

## The Habit of Creating What You Want by Kathryn Perry

One of the challenges of creating a new and exciting life is to figure out *what* is it one wants exactly. For many it is easy to think of what one *doesn't* want or the many reasons things didn't work out in the past. For many, there is a certain logic in this approach: If you identify the failures or limitations from the past, then you can simply correct in yourself the perceived flaws and thus you can have everything you want.

The problem with this approach is that you can't create your future by looking at your past. Personal reflection is a good thing if you can look at your past through loving eyes. There is a famous quote "Those who do not learn from history are condemned to repeat it". People often keep condemning their histories instead of learning, forgiving, and moving on. When you focus on your failings and limitations you are recreating the limitations and failings in your subconscious programming.

If you program your mind for what you *don't* want it will produce nothing new or even worse - bring you the very result you were hoping to avoid. We joke in the Commanding Wealth Seminar.® " Don't say "don't" the subconscious mind "don't" hear don't". If you read that sentence out loud what do you hear? Do you hear "Always say do"? No of course not, you heard don't-don't-don't and that becomes your experience in the world and in your relationships.

When we use The One Command® we state " I don't know how I ....I only know I do know and I am fulfilled." We are using the word "don't" intentionally to stop the old negative thinking and to redirect the mind and the emotions into a new possibility of experience.

I had a client that had the "Can't-won't-don't" program running. We were discussing options for her to generate income for herself based on what resources she currently had available to her, which from my perspective were considerable. In addition to being very clear about what she didn't want in her life she knew exactly where the possibility of success was NOT. Every time I would suggest a new possibility she would answer in some variation of "Well I can't because my church won't help me and they don't have groups that support that anyway."

Teasing her, I said I was tempted to start pinching her every time she made an objection instead of allowing herself a moment to consider her options; but she was doing such a good job of punishing herself I told her instead that I'd like to walk her up to *theta* (the unified brain state) and

have her make The One Command® instead. She smiled and chose to do the latter.

The first command was “I don’t know how I say yes to the good in me and in my life I only know I do now and I am fulfilled.” The second command was “I don’t know how I know my heart’s desire, I only know I do now and I am fulfilled.”

These two statements stopped her negative thinking and while in *theta* she was able to access the powerful, positive, aspects of her nature that knows the truth of her good in her, and the truth of her heart’s desire. After doing those two simple commands she had an idea that she felt sure would generate some income for her. I asked her if there was any reason someone would oppose her in this venture? She answered no. I asked if she felt she had all the tools and help to make it happen and she enthusiastically told me about several people who would be willing and able to help. I asked her if there was any personality flaw or weakness that would keep her from succeeding and she said no that she felt mentally and emotionally able to do whatever it took.

In my hypnosis practice I used a post hypnotic suggestion with clients just before coming back into full awareness that goes, “There is no individual or group, no thought, image, idea or situation in your present, or past or that could ever arise in your future that can keep you from having anything your heart desires.” When you go into the theta brainwave and make The One Command® you will experience the truth of that statement from the deepest level of your being. Furthermore, the truth of your life becomes: “Every person, each thought, image, and idea, situations from my past, present, or may arise in my future support me in my pursuit of my heart’s desire.”

To learn how to use The One Command® in everyday situations, take advantage of our weekly One Command® teleconference call each Wednesday at 9 am PDT, 11am CST and Noon EST. It’s free, simply call **218-486-1300, you’ll be asked for a bridge number punch in 682343.**

Here is another of our many wonderful success stories that I’d like to share with you. Vicki shares her experience from just committing to attending Christine Sonnen’s Commanding Wealth® three-day seminar in Orland, Illinois and what happened afterwards.

"Hi, my name is Vicki and the Commanding Wealth® class hit right on the

button for me. I went from asking them to hold my check for the class till pay day because I didn't have enough to cover it, to having over \$7,000 in the bank by the following weekend and paying ALL my bills with grace and ease.

As soon as Christine set the intention on Thursday for our weekend class, I sent an email to all my clients and 4 new clients schedule appointments within an hour. Monday after the class I had an unexpected check in the mail. Tuesday I was contacted by the healing center where we took the class, they wanted me to come in for an interview. I'm now working there 3 days a week and bringing in lots of new clients for both of us. Friday I got an extra paycheck for something I didn't know we were being paid for. My residual check for my independent dealership was 5 times it's usual size. Am I excited about Commanding Wealth® and The One command® - YES!!!! Would I recommend it to anyone having financial difficulties - YES!!!! I love this work and use The One Command on a daily basis."

I have personally greatly benefited from my experience with The One Command in so many ways and I am enthusiastically at your service in your investigation of having it do the same for you.

Lovingly yours,  
Kathryn Perry