with what you want instead.** I know that you question this as possible because it looks like it involves someone else and you can almost hear yourself say – you can't change anyone else - but let me guarantee the only experience you can have of anyone else is what you think is true about them. When you change an idea about another person – you are simply changing your filters of reality inside of you and Commanding that **YOU HAVE ANOTHER EXPERIENCE INSTEAD of what is possible in your relationship as identified with that person!**

**Now go through the 6 steps and Command what you want instead.**

**Ground**

**Align**

**Command: Do each statement as a separate 6 - Step process.**

I don't know how my sister and I have a loving relationship. I only know that I do now and I am fulfilled

I don't know how I feel my sister's love and acceptance and she feels mine. I only know that I do now and I am fulfilled.

I don't know how I have fun with my sister and know we call each other for help. I only know that it is so Now and I am fulfilled.

I don't know how my sister and I share our lives in a loving way. I only know it is so now and I am fulfilled!

**Expand**

## Receive

Q. How do you know you had your sister's acceptance? State in feeling terms.

### **Future pace 3 times**

I'd feel relaxed and happy in my body. My throat would be relaxed. I'd feel good.

Q. If you and your sister had a loving, accepting relationship that had all the elements you just commanded, how would you know?

### **Create 3 mini scenes**

1. We could talk on the phone and both would share news
2. When I go to her house I am happy and relaxed, we bake cookies together
3. When I hug her I can feel her love physically

Q. Now check back in with your feelings; Can you find the feeling "I hate her"? No. If the answer is yes go back and do more Commands.

### **What changed in your relationship with your sister Diane. Kathryn?**

Asara, you have heard my story many times but let me say, first I came to be peaceful and relaxed about my sister Diane and realized that she was doing the best job she could do in all our interactions with each other. But more importantly I actually did experience each one of the 3 events I future paced. The One Command® process of change is real with measureable results.

### **Another example of change with Anne and Mariah Carey Story**

**Belief < --- > Action < --- > Feeling < --- > Judgment**

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**Define what you truly want / need**

**Create what you want instead**

**Future pace 3 times**

Kathryn is having a session with Anne about being depressed and unable to make herself go forward in her life. She is now in the process of helping Anne define what she truly wants.

Q. Anne, what is a dream or desire you would like to see come to life?

I'd like to write music and sell it to big singing stars!

Get more specific who-when-where ex. Anyone in particular?

Yes, Mariah Carey, I just love her. In fact I have a song that would be perfect for her.

Q. What is your belief about that being able to happen? What is the action that supports the belief or how do you know?

**Belief** < --- > Mariah's too important and famous

**Action** < --- > I tried to get noticed before but failed.

Q. When you think about doing what you dream like sharing your music with Mariah, how do you feel?

**Feeling** < --- > Scared, like I'm a little and I feel kind of embarrassed for wanting it.

Q. What judgment do you have about that or what rule would that violate?

**Judgment** < --- > Big stars have their place and I have mine and I am greedy if I want more. (Note: any statement that includes have to, ought to, or should, are judgments)

**Close your eyes and check in to the feeling again.**

Q. What do you need right now?

**Define what you truly want / need** I need support

Q. How do would you know you were supported? State in feeling terms

I'd feel relaxed and happy in my body. I'd feel good.

Q. Let's turn it around, you know what you want from Mariah, what do you have that she may need?

I haven't thought about that. I have freedom to do what I want and when I want it without having paparazzi show up and I have friends that love me for just myself, Mariah may never know who really likes her for just herself.

Q. So tell the truth, do you just want what Mariah can give you or would you like to create something else instead? State positively.

**Create what you want instead**

I'd like for Mariah to be comfortable with me and know that I really like her for who she is. When I wrote this song I imagined her singing it to millions and it made people so happy. I'd like to make millions of people happy like that.

**Now go through the 6 steps and Command what you want instead.**

**Ground**

**Align**

**Command: Do each statement as a separate 6 - Step process.**

I don't know how people like me for who I am. I only know it is so now and I am fulfilled.

I don't know I have the power to make millions of people happy and myself happy. I only know it is so now and I am fulfilled.

I don't know I have good relationships and enjoy freedom in my day to day life. I only know it is so now and I am fulfilled.

I don't know I know that my music and my other gifts matter. I only know it is so now and I am fulfilled.

I don't know how Mariah Carey is free to be happy and so am I. I only know it is so now and I am fulfilled

**Expand**

**Receive**

Q. What if your music was important and brought happiness to everyone who heard it, how would you know? Create 3 mini scenes.

**Future pace 3 times**

- 1. When I played music people would ask me about buying a CD**
- 2. I'd get more gigs**
- 3. I feel happy and relaxed, just having fun.**

Q. Now check back in with your feelings, can you find those scared and embarrassed feelings? No, in fact I feel happy like I'm OK and it's OK to want more than I have now.

The results of this process with Anne accomplished many changes in her life, but no, the magic Mariah Carey showed up and sang her song bullet wasn't one of them. First, the depression she had been experiencing dissolved because she now saw an option for an optimistic future. Earlier I said that your subconscious mind is designed for success and – when you imagine failure as the future your subconscious mind shuts down. Many experience this as depression.

Next, Anne's father, who was a musician had never allowed her to sing with him because he wanted to, "protect her from the music industry" and he spontaneously called and invited her to sing. Which was very emotional and a fantastic blessing.

Then she got many more, better paying music "gigs" and folks asked her for a CD even before she had any made.

When she got an invitation to travel on tour, something really phenomenal happened for Anne. At that moment she realized that she really didn't want the life of a traveling musician but to enjoy her music as the gift that it was for her own pleasure.

When she came to that conclusion her creativity that had been sparked BIG TIME after the session woke up with a new design for nurses uniforms and she opened her now very successful business selling these special uniforms that support her life and her love of music. Always be open to any possibility when you command.

[Open up your Practice PDF of Creating a new Belief and follow the model to make even deeper and more lasting change for your success.](#)