

The One Command



Frequently Asked Questions

by Asara Lovejoy and Bonnie Strehlow

TABLE OF CONTENTS

WELCOME.....	2
WHY DOES THE ONE COMMAND WORK.....	3
TRANSFORMING NEGATIVE THOUGHTS.....	3
THE PROCESS OF CHANGE	4
THE SIX STEPS OF THE ONE COMMAND	6
THE FORM OF THE ONE COMMAND	6
KNOWING WHAT TO COMMAND	7
HOW OFTEN TO COMMAND	7
HOW TO KNOW WHEN YOU ARE IN THETA	8
SIGNS AND SYMPTOMS OF INNER PEACE	11
WHY YOU LOOK UP TO GO INTO THETA	11
WHY YOU STAND ON 6 PAPERS TO LEARN.....	12
MEET YOURSELF IN THE MOMENT	13
WHEN THINGS AREN'T CHANGING	14
UNWIND AND REWIND	15
EXPANDING	15
MAKING MULTIPLE COMMANDS	16
COMMANDING FOR SOMEONE ELSE.....	16
THETA AND HYPNOSIS.....	17
WALKING THROUGH THE 6 STEPS	19
THE ONE COMMAND AND HEALING	19
SPIRITUAL AWAKENING	20
SHORT NOTES ON THE ONE COMMAND	21
COMMANDING FOR WORLD CONDITIONS	23

Welcome

Thank you for taking the time to investigate a new way of thinking about you and your life. The simple premise of The One Command is that you have the capacity within you to change your life. That capacity is found within unused portions of your brain that you activate through a simple Six-Step Process that teaches you to lower your brain waves to *theta*.

This ability has always existed, but until recently, only those few who have dedicated years of their lives to the process have been able to go consciously into the *theta* state while awake. *Theta* is naturally found to be most active while we are asleep. The benefits of consciously going in and out of *theta* are numerous.

In theta, you reconnect to your natural, creative intelligence, and disengage from the fearful, limited world-view of what is possible. You develop a natural sense of security and trust in the world. The thoughts you have while in theta are more powerful than your ordinary thoughts, and they bring about changes in your life quickly and easily.

The One Command shows you that living life while using another portion of your brain is possible, and highly desirable. At another level, it explains how we think and act in our "humanness," enabling us to better understand the journey we are taking together, and to discover new ways in which we can grow and change.

It is almost mysterious to me how we can continue to discover new concepts and a greater understanding that has a very real affect in our lives.

The One Command came about to make a difference in our lives. With the greatest and highest regard, I respect your knowledge of how you best enjoy its purpose.

Why Does The One Command Work So Well?

The key phrase of *The One Command*: “I don’t know how....” starts with surrender of the ego beta mind that is trying to figure out an answer or solution – but in reality does not have a clue how to go about creating what we want.

The One Command is truly different than all the self-help modalities out there because it says start from this place of not-knowing. It shows us that we don’t need to know *how*, we only need to know *what*. Armed with vision, people need only know what they want to create and go through the six-step process in theta to realize their potential.

Albert Einstein says

The intellect has little to do on the road to discovery.

There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don't' know how or why.

This will be news to so many people that have been conditioned to think that we have to know all the steps to achieve our dreams. By letting go of the need to control how our vision unfolds, and instead allowing our higher intelligence to put the plan in place to achieve those goals, people get out of the rut of feeling enslaved to struggle and hard work, and see results materialize seemingly effortlessly.

Transforming negative thoughts is essential to creating anything positive. *The One Command* demonstrates how to do that, not by forcing their mind to think positive thoughts or trying to make them feel better, but by moving through a series of steps that has a natural effect of eliminating those negative thoughts.

Asara says, “Realize that your hopes, wishes, dreams and desires tell you what it is you want in your life. Pay attention and Command for these dreams to be realized. Many are trapped in the negativity or disappointments of life and think it is impossible to realize their dreams of wealth, love or health, success or happiness. *The One Command* is a powerful tool to change your brain and biology to know another level of your intelligence – the part of you that can achieve what you want, easily.

