

The DNA of Success:

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

Video #1

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Welcome! Here you discover the power you have right within your biology, your extraordinary theta thinking mind, and Your Success DNA that empowers you to take charge of your life in amazing new ways - with fantastic results!

“Each of us is great in so far as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us.”

James Harvey Robinson

Meet Your Heroic Self (Please Read PDF Be the Hero of Your Own Life)

What to expect in the program

Before we begin let me ask you a few questions.

Right now - how possible do you think it is to make change in your DNA?

How possible do you think it is to change a negative thought in an instant?

How possible do you think it is to get a different, more positive and better result in the world by simply making a change in your beliefs?

After reading each question just close your eyes for a moment and **calibrate how strongly you believe any of these are possible by measuring on a scale of 1-10** (ten being the strongest belief) what the answer is.

There is no right or wrong answer this exercise simply gives you an idea of what you do believe now.

In the program.....

First - you remove limiting ideas on what you think is impossible and change them to what is possible instead as you engage your mind and your greater intelligence that is currently hidden within you, in completely new ways.

You are coached through a six-step process that teaches you to access the *theta* brain state the place where excellence, solutions, and inspiration resides and

while there when you issue The One Command® you instantly transform old limitations into new possibilities.

What is different about **Your Success DNA Program and The One Command®** is that this is a physical event in your body, the cells of your body, your brain and neurology as you literally create new success programs right down to your DNA itself.

You discover **the key** to making this change is to consciously engage in your *theta brain wave*, a place in your intelligence and biology that creates quicker, better, and more satisfying results than ordinary *beta* thinking.

Next, you are coached in **The One Command®** that stops negative and limited thinking and creates new neuro net passages in the brain to create positive results.

Some examples of those who operate in *theta thinking* are: successful athletes, artists, inventors, businesswomen and men, scientist and great thinkers. Wealthy, highly successful individuals also frequently operate in this mostly unused portion of the thinking state.

Comments from some of those who have taken our training:

- I had a much clearer, more concise vision for my business and implemented it easily
- I had a reborn relationship with my daughter-in-law and my grandchildren something that had been denied me for two years – it happened 2-days after the course
- Oddly enough my health improved – not what I expected and I am out of the walker I had to use for 6-years - learning to skip again
- I entered into a new marriage with my husband – we were about to divorce but after the program I learned how to fall in love all over again
- I found it easier to accomplish my goals
- I was amazed at how little resistance I had to specific tasks, compared to before the course
- I earned three fourths of my 1.5 million dollar income in the three months after the course

The basis for this teaching is the knowledge that you have an amazing capacity

right within your own biology - located in that resourceful part of your mind known as the *theta* state. By directing your mind to this greater intelligence that is yours in 6-Easy Steps, you quickly access new solutions, ideas and unusual new ways of emotionally responding that take you to levels of success you have always dreamed possible.

You learn to reach that greater intelligence that is yours, through six-steps that expands your ordinary daily beta thinking mind to your theta mind, a much deeper level of your consciousness. Once you are able to enter into *theta* at will, you issue the One Command® in a unified state of mind and the results are powerful in manifesting what you desire in a moment. In actuality we call this your act of creation as you unwind old limiting programs held within your subconscious mind and replace them with new ideas – ones that are yours just waiting to express.

Within your physical and emotional body is the blueprint of your character - of Your Success DNA that is expressed within you as your hopes, wishes, dreams, and desires. *In this program you learn to reach naturally and easily into deeper levels of yourself, even down to your DNA, and thereby make remarkable changes in your life.*

This information teaches you to Command Your Good to you. Once you see the goal, no one can prevent you from making the journey. These original and unusual ideas are designed to change your life forever by changing the way that you think about financial wealth, health, peace of mind, satisfaction, better relationships and a true sense of purpose. A new way that stops your negative thoughts in an instant and opens you to an intelligence that is yours – one that has been clamoring to be realized.

It is often said that in every adverse situations such as we are experiencing in our economy and life styles right now, we also find the best opportunities for success and achievement. Here you'll not only be offered a new opportunity, but be shown how to **recognize the signal for right action** to seize that opportunity.

Every choice we make is based on a decision point at a crossroad of opportunity. **The DNA of Success** hands you **the key** to making new decisions with clarity, confidence and certainty and to respond to your signals for right action with grace and ease!

