

Unlock Your  
Healing  
Codes  
MANUAL



Asara Lovejoy  
*with* Bonnie Strehlow

# IMPORTANT

To begin — Please save this manual to your desktop or in another location.

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## Unlock Your Healing Codes Manual

Welcome to *Unlock Your Healing Codes*. Healing is a subject close to my heart, as for years I myself suffered pain from unknown causes. It became my habit to simply endure pain as an everyday event—but when the pain stopped, life became truly livable and fantastic again.

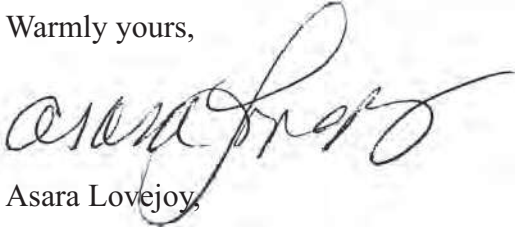
It was a miracle when I discovered how to apply The One Command® process in very specific ways for increased vitality and for healing—especially the removal of pain from my body and my life.

I am excited to bring you this in-depth program that can and does have the ability to increase your energy and to eliminate conditions of worry, stress, illness, disease, and other physical problems.

I've invited Bonnie Strehlow, a fantastic energy healer and The One Command® Global Leader, to join me in the program, and her contribution is astounding—you'll be so genuinely surprised!

I often say in my live seminars that I fall in love with each one attending—and here we have a chance to know each other because there truly is no limit, no time, no space that is required for pure consciousness. So know, in advance of enjoying this journey of transformation that we are taking together—I do indeed love you right now.

Warmly yours,



Asara Lovejoy,

Author, *The One Command*®



A warm welcome from me as well! I feel very privileged and honored to join you on your journey toward greater health and vitality. After years of suffering from fibromyalgia, I experienced an instant healing and have since been dedicated to showing others how they can heal themselves. As I went from clown to social worker to healer and leader, my passion has always been to make a difference in someone's life—and to have fun in the process.

Please know that I admire your courage for daring to heal, and I love you on every step of your journey to health.

Blessings of joy, laughter, and great health,



Bonnie Strehlow

## The Power of Healing Is in Your Hands



**Thank you for saying yes to *Unlock Your Healing Codes*** and the information that puts the power of your health and wellness where it belongs—right back in your own hands. We mean really master your powerful innate abilities and reclaim your health and vitality right now!

The purpose of *Unlock Your Healing Codes* is to establish a new relationship with your healthy state. *Unlock Your Healing Codes* gives you the ability to regulate internal systems in your body and re-establish health naturally and easily by applying your innate ability to heal in a brand-new way.

Every aspect of this program is designed for you to take action to make a transformation. We guide you through the process of becoming self-aware in a way that is easy and effortless.

Using this manual and doing each of the exercises will re-regulate your attention toward health rather than illness. You learn to live in your super-intelligence as a regular habit every day and create a new “normal” of health and vitality for yourself.

Here you will discover the power of your mind, your biology, and your healing power that is within you. People taking our program with good health have increased their energy and vibrancy, and those with less than optimum health have quickly and easily healed. We have seen this happen time and time again, and that is why we are excited to bring this technique and this manual to you now.

And even as we share this phenomenal information with you, we want to say right up front we are not diagnosing, prescribing, or telling you to stop any medical treatments you are taking. Just the opposite. This healing system is for you to use in addition to standard medical practices. Transforming your negative fearful thinking and intentionally creating new healthy beliefs and programs while working with your doctor will greatly enhance your healing abilities.

*“Research has shown that the body can and must be healed through the mind and the mind can and must be healed through the body.” —Candace Pert*

I know that many of you have listened to healing programs before, but we want to go beyond listening with you. We want you to know the untapped power to heal right within you on a daily basis—and to trust and know the ability and the power to heal as yours.

The science is in on the body-brain-mind connection, but no matter how many times you hear the news that your thoughts affect your health, I’ve heard people say again and again, “That may be true for others, but not for me.” There seems to be a disconnect between hearing what is possible and doing it.

Other people believe strongly in their innate ability to heal—that it is true for them—but simply don’t know how to go about putting that belief into practical use. Maybe you’ve not had that experience yet—making a change in your health. Maybe you’re in a chronic pain cycle or have an ongoing debilitating condition.

That is why I am so committed to bringing you a full program of not only brand-new ways of thinking about your power to heal—but right here and right now you’ll learn how to put this information into practical use.

You’ll want to listen to this information again and again and again.

Are you ready to really make a drastic change for health? If the answer is yes, the only requirement on your part is your determination to apply what we are offering! And believe me, we make that really easy.

If you have the desire to increase your wellness and vitality and are open to learning something new, open to a new way of thinking and being—the way of the healthy and contented—then the answer is right here—right now.

## Healing Code #1

### The First Keystone Is Awareness



To start the process of healing and improving your health, you must first become self-aware in brand-new ways. The first KEYSTONE to healing is awareness.

It is the lack of awareness that allows illness, pain, and suffering to persist, but you haven't been shown how to ask the right questions—to get the right answers to end that cycle.

Lack of trust in yourself and your healing ability can be eliminated when you learn to *tune into your body* and to *tell the truth about your thoughts* that are either supporting your health or denying it.

One of the challenges of making this change is that often a deeper truth is avoided or denied out of guilt or fear. Here you'll learn to become self-aware—easily eliminating both.

Here you'll discover **a greater intelligence** that is yours that is the **Key** to making all this possible and to start living in another portion of your intelligence, your super intelligence, as a regular daily habit.

#### **Exercise: Your Consciously Held Beliefs About Healing**

*“The power that creates the body heals the body.”* —Dr. Joe Dispenza

Your thoughts contribute to whatever health challenge you are experiencing now, and it is your thoughts—or the power of your thoughts—that contribute to your healing. Pause for a moment and really think about Joe Dispenza's words—the power that creates is the same power that heals.

We know that your thoughts tell your body how to be, so that makes your thoughts pretty powerful doesn't it? You have the ability, right here in this moment and right within you, to create a different state of health for yourself. Your body is always listening to your thoughts. In fact, it is never not listening to what you are telling yourself. Every cell knows what you are thinking and feeling, how your moods change, even what you subconsciously believe to be true.

**And it all starts with Awareness.** All healing must begin with awareness. It is the key that unlocks the door to your Healing Codes.

Deepak Chopra said that, from a biological point of view, there is no reason the body should be flawed. So then, why do you get sick and, an even better question, how do you get healthy?

In this exercise, you become aware of what you consciously believe to be true about healing. Take a few moments to become aware of your consciously held beliefs about healing, what is possible in healing, and what you believe is possible or not possible for you.

Take time to deeply investigate your thoughts, feelings, and beliefs on these questions. Take some time to journal about them or talk them over with your spouse or a friend. Later on in the program we show you how to take the answers to these questions and transform them into a powerful healing strategy.

Define what the word *healing* means to you.



What do you believe about healing?

What do you believe about instantaneous healing?

What do you believe about spontaneous healing?

What do you believe about reversing illness, disease, or poor health?

What do you believe is possible for others?

What do you believe is possible for you?





## Healing Code #2

### Underlying Causes of Ill Health and Disease

Disease, illness, long-standing pain, and physical limitation can be devastating on an emotional, physical, and financial level. All disorders have underlying issues. And when there is illness or pain, the body can become an actual stranger, an enemy, a failed ally, or a defeated victim.

What is it worth for you to stop your negative thoughts of doubt about your health and activate your ability to heal and reclaim your health and healing?

Here you discover your body/mind programs that currently separate you from your innate health, and with our One Command® process, stop that separation and **activate your ideal blueprint for health instead.**

The ability to reorganize your internal structure already lies right within you in your blueprint for health and in your **extraordinary intelligence**—beyond your programmed habitual mind. It is the most amazing portion of your intelligence—your theta/delta brain waves.

**One of the Keystones to your success** with this program is that when you are experiencing less than optimum health, your mind and body need extra support.