There is a process of change that takes place as you make a command because you literally delink your old synaptic pathways of thought and create new DNA blueprints of reality activating your realized potential. This process of change is a physical and 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 and forming your command.

1. Identify your fears and thoughts about your financial limits. There are a variety of reasons you can come up with: the economy is poor, I don't have enough education; 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.
2. 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.
3. Now that you know what you truly want, in my system of change you would go through the 6-steps and command a change in your thinking while in your theta brain wave state.

Now you form your Command: *I don't know how (put in what you are creating – for example I have \$10,000 is in my bank now. I only know that it is so NOW and I am fulfilled!*

Coherence in your body, mind and emotions takes place when you make a command while in theta. As you stop your old idea of limitation by commanding what you want instead a new blueprint is created in your DNA. In this new blueprint you have no past and no future. You only have the now of this event that you created. Faith and trust are required in this moment because even as you have made a change – there is no physical evidence of that change, yet.

Some of the symptoms of making a command in theta are feeling relaxed and peaceful about what you want – more income, reduced debt, a better paying job or career – rather than fearful and stressed. Your body and mind have to come to a new understanding that is relaxed and peaceful rather than fearful and stressed. This more peaceful state is in fact the natural way of your mind. But it requires that you accept this new

emotional state of peaceful understanding of a new realized potential- rather than engage in the fear of something not happening.

You'll be amazed at how quickly you can get used to making change in this way, especially when you see the physical manifestation.

One woman who was a personal assistant for a high powered boss in a rich company thought it would be great to get a bonus from her boss – even though a bonus for her position had never happened in the life time of the company. She and I had a coaching session identifying her limited fearful thoughts and established what she wanted instead. We then commanded for her generous bonus. She called with the best news and the most familiar statement I hear, "Asara you won't believe what happened." I always reply – yes I will. She said, "I just got a check for a \$10,000 bonus from my boss in recognition of my above-the-line contribution to him and the business. Imagine that." This was the exact amount she had commanded to appear.

What are the 6 steps of The One Command

GROUND – Put your attention on your feet which are flat on the floor.

ALIGN – Look down into your heart and allow the love in your heart to become illuminated and allow that light to expand 360° around you.

GO TO THETA – Roll your eyes up. Imagine going up a pole of light rising up past the earth, the moon, the stars and even the galaxy. Soon you find yourself in the velvet black voice of space. Now reach out and pull back the blackness like a curtain, revealing the white luminosity of pure potential.

COMMAND – I don't know how I (do/am/have) _____ I only know it is so now and I am fulfilled.

EXPAND – Now begin to expand that idea into an idea greater than yourself. EXPAND – EXPAND – EXPAND.

RECEIVE – Move your consciousness back down into your body. Unwind all your old limiting beliefs and then rewind the new beliefs. Take a few moments to receive in gratitude and express thankfulness. When finished, ground down, come back into full awareness and open your eyes.

The Form of The One Command

The command is - I don't know how I (_____ fill in the blank with what you want to create for yourself). I only know that it is so NOW and I am fulfilled.

Conscious – "I don't know how I _____." Disengages the conscious mind & puts it into a pause or surrender.

Subconscious – "I only know that I am/have/do _____ NOW. Goes directly into the subconscious mind without interference from the conscious mind.

Superconscious – "**and** I am fulfilled. " Is like saying 'amen' or 'for my highest & best'. It is the blessing. It tells the mind that something wonderful has ALREADY happened.

Stay in Present tense ONLY and in the NOW!

It is important to avoid certain words such as, 'but' as it negates whatever comes before it. It is a term based in fear, telling yourself that I'd like to have this, but I don't really think I can.

The other words we avoid are 'going to happen' and 'will happen' as those are future tense concepts. The subconscious mind only operates in the present in the NOW; there is no past or future. **YOU ARE CREATING THIS NEW TRUTH FOR YOURSELF WITHIN YOURSELF NOW!** In *The One Command* present tense words are always in the NOW so that the subconscious mind receives clear 'marching orders' that it can act upon immediately.

How do I know what to Command?