Decision points are generally made by processing ideas and dreams through the filters of old inner programs, usually ones of fear, mistrust and lack. In **this program** you come to know something completely new, that you also have an amazing greater intelligence that is yours **waiting to be actualized instead**. It is this very Success DNA within that can take you beyond limitation, struggle and strife - it can take you to unimagined heights. It is this greatness within you that challenges you to think beyond what you can do to just survive, and allows you to *thrive*.

As you discover the 6 Easy steps to theta and The One Command® you unlock the success programs that all ready resides within you, right within your DNA itself and as you engage in **this greater intelligence that is yours** life becomes a new adventure.

**Many think that reality is as it is but I say
the opposite is exactly true, reality is yours for the making!**

Here you discover it is in fact easy to make change in your life for greater success and during the process you discover it becomes more natural to be at peace with your life then to struggle with stress as your constant companion. As you come into a new relationship with your inner self – **your thoughts and beliefs that operate your hard-wired subconscious mind** - and discover how to change them into new possibilities – then magic appears and you discover the world responding to you in completely new ways.

The DNA of Success program opens access to undiscovered portions of your own intelligence in a completely new way – one you probably have never experienced before in this manner. Here you discover as thousands all ready have an exciting new way of living your own success and great achievement!

Whether you're a business owner or entrepreneur, retired and wanting more, a work-at-home mom with a family, someone who's considering leaving the corporate world and starting on your own, grandparents wanting more fun and time to enjoy life, or simply looking for more satisfaction health and happiness, you'll discover simple and practical ways to attract more prosperity, to work easier and gain more free time, and to enjoy more bliss by the end of this program. We welcome you to the Journey.

Meeting the Qualities of Your Mind

“It is my sincerest hope that you will recognize that many of the beliefs propelling your life are false and self-limiting and you will be inspired to change those beliefs.”

Bruce Lipton Biology of Belief

The best way in the world to come to a peaceful safe place in your thinking and **to naturally accept the greatness and success that all ready are within you** is to make friends with the different qualities of your mind. It is important to know the function and workings of each aspect of your intelligence, especially your subconscious mind, that inner part of you that unconsciously directs 100% of your life. Some individuals have made a life long commitment to understanding the workings of their own mind, while others may just be starting that investigation for the first time.

It is true, some love learning of any kind, while others have been trained to disregard or even fear the workings of their subconscious, or believe that they are powerless to make change at that deep level. Your subconscious mind is the repository of your beliefs, thoughts, and values that you have mostly learned from your parents, schools, culture, religion and economic situation that shaped your life.

The formation of these beliefs was predominately installed when you were in utero to about five-years-old. Now the common denominator of our subconscious programs is that we all have gone through that same powerless, defenseless childhood – living at the affect of those adults – good , bad or adequate who raised us. Because we made the best choices we could in the circumstances of our childhood – our subconscious mind keeps running those “survival” ideas and beliefs whether they are affective in helping us now – later in life or not.

This ongoing unconscious processor of your subconscious actually operates in what I call a very small sphere of influence. If you were to write down all your thoughts it would take about 30 minutes or less for you to realize that you are recycling the same thoughts over and over again and limiting any new thoughts, ideas, solutions or emotional changes to arrive instead.

Your Mind Creates Reality

What you have in your life now is a reflection of what you have brought into matter *by your own thinking*.

Every moment is a choice of your reaction to your experience. When you react in old ways and familiar patterns of thought, you are thinking in a *very small* circle of consciousness.

If you were to put on paper the thoughts that you have, soon you would see a reoccurring theme and pattern of your thoughts circling around and around in the same small sphere of influence, without increasing your capacity for new thoughts or ideas.

These recycling thoughts of fear, limitation and the idea that you have to struggle, are the beliefs that cause your “feeling” of separation and pain, the very ideas that you can now change with the techniques you are learning. When you expand your small circle of unconscious thoughts to include new possibilities, you increase in abundance, new thoughts and ideas of yourself and your prosperous life.

The path to living your great success with more money, security, peace of mind, and joy is by engaging your *theta - expanded mind* and disengaging from your human small limited fear-based conditioned mind.

