

## **Questions for Asara Lovejoy**

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[www.theonecommandlife.com](http://www.theonecommandlife.com) and [www.commandingwealth.com](http://www.commandingwealth.com)

### **What is the premise of *The One Command: Command Your Wealth*?**

The One Command book explains an easy 6-step process and One Command (a syntax sentence) that literally stops the biology of your negative thought and simultaneously implements a new image, idea and feeling in your DNA while in the theta brain state.

The simple premise of *The One Command* is that you have the capacity to change your life with abilities that are inherent within your brain and biology.

The premise of this teaching is, that each and every one of us is biologically designed to engage in the quantum field of open potential and in creating a new probable result – one that is what you truly want instead of what you may have settled for. This ability is found in your brain wave activity of theta and delta.

There are qualities of thought that are found in your theta / delta brain wave that don't exist in your beta thinking – ordinary consciousness of limited thought with constant duality of this or that, yes or no, maybe, maybe not, judgment against yourself and others and fearful thoughts and ideas about your limits and losses. In addition, beta mind looks to the past and projects the past into the future – recreating the same thought template again and again with the same limited results.

You cannot solve a problem or create new money or wealth or solve a financial dilemma from the same place in your mind that the problem first developed. Most people try to problem solve in their ordinary beta mind 98% of the time with a 1% return causing ongoing suffering.

However, an unlimited potential of reality exists in the theta/delta frequencies of your thought. Here you mind perceives reality in a unified field of now with no past to draw upon or future to imagine – only unlimited ideas and potentials to create.

Here you think in a state of peace, joy, security, and inventiveness, as solutions arrive in unimaginable ways all within a deeper connection within the heart and mind. For a 1% moment of concentration in theta you get 100% return of your time and energy.

You get that result because as you command a thought in theta you physically and biologically interrupt all the thoughts that derail that truth at the same time you simultaneously create a new DNA blueprint for that thought to appear in physical form. And you are hard-wired with the ability to accomplish this.

## **Your book discusses getting away from negative thought. Is positive thinking enough to help us fulfill our desires?**

A critical element in creating your desired outcome is to stop your negative thoughts in a moment. The human potential curriculum frequently overlooks or falls short on practical guidance on how to deal with negative thoughts. Resonating with what we want, thinking positive thoughts about what we seek and getting into “feel good” emotions are all important to the process of getting results. But all too often people are confused about how to stop negative thought patterns, or how to change their emotions for the better. For many, there is a sense of manufacturing a state of being or even faking it, rather than truly transforming the thought or emotion that creates their life circumstances.

## **How does *The One Command* differ from other self-help books?**

What makes the One Command, “The missing piece to all the self-help out there”, a comment we spontaneously hear repeatedly, is the brain biology affect. This is a real process that makes a physical change by neurologically disengaging the synaptic path of a thought and allowing something new to arrive. Lovejoy teaches that something new all ready exists right within you and now has the space to become itself.

## **You teach how to reach “the altered state of theta”; what is the theta state and why is it beneficial?**

The theta brain wave has some unique and powerful properties. First, it is the place where you go into deep Rapid-Eye-Movement sleep at least three times a night, REM sleep. Next, while in REM sleep you discharge negative thoughts and fears from the day and from the past. And you also create what you dream to be realized in making your hopes, wishes and desires come true.

While in theta your eyes move rapidly back and forth and spontaneously roll up under your closed eyelids. We can easily do the same consciously while awake and mechanically alter our brain from beta to theta in moments.

The theta / delta slow brain wave frequencies heal the body, engage directly with the cells of your body, and your DNA and establish neurological pathways for thought – your belief system and your habit of thought. By directly accessing this fantastic powerhouse of reality you can consciously change the direction of your life by choice and you can do all of this in a moment

It used to be thought that only great spiritual masters or years of study and discipline could place their mind into deeper more universally connected states. But what is true now, is that we have evolved and in a moment of physically changing your eye focus to look up under your closed eye lids you can mechanically shift your beta mind into theta mind and engage those portions of your intelligence - dormant for ages ready willing and able to be engaged by you at this very moment. What is true now is that you can

engage your theta brain wave while completely awake and in that moment create something new and wonderful.

### **What is the six-step process and The One Command? Can you give us an overview?**

As *The One Command* shares, the shift we must make to positively create our life is from our ego-oriented, beta brain wave state into the higher intelligence, theta brain wave state. A fundamental emphasis of the teaching is on creation over manifestation.

The key phrase of *The One Command*: “I don’t know how...” starts with surrender of the ego beta mind that is trying to figure it out and answer or solution - but in reality does not have a clue about how to go about creating that which we want.