The basic instructions for creating a One Command are:

- a. Identify a program or belief you want to change
- b. Identify what you want instead
- c. Make the One Command

Notice a negative or limiting thought such as thinking I'd love to open my own business, or I'd love to have the right partner and then notice what thought comes up next. Ideas such as "Oh you can't open your own business that would be too difficult or – I'm not good enough for some one to love."

Now ask for what you want to think instead and Command it.

I don't know how I open my own business. I only know that I do now and I am fulfilled.

I don't know how I love myself and connect with the right loving partner. I only know that I do now and I am fulfilled.

How often do I make a Command?

You only make a COMMAND ONCE. Everybody has a difficult time hearing this. Most say, I know you say you only do it once but really – how often should I command for say an additional \$10,000 in my bank account now? The answer again is only once.

The One Command is NOT AN AFFIRMATION. You are in essence going directly to your subconscious mind and telling it to think differently. You are stopping the old neurological synaptic pathway of your negative limiting thoughts and feelings and at the same time creating a new thought that engages new synaptic pathways and now becomes your new filter of reality of new possibilities.

Everything in your conscious, subconscious and superconscious mind are now in agreement to make this new idea a reality in your life. Watch what happens! Here is where you want to come into a new understanding of the power of your mind and your body working together to create your life.

In *The One Command* you are literally reprogramming your brain by delinking the way you have up until that moment been firing it in a negative thought sequence of your fears and limitations – and at the same moment creating space for your new idea to arrive and Commanding that you know it.

You are commanding that you know what \$10,000 in your bank account is – to know it as a program within you. Think about it this way. What do you know that you never think about? That you can drive a car or make a call on the telephone. You know that gravity exists always. You don't question that you know these things.

You are commanding your unconscious mind, the cells of your body and your DNA itself to live in a new environment with a new belief – a new idea of what is possible. All of this is the power of *The One Command*.

How Do You Know When You Are in Theta?

The action of moving your eyes – looking up under your closed eyes as if you are trying to see up through the top of your head is the physical action that lowers your brain waves from beta – ordinary waking consciousness – to the theta/delta brainwave – and direct contact with your subconscious mind without any resistance – the very place where the beliefs you want to change reside.

In addition, the visualization of traveling up and out into the universe traveling to the outside edge of the galaxy, dropping into the black void of space, seeing a pinpoint of light, rapidly moving toward it and bursting

through into the white luminosity of that greatness that resides right within you – further lowers your brain waves into theta/delta.

If you think that you are not in theta – that you never experience the white luminosity – aren't sure that your eyes are looking up underneath your closed eyelids or that you aren't imagining/seeing/feeling anything going on, **that is simply OK for a variety of reasons.** The process you are consciously taking yourself through is a natural one that you do every day while making decisions about your life.

Theta is Your REM (Rapid Eye Movement) sleep state.

You especially are in theta while in your deepest state of sleep – the REM periods of sleep. This is why some of you actually feel your eyes move rapidly back and forth while your eyes are looking up as you go into theta and Command your greater good.

Therefore, know this -- that you are going into theta through the physical activity of your eyes looking up – your eyes rolling up under your closed eyelids are hard-wired to lower your brain to theta – and you may or may not perceive much of a change.

The deepest theta/delta states are beyond our ability to know with our five senses. That is why you can only truly know if you have consciously gone into theta to change the direction, outcome or results of your life when the results appear. The rest is known by trust and faith alone. You especially are in theta when you reach your deepest state of sleep – the REM periods of sleep.

The REM state of sleep occurs naturally at least 3 times during a good sleep cycle and takes you from beta/alpha into theta/delta. When you consciously roll your eyes up under your closed eyelids you make a state change that happens naturally in sleep. Your eyes spontaneously roll up when you go into deep REM sleep and you discharge emotions from the day as well as activate new ideas that you often dream about or wake up with in the morning.

The strongest indicator that you are consciously going into theta is a relaxed peaceful feeling and a sense of wellbeing - less stress and reduction or elimination of fear when you come back down – unwind and

rewind in your body and open your eyes. Ask yourself, "How do I feel? More relaxed then when I started?"

If the answer is yes, then you indeed were in theta. This is an immediate indicator that you have been in theta.