As you send your human limited fear-based thoughts to that greater capacity within you, that part of your intelligence must send back to you your thoughts, manifested, exactly as you imagine unconsciously. **The power then to make radical and improved changes in your life lies hidden deeply within your subconscious mind.** Your theta mind is the reservoir of your subconscious mind and while you consciously engage in theta and issue The One Command® you make direct changes within your subconscious that then reflect in new results. Here is the exciting new, you have the right to make new choices about safety, the way the world operates, and your success based on adult ideas and creative ideas that are inside of you waiting to be expressed in your present now. You can change those old programs easily while in theta and as you stop the old negative thoughts you create the space for the more brilliant resourceful thoughts to arrive.

The operations of your subconscious mind occur below your conscious awareness. They take place in a deeper level of your body and mind yet they can be accessed easily in the lowered brain wave frequency known as – theta.

Here, in addition to your unconsciously held ideas of reality, there exists a relationship with a greater intelligence that is your intelligence as well - one in which you ordinarily don't pay much attention. Most folks think that memories are sacrosanct - but in actuality there is no past – only you thinking a positive or a negative thought now – even when it looks like a memory – it is really you thinking a thought now. And here you discover a way to allow that extraordinary part of your intelligence that I call your greater capacity to have greater and greater voice in creating the life you desire now.

It is a process that takes place almost simultaneously as you go to theta and Command what you want. When you reach theta you are speaking directly to your subconscious mind and the neurological loop of your old ideas are de-linked – stopped in that moment as you Command a new thought. In the next step when you expand into an idea greater than what you Commanded, you allow that subatomic knowledge of thought – that is yours – not the universes – but specifically yours to arrive. You bring that new knowledge down into your body and your DNA itself as you unwind the old and rewind the new.

Evidence in laboratories and throughout the scientific world have determined that – yes you can literally think a new thought into your DNA. That is why I call this experience the next great adventure of our life. What could be more powerful and adventurous than creating your own reality?

Here is a little known secret - you know much more than you think you do. You have an enormous stored intelligence that is laying dormant waiting for your attention. Access through your **theta brain wave** is where you can engage and apply that intelligence. Here you can find the solution to any problem and generate new ideas.

To reach your theta mind and allow that greater intelligence – **your greater sphere of influence** – the greatness that is you to have as much prominence and sway in creating the life you desire as your ordinary logical thinking beta mind is the goal of The One Command®. Here it is possible to live miracles easily and to go from success, to success, to success, rather than stop and go.

The qualities of your subconscious mind are many.

- Your subconscious mind operate in theta
- It is your repository of thoughts memories and feelings
- It only operates in the present moment of NOW
- Does not experience past or future only NOW
- What it believes is true is only true NOW and NOW and NOW
- It does not analyze or question
- It does not judge or reason – that is the job of the beta conscious mind
- It believes literally what it is told to believe
- Will repeat and repeat and repeat the same belief until you melt that belief and replace it with something new
- It operates at the level of a 3 year old
- It is designed for your survival and will pick what options it thinks will best keep you safe – even when what it picks doesn't
- It runs the operations of the body such as breathe and elimination
- Maintains your health, and stores your thoughts and ideas

The qualities of your theta mind

Your **theta mind** is technically your deepest level of sleep where at least three times during the night you go into rapid eye movement or deep REM sleep. The activity of REM sleep releases worries and stress and also brings in new thoughts and ideas and solutions for your problems.

All your brain waves of beta, alpha, theta and delta are operational off and on during the day and night, but with certain attention you can become more focused in one brain wave than another. Typically we spend 90% of our day in our least resourceful brain wave – our beta mind - **and the goal in letting your Success DNA arrive** is to become so familiar with living consciously in **your theta mind** that it becomes your preferred model of the world.

The profound, yet simple truth is that you are all ready **hard-wired for your success** and I say all you have to do it give up everything you think you know based on what others have told you is real and discover for yourself what reality you wish to know.





Every act of creation, every imaginative idea, every solution to a problem, every good deed and important act of your life did not come from your beta logical thinking mind but rather **your greater intelligence** that is yours –your theta intelligence that knows so much more than you can even imagine – I call this discovery the next great adventure of your life.

When you let the form of your current thoughts dissolve and you Command that you understand something new this is not a metaphysical event but a **physical event in your brain, the cells of your body and even in your DNA itself**. This change creates new filters of reality that become your ground of being and from which you see and perceive in new ways, new possibilities.

