

The DNA of Success:

How to Release untapped
Ability and Intelligence
with
The One Command®

Video #2

by Asara Lovejoy, author of *The One Command*

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The One Command® and Your Success DNA

The most difficult acceptance of who you are is not your limitations - but fear of your greatness, so let us begin there.

Here you are investigating **your innate ability** to create your life from an amazing greater capacity right within you. I hope you clearly hear the message of your own power and the greatness of your being from which you can create and bring about everything in your life.

You can discover that you have a **special intelligence**, a wonderful part of your own biology and DNA that is greater than just your logical thinking beta mind and it is the place from which you have the power to create any reality of success, happiness and satisfaction that you desire.

You can easily make contact with that greater intelligence of yours through the 6 - Steps of The One Command® and engage your theta brain, the very state from which your ideas originate before they arrive in your human mind and before they appear in your every day life. In addition, you'll discover this is the place where you engage the **open-ended potentiality** of universal knowledge and wisdom to create any life you desire.

This process of **creating something from nothing** is an unconscious natural occurrence. Yet the ability to create, consciously what you desire is mostly not known because the process to do so has **never been revealed until now**. By learning to go in and out of your theta mind, you learn to create instantly, from pure energy with the results you determine.

Creating from the Unknown

Within your theta thinking mind is the field from which you are creating reality before it is known as an experience or brought into form as physical matter. It is from the unseen, the unknown that you create and manifest any experience or physical matter such as money, success, happiness, love or even the emotion of self-worth before it becomes the seen and the known. It is the place from which your **desires exist as pure energy** in their highest expression, before you have a conscious awareness in your human brain, and before you bring them into your physical reality. When you think about what you wish to bring into your life in its

highest form, you must **travel to your theta brain state and your greater capacity to do so.**

Your greater capacity is the place wherein all ideas and new discoveries of all kinds through out all the ages, originated and exist as *potentiality*. It is that level of your thinking that can not be known with your limited human brain, and can only be known by the evidence of what you manifest.

As you are sending your human limited fear-based thoughts to your greater intelligence, it is sending back to you those very thoughts, manifested, and thus you are creating the reality that you now have. Because you are all ready proficient in creating your life through this method – but mostly unconsciously – I say it is 100% guaranteed that when you apply the same procedure consciously the results you Command are also guaranteed to arrive.

Throughout the course you'll be taught to **disengage your thinking** from what it is now, and to connect to your theta mind, the path to your greater success a part of your own intelligence that is waiting to work for you and to bring to you all that you truly desire. During this process you are learning to know what it feels like, in your **DNA** itself, to manifest from a conscious state of awareness.

When you are in this expanded state of activity your world works. Your world works to your best advantage and to the best advantage of those in your world. The information in this course can bring even more to you than you can imagine: more money instantly, doors opened, being heard, seen, responded to, embraced, paid well, an increase in your riches, being more loved and loving, and living with joy daily. Struggle, effort, living in chaos, limitation, poorness, anger, and resentment, mine and yours, become ideas in the past, while what you desire to manifest becomes the next natural event in your life.

How often have you heard that we use only 15% of our brain? How many of you have ever wondered what that other eighty-five percent was for? Have you ever thought, "What about that other 85%?" The answer is here now - this is what it is for - to master your life your way now by engaging in those unused and unprogrammed portions of your own intelligence and activating them.

Your Greater Capacity

Connecting to your **greater capacity** and the greatness that resides right within you through 6 - Steps is a simple process and by doing so you are establishing new neuro-net pathways and changing your human limited thinking to self-actualization.

Within your greater intelligence there are universal laws that are the basis of our lesser human ideas. They embody the law of cause and effect, the chemistry of attraction and repulsion, and the law of instant manifestation.

In science **these greater quantum laws of creating something from nothing**, or creating from the invisible substance of the universe to the visible, are known as the **quantum field**. This knowledge has always been and we are simply evolving to know it more consciously and concisely now.

