



**The One Day - One Command Facilitator
Certification
to
Start Your Rich Career Now!**

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

Teachings of The One Command[®]
by Asara Lovejoy

Facilitator's Certification Training Week 3

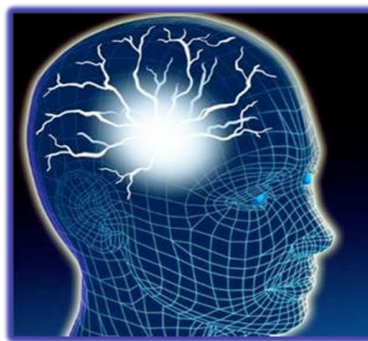
Your Mind Creates Reality

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 heart at a higher vibration. 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. 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.

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

Research shows that you have approximately 70,000 thoughts that recycle every 90 minutes.



If you were to put on paper the thoughts that you have, soon you would see a re-occurring theme and pattern of these thoughts, one that circles and circles 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 our “feeling” of separation and pain, the very ones that you are changing now with the techniques you are learning. When you change 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 your prosperity and to changing your experience with cash, money, security, peace of mind, and joy is by engaging your *theta mind* and disengaging from your human fear-based conditioned mind.

You Have the Ability to Make Changes Easily.

Remember—you have the ability to make change easily. Thought is subtle and amorphous and is the untapped potential in the quantum field.

Exercise: Demonstrate the ability to make change easily

DIRECTIONS: In this exercise express the thought to your partner that the idea, “people have greatness right within,” may or may not be true, but acting as if it were true within this framework gives your client a great deal more in the way of flexibility.

1. Ask your partner (later you can do this with your client) to close their eyes and find a place where they are stuck and a place where this has occurred repeatedly in their life. Find a particular event and imagine it in their mind.
2. Place their left index finger on their left knee when they get the feeling of being stuck and press down to mark that feeling on that specific spot.
3. Now ask them to go to a place where they are tremendously creative or have resolved in a very creative way a problem that was bothering them and where they have experienced the thought that *This is great, or I am great in this moment*.
4. Now have them touch their right knee as they get this feeling and press down to mark that feeling on that specific spot.
5. Now tell them to go back to their stuck place in their mind and touch their right knee and bring with them the feeling of greatness. Then give feedback about the experiences of being unstuck in the original experience.
6. Option. You can have them touch both places on both knees, keep pressure on the right feeling-of-greatness knee, and
 - a. Lift up the finger on the left knee.
 - b. Put it back down.
 - c. Lift it up.
 - d. Put it back down.
 - e. Lift it up and keep it off.
 - f. Tell them to open their eyes.
7. Then give feedback about the experiences of being unstuck in the original experience.

You have an untapped potential that is yours...

- It is the most natural way of living and being, easy and stress free.
- You can create and manifest in moments when you engage this intelligence of yours.
- Everything you have ever thought, created or manifested has been done through this potential.

When you change a belief, you change the old program instantly from 'on' to 'off' in all directions – the past, as well as the present, and the future. Those old programs are no longer connected to your neuro brain synapse or your bio-chemical peptides and endocrine system, and they become a faint memory with no charge.

All the influences of our family, being single, having both parents, the level of dysfunctional family, being an alcoholic, or a rageaholic, being adopted, raised by social services, our gender – and the expectations of our gender roles – the country we were raised in, or multiple countries, our siblings, aunts, uncles, teachers, clergy, religion, the state of economy, the financial condition of our family – from poor to rich, all of these factors and more create our belief structures and values, based on our limited beta left brain capacity.

These environmental and emotional conditions become frozen moments of our beliefs. The 6-step process of The One Command is what we use to change those frozen moments of our beliefs.

The New Science

We have revealed that molecular switches activate protein gears, which, in turn, move, and generate behavior. Now the big question concerning the secret of life is, Who or what turns on the switch? To turn the switch, we introduce... the signal. A signal from the cell's environment puts the gears, motor, switch, and gauge into motion.

Everything you have ever thought, created or manifested has been done through this potential. Dr. Bruce Lipton

Your environment formed your unconscious mind that at this moment is the only filter of your reality.

The new science talks about your DNA and your power to create and form new blueprints within your DNA.

You have the power to not only activate **new signals** but to change the signals you have accepted up until this very moment.

As you create something new you physically change your biology, physiology, neurology and your filter of reality and thus live a new experience.

Brain Waves and Consciousness

At the same time you are masters of another reality.

The 4 brain waves

Apply the examples of each brain wave as a metaphor for getting knowledge for problem solving associated with each brain frequency – for example

Beta 13-30 Hz = the equivalent of all of whatever state in which you are teaching – CA WA CO or country England – US – Germany

Alpha 7–13 Hz = the equivalent of receiving information from every where in the manifest and un-manifest world out to the outer edges of our planet – the Van Allen Belt where gravity meets the thermonuclear forces of radiation from the sun every moment and keeps us safe.

Theta 4-7 Hz = The equivalent of our galaxy – out through our solar system and our sun and the hundred billion other planetary solar systems and suns in the Milky Way to the edge of know space before we meet the edge on other galaxies.

Delta 1–4 Hz = The equivalent of knowledge in so many dimensions of parallel and probable universes it is beyond our ability to imagine or to know

Theta to Source State

Going into theta and stating The One Command® is a simple process, and by doing so you are establishing new neuro-net pathways as you reconfigure your human limited thinking and consciously create your life from that greater capacity within you.

The theta brain wave operates at 4-7 Hz in its electrical measurement, and is the known brain wave frequency of masters throughout the ages.

