

The One Command Six-Step Process

First form the command(s) you wish to make.

Then take your partner through the 6-Step Command Process.

Read the directions, slowly at each step, in a low comforting voice as you guide your partner through the Process.

Six-Step The Process

Step one - GROUND

Listen to the sound of my voice, and feel the weight of your body settling down onto the paper under your feet. Now imagine roots coming out from the bottom of your feet and send them down, deep, deep into the earth. Connect with the magnetic power of the earth, the basis and foundation of all of our support and imagine that you are fully in your body here present now. Feel that grounding and balancing. Stay here until you feel your body shift into a well-grounded state and then move sideways to the second step – Align.

Step two - ALIGN

Imagine all that power of the earth energy coming up into your body, coming into your feet, coming into your heart. Imagine light from the universe in front of you. Now take a deep breath in through your heart and imagine pulling in that light and focusing it up to your forehead. Hold it, hold it. And as you exhale, imagine the light is expanding out in all directions around you aligning you with your purpose. The breath of your heart is expanding in all directions, above and below and around. Take another breath and exhale releasing negativity and breathing in love. And once again breathe in love and exhale allowing that breath to expand aligning you with your purpose. Imagine light before you, light behind you, light to the left of you light to the right of you light below you light above you, light within you, light, light, light I am the light. Now move sideways to Step 3....

Step three - Go To Theta

Allow your eyes to roll up – as if you were attempting to look up through the top of your head. Be gentle if this is new for you as you are moving your eye muscles in a new manner. Imagine a golden beam of light above you and imagine moving your consciousness up this beam of light, out the top of your head through the ceiling, through the sky, out past the planets, on through the solar system, beyond the sun into the millions and billions of galaxies and solar systems – into the quantum field of open potential, beyond the galaxy, until you push through the edge of the velvet black softness of space, into the pure White Luminescence of all that is. This is the place of creation of all that you desire. Practice thinking and feeling from this state of consciousness as you activate your DNA, the cells of your body, and your mind to be the Master that you are. Roll your eyes up and experience a lightness as you consciously go into *theta*. Once you have engaged in this state you are ready to move to.....

Step Four - THE ONE COMMAND

While holding the thought of what you wish to create, mentally and silently *Command, I don't know how _____ (fill in the blank) is created. I only know that (repeat what you wish to create) is so NOW and I am fulfilled!*

Take your time to allow this declaration to fulfill itself energetically in your body, before you move to the next step.

Step Five - EXPAND

While you are still in *theta* now apply one of the simplest, yet most powerful tools for creating good in you life. Imagine what you desire in a bigger way, a greater capacity, an expanded version that serves more good than your original idea. When you expand your idea to become something bigger than yourself you increase its capacity to be realized. Allow your self to let your idea take on its own energy. Observe as it changes and becomes even more than you can image. Watch as new, expanded, bigger ideas arrive. Let it become more beautiful and harmonious. Stay in the process until you know that it is done. Now that you are in this greater state of capacity, move to the sixth step and.....

Step Six – RECEIVE IN GRATITUDE

State in your mind clearly, thank you and experience the sense of gratitude and fulfillment emanating from you and coming into you. While in this state of gratitude, move your consciousness back down and come gently and respectfully back into your physical body. Imagine a new holographic image of this life that is your new life replicating itself in every DNA strand in your body, in every organ of your body, in every hair follicle of your body and in every particle of emotion in your body and your thinking. Unwind all of the old limiting ideas you held about yourself or your ability to create and manifest – UNWIND – UNWIND – UNWIND AND LET ALL THAT GO and now REWIND IN THIS NEW UNDERSTANDING OF YOUR CREATION – REWIND – REWIND - REWIND! Thank you!

Take a deep breath and send your energy back down into the earth to firmly re-establish your ground of being. Take a few moments to integrate and adjust your energy,..... let your body, stretch, flex and move with this new understanding of reality.... open your eyes, and return to the room.

1

GROUND

2

ALIGN

3

GO TO
THETA

4

*STATE THE ONE
COMMAND*

5

*EXPAND
INTO AN IDEA
GREATER THAN
YOURSELF!*

6

RECEIVE