When you create from that greater capacity within you, you can multiply supply, reverse debt, and neutralize the collective agreed upon conditioned mind of limited ideas and thoughts, instantly.

It is when you go to *theta* and in a unified state of consciousness and issue The One Command® that you create miracles, and attract better relationships, health and all that you desire into your life.

Creating your life from this **EXTRAORDINARY** portion of your consciousness brings an inner peace, self-confidence, and sense of self-worth, poise, happiness, security, financial abundance and stability.

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

Each one of us is here to serve in some capacity. You are here to discover that which you are and to bring it into your life this very minute.

You are learning to align with your greater capacity. Once you discover this, everything in your life changes: your ability to manifest anything and everything that you desire: good health, relationships, success, happiness, peace of mind, and cash easily.

Consciously Create Your Successful Life

Recognize the power of who you are in your thinking in that your **emotional thoughts have kept your good from you**. You stay attached to your past or reject new ideas and opportunities because that is the only way of thinking that you know.

As you are the power that is creating your reality right now, that means you have the power **to go to into your theta mind** and with faith, (no evidence), and by action of The One Command®, change your old beliefs to manifest what you want instead.

In the same way that you are unconsciously manifesting and creating your experiences from your subconscious mind now, *you can consciously create* a new experience of success, prosperity, health and happiness and thereby see new results.

Once you make room in your brain, in your mind, and in your thinking, then you can **receive an original thought**, and experience that greater capacity of your mind and soul, to create and magnetize to you all that you desire.

As you consciously go into theta, where the answer and solution to every situation exists, where new thoughts, ideas, inventions, and concepts are ready for you, then you become the master that you wish to be.

When you slow your mind to the theta brain frequency and consciously create your life you discover how to reach the potential of everything that is possible.

That is what you are learning here, to shift to conscious control of your destiny. As you gain easy contact **with your theta mind** and shift, change, and replace your limiting ideas with new concepts of health, happiness, richness, prosperity and love - you expand your circle of knowledge, and influence and truly live the life that you desire.

We are not talking about something you have to go out and buy, we are talking about a gift that is yours - it is all ready right within you. I have discovered this simple truth - **that you have been designed with greatness right within**

your own DNA for your success - and the path to that greatness is the theta brain wave. I discovered that through 6 - Steps to theta, and The One Command®, you can stop your negative thoughts instantly, and allow your **success blueprint** to naturally rise to the surface. Through this process you find the next natural step arrives to bring your greatness into action within your life.

You all ready operate in many patterns of brain wave activity every day that engages different levels of awareness. The brain wave activity you engage in, your level of awareness, determine the results you enjoy in achieving your hopes, wishes, dreams and desires. By the simple technique of consciously thinking and reasoning while in **your theta brain wave**, you engage another level of your own intelligence and self-determination, consciously - one that is peaceful and easy, rather than allied with fear and constraint.

Beta / Theta Mind

About 90% of the time you operate in an ordinary consciousness known as your beta brain wave. It functions at 13-30 Hertz (the electrical charge per second that determines a brain wave cycle). Currently, there are five recognized brain wave states: beta, alpha, theta, delta, and gamma.

Beta is known as your logical thinking brain activity, your rational reasoning mind that remembers the past and projects ideas from the past into a future based on that past...but it is hardly ever present in the Now.

This beta, organizing and thinking part of your mind is constantly judging and analyzing options about what to do and how to do it. It remembers past disappointments and failures as a way to remind us to avoid those same mistakes again. As a consequence, when trying to problem-solve or to find an answer to a problem (a good new solution), it is almost impossible to be open to something new, while looking for the solution in beta.

In addition, when you do finally settle on an idea, or a solution, your companion is doubt, fear, and lack of trust. Arguments against any new idea simply co-exist while in your beta-thinking rational mind. Here you operate in a state of duality: this or that, yes or no, I can-I can't, or good column-bad column.

