

# Theta Your Greater Intelligence

## The Spirit of Your Mind, Your Money, Happiness, Success and The Theta Brain Wave

By Asara Lovejoy, author of The One Command

*Seek not to change the world, but choose to change your mind about the world.*

*-A Course in Miracles*

There is a power within you to create and master your mind, your money, your success and happiness in a brand new way that is your natural birthright. I have had the opportunity to share The One Command process that activates this natural ability with over 500,000 individuals. Thousands of folks have taken the time to share the positive results of The One Command and their success stories with me.

Stories of success to change their financial circumstances, some times in moments - success in reducing their debt, in getting a home mortgage when previously repeatedly denied, in unexpected salary raises, promotions, investment returns and windfalls, double and triple business income returns, and all of this accomplished in grace, peace and ease.

I discovered this great ability when I came to a pivotal moment in my life where I faced the cross roads of loss of my home and investments or a life of financial abundance lived with joy and peace. In many ways the understanding that arrived was more than a miracle, and in others it was one I had prepared for all my life.

I was about to lose my home and there seemed to be no options to keep it as I had refinanced it to the maximum to remodel it for a healing center. I also had no income as I had taken the time off from work to concentrate on this one project only.

In my moment of despair, seeing all my investments of time and money and my dreams seemingly vanish I fell to my knees and completely surrendered my life circumstances of what I thought I knew. I surrendered my moment of despair into a new idea of possibilities and lifted my mind into a new dimension of thought.

I lifted my mind by the simple technique of looking up under my closed eyes that immediately changed my brain wave from ordinary duality of thought – our beta mind – into my extraordinary brain wave of theta – our unified mind.

In the moment of surrender, I was given the gift of The One Command process, the 6-Easy Steps to theta and the statement that instantly changes your brain chemistry, that delinks negative fearful thoughts and by the One Command statement asserts what it is you want instead – speaking directly to your subconscious mind – the place of your reality filter system.

I wanted to share some of my background with you to give you a basis for understanding the theta process itself and of course, you can read more in-depth about my journey and the process in The One Command book.

## **Your Biology of Success**

First, each and every one of you is biologically designed to engage in the quantum field of open potential to create a new result anytime, instantly—one that is what you truly want instead of what you may have settled for. This ability is found in your brain wave activity.

In your various brain wave frequencies – you have different engagements of consciousness that relate to those frequencies. Every discipline, spiritual pursuit and practice is for one purpose only – to engage your mind in a field of greater and greater intelligence –beyond your ordinary circumstances. The promise of that engagement is deep peace, invisible support and divine companionship. Scientific study of the spiritual mind has shown that the place of greatest peace, and illumination occur while in your theta / delta brain state.

There are qualities of thought that are found in your theta / delta brain wave that don't exist in your beta thinking – ordinary consciousness of limited thought with constant duality of this or that, yes or no, maybe, maybe not, judgment against yourself and others and fearful thoughts and ideas about your limits and losses. In addition, beta mind looks to the past and projects the past into the future – recreating the same thought template again and again with the same limited results. You cannot create new money or wealth, health or happiness or solve a financial dilemma from the same place in your mind that the problem first developed. Most people try to problem solve in their ordinary beta mind 98% of the time with a 1% return causing ongoing suffering.

## However, an unlimited potential of reality exists in the theta/delta frequencies of your thought.

Here your mind perceives reality in a unified field **of now** with no past to draw upon or future to imagine – only unlimited ideas and potentials to create. Here you think in a state of peace, joy, security, and inventiveness, as solutions arrive in unimaginable ways all within a deeper connection within the heart and mind. For a 1% moment of concentration in theta you get 100% return of your time and energy.

You get that result because as you command a thought in theta you physically and biologically interrupt all the thoughts that derail that truth at the same time you simultaneously create a new DNA blueprint for that thought to appear in physical form. And you are hard-wired with the ability to accomplish this.

It used to be thought that only great spiritual masters or years of study and discipline could place your mind into deeper more universally connected states. And that used to be true. But what is true now, is that you have evolved and that in a moment of physically changing your eye focus to look up under your closed eye lids you can mechanically shift your beta mind into theta mind and engage those portions of your intelligence - dormant for ages ready willing and able to be engaged by you at this very moment. What is true now is that you can engage your theta brain wave while completely awake and in that moment create something new and wonderful.

## Think in Theta

**The theta brain wave** has some unique and powerful properties. First, it is the place where you go into deep Rapid-Eye-Movement sleep at least three times a night, REM sleep. Next, while in REM sleep you discharge negative thoughts and fears from the day and from the past. And you also create what you dream to be realized in making your hopes, wishes and desires come true.

