

**Nightingale
Conant**

Wealth

Happiness

Money

The One Command[®]

Imprint Your DNA for Lasting
Wealth and Happiness

W O R K B O O K

Energy

Happiness

Asara Lovejoy

IMPORTANT

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The One Command[®]

Imprint Your DNA for Lasting
Wealth and Happiness

W O R K B O O K

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Here you discover the capacity for success you have right within your biology, your neurology, your DNA, and the theta brain wave that puts you in charge of your life in amazing new ways – with fantastic results!

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The One Command®

Welcome! Here you discover the power you have right within your biology, your extraordinary theta thinking mind, and The One Command® that empowers you to take charge of your life in amazing new ways — with fantastic results! Check for your Bonuses at the end of the manual, and enjoy the journey!

“Each of us is great in so far as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us.”

— James Harvey Robinson

The basis for this teaching is the knowledge that you have an amazing capacity right within your own biology – located in that resourceful part of your mind known as the *theta* state. By directing your mind to this greater intelligence that is yours in an easy Six-Step Process, you quickly access new solutions, ideas, and unusual new ways of emotionally responding that take you to levels of success you have always dreamed possible.

You learn to reach that greater intelligence that is yours, through six steps that expand your ordinary daily beta thinking mind to your theta mind, a much deeper level of your consciousness. Once you are able to enter into theta at will, you issue The One Command® in a unified state of mind, and the results are powerful in manifesting what you desire in a moment. In actuality we call this your act of creation, as you unwind old limiting programs held within your subconscious mind and replace them with new ideas – ones that are yours just waiting to be expressed.

Within your physical and emotional body is the blueprint of your character – of Your Success DNA that is expressed within you as your hopes, wishes, dreams, and desires. ***In this program you learn to reach naturally and easily into deeper levels of yourself, even down to your DNA, and thereby make remarkable changes in your life.***

This information teaches you to Command Your Good *to* you. Once you see the goal, no one can prevent you from making the journey. These original and unusual ideas are designed to change your life forever by changing the way that you think about financial wealth, health, peace of mind, satisfaction, better relationships, and a true sense of purpose, a new way that stops your negative thoughts in an instant and opens you to an intelligence that is yours – one that has been clamoring to be realized.

It is often said that in every adverse situation such as we are experiencing in our economy and lifestyles right now, we also find the best opportunities for success and achievement. Here you'll not only be offered a new opportunity, but be shown how to **recognize the signal for right action** to seize that opportunity.

Every choice we make is based on a decision point at a crossroad of opportunity. *The One Command®* hands you **the key** to making new decisions with clarity, confidence, and certainty and to responding to your signals for right action with grace and ease!

Decision points are generally made by processing ideas and dreams through the filters of old inner programs, usually ones of fear, mistrust, and lack. In **this program** you come to know something completely new: that you also have an amazing greater intelligence that is yours **waiting to be actualized instead**. It is this very Success DNA within that can take you beyond limitation, struggle, and strife – it can take you to unimagined heights. It is this greatness within you that challenges you to think beyond what you can do to just survive, and allows you to *thrive*.

As you discover the easy Six-Step Process to theta and The One Command®, you unlock the success programs that already reside within you, right within your DNA itself, and as you engage in **this greater intelligence that is yours**, life becomes a new adventure.

**Many think that reality is as it is, but I say
the opposite is exactly true; reality is yours for the making!**

Here you discover that it is in fact easy to make changes in your life for greater success, and during the process, you discover that it becomes more natural to be at peace with your life than it is to struggle with stress as your constant companion. As you come into a new relationship with your inner self – **your thoughts and beliefs that operate your hard-wired subconscious mind** – and discover how to change them into new possibilities, then magic appears and you discover the world responding to you in completely new ways.

The One Command® program opens access to undiscovered portions of your own intelligence in a completely new way – one you probably have never experienced before in this manner. Here you discover, as thousands already have, an exciting new way of living your own success and great achievement!

Whether you're a business owner/entrepreneur, retired and wanting more, a work-at-home mom with a family, someone who's considering leaving the corporate world and starting on your own, grandparents wanting more fun and time to enjoy life, or simply looking for more satisfaction, health, and happiness, you'll discover simple and practical ways to attract more prosperity, to work easier and gain more free time, and to enjoy more bliss by the end of this program. We welcome you to the Journey.

What to Expect in the Program

Before we begin, let me ask you a few questions.

Right now – how possible do you think it is to make a change in your DNA?

How possible do you think it is to change a negative thought in an instant?

How possible do you think it is to get a different, more positive, and better result in the world by simply making a change in your beliefs?

After reading each question, just close your eyes for a moment and **calibrate how strongly you believe any of these is possible by measuring each on a scale of 1-10** (10 being the strongest belief) what the answer is.

There is no right or wrong answer; this exercise simply gives you an idea of what you do believe now.

In the program...

First – you remove limiting ideas on what you think is impossible and change them to what is possible instead as you engage your mind and your greater intelligence that is currently hidden within you, in completely new ways.

You are coached through a six-step process that teaches you to access the theta brain state, the place where excellence, solutions, and inspiration reside, and, while there, when you issue The One Command®, you instantly transform old limitations into new possibilities.

What is different about The One Command® is that this is a physical event in your body, the cells of your body, your brain and neurology as you literally create new success programs right down to your DNA itself.

You discover that **the key** to making this change is to consciously engage in your theta brain wave, a place in your intelligence and biology that creates quicker, better, and more satisfying results than ordinary beta thinking.

Next, you are coached in **The One Command®** that stops negative and limited thinking and creates new neuro net passages in the brain to create positive results.

Some examples of those who operate in theta thinking are successful athletes, artists, inventors, businesswomen and -men, scientists and great thinkers. Wealthy, highly successful individuals also frequently operate in this mostly unused portion of the thinking state.

Comments from some of those who have taken our training:

- I had a much clearer, more concise vision for my business and implemented it easily.
- I had a reborn relationship with my daughter-in-law and my grandchildren, something that had been denied me for two years – it happened two days after the course.
- Oddly enough, my health improved – not what I expected – and I am out of the walker I had to use for six years – learning to skip again.
- I entered into a new marriage with my husband – we were about to divorce, but after the program, I learned how to fall in love all over again.
- I found it easier to accomplish my goals.
- I was amazed at how little resistance I had to specific tasks, compared to before the course.
- I earned three-fourths of my \$1.5 million income in the three months after the course.

Meeting the Qualities of Your Mind

“It is my sincerest hope that you will recognize that many of the beliefs propelling your life are false and self-limiting and you will be inspired to change those beliefs.”

— Bruce Lipton, *The Biology of Belief*

The best way in the world to come to a peaceful safe place in your thinking and **to naturally accept the greatness and success that already are within you** is to make friends with the different qualities of your mind. It is important to know the function and workings of each aspect of your intelligence, especially your subconscious mind, that inner part of you that unconsciously directs 100 percent of your life. Some individuals have made a lifelong commitment to understanding the workings of their own mind, while others may just be starting that investigation for the first time.

It is true, some love learning of any kind, while others have been trained to disregard or even fear the workings of their subconscious or believe that they are powerless to make change at that deep level. Your subconscious mind is the repository of your beliefs, thoughts, and values that you have mostly learned from your parents, schools, culture, religion, and economic situation that shaped your life.

The formation of these beliefs was predominantly installed when you were in utero to about five years old. Now the common denominator of our subconscious programs is that we all have gone through that same powerless, defenseless childhood – affected by those adults – good, bad, or adequate – who raised us. Because we made the best choices we could in the circumstances of our childhood – our subconscious mind keeps running those “survival” ideas and beliefs whether they are effective in helping us now – later in life – or not.

This ongoing unconscious processor of your subconscious actually operates in what I call a very small sphere of influence. If you were to write down all your thoughts, it would take about 30 minutes or less for you to realize that you are recycling the same thoughts over and over again and limiting any new thoughts, ideas, solutions, or emotional changes to arrive instead.

Here is the exciting news: You have the right to make new choices about safety, the way the world operates, and your success, based on adult ideas and creative ideas that are inside of you waiting to be expressed in your Now. You can change those old programs easily while in theta, and as you stop the old negative thoughts, you create the space for the more brilliant, resourceful thoughts to arrive.

The operations of your subconscious mind occur below your conscious awareness. They take place in a deeper level of your body and mind, yet they can be accessed easily in the lowered brain-wave frequency known as theta. Here, in addition to your unconsciously held ideas of reality, there exists a relationship with a greater intelligence that is your intelligence as well – one to which you ordinarily don’t pay much attention. Most folks think that memories are sacrosanct, but, in actuality, there is no past – only you thinking a positive or a negative thought now. Even when it looks like a memory, it is really you thinking a thought now. And here you discover a way to allow that extraordinary part of your intelligence that I call your greater capacity to have a greater and greater voice in creating the life you desire now.

It is a process that takes place almost simultaneously as you go to theta and Command what you want. When you reach theta, you are speaking directly to your subconscious mind, and the neurological loop of your old ideas are de-linked – stopped in that moment as you Command a new thought. In the next step when you expand into an idea greater than what you Commanded, you allow that subatomic knowledge of thought that is yours – not the universe’s, but specifically yours – to arrive. You bring that new knowledge down into your body and your DNA itself as you unwind the old and rewind the new.

Evidence in laboratories and throughout the scientific world has determined that, yes, you can literally think a new thought into your DNA. That is why I call this experience the next great adventure of our life. What could be more powerful and adventurous than creating your own reality?

Here is a little-known secret: You know much more than you think you do. You have an enormous stored intelligence that is lying dormant waiting for your attention. Access through your **theta brain wave** is where you can engage and apply that intelligence. Here you can find the solution to any problem and generate new ideas.