If you are working on an identity belief, one that is going to change your world-view and your ego identity – then we recommend you go through the 6-Step Process and issue your Command with a partner. There is a very real physical element of going into theta easily, comfortably, and quickly by first physically standing on each of the 6-Steps as recommended in *The One Command book*. Standing on each paper is a resource-anchored position for you and very helpful in guiding you to access very deep levels of your subconscious and super conscious or Source mind quickly and easily (the theta state).

In the past, teachers trained individuals for years, including with eye machines, to activate theta brain waves and to become confident they were in theta – **and you are doing this in just moments.**

Be kind to yourself because you are literally exercising new eye muscles that you have never used before. Some of you will probably experience eye muscle fatigue, some soreness – just like lifting weights for the first time – and some new or different neurological firing within your brain.

For example, when I started going into theta on a regular basis I had rapid electrical sensations firing through different parts of my head. I realized later that these were areas in my brain I had injured from my many horseback riding falls – including a massive concussion when I was a child – and this was the activity of healing I was feeling.

You may have a variety of physical experiences as you learn to direct your brain into theta at will on command. The dividends and rewards for spending as little as five minutes a day in this process are astronomical in the results you can achieve in your life.

SIGNS AND SYMPTOMS OF INNER PEACE AND THE RESULTS YOU GET FROM CONSCIOUSLY GOING INTO THETA:

- A tendency to think and act spontaneously rather than on fears based on past experiences
- An unmistakable ability to enjoy each moment
- A loss of interest in judging other people
- A loss of interest in interpreting the actions of others
- A loss of interest in conflict
- A loss of the ability to worry (this is a very serious symptom)
- Frequent, overwhelming episodes of appreciation
- Contented feelings of connectedness with others and nature
- Frequent attacks of smiling
- An interesting tendency to let things happen rather than make them happen
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk!

Why do I look up to go into Theta?

Looking up under your closed eyelids to go into theta in *The One Command* process is explained from both an ancient and modern perspective.

The activity of looking up under the eyelids in modern times has been tested in laboratory settings that show there is a direct correlation to the position of the eyes and the brain waves. The guided imagery used in *The One Command* process follows what those in the theta state report is their most common theta experience when tested in scientific experiments. A sense of leaving the body, traveling through space, reaching a black barrier, pushing through that barrier and then floating in an illuminated white field is the most common reported experience.

Since ancient times, Tibetan Lamas and spiritual masters have practiced the Tibetan Eye Roll to access different states of consciousness. In addition, if you look at Yogi Masters, Christina mystics or native Shamans you'll often see the spontaneous eye roll taking place. You can only see the

whites of the eyes as the eyes roll up into the head while meditating or in an ecstatic state.

What used to take Masters 10, 20, 30 years to develop the skill to make a state change into theta we can now easily accomplish in moments by shifting our biology that then shifts our neurology. **This is a great gift to use in these changing times.**

I apply the definition of different states of consciousness to indicate a change in the brain activity – a consciousness change is a brain wave change. For example, beta a 13-30 cycles per second – very fast short and compressed brain wave is your logical thinking state, and a 4-7 cycles per second brain activity has a higher amplitude, altitude and longer duration in another level of your consciousness – the theta brain state.

In the beta brain wave the mind acts in duality by analyzing this or that, yes or no, I can–I can't and comparisons such as 'more or less.' When you are in beta you are either looking to the past to review old information or projecting that information to the future and imaging the outcome. You never think in the now present moment.

In the theta brain activity the mind operates only in NOW TIME and everything can and is happening simultaneously within you in the NOW. In now time the energy of the thought or feeling is immediately realized.

And remember....

When you consciously roll your eyes up under your closed eyelids you make a state change that happens naturally in sleep. Your eyes spontaneously roll up when you go into deep REM sleep and you discharge emotions from the day as well as activate new ideas that you often dream about or wake up with in the morning as solutions to your problems or answers to your questions.

Why do I stand on the 6 papers to learn the six steps?

