



**The One Day - One Command Facilitator
Certification
to
Start Your Rich Career Now!**

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

Teachings of The One Command[®]
by Asara Lovejoy

Facilitator's Certification Training Week 4

The One Command®

For a 1% moment of concentration in theta and by your Command 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!

This simple statement is so powerful that you can experience physical reactions to the neurological changes in your brain. You are instantly changing old addictive thinking patterns that are harming you. You are so familiar with them; it may seem too simple to think that **you can just let them go.**

You train yourself through breath, thought, and trust to let yourself change into this new pattern. Soon you will find it has become your natural way of thinking.

Reverse the stream of your fearful thoughts into gracious and prosperous thoughts of knowing that your true desires come to you naturally and easily, by **emotionally thinking** this simple statement. It is the place to begin.

Replace every fearful thought with this simple statement and you put your **brain into idle** so that you can experience new ways of knowing and thinking about your greatness and your good! You are also Commanding your subconscious mind to demonstrate your good and fulfillment.

The One Command is a simple statement that stops your limited thinking at the same time it consciously connects your brain to that greater part of you that remembers your blueprint for success. When you stop your neurology from firing negative and limited ideas, you turn them off. They may be faint memories, but they no longer are the hard-wired programs that used to unconsciously drive your feelings and your mind, especially in the beta state.

Upon turning off the negative programs, even down in the cells of your body and your DNA, and then **expanding** into an Idea Greater Than Yourself, you receive direct knowledge that supports your dreams, wishes and desires, ones that directly program knowledge of how you deserve, you are capable and can do as it supports your innate blueprint for success.

This new direct knowledge writes itself onto your subconscious hard drive and now becomes your new ground of being, your new operating system.

REMEMBER: You reject what you have not created or do not know and experience only what you believe. Now you experience your masterful states of increase, joy and satisfaction. That is the science of how the mind works.

**GO TO YOUR GREATER INTELLIGENCE AND
COMMAND:**

I don't know how _____,
(fill in the blank with your desire)

I only know *that* it does now and I am fulfilled!

Why The One Command Works

You are meeting your subconscious programs right in the moment.

There is only NOW – no past – no future only NOW imagining a past and imagining a future.

Your thoughts are not sacrosanct but only frozen particles of information held in a pattern of color, sound, smell, and feelings, frozen in a moment when you made a decision about reality – when you were powerless and defenseless. You have the power to change that decision RIGHT NOW by stopping the negative pattern in its tracks.

A Command is creating and mandating a new behavior or understanding for your subconscious mind that operates at the level of a 3-5 year old.

Give an example of asking a 3 year old to stop hitting or to play nice in a small powerless way and then Command the child to behave.

You are Commanding your subconscious, conscious and superconscious mind to a new reality and everything lines up in that direction and immediately goes to work to make that happen way beyond your ability to control or know how with your beta/conscious thinking mind.

You are manifesting in your extraordinary state of theta in a unified field of thinking with no resistance and miracles and successes arrive easily.

Prepare yourself to give up struggle and enjoy easy success.

Example of Stacking Success Stories

Story #1

In The One Command book, Asara writes about the woman who had gone through a very nasty divorce, declared bankruptcy and got her first paying job after many years of being a stay-at-home mother. She needed to buy a new home for herself and her son within one year or face paying an exorbitant amount of money in capital gains tax, which she didn't have.

With everything stacked against her and everyone telling her that it was impossible to get a mortgage loan any time after a bankruptcy, let alone in less than a year after one, she continued to follow what Asara had taught her: keep focusing and commanding for what you want. Share your goals with people you know. Be open for help to come in unexpected ways.

And that's what she did! Her bosses paid her for overtime work and surprised her with extra bonus money several times. She was given the name of a mortgage loan officer who helped her qualify for a loan at a very low rate.

It was on a Thursday afternoon that she got the news that she qualified for a \$105,000 loan. On Friday she called her realtor and asked her to begin looking for a condo right away. The realtor assured

her that she was not likely to find what she wanted for that price in the area she wanted to live. She stayed focused on what she wanted instead.

