



**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 6

Meeting Your Beliefs

We create and form within our biology, our DNA and our neural net processor ideas and experiences that we have wired as habits of our thinking and are what we call our beliefs.

These beliefs are formed from universal knowledge, ancestral memories, and from the thoughts, words and actions of our parents, our society, culture, race, religion and the many facets of those experiences.

It is very valuable to get to know your subconscious mind, that inner part of you that unconsciously directs 100% of your life. Some individuals have made it their life play to understand the workings of the subconscious mind, while for others this may be the first investigation you have ever had.

Here is a little information about your subconscious mind. The subconscious mind operates at the level of a **three-year old, it only operates in the now, and does not judge or reason**, (that is the job of the conscious mind). It believes everything that it is told literally. For example, when you say there is not enough or I am not worthy your subconscious mind does not argue with your idea – it believes it and makes emotional choices in alignment with your belief.

That is why you have so much power to re-direct and re-train your subconscious mind to believe something different – something new and more powerful for you – it accepts that new belief and acts accordingly to make that manifest for you just as readily.

There are many other functions of your subconscious mind such as the operations of your physical health and safety and it is the repository of all your memories that we call your unconscious mind.

When you consciously engage your subconscious mind you are making friends with your small little child within – this is the imagery of your subconscious mind because most all of your deeply held beliefs were developed while you were a child from in utero to age 5. We want to empower your small self to have more ideas about life because when you were making most of your decisions you were in fact, small, defenseless and at the effect of your environment.

Generalized Feelings About Your Abilities

To a small child all grown-ups are big—almost like giants. At the same time children spend most of their time in theta—taking in everything around them and personalizing it. At that young age a child is not able to easily differentiate between 'me' and 'not me.' To one so small and so young everything is taken as 'me.'

If parents are supportive and loving, the child internalizes beliefs about being safe and cared for with a developing strong sense of self. However, if the home environment is chaotic and the parents are critical, unsupportive or abusive, the child internalizes beliefs around those early experiences as well.

As an adult you carry these internalized beliefs and patterns from your inner child's perspective and then can find yourself feeling overly anxious about money, love, relationships, health or any number of issues. People and problems seem bigger than you and it is easy to feel overwhelmed without understanding why.

The best way to come to a peaceful safe place in your thinking is to make friends with your subconscious mind and to take care of that small vulnerable child within. Your inner child is your emotional body, your subconscious mind, and holds your dreams and desires of all that you wish to become.

When you are on a quest for love, happiness, a sense of well-being, importance, money and riches, you often look for the solution outside of yourself. You look for that 'someone else' to make you feel better, save you or figure it out rather than creating a more powerful emotional state within you.

There is no one who can make you feel loved, make you happy or make you rich until you know inside of you deep within your subconscious mind what that experience is of loving yourself, being happy and liking who you would be if you were rich, loved and successful.

You Are You Creating You

The way to begin to become the master that you are is to become friends with your subconscious mind.

Most often the survival programs that keep us from our good operates with the beliefs that to be loved we must sacrifice and put others before our self; that we are responsible for the emotional well-being of others before our own well-being.

Eventually, there is a reaction to taking care of all those others. It is anger and resentment and despair that once again you have been let down.

You put all that energy into the other person, and who took care of you? No one has. The reason that no one took care of you is the inner child's belief that you are not good enough exactly as you are. You believe that you must provide the needs of the other person in order to be loved and if you don't, they won't.

Isn't that a crazy notion? But all of us have felt that way. The importance of knowing *what it feels like to be good enough*, and to take care of yourself, first, cannot be overstated.

It is the key to your emotional and financial wealth.

Once you establish a relationship with yourself and agree to go to theta and create an emotional understanding first for whatever is needed such as: courage, security, love, and comfort, then you can receive that care from others.

The most difficult acceptance of who you are is not your limitations, but fear of your greatness.

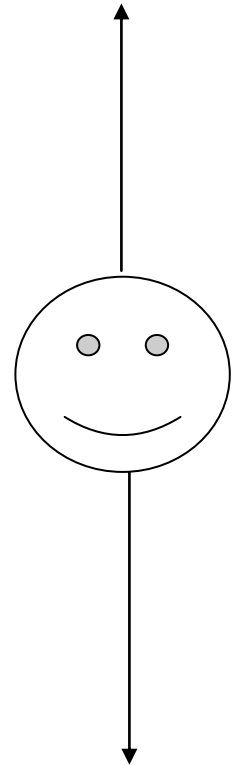
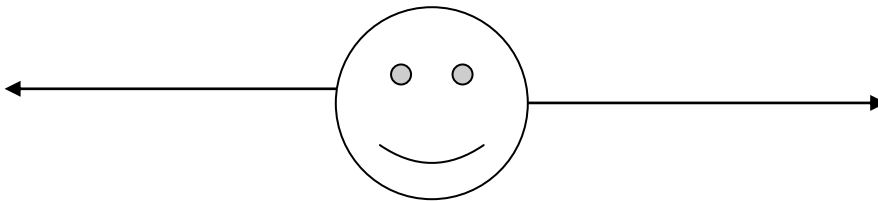
So let us begin there.

