You will be able to do the process of The One Command by following the directions below.

Six-Step to Theta and The One Command

Forming Your One Command

Think of something you wish to create in your life, more money, better health, a relationship, or a state of being such as more compassion or forgiveness for yourself or others. When you choose what you wish to create form it into a Command.

For Example:
I don't know how I have a vibrant health, I only know that I it is so now, and I am fulfilled.
I don't know how I increase my income to (xxx) or more a month, I only know that I do now and I am fulfilled.
I don't know how I have a wonderful relationship with my spouse, I only know I do now and I am fulfilled.

Now that you have formed your Command, close your eyes and keep them closed during the entire process. When your eyes are closed you access different portions of your brain than when your eyes are open. You are accessing your Theta brainwave and can access your subconscious.

The Six-Step The Process

Step #1 - Ground
Sit comfortably, eyes closed and breath deeply and slowly. Imagine roots coming out from the bottom of your feet and send them down deep into the earth. Connect with the magnetic power of the earth, the foundation of all of our support, and imagine that you are fully in your body. Feel that grounding and balancing provided by the earth.

Step #2 - Align
As you bring your energy back up into your body, imagine all that earth energy coming up into your body, into your feet, your legs, and then into your heart center. Watch as your energy encircles your heart 360 degrees. Take another breath and exhale, releasing negativity and breathing in love.

Step #3 - Go To Theta
Imagine a beam of light, a field of energy flowing into you, flowing down through you and out below you deep into the earth. Let your eyes look up underneath your closed eyelids and 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, through the Milky Way and out the other side into the deep black velvet of space. In that place you suddenly notice the light of Source, and you are in theta.

Step #4 – The One Command
Now think your One Command: *I don't know how (fill in the blank). 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.

Step #5 - Expand
While you are still in *theta* apply one of the simplest, yet most powerful tools for changing your life. Imagine what you Commanded in a bigger way, a greater capacity, an expanded version. Allow yourself to let your idea take on its own energy. Observe as it changes and becomes even more than you had imagined.

Step #6 – Receive in Gratitude
Allow your eyes to relax and to come back into the present awareness of you in your body as you move your consciousness gently and respectfully back into your physical body. Experience the sense of gratitude and fulfillment emanating from you and coming into you from your alignment with your greater intelligence.

Now imagine as you unwind-unwind-unwind all of the old limiting ideas you held about yourself or your ability to create and manifest. And now rewind-rewind-rewind in the new beliefs and receive in gratitude.

Take a deep breath and connect 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 your time and come once again fully awake and alert into your body, open your eyes, and return to the room. Enjoy the moment. Stay in gratitude.

For a deeper understanding of The One Command read Asara's book ***The One Command***, which takes you through each part of The One Command process and offers examples and stories for greater understanding of how The One Command works in your life.

You can find her book here - http://asara.com/online-store/
and on Amazon.

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