

Belief to Creation and The One Command[®] for you

Belief < --- > Action < --- > Feeling < --- > Judgment

Define what you truly want / need

Create what you want instead

Future pace 3 times

Exercise to create a Create Dynamic Future.

Q. What is a dream or desire you would like to see come to life?

Get more specific who-when-where ex. Anyone in particular?

Q. What is your **belief** about that being able to happen?

Q. What is the **action** that supports the belief or how do you know?

Q. When you think about doing what you dream like sharing your music with Mariah, how do you feel?

Q. What **judgment** do you have about that or what rule would that violate?

(Note: any statement that includes have to, ought to, should, are judgments)

Q. What do you **need** from this experience or this person right now?

Q. How do would you know you were supported? State in feeling terms

Q. You know what you want from person/outcome, what do you have that _____ may need or benefit from?

Q. So tell the truth, do you just want what _____ can give you or would you like to create something else instead? State positively.

Now go through the 6 steps and Command what you want instead.

Ground

Align

Command: Do each statement as a separate 6 - Step process.

I don't know how ----- I only know it is so now and I am fulfilled.

I don't know how ----- I only know it is so now and I am fulfilled.

I don't know how ----- I only know it is so now and I am fulfilled.

I don't know how ----- I only know it is so now and I am fulfilled.

Expand

Receive

Q How would you know? Create 3 mini scenes.

Future pace 3 times

1. A B C

2. H I J

3. X Y Z

Q. Now check back in with your feelings, can you find those scared and embarrassed feelings? If the answer is yes then Command again until you have NEW EMOTION / FEELING / BELIEF about what you want instead!

Remember this is real. You are stopping your old filters of reality and creating what you want instead as a biological, neurological, emotional and cellular change right down to the level of your Success DNA.