

Welcome  
to the Power  
of Your Rich Mind  
and  
The One Command

## 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...** Dr. Joe Vitale from the Secret says, "Asara Lovejoy and her 6-step One Command process is a new voice worth listening to. Her enormous dedication to helping others see their potential in new ways is inspiring. I highly recommend Asara and her work."

**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."

## **Are you ready for an Astounding Idea that has changed hundreds of thousands of lives throughout the World?**

If you are ready to engage in a greater intelligence that is yours then The One Command® will change your life and your fortune, forever, as you discover:

- ❑ **Over 500,000 people have engaged in the practice of The One Command and the products, services and seminars have generated over 3 million dollars in revenue – all starting with a simple idea. Asara Lovejoy brings this message of transformation to the world, “You are greater than you can even image and now is the time to know it.**
- ❑ There is an actual brain state of the rich, contented and successful that you activate when you practice The One Command. 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 what you don’t think is possible in exchange for enjoyable prosperous living, naturally and easily.
- ❑ You discover Greater Intelligence and The One Command® that will get you everything you want. You experience changes in your DNA and the cells of your body as you literally rewire the synaptic connections in 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.

# **THERE IS NO SUCH THING AS PAST AND FUTURE ONLY NOW!**

Your imagination recreates a past and imagines a future  
but it is only happening NOW!

In the NOW moment of your life you can change reality.

In the NOW moment of your life you can engage in unused  
portions of your intelligence through your theta mind.

You are biologically hard-wired with untapped abilities.

You are born with Success in your DNA.

It is easy to engage in your GREATER INTELLIGENCE.

Environment influences the DNA and forms your reality.

- Your particular family

- Your early childhood experiences

- The social values of your country

- The values of your spiritual / religious practices

- The culture of your identity: birth order in the family, gender

The NEW SCIENCE speaks to your ability to create new DNA.

- 30,000 blueprint options

- DNA is amorphous like a thought

If you are willing to set aside what you think you know and stay open to  
hearing and seeing some new ideas and you do not compare or contrast  
what you are hearing here today – you'll be transformed by the end of  
this presentation. Are you willing? Raise your hands.

# The Power of YOUR THETA mind can de-link the past and open you to a new NOW!

I AM JUST LIKE YOU.....

I have a family

I have Grandchildren

I have lived a life of ups and downs.

I have always had a desire to reach out into the world and to help others.

What I discovered

There are Two Worlds

Manmade rules always change.

Outside reality is always a chosen reality

Inside Reality is ultimate truth – always available

Ultimate truth only operates in NOW

## **What is the NOW you would like to Create?**

### **EXERCISE: Part 1**

Turn to the person next to you and ask them to share with you some of the things that are the most important to them. What would they like to have happen to improve and change their life for the better.

Start the question with this statement.

**IF YOU HAD A MAGIC WAND AND YOU COULD HAVE  
ANYTHING THAT YOU WANTED WHAT WOULD IT BE:**

Keep it to 5 important ways you want your life to be different.

Write down their statements for them on the paper we have provided. (You do not want to write the whole story only the ultimate intent).

Then change roles and the other person ask the questions and write down the answers.

## **Meet What Opposes You**

The minute you think of what you would like – the opposing thought arrives.

The fearful thought arrives.

The limiting thought arrives.

You can stop yourself before you start

## EXERCISE: Part 2

What I desire

What I fear or think stops me



# **The One Command and six easy steps to theta that changes your, body, your brain, and your DNA in one powerful ACT OF CREATION and implements your greatest desire!**

## **THE BASIC PRINCIPLES OF THE ONE COMMAND**

You are biologically created to make positive change in your life.

You are the master of your life.

You are mostly living from a programmed belief system that limits your abilities.

To make a change requires:

The DESIRE to do so.

The COUAGE and COMMITMENT to practice a new level of consciousness.

The ability to enjoy the benefits of your new life.

**Others here in the room would like to share their experiences with the One Command with you!**

## Why THETA is the place of change!

<p><b>The theta brain wave has some unique and powerful properties.</b></p>
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The theta brain wave operates at 4 to 7 Hz in its electrical measurement, and is the known brain wave frequency of masters throughout the ages.