First, if you are experiencing a physical challenge, your energy is low, your body is out of balance, and you are probably in pain. Feelings of hopelessness are common. Your body uses a great deal of energy to deal with the chronic pain, and over time the result is adrenal exhaustion. This serves to further complicate your physical challenge because now you are sick and in pain and have little to no reserves to draw from to help you heal.

Second, the unconscious causes of illness will oppose your making change—these unconscious causes are called your secondary gain or benefits of your disease, illness, or condition.

Every behavior has a secondary gain or payoff, which always has a positive intention of keeping you safe and protected, even when it results in illness and disease.

The information on your secondary gain is right within you. It can be found in the story you tell about how your condition came about, what the causes are, how it prohibits you in certain areas of your life, and who is to blame. Identifying the underlying causes releases the blocked energy to allow it to flow back into your system to be used for healing.

This next exercise may seem very simplistic, but we encourage you to discover the power of telling the story of your illness.

#### Notice these things:

What emotions arise when you tell your story?

What new understandings do you have?



Once you have found the patterns of your story that limit you, then simply ask yourself what you want instead.

## Exercise: The Story of Your Illness

*“The cave you fear to enter holds the treasure you seek.”* —Joseph Campbell

You may have never really told anyone your story about your illness—how you feel about it or how it impacts your life, your family, and your work. Or you may have told it many times to many people, never really feeling heard or understood.

This is your opportunity to tell your story here about your illness, disease, or health challenge. Write as much as you want, taking as much time as you need to put it all down on paper or you can write it in the space provided at the end of this exercise. Get it all out. Write out all the details, the feelings, the pain and confusion, the negative impact—everything that you think, feel, or imagine about your health and why it isn't what you want it to be.



To make this exercise even more powerful, tell your story three times, once to each of three different friends who are willing to listen and witness your story.

ASK EACH FRIEND TO AGREE NOT TO COMMENT, FIX, OR COMMISERATE WITH YOU.  
ASK EACH OF THEM TO SUPPORT YOU IN FEELING HEARD AND UNDERSTOOD.

And so the healing begins...

Use this space below for notes.



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## Healing Code #3

# The Power of Your Body and the Habits of Your Mind



The science of our physiology of mind and body has finally caught up with what has been taught for years in the energy healing community by those such as Dr. Bruce Lipton, Dr. Joe Dispenza, and Gregg Braden, to mention a few. The new science shows that there is a power of healing right within you that is biologically and neurologically hard-wired to heal—that spontaneously arrives when you get out of the way.

What you need to know about this science are the KEY concepts that, once embraced, change your ability to heal.

What prohibits your spontaneous ability to change from a less healthy state to a healthier state is **your fixed mind** and attempting to solve your healing conditions from the most limited portion of your ability—your ordinary logical fast-thinking beta brain wave.

### Beta Mind

All brain wave frequencies are measured by the electrical charges emanating from the generated activity of your thought.

Read that again. This is an important concept we really want you to understand.

Your brain wave pattern **emanates an electrical charge depending on what thought you are thinking**. We call this your levels of consciousness —your different brain wave states.

Beta brain wave is ordinary consciousness and alpha, theta, and delta brain waves are your extraordinary intelligence—your greater sphere of intelligence—and they operate in your non-rational mind, your creative mind and the place where all healing occurs.

Did you know that you spend almost 90% of your consciously awake time thinking in beta, your logical thinking analyzer that actually gives you only a 1% return for the effort?

Your beta mind operates in duality—looking to the past to project into the future—and does not operate in the now. When solving a health problem from your beta mind, you logically get as much information as possible from outside resources and experts, and internally you think about past health issues and project them to the future, often imagining the worst outcome.

Ninety-nine percent of the unconscious programs, ideas, and health patterns you have were formed from when you were in utero to when you were five years old. Those are considered the “magic years” because at that age there is no separation between self and other. The child has not yet formed an ego that says “This is me and that is you.” Everything is “me” to the child. The majority of your unconsciously held healing beliefs are your mother’s, father’s, and grandparents’ because at that tender age your brain simply absorbed what it was taught.

Research shows that babies are born in theta/delta and spend much of their time—even when awake—in theta/delta. Even when they are asleep, their subconscious minds are absorbing and processing every bit of information around them.

Whatever a parent is saying to or around a child up to the age of six is recorded in the child’s subconscious mind. Any words or actions about healing, the ability to heal, or how a person does heal are processed and recorded at that time on the subconscious level.

Until about the age of six, the predominant brain state is not the conscious mind—it is the subconscious mind. Whatever you heard as a child is downloaded directly into the subconscious mind without being processed by the conscious mind first.

Limited beliefs about how healthy or unhealthy you are—are accepted as truth. This isn't a limitation of you as a child or of your health—it is a limitation of the programs that were unconsciously downloaded at that early age.

Use this space below for notes.





## Healing Code #4

### Your Body Knows How to Heal

Joe Dispenza states, *“If we are thinking and acting as if we are healthy, that means that we are thinking and feeling as if we are healthy. And if we are thinking and feeling as if we are healthy, that means that we are in a state of being healthy. That means that the mind and body are working together, and our thoughts and feelings are aligned with that healthy state. Our greater intelligence then supports whoever we are being—which is healthy.”*

A recent study of people with Parkinson’s disease taught us how amazing the mind really is. Those in the study practiced thinking and acting as though they were better. They were in a state of being better—and the quantum field coalesced in support of their being better. Their bodies produced more dopamine, which is normally absent in people with Parkinson’s disease. Some had involuntary tremors go away. This was not because they were thinking about producing dopamine, but because they were in that state of being where they actually felt and thought that they were better.

When we place ourselves in that state of health where we think, act, and feel healthy—the subconscious mind supports us in whatever we are being.

If there is conflict in your mind, it will be reflected in your body. The same holds true for health—if you have peace in your mind, your body will reflect peace.

Examples of what the body knows:

- A. The body is already coded for healing and establishing balance.
- B. The body knows its etheric blueprint for health.
- C. The body knows how to heal and is designed to heal itself.  
If you have a cut, the body naturally heals the wound.
- D. The body knows more than the mind.
- E. It holds childhood memories of activity, fitness, and health, or the opposite.
- F. The body knows how to heal itself and does so when the mind gets out of the way.  
If you were to be so relaxed, conscious with no stress, your body would be physically able to readjust itself into a healthy state to restore a healthy condition.

## Exercise: Simple Body scan



In this exercise, you learn what your body is aware of and what you are aware of in your body. By using The One Command® in this proactive manner, you shift from concentrating on the disease to focusing on wellness and health. Just five minutes a day of tuning into your body and paying attention to how you are feeling, and sending love and gratitude, begins the healing.

Read through this exercise completely first, and then you can close your eyes and take yourself through this simple process. Pay attention to where you experience:

Light or dark

Relaxed or constricted

Hot or cold

Different colors

Any sounds or vibrations

Close your eyes and take 3 deep breaths. To help you relax more easily, drop your shoulders with each exhale.

Beginning at the top of your head, gently and slowly move down from your head, through your neck, shoulders, and torso into your arms and legs. Take all the time you need for your body to reveal to you how it is feeling.

Turn your attention inward to the top of your head. At a slow, gentle pace, move your attention down through your body, noticing what you feel and where you feel it.

When you are finished, open your eyes and make note of what you notice. You may want to write down what you experienced.

## Healing Code #5

### What Creates Your Health Are Your Beliefs About Healing

Let's dig deep for a moment and look at what you think is possible or impossible in healing. Think about all the ways you have been influenced in your health and healing.

**One Key Point:** Many of your unconscious beliefs about your health and healing were established in your earliest years, and you are being bombarded with ads to prepare for sickness and to get ready to be sick, and you are told what seasons to be sick.

**Second Key Point:** Other cultural influences affect your ability to heal, such as putting your trust in doctors and what they tell you—and not questioning that there might be another truth. You have all heard the story of a death proclamation, and years later the person is still alive, cured and robust.

Some of you may have even heard of the person who was told that he or she was sick, with only months to live, and who dies—only to have it found out at the autopsy that there was no disease or reason for the person to die—it was a misdiagnosis that the person believed.

