

Six-Step to Theta and The One Command

Place the six pieces of paper in a horizontal line on the floor. You are going to stand on each piece of paper and as you do, follow the words being read to you. Stay on each step until you complete your experience, taking as much time as you need, then move side-ways to the next step.

You are physically experiencing, by standing on the paper, the space that this state of being is providing you, the space of the feeling in your body as you actually stand on this piece of paper. Then as you move to the next piece of paper you are changing that state for a new experience. The benefit of this is to help your body learn the process of what it feels like to go from your regular consciousness into your *theta state and greater sphere of influence*. Developing the ability to go to your *theta mind* on a daily basis the key to your mastery.

Before you step on Ground, **think of something you wish to improve, change or remove in your life**, more money, a car, better health, a relationship or a state of being such as more compassion or forgiveness for yourself or others. When you choose what you wish to create form it into a command.

For Example: I don't know how I am at peace with my current circumstances. I only know that I am NOW and I am fulfilled. Or I don't know how I increase my income to (XYZ) or more a month. I only know that I do NOW and I am fulfilled.

Now that you have formed your command, close your eyes step on the first paper and **keep your eyes closed during the entire process** and let your partner guide you through the process. When your eyes are closed you access different portions of your brain than when your eyes are open. You have a deeper experience when you keep your eyes closed.

Have your partner state your command for you so you can stay internal.

Read the directions, slowly at each step, in a low comforting voice as you go through the Six-Step Process. Stay at each step as long as it takes until you know that you are ready to move to the next step. You'll know, energetically, when you are ready and let your partner know.

Six-Step The Process

Step one - GROUND

Listen to the sound of my voice, and feel the weight of your body settling down onto the paper under your feet. Just relax and sink down into your feet.

Now imagine roots coming out from the bottom of your feet and send them down, deep, deep into the earth. Connect with the electro-magnetic power of the earth, the basis and foundation of all of our support and imagine that you are fully in your body here present now.

Feel that grounding and balancing. The earth is home base and holds not only our sustenance but billions of years of knowledge, and riches beyond measure and is in fact the greatest mystery of our times.

Gravity supports us gently yet is so powerful it keeps us safe from sun flares as we travel on our space ship earth. Stay here until you feel your body shift into a well-grounded state and when ready move sideways to the second step – Align.

Step two - ALIGN

Imagine all that power of the earth energy coming up into your body, coming into your feet, up your legs, into your solar plexus, and into your heart as you bring your command into alignment with love in your heart.

Now take a deep breath, inhale from below your feet and above your head simultaneously and mix the breath in your heart where you exhale out in all directions 360 degrees around you. The breath of your heart is expanding in all directions, above and below and around.

Take another breath and exhale releasing negativity and breathing in love. And once again breathe in love and exhale allowing that breath to expand aligning you with your purpose. When you feel your body shift move to...

Step three - Go To Theta

Imagine a beam of light, a field of energy flowing into you from the universe flowing down through you and out below you deep into the earth.

Let your eyes look up underneath your closed eyelids and imagine moving your consciousness up this beam of light, and out the top of your head to above your head, out to the outer edges of the planet, on through the solar system, passing by each planet as a radiance of light, out beyond the sun

and into the milky way and out to the edge of the galaxy and the black void of space. Push through the velvet black softness of space, into the pure white luminescence of that greatness that is you. This is the place of creation of all that you desire – the open potentiality for any creating any reality.

Practice thinking and feeling from this state of consciousness as you activate your DNA, the cells of your body, and your mind to create this new state of being within you.

Let your eyes look up under your closed eyelids and experience a lightness as you consciously go into *theta*. Once you have engaged in this state move to.....

Step Four - THE ONE COMMAND

While holding the thought of what you wish to create mentally and silently listen to your partner state your Command:

I don't know how_____ (fill in the blank). I only know that it is or (I am) now and I am fulfilled!

Take your time to allow this declaration to fulfill itself energetically in your body, before you move to the next step.

Step Five - EXPAND

While you are still in *theta* apply one of the simplest, yet most powerful tools for changing your life. Imagine what you commanded in a bigger way, a greater capacity, an expanded version that serves more good than your original idea.

When you expand your idea to become something bigger than yourself, you increase its capacity to appear from its potential into reality. Allow yourself to let your idea take on its own energy – to serve you and the world in a greater way.

Observe as it changes and becomes even more than you can image. Watch as new, expanded, bigger ideas arrive. Let it become more beautiful and harmonious.

Stay in the process until you know that it is done.

Now that you are in this greater state of capacity, move to the sixth step and.....

Step Six – RECEIVE IN GRATITUDE

Allow your eyes to relax and to come back into present awareness of you in your body, moving your consciousness down gently and respectfully back into your physical body.

Experience the sense of gratitude and fulfillment emanating from you and coming into you from *your alignment with your greater intelligence*.

While in this state of gratitude imagine a new holographic image of this life that is your new life replicating itself in every DNA strand in your body, in every organ of your body, in every hair follicle of your body and in every particle of emotion in your body and your thinking.

Unwind all of the old limiting ideas you held about yourself or your ability to create and realize your dreams and desires – UNWIND – UNWIND – UNWIND AND LET ALL THAT GO and now

REWIND IN THIS NEW UNDERSTANDING OF WHAT YOU HAVE CREATED – REWIND – REWIND - REWIND! Thank you!

Take a deep breath and connect into the earth to firmly re-establish your ground of being. Adjust your energy let your body, stretch, flex and move with this new understanding of reality....

Take all the time you need to come once again fully awake and alert into your body, open your eyes, and return to the room.

Share with your partner what you experienced.

1

GROUND

2

ALIGN

3

GO TO
THETA

4

*STATE THE
ONE
COMMAND*

5

*EXPAND
INTO AN IDEA
GREATER THAN
YOURSELF!*

6

RECEIVE