To reach your theta mind and allow that greater intelligence – **your greater sphere of influence** – the greatness that is you, to have as much prominence and sway in creating the life you desire as your ordinary logical-thinking beta mind is the goal of The One Command®. Here it is possible to live miracles easily and to go from success, to success, to success, rather than stop and go.

The Qualities of Your Subconscious Mind Are Many

- ◆ Your subconscious mind operates in theta.
- ◆ It is your repository of thoughts, memories, and feelings.
- ◆ It only operates in the present moment of NOW.
- ◆ It does not experience past or future, only NOW.
- ◆ What it believes is true is only true NOW and NOW and NOW.
- ◆ It does not analyze or question.
- ◆ It does not judge or reason – that is the job of the beta conscious mind. It believes literally what it is told to believe.
- ◆ It will repeat and repeat and repeat the same belief until you melt that belief and replace it with something new.
- ◆ It operates at the level of a three-year-old.
- ◆ It is designed for your survival and will pick what options it thinks will best keep you safe – even when what it picks doesn't do so.
- ◆ It runs the operations of the body such as breathing and elimination.
- ◆ It maintains your health, and stores your thoughts and ideas.

The Qualities of Your Theta Mind

Your **theta mind** is technically your deepest level of sleep where at least three times during the night you go into rapid eye movement, or REM, sleep. The activity of REM sleep releases worries and stress and also brings in new thoughts and ideas and solutions for your problems.

All your brain waves of beta, alpha, theta, and delta are operational off and on during the day and night, but with certain attention, you can become more focused in one brain wave than another. Typically we spend 90 percent of our day in our least resourceful brain wave – our beta mind – **and the goal in letting your Success DNA arrive** is to become so familiar with living consciously in **your theta mind** that it becomes your preferred model of the world.

The profound, yet simple truth is that you are already **hard-wired for your success**, and I say all you have to do is give up everything you think you know based on what others have told you is real and discover for yourself what reality you wish to know.

Every act of creation, every imaginative idea, every solution to a problem, every good deed and important act of your life did not come from your beta logical-thinking mind but rather **your greater intelligence** that is yours – your theta intelligence that knows so much more than you can even imagine. I call this discovery the next great adventure of your life.

When you let the form of your current thoughts dissolve and you Command that you understand something new, this is not a metaphysical event but a **physical event in your brain, the cells of your body, and even in your DNA itself**. This change creates new filters of reality that become your ground of being and from which you see and perceive in new ways, new possibilities.

The benefits of living in your theta mind and your greater intelligence that are you – are awesome and infinite. **A few of the qualities include*:**

- Quieting of emotions and thoughts
- Deep-level healing and regeneration of the body
- Recapturing a strong and vivid sense of well-being
- Increase in a sense of love for self and others
- Unheard and unseen things coming to conscious awareness
- **Ideas springing forth from unconscious and intuitive sources rather than from deductive reasoning or outside influences**
- Integrative internal experiences = feelings of psychological well-being
- Improvements in relationships with self and others and emotionally healthier
- 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

* The above characteristics of the theta state are from *Theta Brain Wave Research*, Excerpts from Michael Hutchinson, *The Book of Floating Acceleration Seminar in Brain Waves*

The One Command® and Your Success DNA

**The most difficult acceptance of who you are is not your limitations –
but fear of your greatness, so let us begin there.**

It is wonderful to express the ideal of living your greater success and to thrive. Here you are investigating **your innate ability** to create your life from an amazing greater capacity right within you. I hope you clearly hear the message of your own power and the greatness of your being from which you can create and bring about everything in your life.

You can discover that you have a **special intelligence**, a wonderful part of your own biology and DNA that is greater than just your logical-thinking beta mind, and it is the place from which you have the power to create any reality of success, happiness, and satisfaction that you desire.

You can easily make contact with that greater intelligence of yours through the easy Six-Step Process and The One Command® and engage your theta brain, the very state from which your ideas originate before they arrive in your human mind and before they appear in your everyday life. In addition, you'll discover this is the place where you engage the **open-ended potentiality** of universal knowledge and wisdom to create any life you desire.

This process of **creating something from nothing** is an unconscious natural occurrence. Yet the ability to create, consciously, what you desire is mostly not known because the process to do so has **never been revealed until now**. By learning to go in and out of your theta mind, you learn to create instantly, from pure energy, the results you determine.

Creating from the Unknown

Within your theta thinking mind is the field from which you are creating reality before it is known as an experience or brought into form as physical matter. It is from the unseen, the unknown, that you create and manifest any experience or physical matter, such as money, success, happiness, love, or even the emotion of self-worth before it becomes the seen and the known. It is the place from which your **desires exist as pure energy** in their highest expression, before you have a conscious awareness in your human brain, and before you bring them into your physical reality. When you think about what you wish to bring into your life in its highest form, you must **travel to your theta brain state and your greater capacity to do so**.

Your greater capacity is the place wherein all ideas and new discoveries of all kinds throughout all the ages originated and exist as *potentiality*. It is that level of your thinking that cannot be known with your limited human brain, and can only be known by the evidence of what you manifest.

As you are sending your human, limited, fear-based thoughts to your greater intelligence, it is sending back to you those very thoughts, manifested, and thus you are creating the reality that you now have. Because you are already proficient in creating your life through this method – but mostly unconsciously – I say it is 100 percent guaranteed that when you apply the same procedure consciously, the results you Command are also guaranteed to arrive.

Throughout the course, you'll be taught **to disengage your thinking** from what it is now, and to connect to your theta mind, the path to your greater success, a part of your own intelligence that is waiting to work for you and to bring to you all that you truly desire. During this process, you are learning to know what it feels like, in your **DNA** itself, to manifest from a **conscious** state of awareness.

When you are in this expanded state of activity, your world works. Your world works to your best advantage and to the best advantage of those in your world. The information in this course can bring even more to you than you can imagine: More money instantly; doors opened; being heard, seen, responded to, embraced, paid well; an increase in your riches; being more loved and loving; and living with joy daily. Struggle, effort, living in chaos, limitation, poorness, anger, and resentment, mine and yours, become ideas in the past, while what you desire to manifest becomes the next natural event in your life.

How often have you heard that we use only 15 percent of our brain? How many of you have ever wondered what that other 85 percent was for? Have you ever thought, "What about that other 85 percent?" The answer is here now: This is what it is for – to master your life your way now by engaging in those unused and unprogrammed portions of your own intelligence and activating them.

Your Greater Capacity

Connecting to your **greater capacity** and the greatness that resides right within you through the Six-Step Process is a simple process, and by doing so, you are establishing new neuro-net pathways and changing your human, limited thinking to self-actualization.

Within your greater intelligence there are universal laws that are the basis of our lesser human ideas. They embody the law of cause and effect, the chemistry of attraction and repulsion, and the law of instant manifestation.

In science, **these greater quantum laws of creating something from nothing**, or creating from the invisible substance of the universe to the visible, are known as the **quantum field**. This knowledge has always been, and we are simply evolving to know it more consciously and concisely now.

When you create from that greater capacity within you, you can multiply supply, reverse debt, and neutralize the collective agreed-upon conditioned mind of limited ideas and thoughts, instantly.

It is when you go to theta and in a unified state of consciousness and issue The One Command® that you create miracles and attract better relationships, better health, and all that you desire into your life.

Creating your life from this **EXTRAORDINARY** portion of your consciousness brings an inner peace, self-confidence, a sense of self-worth, poise, happiness, security, financial abundance, and stability.

Now is the time to change the vibration of your thinking to create a reality of beauty and harmony and to increase your sphere of influence.

Each one of us is here to serve in some capacity. You are here to discover that which you are and to bring 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 easily manifest anything and everything that you desire: good health, relationships, success, happiness, peace of mind, and cash.

Your Mind Creates Reality

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

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.

If you were to put on paper the thoughts that you have, soon you would see a reoccurring theme and pattern of your thoughts circling around and around in the same small sphere of influence, 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 your “feeling” of separation and pain, the very ideas that you can now change with the techniques you are learning. When you expand 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 living your great success with more money, security, peace of mind, and joy is by engaging your theta-expanded mind and disengaging from your human, small, limited, fear-based conditioned mind.

As you send your human, limited, fear-based thoughts to that greater capacity within you, that part of your intelligence must send back to you your thoughts, manifested, exactly as you imagine unconsciously. **The power then to make radical and improved changes in your life lies hidden deeply within your subconscious mind.** Your theta mind is the reservoir of your subconscious mind, and while you consciously engage in theta and issue The One Command®, you make direct changes within your subconscious that then reflect in new results.

Safe and Loved

*Every emotional thought you think is there
to keep you safe in the world, and to be loved.*

We can operate only from what we have unconsciously learned from those who raised us **unless we consciously decide to make new choices.** If you grew up in a resentful, argumentative household, then you unconsciously believe that that is the right way to think to remain safe within that family system. If you grew up in a home where the emphasis was on the daily grind rather than being loved, then you may find it difficult to be in a loving relationship and to enjoy fun and playfulness. If you grew up believing that you have to be secretive, then you will find it is almost impossible to tell the truth about what you want and to believe that the world wants your success.

You have been programmed to believe on many, many levels of your being that there is not enough, or that you are not deserving, or loved enough, or that success is for others but not you, and endlessly recycle those limited ideas because of your childhood.

Consciously Create Your Successful Life

Recognize the power of who you are in your thinking in that your **emotional thoughts have kept your good from you.** You stay attached to your past or reject new ideas and opportunities because that is the only way of thinking that you know.

As you are the power that is creating your reality right now, that means you have the power **to go into your theta mind,** and with faith (no evidence), and by action of The One Command®, change your old beliefs to manifest what you want instead.

In the same way that you are unconsciously manifesting and creating your experiences from your subconscious mind now, *you can consciously create* a new experience of success, prosperity, health, and happiness and thereby see new results.