The benefits of living in your theta mind and your greater intelligence that are you - are awesome and infinite. **A few of the qualities include:**

- Quieting of emotions and thoughts
- Deep level healing and regeneration of the body
- Recapture strong and vivid sense of wellbeing
- Increase sense of love for self and others
- Unheard and unseen things' come to conscious awareness
- **Ideas springing forth from unconscious and intuitive sources rather than from deductive reasoning or outside influences**
- Integrative internal experiences = feelings of psychological well-being
- Improvements in relationships with self and others and emotionally healthier
- More flexibility in thinking, reasoning, and reacting
- Increased connection, and improved relationships with others
- More self-acceptance
- Increase in creativity, new ideas and problem solving
- Hypnagogic images full of "reveries and fantasies," with much visual imagery and many childhood memories, and mental events that are "surprising to the ego"
- Greater tolerance
- Integrative experience of knowing and feeling.

Brain Waves and Consciousness

Brain-Wave Frequency	State of Consciousness	Brain Wave Sample
BETA: 14 to 30 cps	Fully-Awake, Alert, Excitement, Tension	
ALPHA: 8 to 13 cps	Deeply-Relaxed, Passive-Awareness, Composed	
THETA: 4 to 7 cps	Drowsiness, Unconscious, Deep-Tranquility	
DELTA: .5 to 3.5 cps	Sleep, Unaware, Deep-Unconsciousness	

Brain waves are frequencies of electrical energy that the brain produces.

Brain waves originate from the cerebral cortex, but include activities in other parts of the brain that influence the cortex in the operation and care of our body, in our intelligence, and our emotional thinking. The electrical charge of our brain's activity is measured in hertz or cycles per second - the higher the number of hertz, (electrical impulses) the faster the operation of our brain. Following, is a simplified explanation of the different operations of our brain, within the range of frequencies.

Beta 14-30 Hz When you are talking and interacting in normal activities with others, you are in beta brain waves in what is called the waking conscious mind that is found to be active mostly in the cerebral cortex. When the brain is generating beta waves, it is focusing on the world outside itself or dealing with problems. Beta occurs when a person is actively engaged in mental activity **or is under stress, fear or tension**. Most people live most of their lives trying to problem solve in the limited capacity of the beta brain, known as the cognitive mind. The faster the brain wave, the less relaxed you are.

Examples of Beta thinking: Ordinary reality -pain & suffering -duality--this VS that -religious wars - struggle - forcing your will - push - world opposes me - manipulate -smarter/brighter/best - don't even try - small sphere of influence

Alpha 8-13 Hz Alpha waves are most often found in the posterior region of the brain. As the brain waves slow down, they are higher and wider and are more relaxed. Alpha waves are often present when the brain is alert but relaxed such as in meditation, prayer, day-dreaming, and oddly enough, when watching TV. Most people generate alpha waves when their eyes are closed. Many health benefits have been proven from taking a portion of every day to engage in alpha brain activity. Addiction to watching TV is associated with the pleasurable affects of being in alpha.

Examples of Alpha thinking: Meditation - daydreaming - imagination - quiet, thoughtful - 'the zone' - watching TV - Reiki/energy healing - removal of pain

Theta 4-7 Hz The theta brain wave frequency that occurs mainly in the parietal and temporal regions of the cerebrum and which you engage in three deep sleep cycles every night, known as Rapid Eye Movement or (REM sleep). They are normal and quite active in children but seem to become lost in adulthood. In Your Success DNA you are taught how to activate these phenomenal brain waves again as part of your every day life.

Examples of theta thinking: Technically our sleep state - dream state - REM -creating neurological connections - changes physiology - firewalkers - amazing physical feat w/o harm - healing instantly - deep sense of well being - unified state of consciousness - process our childhood memories - changing fabric of space & time - large sphere of influence

Delta .5-3.5 Hz The delta brain wave frequency that occurs during deep sleep cycles. Cycling at an extremely slow frequency, the delta rhythms are produced when people are deeply asleep or otherwise unconscious. Delta waves have also been tied to our psychic senses and extra-sensory perceptions.

Examples: coma state so far out in consciousness unable to know what is possible – parallel and probably universes – worm holes.