Please do not underestimate the power of your mind—unconsciously and consciously—to determine your own healing and health.

**The most important basic belief that you must have to heal is the belief that you can.** Many look for miracles and simply argue against them in their mind. Let's do a quick check.

**Exercise: Close your eyes and mentally place yourself on a scale of 0-10, with 10 being the strongest feeling for each item.** There is no right or wrong way to do this. You are simply allowing your feelings to be acknowledged. Then write the number next to the statement.

Later on, after doing some clearing work, we will have you come back and check these beliefs again.

**Write your number on the line—on a scale of 0-10**

- \_\_\_\_\_ I have the power to heal.
- \_\_\_\_\_ It's possible for me to heal.
- \_\_\_\_\_ I believe in instantaneous healing.
- \_\_\_\_\_ I have the ability to live pain free and to heal.
- \_\_\_\_\_ I am healthy.
- \_\_\_\_\_ I believe others can heal, but I can't.
- \_\_\_\_\_ I worry about being sick.
- \_\_\_\_\_ I tend to be more negative.
- \_\_\_\_\_ I tend to be more positive.
- \_\_\_\_\_ I'm a wishful thinker.





## Exercise: Discovering What You Were Taught About Healing

*“Healing may not be so much about getting better, as about letting go of everything that isn’t you—all of the expectations, all of the beliefs—and becoming who you are.” —Rachel Naomi Remen*

Memory is selective. Research shows that only 1% of factual information is stored in memory and the rest is deleted or generalized from the filters of the person’s reality-making mechanisms.

Have you ever been to a family gathering and swapped stories about memories from childhood? Did you notice that each person had a different perspective and different memory of the same event? That is because in the moment you are having that experience, you are making a decision about yourself based on that event. Then that decision becomes frozen in that position and in time, and you continue to “live” that experience whenever the event is mentioned.

### Directions:

Read the questions and either share your answers with a friend, or write out your answers on what you discovered from asking these questions.

We ask you to comment on actions as well as words because, again, most of our learning happens through body language and behavior rather than through words.

### Answer these questions:



What did you learn from your father, through his words and actions, about the possibility of healing?

What did you learn from your mother, through her words and actions, about your place in the world and your ability to heal?

What were you taught to believe about a loving, supportive God who heals—or the opposite?

What school experiences framed your self-worth?

What did religion teach you about healing?

What does the outside world (medical doctors, pharmaceutical companies, media, etc.) lead you to believe about healing?

What are your personal beliefs about healing?

What did you discover?





## Healing Code #6 Greater Field of Intelligence

A **Key** point for your healing is to understand that you are more than all of your limiting programs, including your lack of good health. In fact, you are biologically hard-wired with an intelligence greater than your programs and your ordinary everyday thinking, worrying mind of beta, where you spend 90% of your time for only a 1% return.

**This greater intelligence of yours is innate within you in your lower brain waves of theta and delta.**

Our purpose in unlocking your healing codes is to show you how **to operate in that greater portion of your intelligence on a regular daily basis in such a way that it becomes your preferred way of thinking and being—a way that installs health and healthy beliefs in moments!**

Once you understand you are contributing either to your poor health or your good health, you can say, “I’m creating this, so why not create something better?”

Everyone has the capacity to change, and the brain is changed by new experiences. Here you learn to change your brain in an easy Six-Step Process and by your One Command<sup>®</sup> for your health.

Dr. Joe Dispenza says, “We are beginning to see in neuroscience that we are completely changeable. That we can change throughout our entire adult life.”

Living from your greater intelligence is the next great adventure of your life because it restores fluidity, curiosity, and flexibility, and it removes stuckness from “knowing it all” to be open to learning something new. And each and every time you think a new thought—command a change—you emotionally have a new experience. Life becomes an adventure of unexpected experiences.

### Direct Learning

Another **Key** point is discovering that you can learn something in a completely new way—without experiencing it with your five senses. This is where you leave your rational mind behind and enter into **your own private quantum field of open potentiality**, where you can design your life exactly the way you like.

You see, you are already creating your life from the way you think and act from the unmanifest quantum field of all probability into physical reality, yet you have limited what you are willing to create based on the same thoughts, the same fears, the same actions, the same relationships, the same circumstances, and have not acted in such a way to invite your greater intelligence to show you how to act greater than your current environment.

Now acting greater than your current environment is an exciting proposition—show me how to be greater than my limited version of myself, to think greater than the conditions of my world.

The old-fashioned hard way to change the way you think and act has been taught for years: Think positively, make affirmations, write out your vision of yourself. And these are all good, but now you are here to discover the absolutely natural, easy, and brilliant way to make change: by claiming your ability to communicate directly with an intelligence so immense it is the equivalent of the sun to our planet 9 billion times bigger than your ordinary mind—yes, that is correct, **your extraordinary mind that is you!**

Within infinite intelligence there is a field of **personal intelligence** that does have the answers to your problems, solutions for your health, and creative ideas for personal growth and self-actualization, and all that is required is to say, **“Yes I want it!”**

**The new way to heal and transform is right before you.** When you consciously are awake in your theta mind and command a change, you are directing all of your senses to know something new, and, at the same time, you are interrupting the FIXED neuro network of thought that is speaking to your body and that currently keeps you limited.

To stop the endless chatter of an old idea in a moment and to replace it in your act of creation with what you want instead is true empowerment—true mastery. And you are already hard-wired to do just that.

It is easy to accept your skill to make a new decision when you understand that you are a **master at creating your reality.**

You already have the body-brain connection to be what you believe is true—maybe it is a master of pain and suffering or ill health right now, but you have the skill to re-create the body-brain connection in a new form, one of health and wellness.

Use this space below for notes.



## Exercise: Stop Your Negative Thinking and Expand into Your Potential

Read through all the directions, and then do the exercise.

Close your eyes and think a negative thought. Take the time to be in the experience of having this negative thought. Notice what you are feeling, the images you see, and the words you tell yourself about that thought.

Now mentally say the words “I DON’T KNOW HOW…” and notice what happens.

Write down three things that you noticed happened.



1.

2.

3.

## Healing Story

A friend of mine, Dr. Candace King, and I were talking about the process of healing. Every week she performs cancer surgeries and consults with her patients about the higher field of healing and about another intelligence in the body that can assist in health, or even create a spontaneous remission in a moment.

She has her own personal story of her son being cured of cerebral palsy. Ryan was diagnosed with right hemiplegic cerebral palsy. His problems included hypertonia, right-sided weakness, sensory integration dysfunction, and severe visual impairment. There is no known cure for cerebral palsy.

Today her son is 16 years old and has no symptoms of cerebral palsy. His sight is restored, his coordination is great, he’s now an honor student in high school, and he has a fantastic attitude with friends. He also volunteers to help with “the special kids.”

I asked Dr. King, “How did your son heal?” **And first she said, “I knew that he could.** That there is an intelligence that knows how to heal, and, next, I saw my son whole. I always saw him whole, never disabled in any way.

“In addition, we did whole body treatments with the physical movements and coordination training, always with the same notion, that he was whole.

“But the most profound times of healing were when he was asleep and I would sit by his bed and go into another state—an expanded state of consciousness, slowing my brain wave into the deeper theta/delta brain wave, where healing takes place. And while I was there, love so profound that it is impossible to describe would pour through my body, would pour through my mind, and I would see my son in that love, in that light.

“It’s so real that I see it as a field, like heat waves coming off the ground, and I named it the song of God.”

And then I asked her, “Does that mean if it was possible for you to be in that state of love to heal, that anyone can?” **And an exuberant YES was her answer!**

**Exercise: List 3–5 examples of Miraculous Healing that you know about. If you don’t know any, then research and find at least 3.**

**Keep spontaneous healing miracles in the forefront of your mind. Focus on what is possible—yes for you too!**



## Healing Code #7

### Theta Is the Place of Healing

Your healing codes exist in your deep theta/delta state.

