

A POWER WITHIN YOU
SO GREAT...

The
One
Command

COMMAND YOUR WEALTH...

IMPRINT YOUR DNA FOR
LASTING SUCCESS AS YOU
DISCOVER RICH PORTIONS OF
YOUR MIND THAT CREATE
WEALTH AND SATISFACTION!

Asara Lovejoy

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The
One
Command

The One Command

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This book is dedicated to my children,

Eden, Lee, Richard, and Ananda,

who have the depth and breadth of character, and
graciousness of spirit to forgive me my mistakes.



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About This Book

The simple premise of this book is that you have the capacity within you to change your life. That capacity is found within unused portions of your brain that you activate through a simple Six-Step Process that teaches you to lower your brain waves to theta. This ability has always existed, but until recently, only those few who have dedicated years of their lives to the process have been able to go consciously into the theta state while awake. Theta is naturally found to be most active while we are asleep. The benefits of consciously going in and out of theta are numerous.

In theta, you reconnect to your natural, creative intelligence, and disengage from the fearful, limited world view of what is possible. You develop a natural sense of security and trust in the world. The thoughts you have while in theta are more powerful than your ordinary thoughts, and they bring about changes in your life quickly and easily.

This book shows you that living life while using another portion of your brain is possible, and highly desirable. At another level, it explains how we think and act in our “humanness,” enabling us to better understand the journey we are taking together, and to discover new ways in which we can grow and change.

Most of the material in the book was brought to me while in the altered state of theta. As a result, there is often a repetition of the words, with a beat and cadence that is purposeful, to activate

knowledge from within you.

You may read this book in many ways. You may simply read it as a good story and still receive much knowledge at a deep, unconscious level within you. You may read for a while and then pause before starting again. There are layers of information that make changes in your brain and body that often take time to integrate and digest. Or you may read the book again and again and realize a great transformation in your ability to be rich and prosperous and happy and satisfied.

It is almost mysterious to me how I can open the pages and every time another new concept and a greater understanding are shown to me. In many ways, this book has a very real life of its own.

This book has been written to make a difference in our lives. With the greatest and highest regard, I respect your knowledge of how you best enjoy its purpose.

Words from the Author

How many times have you heard that your negative thoughts are the cause of financial lack and limitation? Or, if you are rich, the fear of losing what you have has kept you from a peaceful enjoyment of your wealth? And why is it that with every effort to change these conditions it hasn't quite worked yet?

The answer, I discovered, is because the most powerful yet mostly ignored portions of our mind—the ones that can change our limited ideas into a rich life lived with grace and ease—have been left untapped.

The realization of this great capacity and the ability to create a rich life while engaged there changed my income and fortune from fear of lack and financial stress to a life of prosperity and happiness. When I discovered that greater capacity, it guided me in my every effort to be rich, joyful, and prosperous and removed forever that never-ending financial struggle that many of us have experienced.

I discovered that there are many levels to what we think is true about cash, money, and financial independence. Most of our ideas are based on the thought that there won't be enough, or that money seems elusive and difficult to obtain, or, if we are rich, that we will lose what we have, or others may take it from us.

Many can argue that reality is as it is, but it is my experience that the opposite is exactly true: reality is ours for the making.

While reading this book, you will discover something powerful and new. This book does have the answer to stopping your negative, limiting thoughts and creating successful, prosperous ones instead. It is a simple process known as The One Command.

You can use this one simple process to bring increased good into your life in the form of more cash, payment of your debts, better relationships, or a greater sense of peace of mind.

The One Command has three parts. The first part stops your old way of negative or fearful thinking; the second part puts your mind into a state of *p a u s e* where you connect to that greater capacity within you; and the third part brings your dreams and desires to the world.

As you master this simple procedure, you add other ingredients, such as the powerful technique of reversing debt into the flow of a rich life coming to you. You discover there is a new way to learn and to establish new relationships with cash and wealth.

You discover the easy way to accept knowledge directly into your body, your emotions, your mind, and your DNA itself. I know that it may sound far fetched to think that you can learn something in a new way without struggle and strife, but you can. It is provable, with demonstrable results from those who are using these techniques.

One woman who attended our public seminar, Commanding Wealth®, left Sunday afternoon for a simple preliminary business discussion and unexpectedly received a \$30,000 contract right on the spot. Folks reading this material are receiving cash and checks in the mail. Time speeds up in producing the beneficial results you intend—in some cases, almost instantly.