*The One Command* is truly different than all the self- help out there because it says start from this place of not-knowing. It shows us that we don’t need to know *how*, we only need to know *what*. Armed with vision, people need only know what they want to create and go through the six-step process in theta to realize their potential.

This will be news to so many people that have been conditioned to think that we have to know all the steps to achieve our dreams. By letting go of the need to control how our vision unfolds, and instead allowing our higher intelligence to put the plan in place to achieve those goals, people get out of the rut of feeling enslaved to struggle and hard work, and see results materialize seemingly effortlessly.

Transforming negative thoughts is essential to creating anything positive. *The One Command* demonstrates how to do that, not by forcing their mind to think positive thoughts or trying to make themselves feel better, but by moving through a series of steps that has a natural effect of eliminating those negative thoughts.

### **The 6-Step Process summarized.....**

In a comfortable seated position, readers will close their eyes and become quiet. They are led through a simple meditation and then complete the following six steps:

- 1) Ground
- 2) Align
- 3) Go to Theta
- 4) Command
- 5) Expand
- 6) Receive

The philosophy behind the process is that we must first ground our energy into the earth and within our physical body, align our heart to the loving nature within us, and the universe, and then go into the theta brainwave state using the eye rolling technique and a visualization. From the theta state, you Command what you want using a variation of this simple phrase:

**“I don’t know how << specific command is inserted here >>, I only know that it is so now and I am fulfilled.”**

For example, “I don’t know how I earn an extra \$2,000 this month, I only know that it is so now and I am fulfilled.”

The act of admitting that we don’t know how our desired outcome comes about is a very powerful statement that immediately releases negative thoughts. From this place, we stop controlling and allow our inherent knowledge in the theta state of the results we are after to arrive, rather than pushing from our ego. We allow our vast and brilliant Source intelligence to put the pieces into place. The specific command (in the above example, “I earn an extra \$2,000 this month) is followed by the word ‘now’ to let the universe know we are accepting this understanding of results now, not in the distant future. And the final part of the Command, “I am fulfilled” embodies the richness of the reality that we are creating and have latent within us. It is a gratitude statement that honors what we have now and what we are bringing into being.

After Commanding, you expand what you’ve asked for to an even better, brighter, and bigger Command. This may involve asking – “how could what I’m asking for be even more incredible than what I’ve imagined?” Often an answer will surface from the theta mind that offers a bigger vision of what could be. You then Command for that to come into being. For example, if you have asked to clear your debt, in the “expand” step, you might Command that you not only clear your debt, but do so in a specific limited timeframe, and also start saving money. You can get as specific as you want here.

Finally, you allow yourself to receive. For many people, simply receiving can be one of the most challenging parts of the process.

Each step is clearly explained in Lovejoy’s *The One Command* book and intentionally repeats information so that readers begin to unconsciously incorporate the material

**The economy has been difficult and many people have been dealing with financial hardship. What do you say to people who feel that manifesting your destiny just doesn’t work when things are so tough?**

There is a process of change that takes place in many aspects of yourself as you delink your old synaptic pathways of poverty and poor thought, and create new DNA blueprints of rich money reality. From the quantum field perspective the reality of a poor economy is yours only if you accept it. In other words there are choices of thought outside of TV news and doomsday projections. Yes you may have suffered financially and lost money but that isn’t where you have to remain.

The benefit of these difficult times is that the false security blanket of the agreed upon system failing – has been to be thrown back on deeper more lasting and meaningful resources that exist within you and that you have not accessed but have let remain

dormant. The heightened stress of these times challenges you to engage yourself in new ways – ones that you will find, can and do answer your problems.

This process of change is a physical, emotional event. Let's say that you are frustrated with your finances at the moment and the economy. Here are the A, B C's of making a change in your beliefs about your present state.

- A. Identify your fears and thoughts about your financial limits. There are a variety of reasons you can come up with: the economy is poor, I don't have enough education; my family has always been middle class or poor and I can't go any higher than them; being rich and successful will make me a bad person, and so forth.
- B. Identify what it is that you want instead. For example: I want to increase my income right now in this economy; I can be rich and a good person; my quality of thought and intelligence is more important than my level of education. As you see the process is to claim that which you truly want to believe but don't think you do at this moment.
- C. Now that you know what you truly want, in my system of change you would go through the 6-steps and command a change in your thinking while in your theta brain wave state.

Coherence in your body, mind and emotions now takes place as you go through the process. As you stop your old idea of limitation by commanding what you want instead while in theta a new blueprint is created in your DNA. In this new blueprint you have no past and no future. You only have the now of this event that you created. Faith and trust are required in this moment because even as you have made a change – there is no physical evidence of that change, yet.