On Saturday, just 2 days after qualifying for the loan, she and her son went to look at a 2-bedroom condo in the area they wanted to live at the price of \$104,000. It had just come on the market the day before. By Saturday afternoon she owned her own home.

It was only 10 months from bankruptcy to owning her own home. Something she was told would never happen.

(PS—this is Bonnie's story)

Story #2

A woman had experienced knee pain for many years. As she got older, the pain got worse and she was looking at needing a knee replacement. She tried different treatments that helped, but never released the pain or the need for an operation.

She found out about The One Command and through learning the technique realized that because she had been in pain for so long that she was holding a habit of pain subconsciously.

She commanded for the release of her old habit of pain and for healing on her knee.

She said "I'm now bopping up and down the stairs in my house, PAIN FREE! For the first time in 4 years, I'm contemplating skiing next winter and, yes, even doing moguls! I'm joyously anticipating walking, skipping and jumping through the rest of my life, with The One Command as my helper."

Story #3

A man really wanted to buy a new car—a Porsche. He would visit the car dealer often and sit in the cars, wishing he could afford it. Unexpectedly, his wife took him to a Commanding Wealth seminar taught by Asara. She asked him to just keep an open mind.

After the seminar they began commanding together in the morning before they each left for work. He always commanded for variations of being appreciated, receiving what he wanted and being acknowledged

for the job he was doing.

Shortly after the seminar he received notice of a pension he didn't think he was qualified for so soon. So he signed the paperwork and began receiving his monthly pension check of \$270. A few weeks later he went to visit the Porsche dealership again and saw the car he wanted—a Porsche Boxster: the color, the style, the year and everything in it that he wanted. So he asked the guy about it and soon they had a deal. They dropped the price of the Porsche considerably and gave him more for his trade-in than he expected. And with a very low interest loan he drove away with his car for a monthly payment of.....wait for it....\$265!

Now who would ever think you could get a Porsche for \$265 month.

He is still happily driving his Porsche every day now. Just getting into the car every morning brings a smile to his face.

There are Three Parts to The One Command®

The One Command® is a simple statement that stops your limited thinking and creates a neutral space to re-direct fear-based thoughts of lack, and limitation with ones of abundance, success, and worthiness.

The One Command® is a direct link to your brain in theta from which you create your life. The turn-around in your manifesting all the good that you desire is to place the same power of your spoken word and thoughts into creating a different flow of possibility towards you. As you do this by going to theta and Commanding with emotion your good, a direct link is established between your emotions, your brain and your DNA, and you create new emotional pathways for cash, better relationships, health and joyful living to arrive in your life, instantly.

Go Up To Theta

1. The first part stops your old way of negative or fearful thinking. It engages your conscious mind and puts it into a state of pause.

I Don't Know How _____, (Fill in The blank)

2. The second part drops directly into your subconscious mind without the interference of the conscious mind. Because the subconscious mind does not know the difference between what happened and what you tell it just happened, it accepts this belief as true.

I Only Know That It Does Now

3. This is the blessing that engages your superconscious mind. You have now created a new filter of reality a new possibility and, as you are already masters, it is 100% assured that it will arrive.

And I am Fulfilled!

This simple statement is so powerful that you can experience physical reactions to the neurological changes in your brain. You are giving up old addictive thinking patterns that are harming you, but that you are so familiar with it seems too simple to think that you can just let them go.

Replace every fearful thought with this simple statement and you put your *brain into idle* so that you can experience new ways of knowing and thinking about your greatness, and good!

You are also Commanding your subconscious mind to demonstrate your good and fulfillment.

GO TO YOUR GREATER INTELLIGENCE AND COMMAND:

I don't know how _____,
(Fill in the blank with your desire)
I only know *that* it does now and I am fulfilled!

When you think a thought of lack, of fear or find yourself talking
DOWN TO YOURSELF *stop yourself* by quickly going to theta and state
the real truth:

I don't know how my good comes to me,
I only know that it does now and I am fulfilled!