This teaching works because the way of thinking and creating I discovered is in actuality the most natural way of thinking and being that there is. It is, in fact, more natural to succeed, to be peaceful, and to live without stress. You learn here that the simple reason you

may not be living this kind of life yet is that you have been trained not to. When you undo your negative, fearful training, you can come back into a more natural way of thinking and being: the way of the rich and contented.

What you discover here can change your life, allowing you to live richly and to prosper easily. It can change the cells of your body and your DNA to know what it feels like to be peaceful and prosperous; to be a good, kind, generous person who is rich; to be spiritual and rich; to do more with your life; and to experience greater satisfaction as you help others.

In these pages, you learn that these ideas are more than possible and that in fact they are the truth of who you are.

Many programs tell you what is needed to change your financial future, but this material teaches you to reorganize your emotions, your thinking, and the cells of your body to achieve your success.

If you are willing to set aside your notions of what you think you know, and if you are open to taking an incredible new adventure, then The One Command will forever alter your concepts of money and will increase your financial good.

This information goes beyond anything that you have known before. It makes changes in your physical brain by creating new neuro-net pathways for prosperity and joy, at the same time it closes your current poor, stressful receptor sites to lack forever.

The advanced process of connecting to that greater capacity within you, which I call your Source Mind, and receiving new emotional understanding by directly linking to your prosperity and good, is the power that actualizes every cell of your body and your DNA to a new, money-rich chemistry.

If you believe that you know how the world of money and finance operates—that you have to work hard, struggle, save, and invest wisely to create your financial security—then this information will

change your mind forever. While it is good to invest wisely, you learn there is a greater secret to your true wealth. Those who have embraced these principles have all experienced the same beneficial results: an increase in prosperity, security, and joyful living.

It can be fun to create cash and to change your emotional poor-thinking to rich-thinking and to change your fearful money thoughts to financially secure and peaceful thoughts.

You discover that as you release your money fears, you have space to reprogram your inner thoughts and feelings and your DNA to accept prosperity, naturally and easily.

Do not read this information for advice.

The information here is knowledge that, as you embrace it, will change your every concept of how to live richly.

If you want to operate your own power equipment, and become the engineer of your future, then this material is for you.

If you are rich, yet want something more in terms of peace of mind, satisfaction, and removal of fear from losing what you have, then this information is for you.

If you have enough, and want more, then this is for you.

If you have never had enough, and are constantly on the brink of financial difficulty, then this is for you.

Throughout this book, you will enjoy the sound of prosperity in every cell of your body, intellect, and spirit, as you bring that level of wealth that you desire to you as yours to keep and to enjoy.

Whether you are rich, struggling financially, or in between, you will find new, amazing ideas and techniques that establish great money chemistry, as well as joy, pleasure, and stability in your financial life. Welcome to a new way of achieving your dreams.

Introduction

The knowledge in The One Command arrived in my life at a pivotal point. My mom had passed on, and I received an inheritance. Along with the money I had saved, I had a considerable amount.

My dream was to move to beautiful Whidbey Island, Washington, to create a healing retreat for the benefit of myself and others. I found and purchased the perfect property, which I knew had the potential to shine with “a little fixing up.” I was eager to implement my dreams.

I jumped into the project with love and expectations of turning the home and the grounds into the beautiful center I imagined. I operated with considerable optimism, but little practical knowledge, and for two years, I remodeled and built.

Once started, the demands of the remodel took on a life of their own until, not only had I spent every penny that I had, but I had to borrow on the house and put myself into debt to finish what was started just to make the home livable. As a result, I had no cash, huge debt, and a large monthly mortgage. I also had no income because I had quit working during the two years it took to remodel the home.

I woke up one morning, after a stressful night of no sleep, with a horrible feeling of doom and desolation, and as my body shook in fear and distress, I collapsed onto the ground in true anguish over my circumstances.

“I do not want to be here again,” I moaned. My pattern of having lots of money and then going broke was repeating itself once again.

“I am ruined,” I thought, “and probably will be homeless and have to work hard for the rest of my life just to keep a small apartment. What a disappointment I am to myself, and what a financial mess I have made of my life.”