Once you make room in your brain, in your mind, and in your thinking, then you can **receive an original thought**, and experience that greater capacity of your mind and soul, to create and magnetize to you all that you desire.

As you consciously go into theta, where the answer and solution to every situation exists, where new thoughts, ideas, inventions, and concepts are ready for you, then you become the master that you wish to be.

When you slow your mind to the theta brain frequency and consciously create your life, you discover how to reach the potential of everything that is possible.

That is what you are learning here, to shift to conscious control of your destiny. As you gain easy contact **with your theta mind** and shift, change, and replace your limiting ideas with new concepts of health, happiness, richness, prosperity, and love, you expand your circle of knowledge and influence and truly live the life that you desire.

We are not talking about something you have to go out and buy; we are talking about a gift that is yours – it is already right within you. I have discovered this simple truth: **You have been designed with greatness right within your own DNA for your success** – and the path to that greatness is the theta brain wave. I discovered that through the easy Six-Step Process to theta and The One Command®, you can stop your negative thoughts instantly and allow your **success blueprint** to naturally rise to the surface. Through this process, you find the next natural step arrives to bring your greatness into action within your life.

You already operate in many patterns of brain-wave activity every day that engage different levels of awareness. The brain-wave activity you engage in, your level of awareness, determines the results you enjoy in achieving your hopes, wishes, dreams, and desires. By the simple technique of consciously thinking and reasoning while in **your theta brain-wave state**, you engage another level of your own intelligence and self-determination, consciously – one that is peaceful and easy, rather than allied with fear and constraint.

Beta/Theta Mind

About 90 percent of the time, you operate in an ordinary consciousness known as your beta brain wave. It functions at 13-30 Hertz (the electrical charge per second that determines a brain-wave cycle). Currently, there are five recognized brain-wave states: beta, alpha, theta, delta, and gamma.

Beta is known as your logical-thinking brain activity, your rational reasoning mind that remembers the past and projects ideas from the past into a future based on that past ... but it is hardly ever present in the Now.

This beta, organizing and thinking part of your mind is constantly judging and analyzing options about what to do and how to do it. It remembers past disappointments and failures as a way to remind us to avoid those same mistakes again. As a consequence, when trying to problem-solve or to find an answer to a problem (a good new solution), it is almost impossible to be open to something new, while looking for the solution in beta.

In addition, when you do finally settle on an idea, or a solution, your companion is doubt, fear, and lack of trust. Arguments against any new idea simply co-exist while in your beta-thinking rational mind. Here you operate in a state of duality: this or that, yes or no, I can – I can't, or good column – bad column.

There is a wonderful place for this rational beta-thinking mind of yours, but in comparison with what you have available in your alpha, theta, and delta brain waves, it is a very small sphere of influence. Yet we spend 90 percent of our thinking time operating in the least resourceful part of our intelligence. No wonder life can be a struggle for so many.

You are here to discover that greater sphere of influence that is also yours when you tap into **your greater intelligence, which you have hard-wired in you as well ... your theta mind.**

There are those individuals whom we call blessed or advanced, famous and powerful people such as artists, world leaders, actors, musicians, authors, leading scientists, intellectuals, space explorers, self-made entrepreneurs, and rare geniuses. They all seem to have traits in common that appear to make them indestructible, like the ability to face adversity, fear, doubt, and loss, and to always end up on their feet. Now you can too!

And do we need to mention that in these changing social and economic times this is the best time in the world to have an advantage? You can now have an advantage that you have never had before.

What is wonderful to know is that you are hard-wired in your DNA to succeed. A simple state change from beta (ordinary thinking) to theta (extraordinary thinking) is all that is required to create and achieve from that portion of your consciousness.

Your **theta mind** is the repository of your subconscious programs. This is where they exist, and when you Command your subconscious while in theta, you are speaking directly to your subconscious in a **unified** field, with no duality of maybe versus maybe not.

In theta, there are no fearful thoughts to argue against your new good. In addition, **your blueprint for success can** now arise naturally and easily to the surface. Once you stop your inner opposition to your good, it is 100 percent guaranteed to arrive, and in some cases almost instantly.

This is the power of your Command while in theta. Everything in your subconscious responds – instantly stopping limited fearful ideas and engaging at the cellular level. This is your act of creation, your fulfilled new options, right down to your DNA.

As you operate in theta and your greater capacity in your **unified field** of consciousness, you are **unified** in your direction, application, and achievement of all your good as you issue your Command. **Imagine the power of that!**

In addition, your theta/delta brain waves are in such a subtle field of energy that **they tap into the universe as a whole**. While in theta, you are in a state of connection with all that is possible, with any potentiality or probability in any direction, and with all intelligence everywhere, which knows and is in support of the experiences you seek.

When you Expand in theta through the easy Six-Step Process, you receive all knowledge, wisdom, insight, intuition, concrete drawing plans, and all right circumstances that you need for the implementation of your Command.

This knowledge arrives in such a subtle field of energy – how subtle is a thought – that you cannot know it with your five senses or your ordinary fearful beta mind. You can only know it with trust and faith until you see the results reflected back to you as your demonstration of the new determined good that you created in your life. Your act of creation fulfilled.

Why the Theta Brain Wave?

Let's take a walk down history lane for a moment. Do you know that there have always been (and are right now) individuals who can control their brain waves? That is, they can go from BETA 13-40 Hertz (our ordinary thinking), through ALPHA 7-13 Hertz (our meditative contemplative state), directly to THETA 4-7 Hertz and DELTA 0-4 Hertz (our healing, intuitive, creative, empowered states).

These folks are ordinary people just like you and me who have learned to *consciously* choose different brain states at will. People like Tony Robbins, who has taught as many as 2,000 people at a time to walk easily over hot coals without burning their feet, exemplify some extraordinary experiences of ordinary people. The firewalking was accomplished within three hours of entering a workshop, and the participants usually had no previous experience, or thought, of firewalking. Essentially these participants moved from disbelief, to belief, within that very short period of time.

While walking on the coals, your eyes are rolled up – you are looking up as if looking up through the top of your head to the sky above and – guess what – that is how you access your theta brain state.

YOU CAN ACCOMPLISH SOMETHING EXTRAORDINARY IN JUST MINUTES BY APPLYING WHAT IS ALREADY WITHIN YOU – YOUR THETA BRAIN WAVE.

Notes:

What Is Your Theta World?

This is the most exciting portion of what I call the next adventure of your life. First, remember that you are already operating in theta many times during the day unconsciously, and if you were a neuroscientist describing theta brain activity, you would say that theta is where you reach very deep levels of sleep, especially the rapid eye movement, or REM, sleep state. A neuroscientist would probably also argue that as this is your deep sleep state, it would be considered next to impossible to consciously, while awake, go into theta.

Let me say that there is no true explanation as to why at this time on the planet we are able to activate our theta brain-wave pattern, consciously at will, but we can and are doing so by the evidence.

We can proclaim that we have advanced our brain, evolved our consciousness to such an extent that we could possibly now consciously go into theta – that it is a real possibility, but I think what is truly significant is that we actually can – and that we are.

I myself have been “laboratory tested” by a brain-wave mapping expert who calibrated my brain waves while in beta – in ordinary conversation – and then, when I went into the easy Six-Step Process to theta and The One Command®, the scientific results demonstrated I was consciously in deep theta/delta. I like to say **I have been URL tested and tagged in theta.**

Even more important are the verifiable results that everyone, from novice, to advanced scientist and dedicated consciousness master, can be tested and shown to consciously go into theta through the Six-Step Process.

There are a few individuals who lack much of any theta brain activity, and for those few, it may take weeks or months **to activate their eyes up to theta brain-wave connection.** But for most, it can be achieved in moments, and quite easily.

The benefits of operating in theta are uncanny, miraculous, downright impressive, life-changing, and deeply beneficial to your body – including spontaneous acts of recovery from injury and removal of disease. There are now thousands of testimonials from the many individuals consciously going into theta that tell the story in many diverse ways. In any scientific procedure, results drive the postulate, **and these results would give credence to the proposition that you have uncanny greatness right within you.**

Some of the Signs of Consciously Operating More and More in Your Theta Brain Wave Are:

Increased, constant sense of well-being

Peaceful, relaxed review of problems

Increased solutions – seemingly miraculous at times

Increased authority over life circumstances

Creative and new ideas brought to old circumstances
Creating new results – improved income for example
Activation of your DNA Blueprint for wealth
Expanded sphere of influence
Deeper connection with others – better relationships
Healed family dysfunctional problems – creating a new sense of family
Love, partnership, marriage with success and joy
Increased patience
Reduction/removal of anger and resentment
Seeing yourself as the authority of your own life
Appreciation of yourself – greatly improved self-esteem
Operating in NOW time more and more consistently
Resolutions to seemingly overwhelming problems – almost as if by magic
Instantaneous healing
Improved health and attention to your body
Activation of your DNA Blueprint for optimum health
Trust in your intuition
Better business decisions with positive results
A sense of connection rather than separation from the world
Heightened spiritual connection
Greater understanding of possibilities not even dreamed of yet – yours to discover
Seeing yourself as the explorer of your life – enjoying the journey as well as the destination
Removal of your life script identity – victim, abuser, abused – reclamation of who you truly are
Reclaimed trust in yourself and others
Belief in good
Inventions – problem solving for the planet
Original ideas never seen or heard before
An increased sense of valued identity
Living and speaking your truth with good results
Living in alignment with your nature
More joy, laughter, and fun

Why Eyes Rolled Up?

In Jack's classes he taught us how to consciously access our theta brain wave by **rolling our eyes up** under our closed eyelids – almost as if he said, “You are attempting to look up into the center of your head where you find your pineal gland, the master cell of the body, and then you move your consciousness up and out through the top of your head into the black void of space and then into that brilliant light of all potentiality, all possibilities.”