Deep Rapid-Eye-Movement sleep at least three times a night.

You discharge negative thoughts and fears from the day and from the past.

Create what you dream to be realized in making your hopes, wishes and desires come true.

The theta / delta slow brain wave frequencies heal the body, engage directly with the cells of your body, and your DNA and establish neurological pathways for thought – your belief system and your habit of thought.

By directly accessing this fantastic powerhouse of reality you can consciously change the direction of your life by choice and you can do all of this in a moment.

You establish new synaptic pathways in your brain and reconfigure your human limited thinking.

The more frequently you travel to *theta*, the more and more of your brain you awaken, and the more you manifest and consciously direct your life.

By consciously going in and out of the *theta* brain wave, you are able to connect to your creative intelligence, and as you do, notice your feelings, and the control and influence you have in the process.

As you repeatedly practice establishing a connection to creative solutions by lowering your brainwave to ***theta***, you are literally developing new synaptic connections in your brain to bring that which you desire into reality—consciously, quickly, and easily.

## **The First Essential Truth**

You are biologically designed to engage in the quantum field of open potential and create reality

This ability is found in your brain wave activity.

The promise of that engagement is deep peace, invisible support and divine companionship.

Scientific study of the spiritual mind has shown that the place of greatest peace, and illumination occur while in your theta / delta brain state.

There are qualities of thought that are found in your theta / delta brain wave that don't exist in your beta thinking – ordinary consciousness of limited thought.

Ordinary beta thinking operates in duality and opposition.

Beta thinking only looks to the past and projects to the future – does not live in the NOW!

Theta thinking operates in a unified field

Here you mind perceives reality in a unified field of now with no past to draw upon or future to imagine – only unlimited ideas and potentials to create.

Here you think in a state of peace, joy, security, and inventiveness, as solutions arrive in unimaginable ways all within a deeper connection within the heart and mind.

It used to be thought that only great spiritual masters or years of study and discipline could place your mind into deeper more universally connected states. And that used to be true.

What is true now, is that you have evolved and that in a moment of changing your eye focus to look up under your closed eye lids you can mechanically shift your beta mind into theta mind and engage portions of your intelligence dormant for ages with great power.

What is true now is that you can engage your theta brain wave while completely awake and in that moment create something new and wonderful.

## The One Command®

For a 1% moment of concentration in theta and by your Command you get 100% return of your time and energy.

As you Command a thought in theta you physically and biologically interrupt all the thoughts that derail that truth at the same time you simultaneously create a new DNA blueprint.

And you are biologically designed with this ability.

The One command statement is so powerful that you can experience physical reactions to the neurological changes in your brain.

You are instantly changing old addictive thinking patterns that are harming you.

Reverse the stream of your fearful thoughts into gracious and prosperous thoughts of knowing that your true desires come to you naturally and easily.

***Replace every fearful thought*** and you put your ***brain into theta*** so that you can experience new ways of knowing and thinking about your greatness and your good!

You are commanding your subconscious mind to demonstrate your good and fulfillment.

**GO TO YOUR GREATER INTELLIGENCE AND  
COMMAND:**

**I don't know how \_\_\_\_\_,**

**(fill in the blank with your desire)**

**I only know *that* it does now and I am fulfilled!**

## There are Three Parts to The One Command®

The One Command® is a simple statement that *stops* your limited thinking and *creates an empty space* to change fear-based thoughts of lack and limitation with thoughts of abundance, constant supply, and worthiness.

The One Command® is a direct link  
to your Greater Intelligence in theta  
from where you create your life.

As you go to theta and command your good with, ***a direct link is established between your emotions, your brain and your DNA.***

You create new pathways for cash, better relationships, health, and joyful living to arrive in your life, instantly.

### **The One Command has three parts.**

**The first part** stops your old way of negative or fearful thinking; **the second part** puts your mind into a state of pause where you connect to that greater capacity within you, your theta mind; and **the third part** thrusts your dreams and wishes into the world in their new form as you unwind and rewind the new reality onto your DNA and your subconscious hard drive.

***I don't know how*** stops the negative thinking.

I (fill in the blank, for example, ***I only know that I create \$20,000 a month income NOW***) Commands what you are manifesting.