There is a wonderful place for this rational beta-thinking mind of yours but in comparison to what you have available in your alpha, theta, and delta brain waves, it is a very small sphere of influence. Yet we spend 90% of our thinking time operating in the least resourceful part of our intelligence. No wonder life can

be a struggle for so many.

You are here to discover that greater sphere of influence that is also yours when you tap into **your greater intelligence, which you have hard-wired in you as well...your theta mind.**

There are those individuals that we call blessed or advanced, famous and powerful people such as artists, world leaders, actors, musicians, authors, leading scientists, intellectuals, space explorers, self-made entrepreneurs, and rare geniuses. They all seem to have traits in common that appear to make them indestructible, like the ability to face adversity, fear, doubt and loss, and to always end up on their feet. Now you can too!

And do we need to mention that in these changing social and economic times this is the best time in the world to have an advantage? You can now have an advantage that you have never had before.

What is wonderful to know is that you are hard-wired in your DNA to succeed. A simple state change from beta (ordinary thinking), to theta, (extraordinary thinking), is all that is required to create and achieve from that portion of your consciousness.

Your **theta mind** is the repository of your subconscious programs. This is where they exist, and when you Command your subconscious while in theta, you are speaking directly to your subconscious in a **unified** field, with no duality of maybe, versus maybe not.

In theta, there are no fearful thoughts to argue against your new good. In addition, **your blueprint for success can** now arise naturally and easily to the surface. Once you stop your inner opposition to your good, it is 100% guaranteed to arrive, and in some cases almost instantly.

This is the power of your Command while in theta. Everything in your subconscious responds - instantly stopping limited fearful ideas and engaging at the cellular level. This is your act of creation, your fulfilled new options, right down to your DNA.

As you operate in theta and your greater capacity in your **unified field** of consciousness, you are **unified** in your direction, application and the achievement of all your good as you issue your Command. **Imagine the power of that!**

In addition, your theta/delta brain waves are in such a subtle field of energy that **they tap into the universe as a whole**. While in theta you are in a state of connection with all that is possible, any potentiality or probability in any direction, and with all intelligence everywhere, which knows and is in support of the experiences you seek.

When you Expand in theta through the 6-Steps, you receive all knowledge, wisdom, insight, intuition, concrete drawing plans, and all right circumstances that you need for the implementation of your Command.

This knowledge arrives in such a subtle field of energy - how subtle is a thought - that you cannot know it with your five senses or your ordinary fearful beta mind. You can only know it with trust and faith until you see the results reflected back to you as your demonstration of the new determined good that you created in your life. Your act of creation fulfilled.

Why the theta brain wave?

Let's take a walk down history lane for a moment. Do you know that there have always been (and are right now), individuals who can control their brain waves? That is, they can go from BETA 13-30 Hertz (our ordinary thinking), through ALPHA 8-12 Hertz (our meditative contemplative state), directly to THETA 4-7 Hertz and DELTA .05-3 Hertz (our healing, intuitive, creative, empowered states).

These folks are ordinary people just like you and I that have learned to *consciously* choose different brain states at will. People like Tony Robbins who has taught as many as 2,000 people at a time to walk easily over hot coals without burning their feet, exemplify some extraordinary experiences of ordinary people. This was accomplished within 3 hours of entering a workshop and the participants usually had no previous experience, or thought, of fire walking. Essentially these participants moved from disbelief, to belief, within that very short period of time.

While walking on the coals your eyes are rolled up - you are looking up as if looking up through the top of your head to the sky above and guess what - that is how you access your theta brain state.

YOU CAN ACCOMPLISH SOMETHING EXTRAORDINARY IN JUST MINUTES BY APPLYING WHAT IS ALL READY WITHIN YOU - YOUR THETA BRAIN WAVE.

Jack Schwarz

My mentor and teacher for many years in the 1980's, Jack Schwarz, spent years as a "guinea pig" for research by Dr. Elmer Green at the Menninger Foundation, and the Langley Porter Research Institute on healing and the alpha/**theta brain waves**.