In deep REM sleep in delta, something wonderful happens to you: Every muscle, tissue, fiber, organ of your body completely releases tension—so deeply relaxes that it is flooded with healing and restorative agents during sleep.

Many sleep disorders that so many millions have in our society today are the cause of many, many illnesses and diseases—because that natural healing state has been denied its due process.

#### **REM Sleep (Rapid Eye Movement)**

Theta – In theta, you work through your emotional stress through dreams, symbols, and metaphors. This is the dream state and a place of deep emotional restoration.

Delta – In delta, your body is able to regenerate and heal itself because, in this space, your entire body completely relaxes and lets go. This is a place of deep physical restoration.

Your Etheric Blueprint for Health, which lies within your subtle fields of consciousness, is only accessed in deep theta/delta.

Theta and delta are instruments of healing right within you. This is the place of instantaneous healing. As you unlock your healing codes, you start knowing that healing happens for you in an instant and you begin living from this state of knowing—and receive the results that come with that knowing.

The non-rational mind can be likened to the quantum field of open potentiality that we call your *greater intelligence*.

Benefits of the non-rational mind:

Trust replaces logic.

Faith replaces fear.

Instant healing occurs in the lower brain waves of theta/delta.

It is the place of spontaneous healing.



At your deepest sleep in theta/delta, the body is allowed to completely relax—completely let go of any stress patterns, thoughts, or ideas and simply restore itself back to balance and harmony.

You have the ability while consciously awake to receive information in the same way you do in deep sleep.

You can find more in-depth information on the function and operation of your theta mind in the Nightingale-Conant *The One Command*® CD program

#### **How to Reach Theta**

Your theta brain wave is a natural part of your biology, and as you activate more theta brain frequency in your daily life, great strides and improvements in manifesting and resolving old issues appear almost as if by magic.

In the Six-Step Process of *The One Command*®, you reach theta by rolling your eyes up under your closed eyelids. You want your eyes to remain closed during the entire process, as this activates the physical connection between your eye muscles and the ability to slow your brain waves to theta.

There is a physiological connection in looking up that immediately lowers your brain to theta. In addition, we add the visualization or imagery of traveling out into the outer edges of the universe, going into the black void of space, and then pushing up into the white light, the bright luminosity of all potentiality in its unmanifest form.

Scientific research shows that being in deep theta creates feelings of non-judgment and non-attachment, as well as feelings of entering a place of clarity and bright light. When returning to ordinary beta, people reported feeling more peaceful and more relaxed. The easy Six-Step Process of The One Command® has been designed to implement all the qualities in a deeply relaxing and healthy theta state of mind.

When you first start practicing going into theta with your eyes looking up under your closed eyelids, you often have some rapid eye movement as you slow your mind to **your theta brain wave**. Remember natural theta occurs during REM (Rapid Eye Movement portion of your deep-sleep cycle).

It may seem like eye strain, but really you are just using muscles that you are exercising for the first time. In the same way as your biceps would be sore after a workout, your eye muscles may be sore for a while when you first start going into theta. Any discomfort you may have is similar to what you would experience when exercising any new muscle.

As with any new learning, be gentle with yourself. This process is real and is teaching you to activate the unused portions of your brain and is the **Key** to becoming the master that you are. During the process, you are being guided to use your imagination, and everyone has different styles of imagining. There is no perfect right way.

To begin, just accept that you are doing it, and eventually you will in reality know that you are connecting to **theta** and making great changes in your life.

#### **Quick little exercise:**

Relax, close your eyes, take a couple of deep breaths, and turn inward. Roll your eyes up and allow yourself to relax even more as your body just naturally takes you into that deeper state of theta. Just imagine traveling out through the galaxy, through the black void of space, and into the bright light.

Sit in this deeply relaxed state for a few minutes. Allow your eyes to come back to their natural position, open your eyes, and be back present in this moment and present in your body.

Use this space below for notes.





## Healing Code #8

### Your Etheric Blueprint for Health

The body is naturally coded for healing and to establish balance.

The balanced body is not only a physical body, but it is an energetic body that we describe as your *etheric blueprint for health*. The etheric blueprint for health is the master plan for health that always remains intact. No matter how you denigrate it through thoughts, emotions, and behaviors, this etheric blueprint continues to exist in its wholeness.

It is the holographic image of healthy you that resides in your energetic field—not physically in your body.

Each and every one of the 100 trillion cells of your body contains this etheric blueprint for health right within each strand of DNA and the morphogenic field surrounding it.

To tell the truth, it is positively amazing how hard we have to work to cause distress, illness, disease, pain, and suffering in our body—that we manipulate the wholeness of what we are into only a portion of that wholeness or a partial expression of that wholeness.

- A. The etheric blueprint is the master plan for health.
- B. The etheric blueprint always exists in its wholeness.
- C. Unlocking the healing codes restores and reactivates your etheric blueprint for health.

You command that the wholeness of your cellular being is allowed to reassert itself as you disengage from what is constricting that wholeness.

Often we say that all of the body is in the mind but not all of the mind is in the body—and here we are speaking about the energy of such subtle proportions it is hard to imagine. For example, if you were to take the DNA from your body, it could be spun out and around to the sun and back 93 million miles 150 times. Now take all the DNA from every one of the 6.5 billion people on the planet today, and you can put it in a grain of rice.

That is subatomic, subtle energy that is so refined it is more like a potential than matter. The nature of thought operates at subatomic levels speaking to cells of your body instantaneously and invisibly.

There are more than 30,000 options for each strand of DNA, including your etheric blueprint for optimum health. Your DNA responds and selects a specific blueprint based on what thought you are sending to that particulate. Your perfect blueprint, one that has never been modified by any negative thought, chemical from the environment, or genetic program, is available to you at any moment.

Your perfect blueprint is in the morphogenic field around each cell and maintains the integrity of your cells—and if you remove your fixed mind from negative messages to your body—then the optimum health genetic choice can spontaneously appear.

#### **Energy is more powerful than matter.**

Thoughts are energy, and energy is more powerful than physical matter. That means that YOUR thoughts are more powerful than physical matter.





## Exercise: Awareness of Your Internal States

*“Your body is aware of everything. Every cell knows what your brain is thinking, how your moods change, where your deepest beliefs lie. As your awareness changes, your energy changes, and then your body changes. The chain of events moves from the invisible realm to the visible.” —Deepak Chopra*

In this exercise, you are creating specific awareness within your body.

Think of a condition or physical challenge in your body right now.

Close your eyes and tune into your body. As you continue to breathe calmly and slowly, place your conscious awareness onto your internal experience of your body.

After each question, open your eyes and for each question write down three things you discovered.

Where do you feel stress, discomfort, or dis-ease?

What thoughts, feelings, or images are you aware of?

What judgments are you making about yourself based upon how you feel about your body?

Where in your body do you feel, hear, or see these judgments?

What does that part of your body want and need from you in this moment?





## Healing Code #9

### Process to Unlock Your Healing Codes

Are you ready to unlock your healing codes, ready to jump in and restore and reconnect with your perfect etheric blueprint for health? The One Command® process in greater detail and in a step-by-step guided practice is also available here at Nightingale-Conant in *The One Command®: Imprint Your DNA for Lasting Wealth and Happiness*. If you haven't already listened to this phenomenal cutting-edge system, we highly recommend that you do to get even more benefit from this special transformational program.

#### The Easy Six Steps and The One Command®

I am going to take you into that greater intelligence of yours right now through easy Six-Step Process of The One Command®, and, again, if you want to know more about the foundation and structure of The One Command® technique—how and why it has proven to be so effective—we invite you to listen to *The One Command®* program offered here at Nightingale-Conant.

Commanding:

- A. Open to your super-intelligence
- B. Establish the habit of healing
- C. Speak directly to your body and emotions in theta
- D. Your act of creation—create what you want
- E. How to form a command
- F. 6-Steps to theta

#### The One Command® and the Mind

*“You have available to you, right now, a power like a supercomputer that can enable you to solve any problem, overcome any obstacle, and achieve any goal you can set for yourself.” —Brian Tracy*

The One Command® was designed to work in cooperation and harmony with the mind. Just as there are three parts to the mind, there are three parts to The One Command®.