He reported that there have been many masters who have perfected this technique by 10, 20, 30 years of study, but we had come to that place in our human development where we could do this at will, with just a little focus.

He told us **to practice strengthening our eye muscles by looking up under our closed eyelids**, because the eye muscles are attached to our brain and motor-drive our brain into theta. He took us through a guided reverie to go from ordinary consciousness, beta – to extraordinary consciousness – theta, by imagining ourselves looking up through the pineal gland in the center of our head into the void of space above us and then pushing through the shards of the black void of space into the luminosity of that greatness of all possibility and potentiality – into that bright light of the theta/delta brain wave.

The imagination in cooperation with your body – your eye movement in the easy Six-Step Process and The One Command® – is all that is required to consciously live from your greater sphere of influence – your greater capacity – and by doing so, change the whole fabric of your life.

My Personal Journey

“I discovered that there are and always have been Extraordinary States of Awareness we can activate and operate in our daily life.”

— Asara Lovejoy

I finally came into the truest understanding of what I had learned about theta when I hit my own wall. That wall many of us have experienced when we were shaking underneath the covers at night worried to death about that next paycheck, keeping our home, making a good life for our children, handling a divorce or messy marital affair, losing a job, or any of the many trying times we have all gone through or are facing right now. I share my complete story in my book, *The One Command®*.

I rediscovered the truth that there are and always have been extraordinary states of awareness we can activate and operate in our daily life, naturally and easily. *In reality it is more natural to be peaceful and relaxed, rather than angry, fearful, and stressed.* It is more natural to live from our extraordinary states, but we have to reclaim that ability to do so.

It is through conscious access to your extraordinary state, **the theta brain wave**, lived daily, that can and does make changes in new, easy, and profound ways in your life. I can make this promise because I have discovered something quite amazing about who we are as human beings – that within our brain and our mind, we have the capacity to change any idea ... any limitation, doubt, or fear, into something good and powerful, in a moment. That part of our mind where we can resolve our problems instantly, and learn to live differently, is the theta brain state.

For many years I investigated and researched the different brain waves, beta, or ordinary thinking – which I call our horizontal relationship with the outside world – and alpha, theta, and delta – which I call the vertical relationship with our hopes, wishes, dreams, and desires. I eventually came to know what extraordinary beings we truly are; what we can accomplish is so magnificent that it astounds the limited beta mind.

Having worked with great teachers, such as Jack, my mind flashed on a basic tenet of his mind over matter technique when I was there at the moment of my greatest despair. Take yourself out of the situation – no matter how bad – and act as an observer.

When I went into theta as an OBSERVER through The One Command®, everything came together in an INSTANT.

When taking myself through the easy Six-Step Process – Ground, Align, Go to Theta, Command, Expand, and Receive – my fear and anxiety immediately melted away and a feeling of peace came over me.

The Command is, *I don't know how (because in our small beta mind we don't); I only know that my problem is resolved Now, and I am fulfilled.*

In less than 14 days, the impossibly hopeless situation I was in completely reversed itself. Not long after that, a phone call came out of the blue with an offer to teach a class in Canada, and I joyfully took what I had learned out into the world.

Needless to say, I have used The One Command® method over and over on myself to create every aspect of the dreams I hoped to fulfill; classes, students, new friends, increased income, teachers for the leadership programs, teleseminars, and worldwide distribution of *The One Command®* – and with great results. Even as I truly say that I am constantly a work in progress – Commanding the good I seek to bring to the world – I have to add that I am deeply enjoying the adventure.

“Soon, others were going through the easy Six-Step Process into theta and The One Command® for themselves with great success, the very first time they tried it.”

It wasn't long before I was getting wonderful feedback. I was not only helping people, as I showed them *how* to do it, but they did it for themselves the very first time they tried it.

I was called to put what I had discovered into a book, explaining the simple process, now known as *The One Command®*. In this way I could pass the book to those who really wanted something completely new in their lives – something they had never heard about or read about before. They could read it on their own and it would be just as if they had me next to them teaching about The One Command®. That way everyone could benefit.

Since that first moment, I have received thousands of emails from people: trainers, therapists, scientists, church leaders, artists, business leaders, company CEOs, and ordinary people from every walk of life, detailing how much The One Command[®] method has touched their lives – with explosive effects.

Next, I have included a simple overview of brain-wave activity and its effects for a review if you are currently familiar with it or to learn more if this is your first time. Remember, we are constantly firing many brain waves simultaneously throughout the day and night, but you are in certain brain waves more specifically during certain activities, and you can learn to be more consciously awake and active while in theta.

Brain Waves and Consciousness

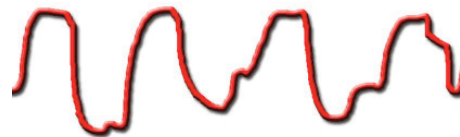
Beta 13-40 Hz — Fully awake and alert. Generally associated with left-brain thinking, worry, stress, paranoia, fear, irritability, moodiness, and anger. Connected to weakened health and immune system. Nervousness, depressions, and anxiety. People spend most of their time in the beta state. In this state your attention is usually focused outward.



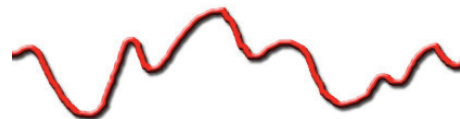
Alpha 7-13 Hz — Meditation and relaxation begins. Generally associated with right-brain thinking. Effortless creativity flows. Powerful state for memory and super-learning. A key state for relaxation, harmony, and peacefulness. Habits, fears, and phobias begin to melt away.



Theta 4-7 Hz — Deeply relaxed, dreaming. Also generally associated with right-brain thinking activity. Insightful, intuitive, and inspirational state. A key state for creative ideas and imagery.



Delta 0-4 Hz — Deep dreamless sleep. Associated with unconscious/superconscious. A important key for healing, renewal, and rejuvenation. Best state for the immune system, restoration, and health.



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 in our emotional thinking. The electrical charge of our brain's activity is measured in Hertz or cycles per second (cps) – the higher the number of Hertz (electrical impulses), the faster the operation of our brain. Following is a simplified explanation of the different operations of our brain, within the range of frequencies.

Beta 14–40 Hz When you are talking and interacting in normal activities with others, you are in beta brain waves in what is called the waking conscious mind that is found to be active mostly in the cerebral cortex. When the brain is generating beta waves, it is focusing on the world outside itself 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.

Examples of beta thinking: ordinary reality – pain & suffering – duality – this vs. that – religious wars – struggle – forcing your will – push – world opposes me – manipulate – smarter/brighter/best – don't even try – small sphere of influence

Alpha 7–13 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 in meditation, prayer, daydreaming, and oddly enough, when watching TV. Most people generate alpha waves when their eyes are closed. Many health benefits have been proven from taking a portion of every day to engage in alpha brain activity. Addiction to watching TV is associated with the pleasurable effects of being in alpha.

Examples of alpha thinking: meditation – daydreaming – imagination – quiet, thoughtful – “in the zone” – watching TV – Reiki/energy healing – removal of pain

Theta 4–7 Hz The theta brain-wave frequency that occurs mainly in the parietal and temporal regions of the cerebrum and which you engage in three deep-sleep cycles every night, known as rapid eye movement, or REM, sleep. They are normal and quite active in children but seem to become lost in adulthood. In 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 – dream state – REM – creating neurological connections – changes physiology – firewalkers – amazing physical feat without harm – healing instantly – deep sense of well-being – unified state of consciousness – process our childhood memories – changing fabric of space & time – large sphere of influence

Delta 0–4 Hz The delta brain-wave frequency occurs during deep-sleep cycles. Cycling at an extremely slow frequency, the delta rhythms are produced when people are deeply asleep or otherwise unconscious. Delta waves have also been tied to our psychic senses and extrasensory perceptions.

Examples of delta thinking: coma state so far out in consciousness unable to know what is possible – parallel and probable universes – wormholes

Three Parts to The One Command®

*The One Command® is a simple statement that **stops** your limited thinking and **creates a neutral space** to redirect fear-based thoughts of lack and limitation to 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 turnaround in your manifesting all the good that you desire is to place the same power of your spoken words and thoughts into creating a different flow of possibility toward 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, good 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 space below with your desire or need)

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 percent ensured 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.

*Reverse the stream of your fearful thoughts into gracious and prosperous thoughts of knowing that your true desires come to you naturally and easily, by **emotionally thinking** this simple statement. It is the place to begin.*

***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 space above with your desire)

I only know that IT IS SO NOW, AND I AM FULFILLED!

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

Imagine people who enjoy paying you for what you do, and imagine receiving unexpected gifts of cash.

Imagine more and more success and enjoyment arriving in your life, and imagine yourself debt free.

Going to Theta

Actually imagine the flow of your good, including love, acceptance, positive results, and actual cash coming toward you, instead of going away. 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. They will show up as phone calls, unexpected offers, more clients, more work and income, better health, or the answer to a health problem, and the good 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 space above with your desire)

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 I 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 I pay my rent/mortgage;
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 three- to five-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 cannot 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.

Connect to Your Success DNA in Theta

The demonstration of the success that you are seeking arrives only by taking the **first step of faith**; that is, action without evidence by declaring that your greater intelligence can and does have solutions, ideas, inspirations, and the ability for your hopes, wishes, dreams, and desires to be realized in your life.

When you seek an idea that is greater than yourself, and lower your brain frequency to theta, you are operating in the form and the design of all the masters throughout the ages.

The rich abundance of cash, goods, emotional well-being, and business and personal success that you say you want is all around you, in your atmosphere of creativity, of potentiality, and in the never-ending supply and substance of infinite possibilities that are waiting for you to say yes!

