

The DNA of Success:

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

Video #3

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Three Parts to The One Command®

The One Command® is a simple statement that **stops** your limited thinking and **creates a neutral space** to re-direct 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 which you create your life.**

The turn-around in your manifesting all the good that you desire is to place the same power of your spoken word and thoughts into creating a different flow of possibility towards you. As you do this, by going to theta and commanding your good with emotion, **a direct link is established between your emotions, your brain and your DNA**, and you create new emotional pathways for cash, better relationships, health, and joyful living to arrive in your life, instantly.

The Three Parts

1. The first part stops your old way of negative or fearful thinking.

I DON'T KNOW HOW _____ (FILL IN THE BLANK)

2. The second part puts your mind into a state of pause where you connect to that greater capacity within you while in theta.

I ONLY KNOW THAT I DO NOW,

3. 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.

AND I AM FULFILLED! (THE BLESSING)

Receive in gratitude as you bring it back into your body, unwinding the old programs in the cells of the body and your DNA, and rewinding with your new knowledge.

You have now created a new filter of reality, a new possibility, and as you are already masters, it is 100% assured that it **will arrive**.

The Power of The One Command®

This simple statement is so powerful that you can experience physical reactions to the neurological changes in your brain. You are giving up old addictive thinking patterns that are harming you, but you are so familiar with them, it seems too simple to think that you can just let them go.

You train yourself through breath, thought, and trust to let yourself change into this new pattern. Soon enough it will become your natural way of thinking.

Replace every fearful thought with this simple statement and you put your ***brain into idle*** so that you can experience new ways of knowing and thinking about your greatness, your success and your good! You are also commanding your subconscious mind to demonstrate your good and fulfillment.

GO UP TO THETA AND COMMAND:
I don't know how _____,
(fill in the blank with your desire)
I only know *that* IT IS SO NOW and I am fulfilled!

Imagine with the intensity of emotions a new feeling success and happy successful supportive relations, harmony in the family, your business success, greater intelligence, inspiring ideas, and manifestations easily in satisfaction.

Imagine more and more success and enjoyment arriving in your life, and imagine yourself living the life you desire right now.

Going to Theta

Actually imagine the flow of your good including love, acceptance, positive results and is yours now. Every time you begin to think a fearful thought stop and imagine a flow of success coming into your hands and into your life right now!

**When you think a thought of lack or fear, or find yourself talking poor-talk,
stop yourself by quickly going to theta and stating the real truth:**

***I don't know how my good comes to me,
I only know that it does now and I am fulfilled!***

See how quickly your good circumstances, improved relationships and success will arrive. It will show up as phone calls, unexpected offers, more clients, work, and income, better health or the answer to a health problem and it arrives in many unexpected ways.

It takes only seconds to go to theta, declare this simple statement, and feel the emotion of your success coming to you, as you are steadfast, persistent, and determined to have faith without evidence that it is so!

Ask for a new understanding of the greatness that you are.

**Prepare yourself for your abundant good,
because it is the law that it must arrive!**

Go up to Theta

I Don't Know How _____ (fill in the blank),

I Only Know That It Does Now and I Am Fulfilled!

Applying The One Command®

Once you learn the wording of The One Command® you can apply it to each and every situation. The place-holder is the statement, ***I don't know how***, and the replacement ***I only know that***, is what you wish to have instead.

Example. Use The One Command® to increase your money flow:

I don't know how I increase my income (XYZ),

I only know that DO NOW and I am fulfilled!

You are also commanding your subconscious mind to demonstrate your success and fulfillment. You are replacing the fear-based thoughts that are now your daily unconscious reflections with opportunity and riches.

I don't know how open to greater and greater success,

I only know that I DO NOW and I am fulfilled!

I don't know how I repair my relationship with (XYZ)

I only know that I DO NOW and I am fulfilled!

I don't know how I increase my vitality and my health

I only know that I DO NOW and I am fulfilled!

Why The One Command® Works

You are meeting your subconscious programs right in the moment.

There is only NOW –no past – no future only NOW imagining a past and imagining a future.

Your thoughts are not sacrosanct but only frozen particles of information held in a pattern of color, sound, smell, and feelings, frozen in a moment when you MADE A DECISION ABOUT REALITY – almost always when you were powerless and defenseless. You have the power to change that decision RIGHT NOW by stopping the negative pattern – dead in its tracks.

A COMMMAND is co- creating – co mandating a new behavior or understanding from your subconscious mind which operates at the level of a 3 -5 year old.

You are COMMANDING your subconscious, conscious and superconscious mind to a new reality and everything lines up in that direction and immediately goes to work to make that happen.

Faith and trust are required because you can not know the experience of what you are Commanding with your five senses but only from the results they produce.

You are the Commander – the Observer – and The Experiencer of what you Command.

You are manifesting in your extraordinary state of theta in a unified field of thinking with no resistance – miracles and successes arrive easily. – prepare yourself to give up struggle and to enjoy easy success.

Go to the Formatting Your Command PDF to Work on Forming YourCommands!