Some of the symptoms of change you experience after making a command in theta are feeling relaxed and peaceful about what you want – more income, reduced debt, a better paying job or career – rather than fearful and stressed. Your body and mind have to come to a new understanding that is relaxed and peaceful rather than fearful and stressed. This more peaceful state is in fact the natural way of your mind. But it requires that you accept this new emotional state of peaceful understanding of a new realized potential- rather than engage in the fear of something not happening.

### **What are the secrets to increasing wealth?**

*The One Command: Command Your Wealth* is a proactive approach to abundance that emphasizes creation rather than manifestation. The former is active and more comprehensible to people, as we're all familiar with creating, whether it's making dinner, writing a book, or building a house. Manifesting is more intangible and a term that, despite a lot of essential insights over the past decades, is inherently hard to understand and even harder to practically execute. By creating our wealth, we assume a clear level of responsibility and vision for our lives.

**You talk about the “addictive debt syndrome.” Is debt addictive? Please give us your thoughts on this concept.**

Thinking in certain ways becomes a habit that then wires the brain into the familiar coherence of that habit, and finally turns it into what I call your baseline of reality. I'm poor and or I can't get out of debt, for example. The usual manner of attempting to change the habit is by behavior modification. I'll spend less, or I'll get a second job. Great ideas. But the habit of the stress over debt isn't going to be happy about your new solutions. I often tease by saying the unconscious habit is yelling, "I don't think so baby." Because the chemicals of thought of that habit of debt want to be expressed biologically they reassert the debt behavior.

Examples of this are those stories of people getting out of debt and then having an accident that throws them back into debt or an unexplained illness. The One Command and 6-steps changes the MIND SET of the habitual thinking by disengaging the firing sequence of the old thoughts and bringing in something completely new – the understanding of being debt free creating a new base line of reality – a new coherence of thought in agreement with the behavior – a new habit of thinking.

**What led you to write the book? Please tell us about the personal experience that led you to develop The One Command process.**

Referring to the habit of thinking a certain way, my inner programming created success and loss as my yoyo syndrome of financial success. This occurred throughout my life and no matter how great of a success I had I was always met with an equal or greater loss. The last go around was when I was about to lose my beautiful home that I had invested all of my financial resources to turn into a retreat and personal growth center. When I over spent in the remodel and was cash broke with no ability for any further bail out I hit my dark night of the soul.

"I'm too old to do this again. I can't live this way," I cried and completely crumbled onto the floor in surrender. I had many years of altered states of consciousness training and in that moment of surrender I popped into the theta state and the complete teaching of The One Command arrived. I applied it for myself immediately and had a solution to saving my home within 2 –weeks and began sharing the process and technique with the world.

It has been my greatest joy to grow The One Command around the world, to bring this possibility into peoples mind and life and has opened the doors to great financial reward and personal satisfaction. It is indeed a great adventure.

**Shared Stories of The One Command**

One woman who was a personal assistant for a high powered boss in the entertainment industry thought it would be great to get a bonus from her boss – even though a bonus for her position had never happened in the life time of the company. She and I had a coaching session identifying her limited fearful thoughts and established what she wanted instead. We then commanded for her generous bonus. She called with the best news and the most familiar statement I hear, "Asara you won't believe what happened." I replied – yes I will. She said, "I just got a check for a \$10,000 bonus from my boss in

recognition of my above the line contribution to him and the business. Imagine that.” This was the exact amount she had commanded to appear.

A real estate pro named Donna Townley used this process to COMMAND four new clients and the successful closings to go along with them, in order to revive her failing business. **Within days, four lucrative clients showed up out of the blue and she made the sales.**

Donna’s mother used it to COMMAND relief from the chronic pain and swelling of decades-old ankle injury on a Saturday night. She awoke Sunday to find they had **completely disappeared overnight.** and that she **felt better than she had in 35 years.**

An executive search firm in the United Kingdom used it to COMMAND a record year. In the months that followed, their consultants’ **incomes shot up by as much as 200%,** and the company **brought in more new business than it solicited.**

The stories go on and on, and they’re all true. Stories of people who, **with The ONE COMMAND,** were able to ...

- **Eliminate \$45,000 in debt** and achieve a **\$150,000 income**
- **Write three books** AND get them **published**
- **Regain strength** and overcome fear after **battling cancer**
- Turn “**just an idea**” into a **multimillion-dollar business**
- **Refinance a home within minutes** after being refused for years
- **Instantly erase decades’** worth of emotional pain
- And much, much more

We have much more information about The One command and our programs at [www.theonecommandlife.com](http://www.theonecommandlife.com), [www.commandingwealth.com](http://www.commandingwealth.com) and [www.asara.com](http://www.asara.com). Come visit!

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