Conscious	I don't know how...
Subconscious	I only know that...
Superconscious	and I am fulfilled.

### 3 PARTS OF The One Command® and 3 PARTS OF THE MIND





## **The Three Parts of the Mind**

### **Conscious Mind**

Your conscious mind, or beta state, is your logical thinking state. It is the part of the mind that makes decisions, judges and criticizes, and gets you through the ordinary tasks of your day. When you are making a grocery list, deciding what to wear to work, or getting your family fed and off to school, you are using your conscious mind.

You spend 90% of your time using your conscious/beta mind, with only a 1% return on that investment, and you do it simply because you were trained to believe that what you can see, hear, smell, taste, or touch is your entire reality. This is the part of the mind that takes you back into your past to collect old memories and then projects those memories into the future, and then you make decisions about your reality based on those old pictures.

### **Subconscious Mind**

Your subconscious mind is the storehouse that holds every experience you have ever had. Bruce Lipton says “The subconscious mind operates like a tape recorder, only playing back to you what is stored on it.” Your subconscious mind operates only in the now. There is no past or future, nor does it judge or criticize. It simply holds that which you have unconsciously asked it to hold.

Here is where you store your collection of beliefs, perceptions, and patterns, such as “I’ll never have enough or be enough” or “I can have whatever I ask for.” It operates like a universal search engine where you keep all the documents of your life in searchable files. You can ask it a question like “Why am I always sick,” and your subconscious mind will pull up every experience, thought, and belief about why you are always sick. It also will bring up every experience, thought, and belief in answer to questions such as “Why am I healthy?” or “How am I so lucky to have my health improve?”

To get better answers, you want to ask better questions, and your subconscious mind will provide you with all the information that you want to know.

### **Superconscious Mind**

Your superconscious mind has many names, such as your greater intelligence, source or universal mind, divine mind, higher self, God, Goddess, Buddha, and Christ Consciousness. Carl Jung referred to the superconscious mind as the “collective unconscious.” This part of your mind allows you access to all that there is to know.

Your superconscious mind reminds you to think in expanded ways, bringing you ideas and inspiration greater than your ability to consciously imagine. Getting in touch with, imagining, or listening to your superconscious mind returns you to a state of wholeness, harmony, and universal alignment.

## The Three Parts of The One Command®

The six-step process of The One Command® is a simple statement that stops your limited thinking and creates a neutral space to redirect fear-based thoughts of lack, limitation, and illness with thoughts of good health, healing, and greater vitality

1. The first part of the Command instantly stops your old way of negative or fearful thinking and creates a pause in your conscious mind, giving you time to make a new decision about what you want to create.

***I DON'T KNOW HOW (FILL IN THE BLANK)***

2. The second part engages your subconscious mind where you connect to that greater capacity within you while in theta.

***I ONLY KNOW THAT I DO NOW,***

3. The third part connects you to your superconscious mind and thrusts your dreams and wishes into the world in their new form as you unwind and rewind the new reality onto your DNA and your subconscious hard drive.

***AND I AM FULFILLED! (THE BLESSING)***

Receive in gratitude as you bring your command back into your body, unwinding the old programs in the cells of the body and your DNA and rewinding with your new knowledge.

By using all parts of your mind, along with the three parts of The One Command®, you create a new filter of reality and a new possibility for your health and healing.





## Healing Code #10

### Forming Your Healing Commands

*“It is in your moments of decision that your destiny is shaped...  
Your life changes the moment you make a new, congruent, and  
committed decision.” —Tony Robbins*

In this exercise, you take the beliefs you discover and use The One Command® to change them into the healing experience you truly want while in your theta brain wave. You are intentionally creating a new desired reality for yourself.

#### Directions:

Step 1 – Identify the negative, fearful belief. (Example: *Being sick keeps me safe.*)

Step 2 – Form a Command of what you want instead. (Example: *It is safe to be healthy.*)

Step 3 – Print out the six steps, lay them on the ground in a horizontal line. Go through the easy Six-Step Process of The One Command®. Here you can listen to the CD where we take you through this process or you can have a friend read it to you.

Take each belief you discovered from the previous exercise and repeat this process, clearing the old beliefs and intentionally creating a state of healing within yourself.

#### Six-Step Connection to Source Process

Place the six pieces of paper—Ground, Align, Go to Theta, Command, Expand, Receive—in a horizontal line on the floor. You are going to stand on each piece of paper, and, as you do, follow the words being read to you. Stay on each step until you complete your experience, taking as much time as you need, and then move sideways to the next step. You are physically experiencing the space that this state of being is providing you, the space of the feeling in your body as you actually stand on this piece of paper. Then as you move to the next piece of paper, you are changing that state for a new experience. Example below.



The benefit of this is to help your body learn the process of what it feels like to go from your regular consciousness to your Theta Mind. Developing the ability to go to your Theta Mind on a daily basis is the key to your Mastery.



## Step One – GROUND

Listen to the sound of my voice, and feel the weight of your body settling down onto the paper under your feet. Now imagine roots coming out from the bottom of your feet, and send them down, deep, deep into the earth. Connect with the magnetic power of the earth, the basis and foundation of all of our support, and imagine that you are fully in your body here present now. Feel that grounding and balancing. **Stay here until you feel your body shift into a well-grounded state, and then move sideways to the second step.**



## Step Two – ALIGN



Imagine all that power of the earth energy coming up into your body, coming into your feet, coming into your heart. Now take a deep breath, and as you exhale, imagine the energy is expanding out in all directions around you. The breath of your heart is expanding in all directions, above and below and around. Take another breath, and exhale, releasing negativity and breathing in love. And once again, breathe in love and exhale, allowing that breath to expand, aligning you with your purpose.

**When you feel your body shift continue to...**



### Step Three – GO TO THETA

Imagine a golden beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and out below you deep into the earth. Let your eyes gently roll up under your closed eyelids as you imagine moving your consciousness up this beam of light, out the top of your head to above your head, out to the outer edges of the planet, on through the solar system, passing by each planet as a radiance of light, beyond the galaxy, until you push through the velvet black softness of space, into the pure White Luminescence of that greatness that is you. This is the place of creation of all that you desire. Practice thinking and feeling from this state of consciousness as you activate your DNA, the cells of your body, and your mind to be the Master that you are. Roll your eyes up and experience a lightness as you consciously go into theta.

**Once you have engaged in this state you are ready to move to...**



Step Four – THE ONE COMMAND®



While holding the thought of what you wish to manifest,  
mentally and silently Command:

***“I don’t know how it is safe to be healthy. I only know that I am healthy  
and safe now, and I am fulfilled.”***

Take your time to allow this declaration to fulfill itself energetically in your  
body, before you move to the next step.

Some other healing commands you might want to do:

***“I don’t know how I am in harmony with healing.  
I only know that I am in harmony with my healing now,  
and I am fulfilled.”***

***“I don’t know how I activate my healing codes.  
I only know that I my healing codes are activated now,  
and I am fulfilled.”***

***“I don’t know how I trust my ability to heal.  
I only know that I trust my ability to heal now, and I am fulfilled.”***

## Step Five – EXPAND

While you are still in theta, now apply one of the simplest, yet most powerful tools for manifesting good in your life. Imagine what you desire in a bigger way, a greater capacity, an expanded version that serves more good than your original idea. When you expand your idea to become something bigger than yourself, you increase its capacity to manifest. Allow yourself to let your idea take on its own energy. Observe as it changes and becomes even more than you can imagine. Watch as new, expanded, bigger ideas arrive. Let it become more beautiful and harmonious.

While in this expanded state, imagine your current body off to one side, and right in the middle, over your head, imagine a subatomic screen that only allows consciousness to flow through the screen—and leaves everything of less value—illness, disease, allergies, pain behind.

And imagine your perfect etheric blueprint for health and vitality on the other side.

Now send your consciousness through the screen from your current body into your healthy body.

Notice if there is resistance. If so, take more time until you harmonize with your etheric blueprint for health.