Vertical Relationship vs. Horizontal Relationship With the World

In a horizontal relationship with the world, you are ungrounded and looking OUTSIDE yourself for answers, for someone to blame, and/or for someone to rescue you.

Life is more of a struggle and you find yourself repeating old patterns. You are living with some purpose and some meaning, but something is missing.

This is the merry-go-round to nowhere.



In a vertical relationship with the world, you are grounded and centered. You go within to find your answers and feel empowered to create what you want.

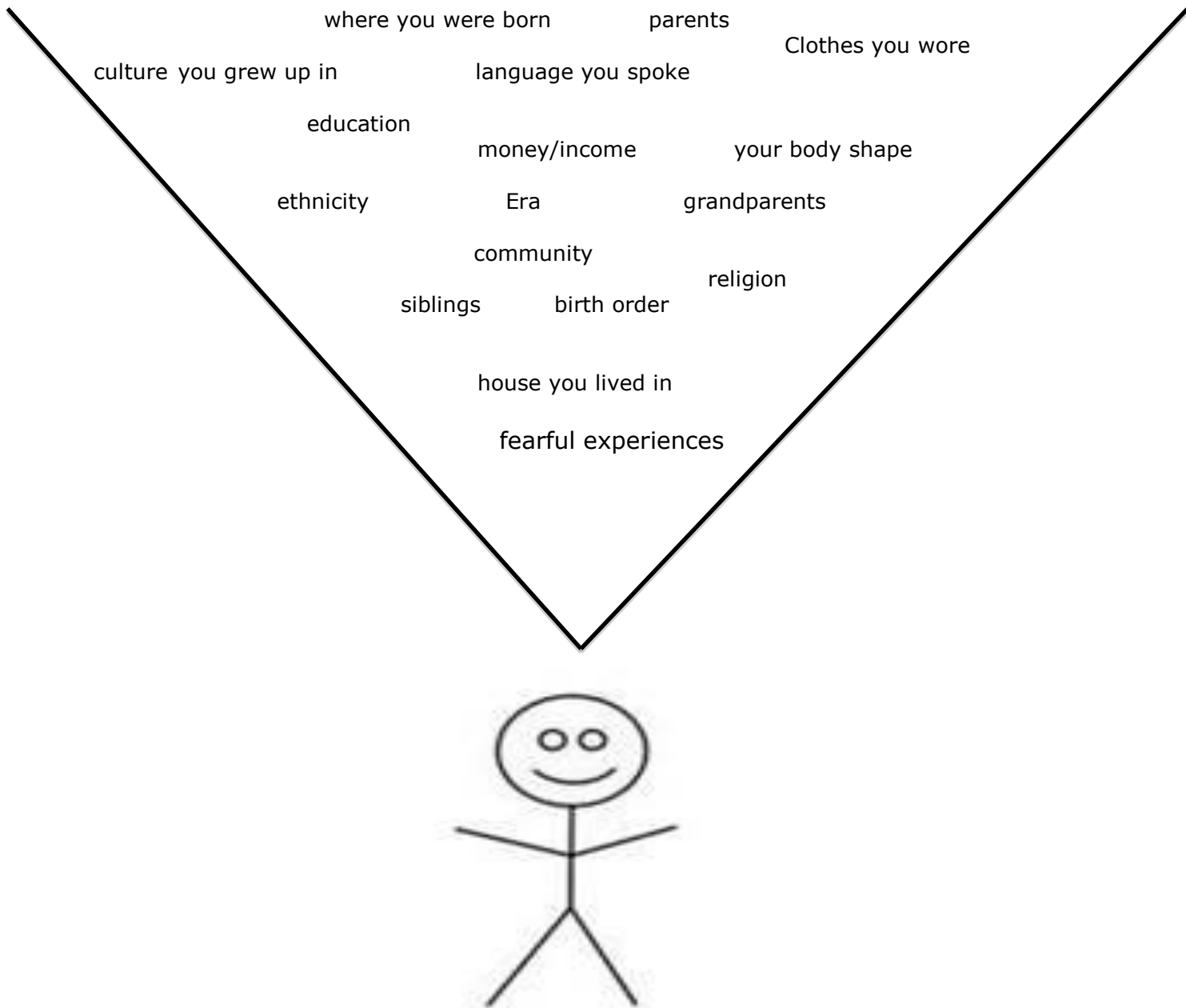
You make new choices and engage in new behaviors. Life just seems to work with greater ease.