As I lay crumpled on the floor, I had the thought that because I had been so blessed with a rich ex-husband who gave me child support for years, and a family that bailed me out financially on many occasions, I had never truly understood the principle of creating money from my own ingenuity and that greater capacity we all have within us. I thought that getting financial “bail-out” money was the answer.

I was so devastated that I had “blown” my last chance for a good life—that I had spent every dime of my fortune, had no income, no career to produce any income, and a large mortgage, that I didn’t want to continue living. “I can’t and won’t live in poverty and struggle for the remainder of my life, just to make ends meet,” I thought to myself. I wanted to die. I told myself I’d rather leave the planet than live that kind of life. “And in addition,” I told myself, “I am too old to change anything anyway.”

With those thoughts, I heard what I was really saying: that I wanted my old way of being to die; I wanted the struggle of earning money and keeping money to die.

I knew that my old way of thinking and prospering had brought me to this moment. If I looked at the facts of my circumstances, then I knew that I would be defeated—there was no quick fix or rational thought with which I could imagine a solution. I had no job, I had no income, I had no money or surplus of money, had borrowed the maximum I could, and I had looming expenses and debts.

This was the moment I changed my old way of thinking and the subconscious programs that had kept me from my financial good.

Up until this moment, as I worked over the years, whatever

considerable amount of cash and income I had produced was never enough. Any time I got ahead, I created some experience that left me behind financially. In the past, I had gone to my family to borrow money; now that wasn't available, so what could I do? I truly did not know how, nor could I figure out the answers with my small human brain.

In this moment of hopelessness, I surrendered my old ideas of how to create my financial good and embraced the radical concepts that you will hear about in this teaching, the very techniques that can and will change your financial destiny for the better forever. I came to know, as you can come to know, that outside circumstances do not create our destiny. Rather, the inside forces of our creative intelligence, and our ability to think, dream, and manifest from that greater capacity within us, which I call our Source Mind, are the providers of all our good. You can come to know financial good and prosperity, in greater measure than you can imagine at this moment, as yours. And if you are rich right now, you can come to know the joy of your riches, lived daily, with grace and ease.

By surrendering my old way of thinking, I came to know the simple One Command and Six-Step Process that created my wealth the easy way. One that has brought me greater financial good in my life than I have ever known. By the simple process of lowering my brain wave to the theta brain frequency, and creating from my Source Mind the unlimited potential of all that is, I manifested cash, income, relationships, health, and all that I could ever want or need in great abundance. In addition, I came to know the ancestral causes of lack, poverty, and our inability to enjoy a rich state of wealth, once wealth is ours.

My first test was to keep my home, the one in which I had invested all my financial resources and a great deal of love. Because I didn't have any logical answers on how to keep my home, or how to bring

in enough money to pay my large mortgage within two weeks, there was no option other than to surrender and to trust the new method I was embracing to solve my financial problems.

I immediately practiced The One Command and the Six Steps to connect to that greater capacity within me, to my Source Mind, and I realized that I was actually changing my brain from the fast, ordinary thoughts that we call our beta waking consciousness, to the deeper, quieter brain frequency of theta. The quieting of my mind was the key to reversing my lack, fear, and limitation.

Over the next few days, as I engaged in practicing The One Command, the idea to lease my home to cover the mortgage came to me. By leasing, I could keep my home, even though I wouldn't be living there for a while, and I could give myself time to rebuild my income. Once I engaged in that idea, I took action and approached some local realtors for help. Their response was very negative: they said that what I wanted was impossible. The highest amount they had ever leased a home for on beautiful Whidbey Island was for \$1600, they told me. They said that was tops. But this was a couple of thousand dollars short of my needs.

Rather than becoming discouraged, I immediately repudiated their notion of reality and instead stated The One Command: I don't know how I lease my home for three thousand dollars or more a month. I only know that I do now, and I am fulfilled.

I felt a great calm and peacefulness come over me when I reached that moment. I knew I had no control over anything; realtors didn't even give me hope, and the only thing I had left was faith that in spite of all outside circumstances, I could have what I declared and Commanded to be true. I had to act from the faith of creating a solution from that greater capacity within me. There was no other solution.

