

# The Secrets of The One Command Revealed: Foundation for Changing Your Life

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

**Teachings of The One Command®**

*by Asara Lovejoy*

Pod 1

# The Core Concepts of Your Rich Mind

## The One Command and the Secret Power of Your Rich Mind

### Others Recommend The One Command!

Some of you may be hearing about **The One Command** for the first time, and others are here to go deeper – to learn more and to change and transform your life. Here I am with my friend Jack Canfield - you know *The Chicken Soup for the Soul* guy and his copy of **The One Command** book.



### AND...

James Malinchak, Millionaire and co-author of *Chicken Soup for the College Soul* and *Big Money Speakers.com* says, "Asara Lovejoy and **The One Command** are an exciting new idea in the human potential and self-help field. I've spent time with Asara Lovejoy and her One Command process and highly recommend her simple yet powerful, **The One Command** process for making real change in your thinking."

## **Welcome to The Secrets of The One Command Revealed**

May you enjoy the knowledge in The One Command® that will change your life and your fortune, forever, as you discover:

- There is an actual brain state of the rich, contented and successful that you activate during this course. As you enter that state of mind, you change your thinking, DNA, emotions, and ability to create the life of your dreams in moments.
- You release your fears and limiting beliefs in exchange for enjoyable prosperous living, naturally and easily.

**The One Command brings this message of transformation to the world:  
You are greater than you can even imagine and now is the time to  
know it.**

You discover your Greater Intelligence and The One Command® that helps you realize your greater success. You experience changes in your DNA and the cells of your body as you literally rewire the synaptic connections of your brain and your emotional thinking.

If you are willing to set aside your notions of what you think you know, and are open to taking an incredible new adventure, then this information will provide you with techniques that will forever change your concepts as well as your financial good.

Over 500,000 people have engaged in the practice of The One Command and the products, services and seminars have generated over 2 million dollars in revenue – all starting with a simple idea.

## **YOUR UNDISCOVERED SECRET POWER**



### **You are biologically hardwired for your success.....**

The new science talks about your DNA and your power to create and form new blueprints within your DNA by choosing a new focus – a new environment. In addition, you already have over 30,000 options within each DNA blueprint to choose reality.

Your beliefs are not solid. They must be formed and reformed again and again to make them real.

DNA is not solid. It is a potential in the quantum field and you are choosing which potential to express in the DNA itself and by commanding what you want as a new option.

If you take all your DNA in your body it would go out to the sun 92,955,820.5 miles and back again 150 times. And if you were to take all the DNA of the 7 Billion people on the planet it would fit into a grain of rice.

### **This is an Actual Real Physical Change**

You have the capacity for creative genius and rich success at any moment!

- Different levels of consciousness – different brainwave activity
- Small sphere influence of beta mind
- Greater intelligence of theta mind
- 6 steps of The One Command disengages your old patterns and engages your new potential
- And then everything in your life changes

You have the capacity for creative genius and rich success at your fingertips ... Your brain is attuned to different levels of consciousness by your different brain wave activity.

The formation and reformation of your beliefs in your regular everyday life is your small sphere of influence found in your fast and furious Beta brain wave activity.

## **Change your intention**

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 create into physical form from a conscious state of awareness.

This practice is what causes the shift in your wealth, health, success and money, and your life.

You must receive benefits of change when you send the right messages to your Theta Mind. It must change or improve your life for the better. 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.

## **Beta-mind Influences**

The beta mind often inhibits the expression of your deeper values due to responses to inner fear programs and to outside influences and events.

## **The Solution**

By knowing the different levels of consciousness, you discover where you are reacting or responding from, and bring your inner values into your conscious awareness.