The first part of going into theta is learning the six steps. The exercise of placing six pieces of paper on the floor and standing on each piece of paper: Grounding, Aligning in your heart, Going to Theta, Commanding, Expanding and returning into your body, unwinding and rewinding as you Receive your new good is designed to support you in learning the process

physically in your body. When you practice the 6-Step process by first walking through it on the floor and standing on your 6 pieces of paper you are teaching your body, the cells of your body, and your brain what this new experience is and how to do it. After practicing by physically walking the 6-Steps you have established the model for your brain to understand and then you can simply, mentally take yourself through the 6-Steps: Ground, Align, Go to Theta, Command, Expand and Receive your good quite quickly.

What do you mean "Meet Your Self in the Moment"?

After you make your command then watch what next thought arises. That arising thought is the next negative idea holding you back. Command for it to be different. The next thought may be something like – "Well that is ridiculous – how can I do that. What is this crackpot One Command thing – can it really work?" Ask yourself what would serve you best to believe instead, and Command it. "I don't know how *The One Command* works great in my life NOW. I only know that it is so and I am fulfilled."

Now watch for the next thought – identify it and reframe it with what you want instead and command that. This is the process of making deep and lasting unconscious changes in your belief system the natural and easy way.

There are a couple of ideas that you want to focus on when beginning this next mastery of your life. One is that, in fact, you do have the power to create new realities – all the time for your life.

Next, that you meet yourself exactly where you are with no judgment against what you have done in the past or what you may do while creating new results. That you give yourself permission to be in the perfection of experience, and from experience you define new roads to travel and new paths to climb, remembering the formula of telling the truth about your judgments and fears and replacing them with what you want instead.

Eventually the threshold of your new state stabilizes as you develop new habits of thought in all portions of your brain, mind and body from the frontal lobe images and imagination to the chemical activity of firing a thought. Eventually you live the essence of your true self that deploys a greater good and greater service to yourself and in the world.

And even though you only COMMAND ONCE for what you wish to create – meeting yourself with the next negative thought means forming another command.

KEEP MEETING EVERY NEGATIVE thought WITH A NEW COMMAND!

I'm making Command and it doesn't seem like things are changing – or they are getting worse. What is that about?

When I hear someone say this I exclaim, "Oh how perfect." The person usually looks at me cross-eyed and says something like – "Asara how can you say that?" My answer is that you are creating reality in both directions for your good as well as your limitations. When you make a command and things get worse this means you have called up all of the "HIDDEN" programs that are keeping your success at bay.

If you are not getting results or it is getting worse then you are very strong-willed and have an amazing subconscious mind – one so strong that when you come into a new agreement it will literally perform for you in powerful and amazing new ways. I say this because your subconscious mind is revealing the beliefs that are holding you back – keep meeting your resistance and limiting thoughts and command for a change.

There are a couple of ideas that come to the surface: one is that your subconscious mind is simply not ready to change your current survival system of keeping you safe. Your subconscious does not realize that you can be safe in new ways and refuses to change until new safety rules along with your new belief changes are implemented.

Next, you are changing and seeing results but not quickly enough or big enough in your estimation to count. Here is where the real mystery comes alive. Small little changes do count and must be recognized. For example, one man kept saying that nothing was happening when he was making his commands. I asked him what was not happening. He replied that the increase of income he wanted hadn't shown up. I asked "What are you doing differently to generate that income?"

He replied "Nothing." I then asked if he was noticing anything that was different. He said that his relationship with his boss and co-workers had greatly improved and he was more peaceful about his life. I responded that was a very noticeable and valuable change.

“Yes, but what the money” he exclaimed.

I said “The lack of money is always a symptom of the lack you see in yourself. As you improve your relationships with yourself and others do you think that will have an impact on increasing your money?”

He laughed and said “Yes.”

About nine months later I got an email from him with a big smile.

He shared that he had left his old job – under agreeable circumstances and his new occupation was something he loved and that it paid him twice as much. Exactly what he had commanded for.

If you set a time limit on when your good must arrive then you may think you are doing it wrong if it doesn’t appear on that time line. Change does not operate in linear time – it operates in consciousness. When your money mind and emotions meet your command then it naturally arrives.

What am I supposed to do during the unwind/rewind? Am I supposed to visualize something?