See how quickly your good will come. It will show from more clients, or work, and in unexpected ways. It takes only seconds to go to theta and to declare this simple statement; and feel the emotion of good coming to you, as you are steadfast, persistent, and determined to have faith without evidence that it is so! Prepare yourself for your abundant good.

Once you learn the wording of The One Command® you can apply it to each and every situation.

Why It's Important to Learn the 6 Steps with the papers.

The reason you are teaching the 6-Steps by laying the 6 pieces of paper on the ground is because this is the way that we naturally learn – through our bodies. By going through the exercise twice your participants are creating a physical response to the different brain states and learning to go into theta.

Realize that for some if they have not done any kind of meditation or quieting of the mind that this is a huge experience and reactions can range from euphoric to angry and irritated.

The One Command® is a simple statement that *stops* your limited thinking and *creates a neutral space* to re-direct fear-based thoughts of lack, and limitation with ones of abundance, constant supply, and worthiness.

The One Command® is a direct link to your Greater capacity in theta from which you create your life.

The turn-around in your manifesting all the good that you desire is to place the same power of your spoken word and thoughts into creating a different flow of possibility towards you. As you do this by going to theta and Commanding with emotion your good, a *direct link is established between your emotions, your brain and your DNA*, and you create new emotional pathways for cash, better relationships, health and joyful living to arrive in your life.

You are first learning the 6-Step process in your body to open your mind and your body to learn what each state feels like. This is a neuro-biological process to train your brain and body how to go to theta quickly and easily. After you learn it in the body you will be practicing this afternoon to do it within your mind.

Physical effects of going into theta.

Masters throughout the ages such as Yogis or Christian mystics can be seen with their eyes rolled up so that you only see the whites of their eyes. This is the way that you drive your brainwave into theta - through looking up with your eyes. There is a link between your brain wave of theta and your eye muscles that create this state change.

You may have some aching symptoms – just like exercising any unused muscles when you start an exercise regime – and you are physically and literally gaining access to the unused and un-programmed portions of your mind.

Creative Imagery – You as the Observer

You are imagining that you are traveling up through the top of your head and your eyes are held up - looking more and more up as you imagine the journey out to the outer edges of the galaxy – through the last void of space into that white luminosity that is All the Potential of All that is You and all that Is.

Technically, if you were to have a neuroscientist sitting here in the room they would say that theta is your sleep state and cannot be accessed consciously. We have evolved in our ability to do so and it is laboratory tested (example of Asara being tested) that you have rapid eye movement and your eyes go way up under your eyelids and your brain changes into theta right here when you are doing the process.

From a quantum field perspective, you are in the position of the observer detached from your beta mind. The science tells us that observation changes reality. Therefore, you become the observer of the new reality you are changing and you are creating in that moment.

A Simple Format to Create a Command

What I want to change, remove or improve.	What I want instead.	What will improve as the result?

In the first column write what you to change, remove or improve.

What I want to change, remove or improve.	What I want instead.	What will improve as the result?
I hate my job and can't leave.		

In the second column write what you want instead:

What I want to change, remove or improve.	What I want instead.	What will improve as the result?
I hate my job and can't leave.	I have a career that I love and it pays me well.	

In the third column write what will improve when you get what you want:

What I want to change, remove or improve.	What I want instead.	What will improve as the result?
I hate my job and can't leave.	I have a career that I love and it pays me well.	I will be happier.

Here are more examples:

What I want to change, remove or improve.	What I want instead.	What will improve as the result?
I hate my job and can't leave.	I have a career that I love and it pays me well.	I will be happier.
The economy is so bad now, I'll never find a better job.	I have a job that is perfect for me.	I will feel more secure and excited about going to work again.
I never have enough money.	I have all the resources and money I need.	I will feel safer and more relaxed knowing I have enough.
I'll never understand this.	I learn easily and am confident in what I know.	I will have more self-confidence in my ability to easily learn new information.