

Social Neuroscience is Catching up to The One Command

By Asara Lovejoy

I was reading this web article the other day and realized that the science of how we can influence our mind, change a thought and create new blueprints of behavior and emotional actions and reactions within our DNA is being proved by science every day. I find a joy arising within me in the acceptance of The One Command ideas in light of this new science and the trust I had in bringing the message of our true abilities to the world before the science agreed with my position.

Who knows maybe you had an influence in bringing about these "new scientific" discoveries on the capacity of our brain and biology by practicing The One Command. I know that is a reach but I am always open to anything as possible.... And I do know that accepting your part in changing the worldview of our possibilities is one of the gifts of The One Command.

Here is some of what the article says:

"Research that considers contextual and social factors has uncovered new effects that challenge some of the existing conceptualizations in the neurosciences...."

The importance of social and cultural influences is now being viewed in light of the brain orchestrating the nervous, endocrine, and immune systems in conjunction with environmental transactions.

The decade of study of the brain has also led to a realization that a comprehensive understanding of the brain cannot be achieved by a focus on neural mechanisms alone, and advances in molecular biology have made it clear that

genetic expressions are not entirely encapsulated, that heritable does not mean predetermined."

From <http://psychology.uchicago.edu/>

When I first brought the message of The One Command to the world I accepted the idea that this information was brand new and had to have the trust and faith that being the first was OK. That any new idea will not be known until it is brought forth into the world. In fact we were having a conversation about accepting with trust and faith that which you are discovering about your own possibilities in our One Command Online Facilitators training just this week. We made this very point that **forgiveness, acceptance and faith and trust are all essential elements of changing your brain** and biology.

Accepting who you are right now and having the trust and faith that you can indeed learn to think in theta on a regular day-by-day basis let's you see that thinking in theta is more natural, with better results than trying to solve problems from the difficult energy of your logical beta mind.

"The first step toward change is awareness. The second is acceptance."

Nathaniel Branden

Forgiving yourself for doing it in a difficult manner and saying OK up until now that is how I did think, feel and reason – with lots of suffering, pain and judgment - but from this moment forward I have a new skill, a new ability to see results differently allows you to make change quicker with greater ease. Realize that forgiving and accepting your circumstances is the Master's approach to moving your life forward in bigger and better ways.

"The weak can never forgive. Forgiveness is the attribute of the strong."

Mahatma Gandhi

I'd like to suggest that being brand new in you with a new thought, or tacking action in a new way moment by moment

is the greatest gift of forgiveness and acceptance you can have. My experience with the thousands of people I have had the great opportunity to coach or bring to The One Command way of living has been extraordinary. I hear – “I didn’t know I could and now I can” and “Yes I can is my new motto” from those thousands on a regular basis and I share that thought that Yes YOU Can is for you too!

Discover your power of thinking in theta and commanding a change from the old to allow the new to arrive. Accept you as perfect right now and forgive your past mistakes. It is easy to do in the altered state of theta through the six easy steps.

Loving you,

Asara Lovejoy