Now bring that perfect body back down with you, and let it blend into your physical body.

**Stay in the process until you know that it is done.**

**Now that you are in this greater state of capacity, move to the sixth step and...**



## Step Six – RECEIVE IN GRATITUDE



State in your mind clearly, *Thank you*, and experience the sense of gratitude and fulfillment emanating from you and coming into you from *your greater intelligence*. While in this state of gratitude, move your **Etheric Blueprint of Optimum Health** back down the golden beam of light coming gently and respectfully back into your physical body. Imagine a new holographic image of this light that is your new life replicating itself in every DNA strand in your body, in every organ of your body, in every hair follicle of your body, and in every particle of emotion in your body and your thinking.

Unwind all of the old limiting ideas you held about yourself or your ability to create and manifest—  
**UNWIND—UNWIND—UNWIND AND LET ALL THAT GO and  
now REWIND IN THIS NEW  
UNDERSTANDING OF YOUR MANIFESTATION—REWIND—  
REWIND—REWIND!**

Thank you!

**Take a deep breath and send your energy back down into the earth to firmly re-establish your ground of being. Adjust your energy, and let your body stretch, flex, and move with this new understanding of reality. Take all the time you need to come once again fully awake and alert into your body, open your eyes, and return to the room.**

## Healing Code #11

### Healing Takes Place in the Quantum Field and Is Instantaneous

To heal, you must first perceive that you have a desire you want to change, and, next, discover what you believe about healing that's possible, and turn that into an absolute knowing, not "maybe yes, maybe no," but an absolute knowing. And then uncover your unconscious limiting and negative emotions that drive your body into ill health and change that by going into the theta mind—speak directly to your unconscious, and command what you want for your healing.

The explanation of what causes disease and illness according to medicine is fixed and firm. Yet, we are changing those fixed and firm ideas with new science. To engage in another level of intelligence, information, and knowledge, you must be able to set aside what you think you know. Just let it go. Just let it go about healing.

The analytical mind wants information, loves information, and information and research are great if the conclusions take you into another dimension of yourself. I quickly refer to what has been thought in the past to reassure you that what is known now is more reliable and true than what has been known before, and I assure you that what we know now will change so quickly that in 10 years, it will be old information. So imagine that you are staying current with the newest updated, logical, viable, real information that is true in your health and healing.

Just as water is water and can become steam or ice in an instant by adding heat or cold, so do you heal in an instant. Healing is a quantum event, and you add heat or cold to your illness or condition with your thoughts.

**Command NOW.**

**I don't know how I believe in my own instantaneous healing. I only know that I do NOW, and I am fulfilled.**





## Healing Code #12

### Choosing Your Perfect DNA Blueprint

Whenever you make a state change, you're making an actual quantum change at the cellular level in your body. This is a real change. You have de-linked and melted a fixed field of thought in your neuro-net wiring, and now you are in this space of allowing something new to show up for yourself beyond your five senses, something new that you've never experienced before about your health and healing.

In the old science, when scientists found the different functions of the DNA, they were excited because they thought this was the answer and the solution to healing, that we could identify a strand of DNA and its function, and then correct the incorrect expression of that strand of DNA, and we would be able to cure all illnesses and diseases.

This, of course, has not been seen to be true, because every DNA stand has more than 30,000 blueprints that can operate at any time in conjunction with every other DNA, and our belief is creating new blueprints—either positive or negative, according to our thoughts and feelings.

Bruce Lipton says that our old belief was in genetic control, that the discovery of the gene meant the understanding of the function, and our new understanding of genes is **epigenetic control**.

Epigenetic control is slightly different but profoundly different in terms of the consequences to your health. Genes don't make the decisions. They are just the blueprint. **They are a read-only program.** The mind is the contractor that makes the decision. The mind is saying, "This is what I need to live in this world," so the mind is involved with a selection of the genes and their expression for ill or good health.

Each DNA strand has more than 30,000 different choices of a blueprint. Who is deciding what blueprint to choose?

**Command NOW.**

**I don't know how I activate my perfect etheric blueprint for my health. I only know that I do NOW, and I am fulfilled.**



## Healing Code #13

### Prepare for Healing and Your Great Health

Here you are connecting the body and your unconscious thinking over and over again. And I know I'm taking you out to an edge, an edge that you may not be comfortable with. It's not about blaming yourself or feeling that you're doing it wrong up into this very moment. What we're talking about is **opening yourself up to thinking in new ways about the power that you have to heal yourself in a moment** and to change your dynamic with accepting what is in the ordinary cultural belief structure that you've just ingested within you without any thought. We're talking about adding a new level of discernment in your ability to make choices about how you can act and react to your ability to be healthy and to heal—everything from the environmental causes around you, to viruses, to bacteria, to physical injuries, and to your ideas about genetic programming.

One of my long-standing concepts about pain and illness is **that pain in the body is the last expression of an emotional pain**, that when we come to that place where the body is hurting, it's because we're hurting, emotionally, unconsciously, with old programming. And it reflects in the constriction of the blood vessels and the receptor sites having that painful thought. And finally the body takes that on in such a way that it is screaming to have us pay attention to making a change in our life, dramatically and drastically. Drastically being a warrior for your health, saying that you, at all levels, no matter what, you will put the challenge to change your thinking foremost within your priorities of your life. This is what is required to heal, to re-establish health, and to have the most profound strength and health you ever dreamed possible.

#### Secondary Gain

How can you come to that choice point? It is a process, and some people are not healing even though they have the greatest intention and desire to heal. And others are healing. What's the difference?

Healthy people believe that the body is designed to heal. They believe they can heal themselves. And they believe in spontaneous healing. They also believe that there is another level of intelligence, a higher level of intelligence that is working and operating through them.

The paradigm that healthy people live from has different beliefs, such as the body is coded for healing; I can heal myself; I believe in instantaneous healing; my body listens to my positive thoughts and is healthy; I'm empowered to heal myself; I make good choices for my healthy body.

When you are focusing on health and healing, you must shift your images and energy to these new belief structures. Shift your energies and images to beliefs about health and beliefs of yourself as a healthy person. Being healthy must have a higher value than illness. And I have to ask you, What are you willing to give up, change, and redefine to have health?

I know many of you are in that pain cycle of endless suffering, and it seems almost impossible for you to go for a new idea, mentally, emotionally, visually, spiritually. I know how debilitating that pain cycle can be. I've been there myself. The way out is a simple process of going into that higher level of consciousness in your theta brain wave. The minute that you roll your eyes up, the minute that you go and make a command of what you want instead, it's the easy way to align yourself with these new healing principles. It doesn't have to be hard work. You simply want to empower yourself with that level of consciousness in you that already knows how to let you get healthy if you simply stop believing what you're thinking now, that it's impossible for you to be relieved of pain or to not be healthy.



**I don't know how I believe I'm healthy. I don't know I relieve myself of this pain and thinking that it's impossible for me to heal. I only know I stop that NOW, and I open my mind to the new possibilities of healing within me.**

Remember when I was talking about that secondary gain? We're going to come back to that over and over again with all of the different aspects of how you can heal. There was one example of a paraplegic that I was working with, and he had some feeling in his lower feet. Just a little. We did energy work treatments on him, took him up to the theta brain wave, did some reimagining for him, and after the very first session he literally could flex his feet. The second session he could move his feet up off of the wheelchair. And he literally said, "Asara, I'm not coming back." And I said, "You're not coming back? Why?" And he said, "Well, I've been on disability so long I don't know if I could cope with actually having to be out in the world and earning a living on my own." It was his choice to heal or to not heal.

## **Bone Healing**



Healing your physical body is one of the easiest elements of healing. The reason that it's one of the easiest elements is because we start in the subtle energy field of thought, and thought changes matter. And the physical body is the last expression of our thoughts, feelings, and emotions.

Physical healing working with energy systems in the theta brain wave responds so quickly that when I used to teach healing in my school, Threshold University of Body Mind Science, I would say, if there is a break or broken bone, please do not put theta energy into that until it's been set, because the bones will immediately begin to heal.