When you are in the step of unwind/rewind, whatever you see, feel or hear is absolutely the right thing. Some people visualize easily, many don’t.

Some people feel the unwinding & rewinding happening and their bodies move in circles. Some people don’t visualize or feel much—they just talk themselves through the process.

However you experience it is just how you experience it. There is no wrong way to do it—there is only your way.

What does it mean to ‘expand’?

To expand is to open your heart and your mind to receive information—consciously and unconsciously—from your greater capacity (soul, God, divine mind, universe-whatever word you use for that part of you that is divine). You do not have to know what that information is, you only need to intend to be open to receiving it. It may come as inspiration, ideas, people, thoughts, actions—the only way to know what you receive in the expanded state is by what shows up in your life.

Again—you can only do it right. However your experience expanding is just how you experience it. It may be the same every time or it may be different. Just notice.

Can I make more than 1 Command at a time?

You can make as many commands as you want, any time you want. When you are just beginning, we recommend you make only command at a time using the 6 step process. This teaches your body how to easily go into theta. Just like learning to drive a car, before you know it you'll be commanding for everything in your life!

Can I Command for someone else?

The answer to this question is actually the next level of application of *The One Command*. As science has come to explain and many have come to know – you indeed do create your reality.

Now if you are willing to absolutely know that only YOUR PERCEPTION is reality to you, then your ideas about anyone else are your perception as well.

The One Command process for making change states that all change takes place within you and your perceptions; and when you do so – the world changes. This is a literal fact that what you change INSIDE of you changes outside of you as well.

For example, if you want to end an argument with a co-worker, boss, or even a love partner, you first must realize that you have a program that you are projecting on to the other person that is YOUR PERCEPTION of reality.

When I say this people always go – but Asara you don't understand they really are like what I experience.

Really, really? Let me ask you to think about this. Are they ONLY like your negative experience of them? Do they have any other qualities?

The answer by the way is "Yes." In fact, every person you know is only expressing towards you according to what you are capable of PERCEIVING.

The answer is NO you cannot command for anyone else to change. Not a mother for her children or you for your love partner or spouse or boss or government leader. No ONE! And let's add free will here. What if someone "thought" they knew what was best for you and started commanding that you change? I don't think you would like that.

BUT YOU CAN CHANGE ANOTHER PERSON WHEN YOU CHANGE YOUR IDEA OF THEM. The power of *The One Command* is this – when you want to end arguments with others or forgive another or love one better or be in a better communication with your co-workers or a boss or those you are leading, then you CAN command a change of them in YOU!

Take the negative qualities that you PERCEIVE and change them into what you want instead. Now command that 'person-in-you' is changing into those good qualities. This works 100% of the time in you knowing something new in your relationship with others.

Example: "I don't know how the 'Charlie' in me is kind and loving towards me. I only know it is so now and I am fulfilled."

The comments we hear are like, "It almost seems miraculous how nice I am treated at work now." Or "My kids are really responding in a positive way to me."

Is going into Theta like hypnosis?

Asara has been a teacher in human consciousness for over 25 years and developed her own curriculum for her Washington State approved school, Threshold University of Body Mind Science, teaching her students to access different states of awareness (different brain frequencies) through alpha, theta, delta practices associated with hypnosis and NLP, and has been teaching about the science of how the mind works for decades.

Hypnosis, *The One Command* and several other healing modalities utilize the theta brain wave state. In fact, using the theta brain wave state is considered very cutting edge in the healing world. Hypnosis uses both the alpha and theta states. It is a tool that guides people to those lower brain wave states so that changes can occur.

However, *The One Command* operates naturally in cooperation with **how the mind works** (conscious, subconscious and superconscious mind) to

instantly stop a negative and fearful thought and to naturally allow your blueprint for success right within your DNA to simply rise to the surface. (When the negative thought stops – the good you have within you has room to naturally express). You are going into a greater field of intelligence in a lower brain frequency but it is not hypnosis. It can more accurately be called a heightened quick deep meditative state.

The *One Command* utilizes creative visualization (light alpha) to guide you into your theta state (superconscious mind) and then Commands a reprogram of the subconscious mind by delinking neurological patterns. Once the new programs have been Commanded, *The One Command* brings the subtle energy and new knowledge from your personal greater intelligence and all the potential within the unformed universal intelligence necessary for a new idea and creation of a new feeling down into the body.