The infinite substance of your good and your theta thinking links you to the rich, abundant universe and makes manifest your rich, abundant life. By going to theta and connecting to that deeper part of you and Commanding, **“I don’t know how,” and turning it over to that greater capacity, a more creative, spontaneous, natural part of your self, the untrained part of your self, you succeed.**

By living in the part of you that has an unlimited potential of ideas, that has the idea that it might be just as true that the world is an easy place to live and asks, what if it were just as true that it is natural and ordinary to be richer, happier, and more joyful?

What if it were just as true that you are able to accomplish that idea and that notion? You are creating reality, in the direction you are focusing. If you move your consciousness into another realm, into a realm of masters creating reality, then you begin by focusing on,

***I don’t know how to create a new reality for myself;
I only know that I do Now, and I am fulfilled.***

Just realize that when you say, “I have the desire to create that reality for myself,” that is all that is required to change reality – to have the desire and to stay steadfast in the desire – and then you are on your way.

When you start the practice of operating from within yourself, from the power within, of who you are in your capacity to create any success for yourself, then the world responds.

Reality responds. Reality resonates with your desire, because your desire becomes the strongest desire to be fulfilled. Your desire becomes the tickle in consciousness with the other person you are interacting with, and the other people become attracted to your product, services, or plan of action, because you are making an invitation to them of that new reality.

How to Reach Theta

Your theta brain wave is a natural part of your biology, and as you activate more theta brain frequency in your daily life, great strides and improvements in manifesting and resolving old issues appear almost as if by magic. **The process of looking up under your closed eyes – you want to remain internal with your eyes closed during the entire process – activates the physical connection between your eye muscles and the ability to slow your brain waves to theta.** There is a physiological connection in looking up that immediately lowers your brain to theta.

In addition, we add the visualization or imagery of traveling out into the outer edges of the universe, falling over into the black void of space, and then pushing up into the white light, the bright luminosity of all potentiality in its unmanifest form.

Research done on those in the theta brain wave records the most common statements made are **that when a person is in deep theta, it is a place of non-judgment, non-attachment, it is a place of clarity and bright white light**, and when returning to ordinary beta thinking after being in theta, the person is more peaceful and more relaxed. The easy Six-Step Process and The One Command® have been designed to implement all the qualities and characteristics of being in a **deeply relaxing and healthy theta state of mind.**

When you are first practicing going into theta with your eyes looking up under your closed eyelids, you often have some rapid eye movement as you slow your mind to **your theta brain wave.** Remember natural theta occurs during REM (the rapid eye movement portion of your deep-sleep cycle).

You may feel some slight discomfort around your eyes as you are using muscles that you're exercising for the first time. In the same way as your biceps would be sore after a workout, your eye muscles will be sore for a while when you first start practicing going into theta. Any discomfort you may have is similar to what you would experience when exercising any new muscle.

As with any new learning, be gentle on yourself. This process is real and is teaching you to activate the unused portions of your brain, and it is the **Key** to activating Your DNA for Success.

Six-Step Process

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 you hear in the guided exercise of the Six-Step Process or that may be being read to you. Stay on each step until you complete your experience, taking as much time as you need, and then move sideways to the next step.

Before you step on Ground, think of something you wish to manifest, more money, a car, better health, or a relationship – to experience the greatness within you. Form the Command so that you can mentally say it when being guided through the process. **Write it out first if that helps you to remember it.**

Listen to the CD as you go through the six steps.

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. Now imagine roots coming out from the bottom of your feet, and send them down, deep, deep into the earth. Connect with the magnetic power of the earth, the basis and foundation of all of our support, and imagine that you are wrapping your roots around the exquisite element of gold, diamonds, and rubies in the center of the earth. Feel the power of that energy grounding you and balancing you. Stay here until you feel your body shift into a well-grounded state.

Step Two: Align

When you are ready, move sideways to the second step, and step on Align. Imagine all that power of the earth energy coming into your body, into your heart. Now take a deep breath, and, as you exhale, imagine the energy is expanding in all directions around you. The breath of your heart is expanding in all the directions, above and below and around in all directions. As you exhale, allow that breath to expand in all directions, aligning you with your purpose in a state of unconditional love. When you feel your body shift, you are ready to continue.

Step Three: Go to Theta

Let your eyes gently roll up UNDER YOUR CLOSED EYELIDS – this is mechanically lowering your brain wave to theta – and continue to imagine a golden beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and out below you deep into the earth. Imagine moving your consciousness up this beam of light, 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, beyond the galaxy, until you 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.

Practice thinking and feeling from this state of consciousness as you activate your Success DNA, the cells of your body, and your mind to be the Master that you are. Roll your eyes up and experience a lightness as you consciously go into theta. Once you have engaged in this state you are ready to move to...

Step Four: Command

While holding the thought of what you wish to manifest, mentally and **silently Command: I don't know how I _____ (fill in the blank); I only know that it is so 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. (Remember the subconscious mind only operates in the present moment, in the NOW!)

Step Five: Expand

While you are still in theta, imagine what you desire 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 manifest. Allow yourself to let your idea take on its own energy. Observe as it changes and becomes even more than you can imagine. 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.

Step Six: Receive with Gratitude

State in your mind clearly, **"Thank you! It is so!"** And experience the sense of gratitude and fulfillment emanating from you and coming into you from *Source*. While in this state of gratitude, move your consciousness back down the golden beam of light, coming gently and respectfully back into your physical body, and imagine the particles of consciousness of your manifestation floating down from *Source* into your body, into the cells of your body, and into your DNA itself. Imagine **unwinding, unwinding, unwinding all the old limiting ideas and rewinding, rewinding, rewinding, a new holographic image of your great good. 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.** Feel it, accept it, and give thanks again. Thank you! It is done! It is so!

Take a deep breath, and send your energy back down 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.

Activate Your Success DNA

It helps to change subconscious programs when you realize that there is **no such thing as “a past.”** There is only you now, experiencing thoughts and feelings now. Right now, in the present moment you are re-creating a thought that you have had many times before. You may call it a memory, but you are thinking it now, and re-creating sorrow, pain, and grief, or happiness, security, and joy, now.

You have every right to change, rearrange, and improve your thoughts about your life, right now. The past is not sacrosanct, in that it happened and there is nothing that you can do about it. Yes, that experience did happen, and there is much you can do to change the decisions you made about yourself and the world as a result of that experience.

A belief from your childhood is something that you created in a moment with the best evidence you had at the time, in order to survive and to receive love. Does it serve you now to believe that life is limited in the many ways you “decided,” especially at a time when you were small, defenseless, and powerless rather than to make a new decision, now when you are adult, strong, and competent?

Some of those early childhood and cultural programs that you heard then and that you hear now every day are the following: It’s hard to have what you want – the world opposes you – you have to watch out for the other guy – it’s a dog-eat-dog world – you can’t trust the other guy – you have to watch out so others won’t hurt you – you have to work hard to earn a living – you have to suffer to learn and grow – others can succeed, but not you – you have to accept your lot in life. Do you want to keep those ideas as the foundation for your SUCCESS? I don’t think so!

The subconscious mind is designed for S u c c e s s!

Now that is an interesting idea, isn’t it? But it is true. Your subconscious mind is so susceptible to outside influences and ideas in the general population that it will collapse and stop taking action if it thinks that failure is going to be the result! It is up to you to Command a different understanding of reality so that your success ideas are energized and your greater intelligence seeks solutions rather than problems. Then your conscious, subconscious, and superconscious minds are in agreement in creating the life you truly desire.

You can keep your memories, yet change your decisions about yourself and about life.

What If It Were Just as True:

That you can trust the other guy; that others want to help you; that it is easy to earn a living; that it is easy to learn and grow even more in ease than suffering; that you and others can succeed; and that you can create any life that you desire?

When we are deeply identified with our beliefs, there is even greater fear that if we change our suppositions about the nature of reality, we will be too vulnerable to defend against danger. The more traumatic a childhood one had, the more deeply engrained the beliefs about the lack of safety in the world and from others.

You are being shown here how to replace those ideas with a new understanding that is the truth of what you desire: to be safe, loved, prosperous, creative, spiritual, kind, joyful, and happy in your life.

It is possible to replace those old beliefs with new ones because these experiences that you truly desire exist somewhere in consciousness – including within your own consciousness. How do I know? – because if you can imagine it, you know it. As a test, go ahead and think about something you don't know. See it is impossible. Please hear this little message: If you think it, you know it in that greater intelligence that is you, and the only requirement to have it is to stop your belief that you can't!

In addition, there are others who are having the success you desire, and if any one person knows how to be rich and happy, or how to be healthy with kindness, spirituality, and ease, or how to speak their truth and be safe, then everyone can have that same experience – including you.

What you discover when you lower your brain waves to **theta** and connect to your greater intelligence in any open potentiality is that you can learn through a “direct link” of what is possible for your life in many new ways.

Here is the true power of this technique: You no longer have to have experience to learn something new; you can Command that you know it and open yourself to receive it, and as it becomes your new ground of neurological, biological, and emotional being, then it is part of you and manifests as your reality. Yes, you do have to let go of the old-fashioned hard way to learn and to get self-realization. But why not give it up? You can try this “direct link” and see what happens. If you like this way of creating your life, then you can continue to do so and become proficient in living all of your intelligence and all of who you are. Really, that is a grand new adventure.

Once the cells of your body, mind, and emotions receive this new information, then the old programs have fulfilled their function. They have kept you safe up to this point in your life, and now you can be safe in another way. They can let go and rearrange into a new belief, a new way of living.

Here is a simple exercise to investigate some about the old beliefs that you might want to change.

Exercise: Beliefs about Living My Success DNA

In this exercise, **write out simple conclusions** about old programs that you discover. For example, what Mom, Dad, friends, relationships, etc. taught you about your worth and ability to create your life from your greatness, to a concept such as: I have to sacrifice myself for the good of others or my role is less important than my (brother's, sister's, mom's, dad's). Continue on to the next subject, answering each one until you go through the complete list.