In addition, you enter into and out of *theta* at least twice a day, when falling asleep, or when waking up, and process information in those moments known as "*hypnagogic imagery*." This is information of extreme usefulness in that we can bring from the unknown and the unseen through our brain while in *theta*. Einstein received the information  $E=MC^2$  while in *theta*.

In the past, being consciously alert while in the *theta* state was limited to those such as Yogi Masters, Zen Monks, Shamans, or those highly trained to meditate, but we have now evolved to the point where we can go into and out of *theta* while awake. Experiencing *theta* brain activity is quite normal as a child but seems to become lost as an adult. There are many benefits and rewards to once again being as that child with natural access to our super creative brain wave, *theta*.

The theta / delta slow brain wave frequencies heal the body, engage directly with the cells of your body, and your DNA and establish neurological pathways for thought – your belief system and your habit of thought. By directly accessing this fantastic powerhouse of reality you can consciously change the direction of your life by choice and you can do all of this in a moment.

### **Benefits of the *Theta* State\***

- Quieting of emotions and thoughts
- Deep level healing and regeneration of the body
- Recapture strong and vivid sense of well-being
- Increase sense of love for self and others
- Unheard and unseen things come to conscious awareness
- Ideas springing forth from unconscious and intuitive sources rather than from deductive reasoning
- Integrative internal experiences = feelings of psychological well-being
- Improvements in relationships with self and others and emotionally healthier
- More flexibility in thinking, reasoning, and reacting
- Increased connection in relationships with others
- More self-acceptance
- Increase in creativity
- New ideas and problem solving
- Hypnagogic images full of "reveries and fantasies," with much visual imagery and many childhood memories, and mental events that are "surprising to the ego"

- Greater tolerance
- Integrative experience of knowing and feeling.

\*Footnote: The above characteristics of the *Theta State* are from, *Theta Brain Wave Research, Excerpts from Michael Hutchinson, The Book of Floating Acceleration Seminar in Brain wave.*

## And there is more.....

The benefits of operating in theta are uncanny, miraculous; down right impressive, life changing and deeply beneficial to your body - including spontaneous acts of recovery from injury and removal of disease. There are now thousands of testimonials from the many individuals consciously going into theta that tell the story in many diverse ways. In any scientific procedure results drive the postulate, and these results would give credence to the proposition that you have uncanny greatness right within you.

Some of the symptoms of consciously operating more and more in your theta brain wave are:

- An increased, constant sense of well-being
- Peaceful, relaxed review of problems
- Increased solutions - seemingly miraculous at times
- Increased authority over life circumstances
- Creative and new ideas brought to old circumstances
- Creating new results - improved income for example
- Activation of your DNA Blueprint for wealth
- Expanded sphere of influence
- Deeper connection with others - better relationships
- Healed family dysfunctional problems - creating a new sense of family
- Love, partnership, marriage with success and joy
- Increased patience
- Reduction/removal of anger and resentment
- Seeing yourself as the authority of your own life
- Appreciation of yourself - greatly improved self-esteem
- Operating in NOW time more and more consistently
- Resolutions to seemingly over whelming problems - almost as if by magic
- Instantaneous healing

- Improved health and attention to your body
  - Activation of your DNA Blueprint for optimum health
  - Trust in your intuition
  - Better business decisions with positive results
  - A sense of connection rather than separation from the world
  - Heightened spiritual connection
  - Greater understanding of possibilities not even dreamed of yet
    - yours to discover
  - Seeing yourself as the explorer of your life - enjoying the journey as well as the destination
  - Removal of your life script identity; victim, abuser, abused - reclamation of who you truly are
  - Reclaimed trust in yourself and others
  - Belief in good
  - Inventions - problem solving for the planet
  - Original ideas never seen or heard before
  - An increased sense of valued identity
  - Living and speaking your truth with good results
  - Living in alignment with your nature
- More joy, laughter and fun

## **The One Command® Programs**

The discovery of your theta capacity through the simple and effective 6-Steps and The One Command® has brought about requests for more in-depth training and application of the technique. To answer the requests we have developed programs that graduate your awareness and application of your theta mind for greater and greater success in creating the life you have always dreamed possible - our motto is that your success is our success!

Please investigate what we offer because you can start anywhere in our programs from become a One Command Circles® Certified Leader holding Circles in your home, office, place of worship or Community center, through our Mastery in Action Online Home Study Course and One Command Success University where you can earn a living by changing peoples lives and the fabric of reality itself through the application of The One Command.

**Join us on the journey**