

# Why Look Up in Theta

By Asara Lovejoy

Looking up under your closed eyelids to go into theta in The One Command process is explained from both an ancient and modern perspective.

The activity of looking up under the eyelids in modern times has been tested in laboratory settings that show there is a direct correlation to the position of the eyes and the brain waves. The guided imagery used in The One Command process is in fact what people in theta report. A sense of leaving the body, traveling through space, reaching a black barrier, pushing through that barrier and then floating in an illuminated white field.

Tibetan Llamas and spiritual masters have practiced the Tibetan Eye Roll for thousands of years to access different states of consciousness. In addition, if you look at Yogi masters, Christian mystics or shamans you'll often see the spontaneous eye roll taking place where you can only see the whites of the eyes as the eyes roll up into the head while meditating or in ecstatic states.

What used to take masters 10, 20, 30 years to develop the skill to make a state change into theta we can now easily accomplish in moments by shifting our biology that then shifts our neurology. This is a great gift to be used in these changing times.

I use the definition of different states of consciousness to indicate a change in the brain activity - a state change is a brain wave change. For example, beta a 13- 30 cycles per second - very fast short and compressed brain wave is your logical thinking state, and 4-7 cycles per second that has a higher amplitude, altitude and longer duration is the theta brain state, another level of your consciousness.

In the beta brain wave the mind acts in duality by analyzing this or that, yes or no, I can - I can't and comparisons such as more or less. When you are in beta you are either looking to the past to review older information or projecting that information to the future and imaging the outcome. You never think in the now present moment.

In the theta brain activity the mind operates only in NOW TIME and everything can and is happening simultaneously within you in the now. In now time the energy of the thought or feeling is immediately realized.

Rolling your eyes up also occurs naturally while in deep REM (rapid eye movement) sleep while you are in theta to delta brain activity. During these moments of sleep you unwind the day – accept new experiences and also create new ideas.

With The One command you are doing the same thing only by a clear intention of your Command. That is why it is so effective. This is the natural way you do make change in your thinking, and in your brain and how you access your greater intelligence for new ideas.