Then you unwind old programs and rewind the new programs on the DNA level. It is a neurological, physiological event in the body. *The One Command* uses the mind to create the shifts in your neurology and your base line programming to know a new truth in the physical body – the truth you have chosen.

My husband is a hypnotist and says that the theta state is hypnosis and that only a very small percentage of people can get into that state in such an extremely short time (within minutes).

The theta state is one of our four defined brain wave states: beta, alpha, theta and delta. Theta is technically our deep level dream state where the REM cycle of sleep occurs. People cycle in and out of the theta state all the time, especially when falling asleep or waking up. It is a natural state for the brain to be in. Your husband is correct— hypnosis leads people into the theta and alpha state.

What is new is that we can now consciously go into the theta state through the simple 6-Steps Asara has designed and while there make instant change by issuing *The One Command* for your life.

Asara has worked with thousands of people over the years and has discovered that anyone can attain the theta brain wave state easily within a few minutes. Sometimes when we meditate or pray we go from the alpha state to the theta state. You can call *The One Command* 'open eye theta' or 'consciously awake theta' and with practice, anyone can do it easily. Asara

has had her brain mapped for her different brain waves and that mapping shows that she talks, teaches and works in the theta state. We consider her URL tested!

Do I need someone to walk me through the six-steps or can I be in the theta state and talk my way through the process by myself?

When you first learn *The One Command* and if you are by yourself – I recommend that you ask a friend or family member to join you in discovering the process as found in the appendix of *The One Command* book. It will benefit both of you equally as you can take turns reading the steps for each other.

If you are a true “loner” then you have some options. You listen to our [6-Steps to Mastering The One Command](#) CD or MP3 that guides you through the process. Or you can record your own voice going through the process and listen that way.

After you practice the process with the papers on the ground a few times you can think the process through with your mind. It is recommended that you stay internal with your eyes closed as this keeps you in alpha/theta brain activity.

Can I apply *The One Command* for healing or to improve my health?

The One Command for physical wellbeing and healing cannot be overstated in its power and results. The theta/delta brain waves are the place where our bodies completely relax – including every muscles, tissue, bone, and blood cell and restores itself while in theta/delta level sleep. The theta/delta brain state is also the place where spontaneous remission and healing takes place.

Asara Lovejoy and Bonnie Strehlow have created a 7 set CD called the **Theta Code** that takes you through an in-depth application of healing including the science of how and why it works, the 4 Keystones of Healing and deep theta/delta guided meditations that literally heal and restore. If you are a healing professional such as a doctor, nurse, patient, massage therapist, chiropractor, energy healer, or if you are dedicated to your own

personal healing or the healing arts, then the **Theta Code** and the application of The One Command in healing will provide you with the latest and newest up-to-date information on our bodies and minds in healing.

I am experiencing a deeper spiritual awakening – what is that about?

The practice of meditation and prayer has occurred worldwide since ancient times. Prayers and spiritual practices urge us to raise our gaze upward and focus on the spiritual state to obtain altered states of consciousness.

The eyes play an important role in changing our brain waves. The greatest mass of the eyeball is towards the back; therefore the eye is unbalanced and has the natural tendency to roll up. Using the eye muscles, we actively hold the eyeball in a level orientation when awake. When relaxing deeply, the eye muscles naturally relax and the eyes roll up. Examples of this can be seen when a person faints or enters a deep trance – muscles go limp and the eyes roll upwards.

Ancient wisdom and spiritual practices tells us to “look up to God, the spirit and find peace,” which also has a literal interpretation.

The position of the eyes is tied to our brain waves. When one is involved in the world or otherwise active on the conscious level, the beta brain wave is active and the eyes tend more naturally to look out and about; and when one enters a state of greater consciousness, the eyes are drawn automatically to gaze upward into theta.