What Dad told me about my worth through his words and actions.

What Mom told me about my place in the world through her words and actions.

What school experiences I had that framed my self-worth.

What religion made me think about myself.

(The actions or behavior of those you learned from are as important as the words – or even more important. For example, if Dad came home from work, went to the refrigerator, got a beer, and told everyone to leave him alone, then the action to leave him alone creates many messages. Some of them might be that work is hard or that being alone is more important to dad than I am.)

Exercise: Clearing Beliefs about My Success DNA

In this exercise, take the beliefs that you discovered and change them with The One Command® into the experience that you truly want instead.

Step One – Identify the negative belief.

Step Two – Describe what would you like instead.

Step Three – Go through the easy Six-Step Process and The One Command®.

For Example:

What is the most important belief that you would like to change first.

Step One - Identify the belief:

If I am successful, I will be like Dad and ignore those I care about.

Step Two – Describe what would you want instead:

I am successful and show my care and affection to those I love.

Step Three – Go through the easy Six-Step Process and change with The One Command[®].

GROUND

ALIGN

GO TO THETA

COMMAND

I don't know how I am successful and show my love and care for others; I only know that I do so NOW, and I am fulfilled.

EXPAND – here is the new information

RECEIVE – unwind old beliefs and rewind new beliefs

Or another example:

Step One – Being a great success means no fun and all work.

Step Two – I am successful and can have fun as well.

Step Three – Change with The One Command[®] to:

I don't know how it is easy and fun to be a great success; I only know that I do so NOW, and I am fulfilled.

Change the most important beliefs first and then change beliefs every day. You'll find an increase in your sense of well-being and actual demonstrations of what you Command arriving as you do!

The One Command® for Success as a New Way of Living

The truth is that there is another way to live other than being affected by the mundane world and your unconscious beliefs. When you connect to theta and create from your sacred inner self, then you have power, you are safe, you are able to love and be loved, and you are connected. The struggle ends.

The One Command® way of living is creating your reality consciously connected to that greater capacity of who you are. Your better way of living is learning to trust and have faith without evidence, to become the master of your own destiny. This is a shift in your identity to The One Command® state of mind. This is a new way to create your life by focusing on that which you wish to create, and to experience the joy within that creation. **Move your attention totally away from that which you no longer wish to create, and ask what it is you want instead.**

When you tell the truth about your greater desires and then Command that it is so, you **neurologically retrain your brain** to operate in your greater intelligence connected to infinite possibilities. You find yourself speaking the truth from your greater self, naturally, without having to cover your old identity, and it works. The more that you live connected to your Success DNA within, the more you live in freedom, the more you live in prosperity, and the more you receive the good that is yours.

You have an incredible brain. You have an incredible emotional body. You have an incredible intelligence, and when you tap in to your own intelligence and learn to link at will to those undiscovered portions of your mind, then you create your life without fear, and by conscious, rather than unconscious choice. When you go into the theta brain wave and link to your greatness within, you literally become unattached to the story of your life; you become the observer.

That doesn't mean that you aren't passionately involved. You are passionately involved yet non-attached to the story. You have **a greater perspective to observe** and to look at the choices you are making. When you develop your ability to operate in your theta brain wave, you are creating new neurological brain patterns, new pathways of thinking, receiving, creating, and expressing.

Neurologically, you literally are de-linking from the old ways your neuro-net and neuro-pathways have been firing based on childhood decisions. **You are physically changing reality within the cells of your body and your DNA.** This is a natural process of discovery.

Children learn by exploring the physical world and making conclusions about **life**. **Now that ability to make new undiscovered conclusions about life can be restored: You can make decisions that are safe, rich, prosperous, healthy, and yours to enjoy.** What would that be like?

Model of Belief to Creation

This is a simple process that helps to stop the trap of circular thinking we all fall into. Sometimes a belief about our life is verified by the actions of others, and that leads to a similar old limiting feeling or idea of self – a belief we have a negative feeling about – and so we then judge ourselves again or judge someone else, and that then creates another feeling and reinforces the original belief, which leads to another action. I'll explain in detail how this applies. Our judgments always come from some unconscious unspoken rule being violated.

Belief < — > Action < — > Feeling < — > Judgment

Define what you truly want/need.

Create what you want instead.

Future pace three times.

For example:

- ▶ **Belief** – My boss doesn't like me < — >
- ▶ **Action** – Your boss might criticize you in some way < — >
- ▶ **Feeling** – I hate my boss for criticizing me – or I am no good; I am a failure.
An old early childhood feeling comes up with the belief that I am always the one who is criticized. < — >
- ▶ **Judgment** – I have to be nice to my boss to keep my job, and so I repress my feelings.

This is how most of us go about creating and re-creating the same limiting feelings and ideas of what is possible in our lives. The way out is to drop down into another investigation and ask – **what do I really want from this person – what do I really need instead?**

When you connect to the deeper emotion or desire or **need**, then you define what **YOU WANT INSTEAD and Command that it is so**. When you create what state of being or outcome you truly desire, you empower yourself to be in a new position – **a success position with your boss**, for example, or in a success position in your relationships and in the world. Here is a model we apply to investigate beliefs and to discover what you want instead, as developed by a good friend of ours, Kirk VandenBerghe.

Belief < — > Action < — > Feeling < — > Judgment

Define what you truly want/need.

Create what you want instead.

Future pace three times.

Here is an example of how redefining your experience/your beliefs changes the present and your future.

Kathryn and Diane's Story

Hi Kathryn. I know that you have shared your story about your sister Diane in many of our seminars as a way to explain how the process of The One Command® can change your present and future by changing your decisions about the past. We are going to summarize the story, and thank you and Diane for giving us permission to use this story for that purpose.

Here is Kathryn's story about her sister Diane.

Q. What is your belief?

Belief < — > My younger sister hates me, criticizes me, and always wants to tell me how I am doing it wrong and ineffectively.

Q. What is the action that supports the belief or how do you know it's true?

Action < — > My sister hates me.< — >Because she pulls my hair and says mean things.

Q. How does that make you feel?

The One Command®

Feeling < — > I hate her (you could also check in with the actual feeling of the emotion – for example, my stomach gets tied into knots).

Q. What judgment do you believe about your feelings or what rule would that violate?

Judgment < — > I have to love my sister because we are family.

(Note: Any statement that includes “have to,” “ought to,” or “should” is a judgment.)

Close your eyes and check in to your feelings – I am agitated, angry, my stomach is in a knot, I feel frustrated and powerless about my negative sister Diane.

Q. What do you need right now?

Define what you truly want/need.

I need acceptance.

Q. What kind of relationship would you like to have instead? Do you think your sister feels accepted by you?

Create what you truly want instead.

I’d like to have fun with her, and if I needed help I could call her. I’d like to share more of my life with her.

Now change your old beliefs about reality with what you want instead. I know that you question this as possible because it looks as if it involves someone else and you can almost hear yourself say that you can’t change anyone else, but let me guarantee the only experience you can have of anyone else is what you think is true about them. When you change an idea about another person, you are simply changing your filters of reality inside of you and Commanding that **YOU HAVE ANOTHER EXPERIENCE INSTEAD of what is possible in your relationship as identified with that person!**

Now go through the easy Six-Step Process and Command what you want instead.

Ground

Align

Command: Do each statement as a separate six-step process.

I don't know how my sister and I have a loving relationship;
I only know that I do Now, and I am fulfilled.

I don't know how I feel my sister's love and acceptance and she feels mine;
I only know that I do Now, and I am fulfilled.

I don't know how I have fun with my sister and know we call each other for help;
I only know that it is so Now, and I am fulfilled.

I don't know how my sister and I share our lives in a loving way;
I only know that it is so Now, and I am fulfilled!

Expand

Receive

Q. How would you know you had your sister's acceptance? State in feeling terms.

Future pace three times.

I'd feel relaxed and happy in my body. My throat would be relaxed. I'd feel good.

Q. If you and your sister had a loving, accepting relationship that had all the elements you just commanded, how would you know?

Create three mini scenes.

We could talk on the phone and both would share news.

When I go to her house I am happy and relaxed, we bake cookies together.

When I hug her, I can feel her love physically.

Q. Now check back in with your feelings. Can you find the feeling "I hate her"?
No. If the answer is yes go back and do more Commands.

What changed in your relationship with your sister Diane, Kathryn?

Asara, you have heard my story many times, but let me say, first I came to be peaceful and relaxed about my sister Diane and realized that she was doing the best job she could do in all our interactions with each other. But more importantly I actually did experience each one of the three events I future paced. The One Command® process of change is real, with measurable results.

Another Example of Change with the Anne and Mariah Carey Story

Belief < — > Action < — > Feeling < — > Judgment

Define what you truly want/need.

Create what you want instead.

Future pace three times.

Kathryn is having a session with Anne about being depressed and unable to make herself go forward in her life. She is now in the process of helping Anne define what she truly wants.

Q. Anne, what is a dream or desire you would like to see come to life?

I'd like to write music and sell it to big singing stars!

Q. Get more specific: who-when-where, for example. Anyone in particular?

Yes, Mariah Carey. I just love her. In fact I have a song that would be perfect for her.

Q. What is your belief about that being able to happen? What is the action that supports the belief or how do you know?

Belief < — > Mariah's too important and famous.

Action < — > I tried to get noticed before but failed.

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

Feeling < — > Scared, like I'm little, and I feel kind of embarrassed for wanting it.

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

Judgment < — > Big stars have their place and I have mine, and I am greedy if I want more. (Note: Any statement that includes “have to,” “ought to,” or “should” is a judgment.)

Close your eyes and check in to the feeling again.

Q. What do you need right now?

Define what you truly want/need.

I need support.

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

I'd feel relaxed and happy in my body. I'd feel good.