Once that moment arrived, I continued to state The One Command and wait for inspiration. I was guided to go on the

Internet and advertise my home for lease. Rather quickly, I received responses from individuals who thought the amount I requested was bargain rent for what the home had to offer. By the time my mortgage was due, I had a signed lease with the right tenant, which made it possible for me to keep my home, as well as a security deposit that gave me operating money to stay on my feet while I began to rebuild my career.

Today I am once again living in my beautiful home, and succeeding in every aspect of my life as I apply The One Command to create and manifest my financial success and emotional well-being. I invite you to open your mind to these new ideas of what is possible in your life. If I can do it by using this information to change my financial destiny, then so can you.

SECTION I

Foundation

Have I dreamed of late; of the person I want to be.

Have I renewed of late; my vision of the world I want to live in;
my dreams shall not crash down. My visions go not glimmering.

So long as I have breath, I know I have the strength to transform
what I can be to what I am.

- Unknown

Chapter One

Live in the Extraordinary

I have been a student of life, I have been a student of science and metaphysics, I have been a student of consciousness, I have been a teacher of mind-body courses, I have been an entrepreneur in many ventures, and I have owned my own university of learning.

When I reached the point-moment of surrendering to everything I had previously known about my prosperity, and there was no other choice in my life except to let go of my old ways of thinking or perish, I asked: “What is required for me to live differently? What is required for me to achieve what I desire?” All the information in the world hadn’t gotten me there yet.

The doorway to a new understanding opened when I came to that dark night of the soul and sincerely sought an answer—when I let go of my old way of thinking, surrendered to a greater capacity within me, and discovered an extraordinary skill in my ability to create and manifest all the financial and emotional richness that I desired.

On many levels, it was a forced choice. It was either go forward in a new way, or return to the cycle of attempt, achieve, and defeat. How many of you have had that experience of those financial cycles: attempt, achieve, defeat? Or attempt, succeed, and then fear having it taken from you? These seem to be cycles we often repeat.

When we get stuck in our thinking, it is because we have been

trained to think in a limited way, and yet I imagine that each and every one of you, just like me, has big dreams and desires that you wish to fulfill.

At the moment I surrendered, I discovered there was a way out of my old, limiting ideas. The way out was to engage in that portion of my brain that had not been programmed with any notions or ideas of what was possible: that greater capacity we all have within us, our Source Mind.

The knowledge I share with you right now can help you realize your dreams. This knowledge explains how we think, reason, and feel from a new perspective and tells us that we have control over our thoughts, now as never before. We have control now as never before because we have raised our levels of awareness and knowledge to include the abstract ideas of reality rather than just fixed notions.

In the abstract ideas of reality, the use of our imagination that energizes our thoughts is given as much prestige as linear, rote learning. In addition, from a quantum-thinking viewpoint, the position of our self as the observer or the “witness” of our own life is recognized as an effective tool in making new choices and implementing change.

One woman who embraced these teachings said, “As a child, I always criticized my sister because she was the dreamer who imagined many possible futures. I told her to get real and to learn to live in the ‘real’ world. Now it turns out that she knew more than I did. With these teachings, I go to my Source Mind through my imagination, and with The One Command, I manifest all my dreams, and then I implement my dreams through my logical skills. This is a blessing of all of who I am.”

Discover Something New

I am excited that, by investigating this information, you are giving yourself a chance to discover something new about yourself, to discover your capacity to open your mind, and to activate new portions of your brain to manifest what you desire and to live in an extraordinary manner.

By connecting to that greater capacity within you, you can come to realize everything you truly are, to manifest your dreams, and love yourself in new ways.

You have a chance to discover who you are as wealthy and rich, rather than limited and fearful. You are enlightened, in that you are attracted to changing your life in this way, and you desire to make yourself fulfilled right now, in this physical body, in this experience of yourself. You desire to manifest from the unmanifest world, and to know the power within you to manifest from the unmanifest world, on a conscious basis, daily in your life, and to come forward and create more and more of what you desire, whether it is greater cash and riches, greater emotional satisfaction, or a betterment of relationships with your friends, family, and children.

Whatever it is that you are wishing to manifest, you learn to manifest with the simple yet powerful process of The One Command. You discover how to connect to that part of your brain that is there waiting to be activated, to be turned on, to be lit up, to be enlightened: to be able to say I have this capacity, and I am going to use it now; it is achieved.