You live your life with greater purpose and deeper meaning.

How Subconscious Beliefs and Patterns are Formed

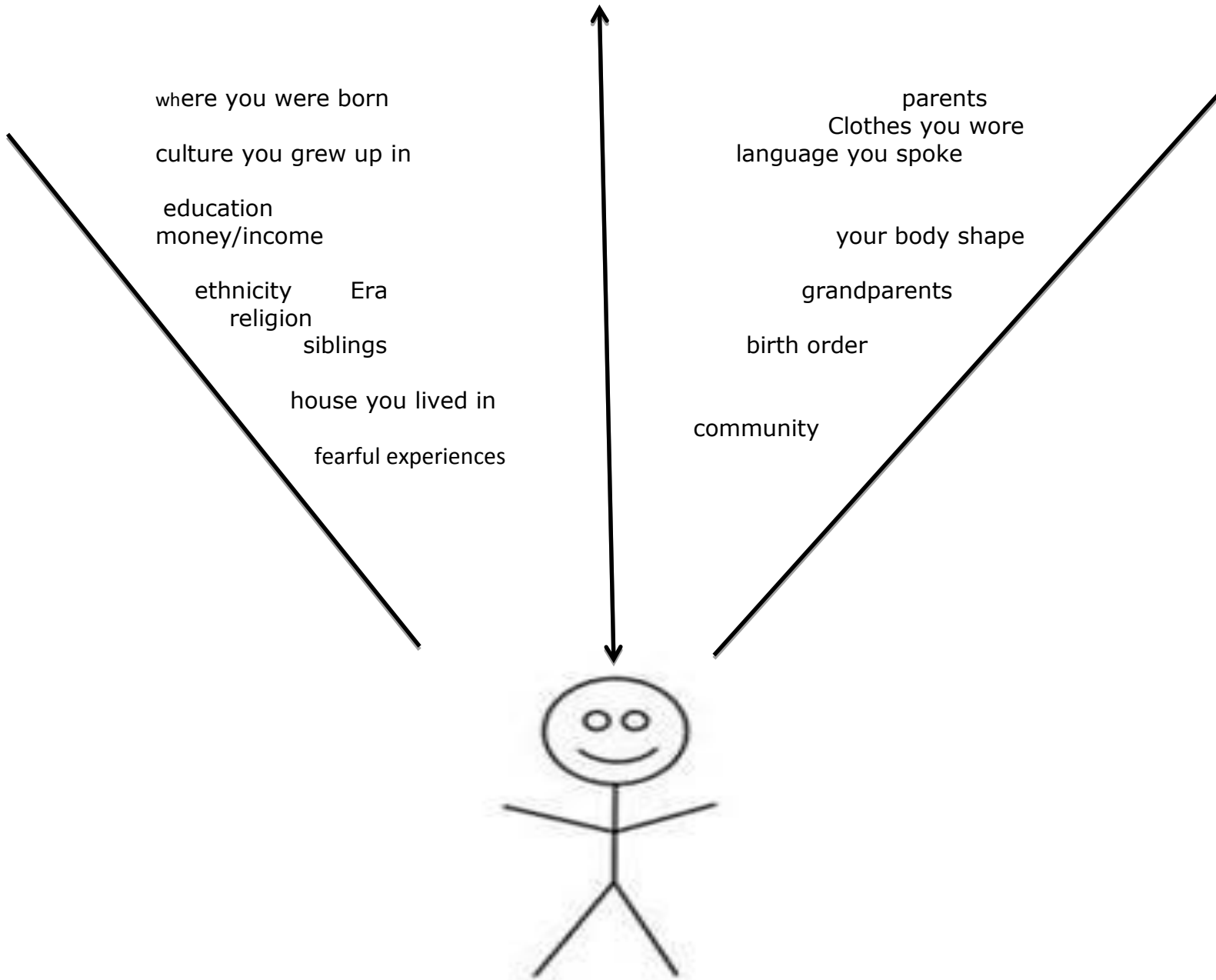
Ages 0-6

Your Greater Intelligence



Clearing Beliefs in Theta

Your Greater Intelligence



The Process of Change

There is a process of change that takes place in many aspects of yourself as you delink your old synaptic pathways of thought, and create new DNA blueprints of reality.

- Identify your fears and thoughts about your financial limits. There are a variety of reasons you can come up with: the economy is poor; others are more skilled; 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.
- 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.
- Now that you know what you truly want you go through the 6-steps and command a change in your thinking while in your theta brain wave state.

Meet Yourself in the Moment.