One woman who was in a class had a hairline fracture, and she went into the energy system of healing. A couple of days later she noticed that her arm wasn't hurting. She had it checked out, and there no longer was a hairline fracture. The doctor was amazed because generally that type of healing would take months. But in days it was knitted and it was healed.

When we're talking about the aspect of recovery from physical injury or disability in the knees, in the bones, in the spine, in the arms, in the feet, in the hands, all of the bone structures, these are expressions tied into the emotions of going out in the world, going forward in the world, expressing yourself in the world, your foundation and your support.

## **Car Accidents**

I have a theory about car accidents that has held true in all cases where I have done healing with those who have been in accidents. Sometimes you find yourselves wanting to make a change, but don't have the tools that we're giving you, for example, here in this program. And a car accident will happen. A car accident where you're hit and you have a whiplash experience. What happens in that whiplash experience? Your head goes forward, and then it goes backwards. Some people have that pain for years, of all the nerve endings, and the blood that got trapped into the nerve endings when it was healing can cause constant pain until released. But almost 100% of the people who have that kind of a whiplash experience or a dramatic car accident or car crash have a complete change of lifestyle. They make a new decision about who they are in the world and how they want to be in the world, and they generally say that the car accident is the wake-up call.

Now I had one woman who was coming to my healing center, and she was on her fifth car accident. And I said to her, "Carol, do you think it's possible that we could possibly reframe all of your unconscious beliefs about making change so you could do it gently and easily without having to crash your car to change your body? Let's just change your body."

“Let’s just say that I don’t know how I can change my physical body into a better positioning to support me better in the world. I don’t know how I trust my ability to walk out into the world and to be safe. I don’t know how to be my magnificent self, my charisma of my knee supports me and my expression of myself in the world.

“Let’s make these belief changes that are essentially tied in to the physical structure of your body, of how you express yourself in the outside world.”

### **Allergy/Environmental Causes for Illness**

One of the major problems that we face today is people coming into ill health based on environmental causes. I want to bust the environmental causes programming that is hurting and harming so many people. I know it’s not easy to think that the body/mind connection could bring you into an experience in which your immune system becomes so depleted that you know the air is impossible for you to breathe—the chemicals in fabric, materials, even wood around you make it impossible for you to not have an allergy and an asthma attack, that it’s difficult for you. The environmental causes of what our sickness and illness are can be mutated and changed through a re-identification of the power they have over you.

An allergy is one of the easiest things to let go. An allergy is possibly the easiest thing to let go of in the immune system. An allergy is just a mistake of the immune system. I had one woman who came to The One Command® Leadership program in my home on Whidbey Island, and of course I have a dog and a cat, as we’re all pet lovers out there in the country. She walked into the course, and she said, “Oh, you know, I just love the fact that you let your dog, Miss Parker, join us, but I’m very highly allergic to dogs and cats.” And I said, “Well, would you like to change that, because we generally invite the animals into the training.” And she said, “Well, sure. I mean, I don’t know. I’ve had it all my life.” I said, “Oh, that’s okay, we’ll get that done in about 15 minutes.”

We went into the theta brain wave, and I led her through the microscopic screen process and commanded for the activation of her optimum health blueprint without allergies, and she came back down, unwound and rewound, and said, “Oh, my gosh, I feel so different. What did you do?” I said, “Well, what did you do when you went through that process?” And she immediately went over and petted the cat and the dog. And the dog and the cat would not leave her alone during the entire workshop. She wrote a testimonial—it’s on our website—about her recovery in 15 minutes from an allergy that she had had for 30 years of her life. It’s so easy to make that change in our biology, in our neurology, when we have the intention of that possibility.

### **Viruses/Bacteria**

Let’s take a look at viruses and bacteria. What if it were true that viruses and bacteria are interacting with us and have a level of consciousness, of knowingness, of interacting with us? What if they had their own mindset and they had an agenda of aligning with people who had a mindset that would host them, that would be in that relationship with them?

I once did an AIDS project at my healing center, and we had people take a blood test before and after their healing treatments. All the participants in the project maintained their T-cell count or improved it. They were not on any drug treatment at that time; it was just strictly the belief work and energy healing that made the difference in what was happening to their immune system.

Throughout the whole study we would ask questions about what would it be like if you could live without the HIV virus and be AIDS free? And the largest response, the greatest response we had was that this condition had been the most spiritual experience of their life.





Different comments were made such as, I'm not sure that I can be angry at having this disease because I cleaned up my relationships; I went in and solved problems with my family; I feel loved, I feel appreciated; it's just been such a spiritual experience that, yes, I want to live, yes, I'd like to stay alive, but I don't regret what the virus brought into my life—changed my life.

And what about other levels of viruses and bacteria that come in? Remember Dr. John, who said, "I refuse to get sick. I just tell the viruses and the bacteria I'm not a host. I'm not available." I like to say sometimes that now I will get a little bit of a cold once in a while. But what I say is "Thank you for letting me know who you are little virus, little bacteria. I've met you now. Now you can go on your way and do your job somewhere else, because I'm no longer willing to have that co-experience with you. I don't want to co-create that experience with you of my lungs coughing, of my bowels being inflamed, of my throat and nose hurting. That's not the experience I want to have in my life right now."

### **Your body knows how to heal when you release your fixed ideas**

Because the body knows how to establish health when your fixed ideas get out of the way, melt what is frozen, delink the intertwined neuro-net processing machinery that you have in your brain, you simultaneously allow the space and time for the body to heal.

Science has shown us repeatedly that we literally delete and distort information that is right in front of us if we don't have the emotional intelligence of that point of view. Deletion occurs when we **selectively pay attention to certain aspects of our experience and not others**. We then overlook or omit others.

Every time we call up a memory, we are rewriting that memory. But it's no longer the factual memory; it becomes the memory of the emotion that we replay again and again.

One woman with post-traumatic stress syndrome from a car accident was still having flashbacks and was being plagued by the memory of her accident. Her heart would pound; she'd break out into sweat and relive the memory over and over again as if it were still happening.

She took part in an experimental study using a drug that blocks the action of adrenaline. Then she listened to a taped re-enactment of her car accident. Now for over a year she had been spontaneously reliving that accident and having the same stress response. The difference this time was that the drug broke the link between her factual memory and her emotional memory. The hope of the study was to permanently change how a person remembers a trauma. And for this woman it worked. **She did not forget the accident but was able to reshape her emotional memory and release the trauma and leave the facts behind.**

When you go into the theta brain wave, you are doing exactly the same process without drugs. You are de-linking the thought, feeling of limitation, powerlessness, and negativity, and you are remembering an event, but you're not emotionally processing the event, and, simultaneously, you are opening the space for healing to arrive.

## Healing Code #14

### Forgivingness Is the Second Keystone of Healing

*“Anger and blaming others takes a lot of energy away from healing. One of the most powerful emotions that has to be expressed is forgiveness.” —Candace Pert*

Forgiveness is the most challenging aspect of healing. You want to heal, but you don't want to forgive. You are just not ready to forgive that person or that experience that caused so much pain.

The reason you hold onto lack of forgiveness is to protect yourself from having the same painful experience ever again. You hold subconscious programs that tell you that the only way to stay safe is to never forgive—to always remember what happened to you so it will never happen again.

**Forgiveness is a choice.** You may never want to forgive or be ready to forgive the people and the events in your life. However, you can make the choice to forgive—to set yourself free from the pain of the past. The truth is that forgiveness must happen in order to truly heal.

Forgiveness is never about the other person, and it is not about saying what happened is OK. Forgiveness is ALWAYS about your being willing to let go of the beliefs and emotions that are making you sick. When you forgive what and who needs to be forgiven, you become free to decide that you, your life, your health are MORE important than anything else. You set down the burden of the painful past and begin making new decisions and new choices, which leads to greater health.

There is tremendous freedom in forgiveness and releasing the burden of carrying the pain. You already know from listening to the program that every emotion has a corresponding chemical reaction. These chemical reactions either support your health or contribute to illness.