It used to be thought that you had to train for twenty to thirty years to be able to go in and out of the theta brain frequency consciously, but we have now evolved to the place in our own ability to do so at will.





You are developing the skill in this teaching to use this portion of your brain that is the **key** to your success in becoming a master of your thinking and your life.

The more frequently you travel to *theta*, the 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.

You are being directed to bring more and more harmony and order into your experience as you send your thoughts and feelings to that which you wish to create, and magnetize it to you.

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

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 Hz; the higher the number of hertz (electrical impulses), the faster the operation of our brain. Following is a simplified explanation of different operations of our brain within each range of frequencies.

Beta and Alpha Brain Waves

Examples of Beta Thinking

- Ordinary reality
- Pain and suffering
- Duality: this vs. that
- Religious wars
- Struggle
- Don't even try
- Capacity for problem solving would be the equivalent of England
- ☐ Forcing your will
- ☐ Pushing
- ☐ The world opposes me
- ☐ Manipulate
- ☐ Smarter/brighter/best
- ☐ Small sphere of influence

Beta 14-30 Hz. When you are talking and interacting in normal activities with others, you are in the beta brain wave state. Beta is called the waking conscious mind and is found to be active mostly in the cerebral cortex. When the brain is generating beta waves, it is focusing on the world outside 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.

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 during meditation, daydreaming, prayer, and oddly enough, when watching TV. Most people generate alpha waves when their eyes are closed. Many health benefits have been proven to occur by taking a portion of every day to engage in alpha brain activity. Watching TV is associated with the pleasurable effects of being in alpha—which is why advertisements on TV are so successful.

Examples of Alpha Thinking

- Meditation
- Imagination
- Reiki
- Watching TV
- Removal of pain
- Capacity for problem solving: all of our planet out to the Van Allen Belt
- ☐ Daydreaming
- ☐ Quiet
- ☐ "The Zone"
- ☐ Energy healing
- ☐ Thoughtful

Theta and Delta Brain Waves

Theta 4-7 Hz. Theta waves have a frequency of and occur mainly in the parietal and temporal regions of the cerebrum. Theta occurs most frequently in sleep, especially in Rapid Eye Movement or REM sleep. Theta waves are normal and quite active in children but seem to become lost in adulthood. Through the 6-steps and The One Command® you are taught how to activate these phenomenal brain waves again as part of your everyday life.

Examples of Theta Thinking

- Technically our sleep state
- REM
- Changes physiology
- Deep sense of well-being
- Large sphere of influence
- Firewalkers
- Process our childhood memories
- Capacity for problem solving to outer edge of our galaxy
- ☐ Dream state
- ☐ Creating neurological connections
- ☐ Healing instantly
- ☐ Unified state of consciousness
- ☐ Changing fabric of space and time
- ☐ Amazing physical feats without harm

Delta 0.5-3.5 Hz. Delta waves have a frequency of and occur during sleep. Cycling at an extremely slow frequency, the delta rhythms are produced when people are deeply asleep or otherwise unconscious. Delta waves have also been linked to our psychic senses and extra-sensory perceptions.

Examples of Delta Thinking

- Coma state, so far out in consciousness, unable to know what is possible
- Parallel and probable universes
- Wormholes

The Theta Brain Wave

The theta brain wave is most often associated with sleep. We enter into and out of theta at least twice a day, when falling asleep, or when waking up, and we process information in those moments through what is known as "hypnagogic imagery."

This is information of extreme usefulness **in that we can bring in the unknown and the unseen through our brain while in theta**. Einstein received the information, $E=MC^2$ while in theta.

In the past, being consciously alert while in the theta state was limited to those such as Zen monks or those highly trained to meditate. But we have now evolved to the point where we can go into and out of *theta* while awake. Our *theta* brain activity is quite normal as a child but seems to become lost as an adult. **There are many benefits and rewards to once again being as that child with natural access to our super creative brainwave, *theta*.**

Benefits of the Theta State

- | | |
|---|--|
| <ul style="list-style-type: none">• Quieting of emotions and thoughts.• Deep level healing and regeneration of the body.• Recapture strong and vivid sense of wellbeing.• Increased sense of love for self and others.• Unheard and unseen things come to conscious awareness.• Ideas spring forth from unconscious and intuitive sources rather than from deductive reasoning.• Integrative internal experiences = feelings of psychological wellbeing.• Improvements in relationships with self and others, and emotionally healthier. | <ul style="list-style-type: none">• 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. |
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Theta - Your Greater Intelligence and Your Rich Success by Your Command!

The theta brain wave has some unique and powerful properties.

First, it is the place where you enter into deep Rapid-Eye-Movement sleep at least three times a night, REM sleep.

Next, while in REM sleep you discharge negative thoughts and fears from the day and from the past. And you also 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.

EXERCISE:

- ☐ Think about your experience with the different brain waves.
- ☐ Have you ever had an AH HA moment
- ☐ Come awake with a new idea
- ☐ Solved a problem while you were sleeping
- ☐ Had an out of the body experience
- ☐ Are you aware of the difference you feel when in your rational beta mind and a meditative state

Resource List for Facilitators

Evidence building examples of the quantum field and a greater intelligence:

- Dr. Quantum and the Double Slit Experiment
- Dr. Quantum and Flatland
- Jill Bolte Taylor Story
- Dr. Joe Dispenza – Creating Your Day
- Dr. Bruce Lipton – Rewriting the Program
- Gregg Braden – Consciousness
- Your Personal successes with The One Command and your Greater Intelligence
- Your new filters of reality.