To make a commitment means to accept who you are at any given moment and from that place of acceptance to seek your next level –your new thought – your new action.

As you Command what is under the water will rise to the surface and with each new thought, emotion and discovery **you must Command what you want instead of what you fear.**

The More You Operate in the Unified Field of theta the more coherent your brain becomes. Professor Frederick Travis at the Center for Brain, Consciousness, and Cognition in Iowa, explained that the EEG of an enlightened person shows his or her whole brain working as one, functioning in a totally synchronized, **coherent way.**

Service to a Higher Ideal Keeps You Committed.

For example if you want to grow your business or to have more income you may have the higher ideal that you are doing it for your family. This higher ideal above your own interests keeps you operating in a higher dimensional reality – in the greater field of your intelligence and therefore makes it easier to succeed.

Another example is my commitment to The One command.

The One Command has a voice of its own that wants to be expressed in the world. I am the servant to that field of intelligence. That is my greater mission.

Support in a larger community raises your field and helps you to transform quicker and easier and that is why we developed The One Command / Commanding Wealth Circles in conjunction with our online courses and personal coaching with Asara.

The Biology of Change

Your unconscious limits operate as a whole system within you. Your thinking has become a habit. To know something new you must create space for a new idea, thought and feeling to arrive.

Simply wishing and hoping are not enough. But your hopes, wishes, dreams and desires are the messages of your greater intelligence and are waiting to be given birth.

The biology of your emotions, mind and heart flow form the chemicals you release with a thought and then enact a pathway within your brain and the cells of your body.

The One Command has the power to stop that unconscious habitual firing sequence which allows you to create a new firing sequence of intelligence – one that matches your new expectations.

Becoming familiar with your new reality requires some skills. The greatest of which is your ability to receive what you have asked for – what is your fondest desire.

To celebrate when it arrives – acknowledge that you created this new experience and continue on as the conscious creator of your destiny.

Acceptance and Receiving

The key to your success and well-being is your ability to receive your good when it comes your way. Because of your old programs often you reject help, compliments, or even cash, goods and services.

Through The One Command® you are coming to a new understanding about the power of fixing and helping as your prime directive to be of service to others when in actuality you are fixing and serving because it is the way you were trained to get approval and love.

In addition, **you often harbor the idea that others will not want you** or like you if you are strong, capable, and helpful and receiving your due and more on a regular basis.

This is breaking out of the old codes, the ones that describe self-love and a sense of worthiness as selfishness. It is only when we are able to receive without fear and in gratitude that we can teach others to receive as well. It is only when we have an understanding of what it feels like to receive our good that our good may arrive.

Exercise: What do I believe about receiving?

- What do I believe about receiving?
- What are the ways that I receive now?
- What are new ways I can receive? (Use your imagination)

Apply THE ONE COMMAND®: I don't know how I can receive _____, I only know that it is so!

Exercise: Clearing what my beliefs about receiving

In this exercise, you take the beliefs you discovered and use The One Command to change them into the experience you truly want.

- Identify what you want to change, remove or improve.
- Identify what you want instead.
- Go through the 6-Steps and The One Command to create what you want.

Change Your Intention

Now is the time to change the intention of your thinking to create a reality of more beauty and harmony and to increase your sphere of influence and prosperity.

You are learning *to align your heart to a higher vibration* and when you adjust your emotions and physical body to a higher vibration, everything in your life changes. You are able to manifest your success and everything that you desire: good health, relationships, success, happiness, peace of mind, and cash-money.

In the same way you are creating your life now, you can create a new prosperous life with just a small shift in thinking and the active practice of traveling to *theta* and stating what you want, daily. You are creating a shift in your inner life rather than your outer focus.

Until you make that inner shift, all your actions in the outer world will continue to give you what you are dramatizing and keep you recycling fear, distress, lack, and emotional pain.

You are learning what it feels like in your *DNA itself to manifest from a conscious state of awareness*.

This practice is what causes the shift in your wealth, success and money, and your life. You must receive prosperity when you send the right messages to your Theta Mind. It must manifest for you.

The simple process of going into *theta* and Commanding the experiences that you seek brings you great knowledge by a direct-link to all the potential that is yours and making it known right down into your DNA.

The One Command Life

The One Command way of living is creating your reality consciously connected to that greater capacity of who you are in your theta mind. The better way is learning to trust and have faith without evidence, to become the master of your own destiny.

Products, Promotions and Services

- Remember when I shared my journey of the change I made in my life...?
- We never grow on our own and are capable of much more together.
- Here is what I have that is coming up –
MY SPECIAL OFFER FOR YOU!

Conclusion of the One Day event

Let us conclude with Commands to support you in meeting yourself in the moment and your greater success.