Q. Let's turn it around. You know what you want from Mariah. What do you have that she may need?

I haven't thought about that. I have freedom to do what I want and when I want it without having paparazzi show up, and I have friends that love me for just myself. Mariah may never know who really likes her for just herself.

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

Create what you want instead.

I'd like for Mariah to be comfortable with me and know that I really like her for who she is. When I wrote this song, I imagined her singing it to millions, and it made people so happy. I'd like to make millions of people happy like that.

Now go through the easy Six-Step Process and Command what you want instead.

Ground

Align

Command: Do each statement as a separate six-step process.

The One Command®

I don't know how people like me for who I am;
I only know that it is so Now, and I am fulfilled.

I don't know how I have the power to make millions of people happy and myself happy;
I only know that it is so Now, and I am fulfilled.

I don't know how I have good relationships and enjoy freedom in my day-to-day life;
I only know that it is so Now, and I am fulfilled.

I don't know how I know that my music and my other gifts matter;
I only know that it is so Now, and I am fulfilled.

I don't know how Mariah Carey is free to be happy and so am I;
I only know that it is so Now, and I am fulfilled.

Expand

Receive

Q. What if your music was important and brought happiness to everyone who heard it, how would you know? Create three mini scenes.

Future pace 3 times

When I play music, people ask me about buying a CD.

I get more gigs.

I feel happy and relaxed, just having fun.

Q. Now check back in with your feelings. Can you find those scared and embarrassed feelings?

No, in fact I feel happy like I'm OK and it's OK to want more than I have now.

The results of this process with Anne accomplished many changes in her life, but no, the magic Mariah Carey showed up and sang her song bullet wasn't one of them. First, the depression she had been experiencing dissolved because she now saw an option for an

optimistic future. Earlier I said that your subconscious mind is designed for success, and when you imagine failure as the future, your subconscious mind shuts down. Many experience this as depression.

Next, Anne's father, who was a musician, had never allowed her to sing with him because he wanted to "protect her from the music industry," and he spontaneously called and invited her to sing with him, which was very emotional and a fantastic blessing.

Then she got many more better-paying music "gigs," and folks asked her for a CD, even before she had any made.

When she got an invitation to go on tour, something really phenomenal happened for Anne. At that moment, she realized that she really didn't want the life of a traveling musician but wanted to enjoy her music as the gift that it was for her own pleasure.

When she came to that conclusion, her creativity that had been sparked BIG TIME after the session woke up with a new design for nurses' uniforms, and she opened her now very successful business selling these special uniforms that support her life and her love of music. Always be open to any possibility when you Command.

Exercise: 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 three times.

Exercise to Create a Dynamic Future.

Write in the space after each question.

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

The One Command[®]

Get more specific: who-when-where.

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,” or “should” is a judgment.)

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

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

Q. You know what you want from the 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 easy Six-Step Process and Command what you want instead.

Ground

Align

Command: Do each statement as a separate six-step process.

I don't know how _____ ;
I only know that it is so Now, and I am fulfilled.

I don't know how _____ ;
I only know that it is so Now, and I am fulfilled.

I don't know how _____ ;
I only know that it is so Now, and I am fulfilled.

I don't know how _____ ;
I only know that it is so Now, and I am fulfilled.

Expand

Receive

Q. How would you know? Create three mini scenes.

Future pace three times.

A B C _____

H I J

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 EMOTIONS/ FEELINGS/BELIEFS 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.

We Support You on the Journey

One of the strongest held beliefs I embrace is that we are doing this life together, and any advancement I make in my thinking and self-actualization benefits you, and any growth and self-actualization you make benefits me and the world as well. In fact, there is actual evidence that as you make some small change in what you believe is possible rather than impossible, you make a quantum change in the group collective consciousness of more than 1 million folks. That is pretty impressive.

Realize then that the true worth and value of every thought you think and every wish, hope, and dream you realize is making it possible for the rest of us to do the same.

At the beginning of the CD program, I asked you to open your heart and to open your mind, and I hope that you have enjoyed traveling this new road with me – as I said then, I'll say now, yes I love you. I feel you and witness your Great Success and mastery, and I celebrate your life with you.

Building Community and Support through The Commanding Wealth Circles®

The Commanding Wealth Circles® serves a variety of functions: meeting new like-minded individuals interested in creating wealth and personal satisfaction; receiving and giving support while on the journey; and establishing relationships with those who would like to improve the success of their life in brand-new ways.

The practice of The One Command® immediately changes your mindset, clears old emotional blocks, and opens the door to new possibilities in every area of your life. **The Commanding Wealth Circles®** support you while you co-create the new life that you have always dreamed possible.

One participant who had not yet attended the Commanding Wealth® Seminar shares what amazing results he received from simply participating in **The Commanding Wealth Circles®**.

*“At the time I attended the **Commanding Wealth Circles®** on April 11th, my business for the month was a bit on the slow side. I had no idea how I was going to pull off a good month. By April 25th (end of April for my purpose), only 10 business days after attending, I had done so much business it was the best month of my career. In fact it was over 16% better than my previous best month in January. Also, our pay process was changed, and I only received 1/3 of the money I was used to getting from management fees. Taking that into the equation, my April business was up over 35%. Thank you.”*

— Shawn D. Moore Financial Advisor Citigroup SMITH BARNEY, Dallas.
Smith Barney is a division of Citigroup Global Markets, Inc.

Commanding Wealth Circles® Format

To facilitate the **Commanding Wealth Circles®** make a commitment to hold the Circles weekly or monthly, as the power of what you can create and manifest increases each time you attend.

Find a comfortable and welcoming location to hold your CW Circle such as your home, a center, a church, or other appropriate location.

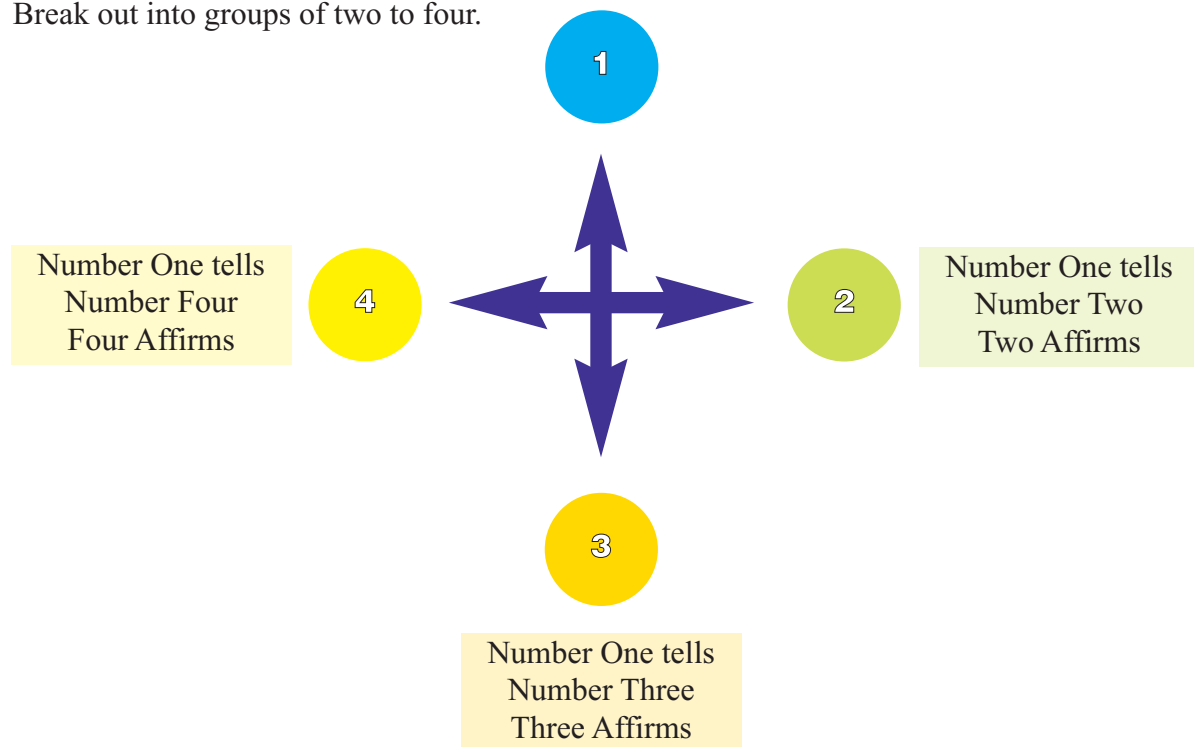
As the host, welcome and greet those attending.

Arrange your chairs in a circle. Your circle can be arranged a couple of different ways, depending on your group size.

The Circle

Method 1.

Break out into groups of two to four.