Jack's technique was so flawless it seemed to defy mortality. I recall a documented incident at the Menninger Foundation, in the Research Unit of Dr. Elmer Green, Topeka, Kansas, where Jack demonstrated the power of the mind over body. He was hooked up to a brainwave monitor and demonstrated going into deep theta/delta brain activity - the slowest and most profound portions of your mind.

He put a long sail maker's needle through his biceps, and there was no blood-- not a single drop! It was amazing to see. He stated that he put the needle through "an arm", not Jack's arm. He (Jack) was just a bundle of consciousness and bundles of consciousness do not bleed.

He started his career demonstrating the power of our mind by laying on a bed of nails to engage the interest of skeptics and the curious a like.



Jack Schwarz demonstrating mind over matter on bed of nails.

As you can see by the photo, the nails aren't all grouped together like a rubber doormat - they are 3 inch nails set 3 inches apart. In addition, a 180 pound man would stand on his stomach while lying on the nails, and he was never pierced.

As you look at the photo let your brain tune in because you can actually receive the transmission of the alpha/theta brain wave that Jack was in. Notice his countenance - almost as if he were not in this world.

The question then is what world are you in when you are in theta?

"ALL OF YOUR BODY IS IN YOUR MIND, BUT NOT ALL OF YOUR MIND IS IN YOUR BODY." - Jack Schwarz

What is your theta world?

This is the most exciting portion of what I call the next adventure of your life. First, remember that you are already operating in theta many times during the day unconsciously, and if you were a neuroscientist describing theta brain activity you would say that theta is where you reach very deep levels of sleep, especially the Rapid Eye Movement or REM sleep state. A neuroscientist would probably also argue that as this is your deep sleep state it would be considered next to impossible to consciously, while awake, go into theta.

Let me say that there is no true explanation as to why at this time on the planet we are able to activate our theta brain wave pattern, consciously at will, but we can and are doing so by the evidence.

We can proclaim that we have advanced our brain, evolved our consciousness to such an extent that we can now consciously go into theta - and that is a real possibility, but I think what is truly significant is that we can - and that we are.

I myself have been "laboratory tested" by a brain wave mapping expert who calibrated my brain waves while in beta - ordinary conversation and then, when I went into the 6-Steps to theta process and The One Command®, the scientific results demonstrated I was consciously in deep theta/ delta. I like to say **I have been URL tested and tagged in theta.**

Even more important are the verifiable results that everyone, from novice and beginner, to advanced scientist and dedicated consciousness master, can be tested and shown to consciously go into theta through the 6-Step Process.

There are a few individuals who lack much of any theta brain activity, and for those few it may take weeks or months **to activate their eyes up to theta-brain wave connection.** But for most, it can be achieved in moments, and quite easily.

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

Why eyes rolled up?

In Jack's classes he taught us how to consciously access our theta brain wave by **rolling our eyes up** under our closed eyelids - almost as if he said, "You are attempting to look up in to the center of your head where you find your pineal gland, the master cell of the body, and then you move your consciousness up and out through the top of your head into the black void of space and then into that brilliant light of all potentiality - all possibilities".

He reported that there have been many masters who have perfected this technique by 10, 20, 30 years of study, but we had come to that place in our human development where we could do this at will, with just a little focus.

He told us **to practice strengthening our eye muscles by looking up under our closed eyelids** because the eye muscles are attached to our brain and motor-drive our brain into theta. He took us through a guided reverie to go from ordinary consciousness, *beta* - to extraordinary consciousness - *theta*, by imagining ourselves looking up through the pineal gland in the center of our head into the void of space above us and then pushing through the shards of the black void of space into the luminosity of that greatness of all possibility and potentiality - into that bright light of the theta/delta brain wave.

The imagination in cooperation with your body - your eye movement in 6-Easy steps and The One Command® is all that is required to consciously live from your greater sphere of influence - your greater capacity -and by doing so change the whole fabric of your life.