***And I am fulfilled*** is the blessing!

### **EXERCISE: Part 3**

Get with a partner and form a Command of what you want by translating your fear into the opposite.

Form at least three Commands.

For example: I want more success – to be recognized for my success as a writer, yet my fear is that if I have that success I will become a bad person who does not think of others.

**To change that to what you want instead would be.**

I don't know how –let go of the beta mind because you don't know how to do this –YET, I only know that I become a very well paid successful writer and I keep my care of others. I only know that I do now and I am fulfilled.

**Another command on this subject would be:**

I don't know how, I only know that I help more people and serve my family and community even better with my greater personal success.

**Once you have 3 Commands then change roles and help your partner form their Command.**

Now I will take you into theta and let you make your Commands.

## Meet Yourself in the Moment

### **In our philosophy we have these basic principle:**

You are perfect exactly as you are and you can only change from the place you are at this moment so accept yourself.

Tell the truth about what your fear and what you feel ashamed about and avoid as this is the information you need to Command for what you want instead.

Be open to learning and to being coached and helped by others because when two or more are joined in commitment then the spirit of change is inherent in that connection.

You are magnificent beyond your ability to know and **MUST** operate in faith and trust that you have a purpose, mission and destiny that is here for you and to serve the world.

By holding fast to a higher ideal of service that serves more than yourself – and allowing yourself to reach your greatest value and expression at the same time - then the world is changed.

## EXERCISE: What are Your 3 Highest Values

### Part A:

Get with a partner and share your three highest values.

Partner write them down

Next change roles.

### Part B.

Now that you have defined your highest values write out your Command to live that value.

For example:

I don't know how I am peaceful and prosperous. I only know that I am now.

And I am fulfilled.

Now we will go to theta and make the Command.....



## Would you like to know how to create Success and Satisfaction at will in a moment? Join us for our upcoming One Day in-depth seminar with The One Command.

The in-depth One Day – One Command Seminar **6-Steps to Attract Wealth with The Power of Your Mind** offers you an unparalleled opportunity.

Asara Lovejoy says, **"Many can argue that reality is as it is**, but it is my experience that the opposite is exactly true; reality is yours for the making."

The most amazing part of The One Command is that it not only works for increasing your financial good, **it works the same way for health, relationships, success...anything you want!**

**"It's so simple, it's embarrassing,"** Asara says... and she INSISTS you can quickly learn this simple secret ... IN JUST MOMENTS!

**The rich information in The One Command shows you how to Command Your Wealth, Health, Happiness and all your good To You!**

### **IN THIS DYNAMIC SEMINAR YOU WILL LEARN:**

- HOW AFFECTING YOUR BRAIN WAVES AFFECTS YOUR WEALTH
- THE SIX STEPS THAT TAKE YOU TO THETA AND YOUR GREATER GOOD
- THE POWER OF THE ONE COMMAND
- TO DEEPEN YOUR EXPERIENCE IN THETA AND REACH THE GREATER CAPACITY WITHIN YOU
- TO INCREASE YOUR SPHERE OF INFLUENCE
- TO INSTANTLY CREATE CASH AND GOODS
- TO REVERSE YOUR DEBT INTO A POSITIVE CASH FLOW
- TO CREATE AND REALIZE ALL YOUR DREAMS, DAILY
- TO MAKE FRIENDS WITH CASH
- TO DESIGN YOUR RICH FINANCIAL FUTURE
- TO BECOME 100% FINANCIALLY SUCCESSFUL and more...

What others have only promised, this course accomplishes, that is, to literally create new synaptic brain pathways to establish unlimited cash and wealth behaviors; rich, wealthy and successful ones for your business, and your personal life.

We have evolved to this fantastic time where you can consciously create untold beauty harmony peace and prosperity!

**Signup and Register for our  
weekend event and discover more  
than you can imagine with**

**Asara Lovejoy and  
The One Command!**

Meet with Mary in the back of the room  
and register here at the seminar – right  
now.

Remember there is only NOW!

Thank you for attending this event and  
the time you spent with me. I truly  
appreciate who you are.

Blessing,

Asara Lovejoy