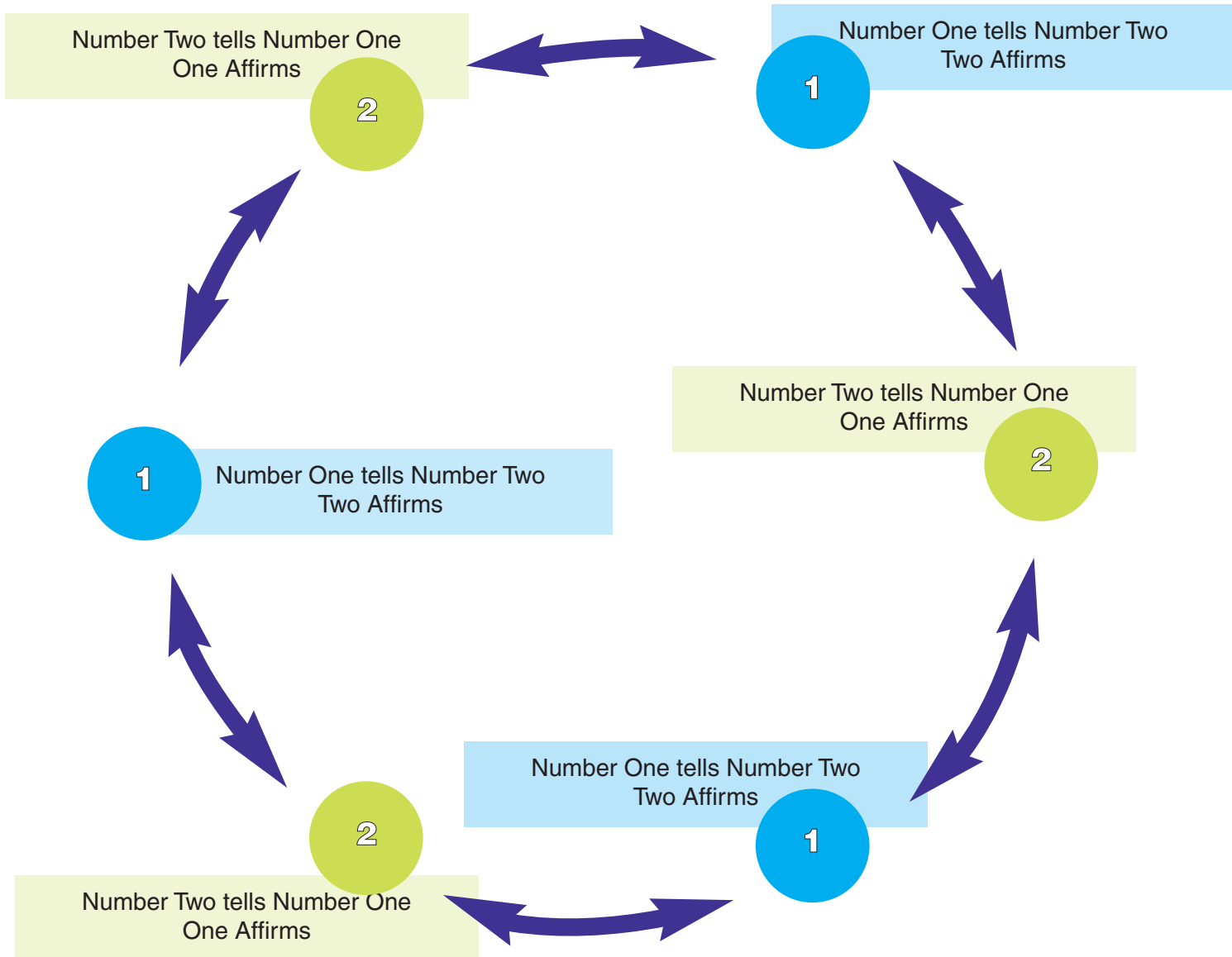


Then Number Two starts the process again.

The One Command®

Method 2.

Arrange in a group of six. It is recommended that you break the group into circles of six or fewer, as it can take quite a bit of time to complete the circle with a larger group.



The Process

1. Begin by standing and holding hands in a circle and offering an opening prayer or short meditation to quiet the chatter of the day and to bring you and the group into your more peaceful, spiritual mind. Have the attendees sit in a large group to begin. For the new people attending, explain The One Command® and how the process works. This is also the time to have those who are already using The One Command® share their successes with the group. Take the whole group through a practice Command by having them close their eyes while you lead them through the easy Six-Step Process and have them all follow your Command, such as “I don’t know how I am relaxed and ready to receive; I only know that I am so Now, and I am fulfilled.”
2. Next, break out into smaller groups, and within those groups, take turns sharing what they would like to manifest and ask them to form a clear statement of what they want to **Command** to arrive in their life. (Set a time limit in which to do this.)
 - a. You cannot manifest for anyone other than yourself.
 - b. State your request in the **present tense**.
 - c. Take “will” out of your vocabulary, as the subconscious mind takes action only in the NOW!
 - d. Keep it as simple as possible.

Once everyone has something he or she wants to Command, then lead the entire group through the easy Six-Step Process to state their Command internally: ground, align, go to theta, Command, expand, receive.

*“I don’t know how I (fill in the blank); I only know that I do Now, and I am fulfilled.”
For example: I don’t know how **I increase my income \$2,000 a month**; I only know that I do Now, and I am fulfilled, or I don’t know how **I have 10 more clients a week**;
I only know that I do Now, and I am fulfilled.*

3. Now begin with each person taking turns stating his or her Command aloud and receiving the group’s support in return. Have the first person state The One Command® for himself or herself out loud without going up into theta. It has already been set in theta when you led the entire group through the easy Six-Step Process, and now it is being reported to the person sitting to his or her right. The person then **looks from his or her LEFT EYE directly into the LEFT EYE** of the person sitting on his or her right and waits to receive acknowledgment that what he or she wants is manifested.

The RESPONDER starts by FIRST STATING THE PERSON’S NAME, followed with, I ABSOLUTELY KNOW THAT YOU HAVE (whatever the person is requesting), AND I SUPPORT YOU.

4. **Start by saying the person's name.** For example:
"John, I absolutely know that you have \$2,000.00 dollars a month or more now, and I support you!"
5. This is repeated with each person around the circle and gathers power and momentum as The One Command® is stated while looking into the very heart of **each other's soul with EYE-TO-EYE contact**. The person making the One Command® repeats it each time before receiving love, acknowledgment, and support.

Each person giving acknowledgment speaks from the heart with love and responds,
"John I absolutely know that you have \$2,000 a month or more now, and I support you!"
6. Often the loving impact of the truth of that statement is so powerful that there is an emotional reaction of tears of joy upon hearing it. More information from those acknowledging the accomplishment tends to arrive as you go around the circle. Try to limit the time for these statements, as they can get too lengthy. (If need be, make a simple remark to please continue now.)
7. Once the person has made eye contact and received acknowledgment from everyone in the circle, the next person makes his or her statement, and the process is repeated until everyone is heard and acknowledged in the circle.
8. Once the circle is completed, have the smaller groups come back into one big circle to share. By this time everyone has had the opportunity to make new friendships and to simply fall in love with each other. Participants have said they don't know which role is more powerful or healing, to be the one stating The One Command®, the one affirming the support, or being the witness. After all, when in our life have we really had the experience of loving, *enthusiastic* support?

Closing

Now is the time for closing remarks from the leader. Offer encouragement and support. Let the others know how honored you are to be a part of their journey.

Encourage them to try something new, to share, to reach out to one another.

A short meditation or inspirational poem or song is wonderful, if there is time, before a closing prayer or blessing.

For more information on starting your own circle, contact Katie Garnett, PhD, at katie@commandingwealth.com.

**The
Six-Step Process
to Theta and
The One Command®**

The Six-Step Process 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 you hear in the guided exercise of the easy Six-Step Process or that may be being read to you. Stay on each step until you complete your experience, taking as much time as you need, and then move sideways 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 to theta. Developing the ability to go to your theta state on a daily basis is the key to your Mastery.

Before you step on Ground, think of something you wish to manifest in your life, more money, a car, better health, or an improved relationship. When you choose what you wish to manifest, first simply have that idea of what it is that you would like to create for yourself and form it into The One Command®.

For Example, I don't know how I increase my income XYZ a month; I only know that I do Now, and I am fulfilled. Now that you have your Command formed, close your eyes and keep your eyes closed during the entire 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.

Listen to the directions or guide your partner through the easy 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 have completed the step before moving forward.

Going through the easy Six-Step Process

Listen to the CD as you go through the six steps

Step 1 – GROUND

Listen to the sound of my voice, and feel the weight of your body settling down onto the paper under 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 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. Stay here until you feel your body shift into a well-grounded state, and then move sideways to the second step ...

Step 2 – ALIGN

Imagine all that power of the earth energy coming up into your body, coming into your feet, coming into your heart. Now take a deep breath, and as you exhale, imagine the energy is expanding out in all directions 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, continue to...

Step 3 – GO TO THETA

Let your eyes gently roll up UNDER YOUR CLOSED EYELIDS – this is mechanically lowering your brain wave to theta – and continue to imagine a golden beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and out below you deep into the earth. Imagine moving your consciousness up this beam of light, 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, beyond the galaxy, until you 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. Practice thinking and feeling from this state of consciousness as you activate your Success DNA, the cells of your body, and your mind to be the Master that you are. Roll your eyes up and experience a lightness as you consciously go to theta. Once you have engaged in this state you are ready to move to ...

Step 4 – THE ONE COMMAND

While holding the thought of what you wish to manifest, mentally and silently Command:
I don't know how I

(fill in the space with your desire/need); **I only know that it is so 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. (Remember the subconscious mind only operates in the present moment, in the NOW!)

Step 5 – EXPAND

While you are still in theta, now apply one of the simplest, yet most powerful tools for manifesting good in your life, expand into an idea greater than what you commanded. Imagine what you desire 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 manifest. Allow yourself to let your idea take on its own energy. 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. Move to the next step ...

Step 6 – RECEIVE WITH GRATITUDE

State in your mind clearly, thank you, and experience the sense of gratitude and fulfillment emanating from you and coming into you from *Source*. While in this state of gratitude, move your consciousness back down the golden beam of light, coming gently and respectfully back into your physical body. 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 manifest – UNWIND – UNWIND – UNWIND AND LET ALL THAT GO, and now REWIND IN THIS NEW UNDERSTANDING OF YOUR COMMAND – REWIND – REWIND – REWIND!

Take a deep breath and send your energy back down 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 ... open your eyes, and return to the room. Notice the calm and peace you are feeling.

1

GROUND



2

ALIGN



3

GO TO THETA



4

STATE THE ONE COMMAND®

I DON'T KNOW HOW I _____.

I ONLY KNOW THAT IT IS SO NOW,

AND I AM FULFILLED!



5

EXPAND

*An idea greater than yourself that
serves a greater good!*



6

RECEIVE



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