Remember What You Know

There is much here that will effect great changes in you as you release old ideas and beliefs about who you are, and about the fabric

of reality itself. As you awaken to the truth of who you are, you can become that which you have always known you were, that person who would someday arrive. That time is now.

As you remember what you know, you experience that remembrance. It is now possible to lift the veiled threat of a world reality based on fear and doubt, and to come home to what you have always known, the higher truth of your being. You can respond to the knowledge of your inner world, rather than to the chaos and limitations of the outer world.

The wake-up call is here for you to know that feelings of separation and fear are manmade, and that you are more than manmade; you are immortal beings of consciousness, and creators of your own life and destiny. The wake-up call is for you to become all that you are. A young man from Alaska who was graduating from a trade school in Montana said it well: “I have to go back home because there are too many fences here. Too many fences in people’s thinking and not enough open space.” Too many fences in the states of mind, the dogma fences, the political ideology fences, corporate fences, feuding fences, fear and limitation fences—too many fences.

We are remembering something bigger and grander than the fences. We are remembering the open space of our potential to create any reality we choose. We can reclaim those parts of us that have lost the ability to go up to another human being; to go up to ourselves; to go up to that part of us that is alive and trusting; to go up to that greater capacity within us, our Source Mind, the part of us that knows the truth of who we are; and to become the person who creates wealth and riches simply from knowing that we can.

This knowledge is about remembering who you are, even to the level of your DNA and the cells of your body, to live a rich, prosperous life, and to fulfill your rich dreams now. This knowledge is a practice, which, once embraced, can be used every day of your life to change

your life for the better. The techniques in this practice are to remind you every day where you are going and what you are becoming—the masters of your life in a new way.

When you are in this state of remembrance, your world works. Your world works to your best advantage and to the best advantage of those in your world. These practices bring even more than you can imagine: instant money, open doors. You are heard, seen, responded to, embraced, well-paid, richer, loved, and joyful—every day. Struggle, effort, 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 fifteen percent of our brain? Have you ever thought, “What about that other eighty-five percent of my brain that I am not using?” This is what it is for: that other eighty-five percent is to master your life, your way, now!

A Great Ability

When you learn to travel to your Source Mind through the Six-Step Process and when you issue The One Command, you activate portions of your brain that have been waiting to wake up. In doing so, you tap into ideas that are greater than you.

When you have an idea that is greater than you, you are increasing your capacity to think, to reason, to imagine the unknowable, and to manifest efficiently all that you desire.

When you live from this greater capacity within you, your limiting ideas of the world are diminished and naturally have less power over your thoughts and emotions. By placing your attention on what you wish to create, and by doing so in the powerful state of theta, it must become manifest.

It is not a question of whether you can manifest, because you already are. Yet what you are manifesting now is by and large not prosperity, greatness, and peaceful living. It is the opposite.

When you learn to think from that greater capacity within you, and to allow ideas greater than you to arrive, you become the conscious director of your reality, and by doing so, you create your life anew.

Success Story

One woman I met came to me because she was in so much physical pain that she couldn't leave her home. Her back had been damaged years earlier, and the injury had caused acute and constant inflammation. At the same time, she was having this physical pain, her ex-husband was withdrawing his financial support—support that had maintained her comfortable lifestyle for years. She was terrified of the future. How would she survive?

She and I began by clearing many of her fearful beliefs by going through the steps to the theta state and declaring The One Command: I don't know how I am financially independent and maintain my lifestyle. I only know that I do now, and I am fulfilled.

Every time a negative and fearful thought would arrive, she would go into theta and restate The One Command: I don't know how I am financially independent and maintain my lifestyle. I only know that I do now, and I am fulfilled.

She began to have a sense of peace, even in her seemingly insurmountable difficulties, and soon her back pain disappeared. During this transition time, we held a Commanding Wealth® course that she also attended. She deeply engaged in shifting her fear of financial doom. The second day of the course, she came in, smiling and exclaimed, "I can't believe this, it is a miracle. I received a phone

call from my ex-husband last night saying he had rethought our agreement and is going to give me six more months to get on my feet before stopping financial support, and there was an unexpected \$3,000 check in the mail for me. What a blessing. I will now have time to restart my interior design career and to get on my feet.”

Since those deciding moments of applying The One Command, she went from zero income to \$350,000 for the year, and that indeed was a blessing. By her thinking in a greater capacity without evidence of the results, the results arrived as if by magic.