We receive wonderful testimonies every day on enhanced spiritual experiences when practicing the simple six steps and The One Command. One Christian woman exclaimed, “When I am in theta I am sitting at the feet of my Lord Jesus in absolute love.” Another friend emailed to say, “How did you know The One Command and the Practices of Muhammad share the same truth of love and kindness.” Many spiritual leaders, such as Catholic nuns, Tibetan and Buddhist Lamas, Ministers of many faiths, Unity, Methodist and more enjoy a deeper connection to their faith through the use of The One Command.

The natural connection of theta and peace, harmony, love and forgiveness are all inherent in deep spiritual practices.

Short Notes on Common Frequently Asked Questions

What if I'm driving or can't go into theta in that moment

When you aren't able to take that very moment to clear the arguments, make either a written note to yourself or a mental note. (NEVER and I repeat NEVER go into theta to make a command while driving! Driving is a beta mind activity and that is a good thing.) You can keep a list throughout the day of if you want and then do them later when you have time.

Why do I say the Command in my head?

When you follow the 6 steps, you are in theta. When you speak out loud, your mind automatically jumps back into your conscious beta mind. Changes on the DNA level happen only in theta.

What things can I Command for?

You can command for everything and anything you desire. There are no limits beyond what you place on yourself. There is no large or small—there is only your desire. That's it. What do you want? Profoundly simple isn't it?

If I am specific, am I limiting myself?

In this place of your greater capacity, there are no limitations. You take your desires into a place of pure potentiality and create from there where there are no limitations, there is only potential.

When you state "and I am fulfilled," that is the blessing, like saying Amen, Blessed Be, So Be It. It is statement that tells your conscious mind that something has already happened.

Example: You want a new house. You do not have to say a new house, with 4 bedrooms, in this particular neighborhood, at this price, etc, etc, etc. Adding all the details and the 'how's' is coming from a place of fear.

KNOW what you want and hold that thought/image/feeling when you make the command. The 'and I am fulfilled' part takes care of the details. If it was not what you really wanted, you would not be 'fulfilled.'

You could then make a command like “I don’t know how I live in a house that is perfect for me. I only know it is so now and I am fulfilled.”

What is the ‘left eye to left eye’ exercise?

This is a very powerful exercise used in TOC Circles and is used to provide enthusiastic, positive support to each member of the Circle after the Commands have been made. By looking into the left eye of another person, you are sending your supportive statement directly into their subconscious mind where it is immediately accepted as a new belief.

If you are alone, you can do the same thing by looking into your own left eye in a mirror and repeating the statement to yourself. The results are just as powerful and profound.

Left side of body controls right side of brain. Right side of the brain is the emotional body/subconscious mind. When you look into someone’s left eye, whatever you say (positive or negative) goes directly into their subconscious mind without being filtered by the conscious mind. So when you look into your own left eye in the mirror & repeat the supportive statement, you are installing that positive, supportive statement as TRUTH to your subconscious mind. Your subconscious then goes about searching in your outer reality for what matches that new belief. Voila! Magic! So, grab another person or grab a mirror and speak those commands as enthusiastically as you can—and watch your life change.

What is the most important question I will ever ask myself?

‘What do I want instead of this?’

What if I’m stuck?

What do you want instead of being stuck? Command it.

What if I’m broke?

What do you want instead of being broke? Command it.

What if I'm depressed?

What do you want instead of being depressed? Command it.

Can I Command for world conditions?

As you are so shall the world be. You have the power to be of great service in the world through your thinking. A great spiritual teacher often says that war ends when the war in your mind ends. Just as we can command for a difference in our families, personal relationships, finances, success and greater spiritual presence we can change the world by changing our view of it inside our self.

I don't know how I am at peace inside of me with my neighbor. I only know that it is so now and I am fulfilled.

You can substitute any world condition you would like to improve in your command – in you. Remember you are literally changing your brain to know something new – that you don't know yet but want to know.

"I don't know how I replace terror with peace in me. I only know it is so now and I am fulfilled."

You can Command for a better neighborhood, business environment, government, better relationships between political parties, or support for the environment.

You can Command a new idea within you to know this realty you wish to create.

And it is So Now!

As always we say enjoy the next great adventure of your life – discovering the power of who you truly are.

In Love and harmony,

The One Command Team