When you carry feelings of anger, shame, blame, hatred, guilt, or bitterness, you feel disempowered, helpless, and hopeless. These emotions become frozen patterns that your body must store in order to protect itself from harm. It takes a great deal of energy for your body to protect you from yourself—energy that would normally be used in regenerating your healthy cells. Over time your body can no longer overcompensate for all the negativity you are asking it to hold, which opens the door to disease, ill health, and physical challenges.

By your act of forgiveness, you literally delink and unfreeze the stuck neurological patterns of those negative emotions that have been stored in your cells and contributed to an unhealthy lifestyle. Releasing the negative, toxic emotion frees up energy that can now be directed toward creating greater health and vitality.

This process we are sharing with you about forgiveness is the transformative piece for unlocking the healing codes. In forgiveness, you stop harshly judging yourself and others. You open the doors to the prison in which you have lived for years.

It is time now to forgive yourself, mistakes of the past, and other people who have harmed you. It is time to put yourself back in the driver's seat of your life and take control of your health.

The most important aspect of forgivingness is forgiving your mistakes of your thinking that have trained your body to crave unhealthy emotions and eating and drinking habits, and have selected the weakest DNA images—those lackluster images that weaken the immune system and invite illness and disease into your body. You want to forgive your thoughts, pictures, images of your past that no longer exist except in your biology and neurology.



You want forgive the feelings and sounds in you that represent those whom you blame, whom you hate, whom you resent, whom you were betrayed by, whom you were left out to dry by.

You forgive your receptor sites for craving what you have fed them, and you forgive the memory of the memory. You put yourself back in the driver's seat with your mind in control of your body as you go through forgivingness.

Be present with yourself, imperfect as you are and as perfect as you want to be.

### **EXERCISE: Forgiveness**



*“To forgive is to set a prisoner free and discover the prisoner was you.” —Lewis B. Smedes*

Think for a moment—whom do you need to forgive? Not whom are you ready to forgive—whom do you NEED to forgive? What emotions come up when you think about forgiving? Are you calm and accepting, or does the thought of forgiveness make you angry? Just notice your reaction for now.

#### **Step 1: People I resent and need to forgive**

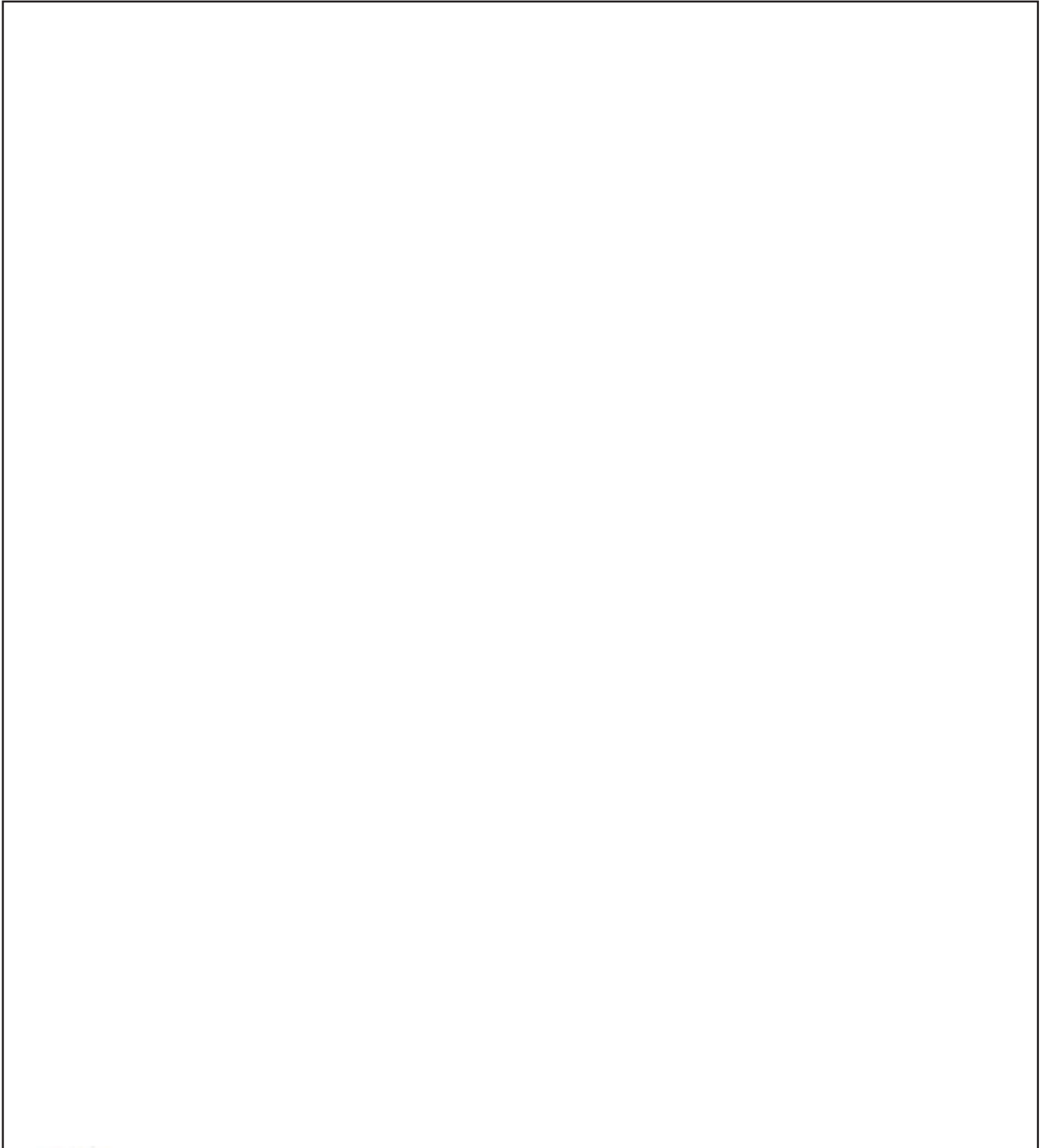
Write down the name of every person (even if he or she is no longer living) who has ever hurt you in any way. If that hurt is still with you, you are still locked into that unhealthy dynamic. You may be surprised at the memories that come to you, and people may come to mind whom you haven't thought about in years. They all go on the list. Give yourself the time—and permission—to exhaust every person, every possibility. If writing this on paper, use as much paper as you need to get them all listed.

Hint: Make sure to put yourself on that list as well!

## Step 2: What do I want from each person instead?

For each person you listed (your name is on there also, right?), write down what you want from that person instead of what you experienced. Again—give yourself the time and permission to write something for every person on the list. (Keep what you want in present tense, i.e., “I want” rather than “I wanted.”)

Example: My mother—*“I want my mother to love, nurture, and protect me.”*

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### Step 3: Commanding for a new healthy reality

Using the Six-Step Process of The One Command<sup>®</sup>, issue the commands of what you want instead that you discovered in Step 2.

You can take yourself through this process, have a friend walk you through it, or listen to the CD as we take you through the six steps and you follow along.

(Note: When making general commands, you do not go through the healing screen to the etheric blueprint. You simply expand and receive.)

- Ground
- Align
- Go to Theta
- Command (“*I don’t know how I am loved, nurtured, and protected. I only know that I am now, and I am fulfilled.*”)
- Expand
- Receive

### Step 4: Commands for forgiveness

Now that you have created healthy new programs about the people you once resented, you are ready to step fully into forgiveness—starting with yourself.

*“I don’t know how I love and forgive myself for past mistakes and decisions. I only know that I do now, and I am fulfilled.”*

Take each person on the list and command to be ready to, open to, or completely forgive now.

*“I don’t know how I am ready to forgive (person’s name). I only know that I am ready, open, and forgiving (person’s name) now, and I am fulfilled.”*

*“I don’t know how I have a peaceful relationship with (person’s name). I only know that my relationship with (person’s name) is peaceful now, and I am fulfilled.”*



## Healing Code #15

### Allowing Is the Third Keystone of Healing

*“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.” —Buddha*

Trying and efforting to be healthy are simply ineffective and exhausting. Allowing yourself to be healthy places your focus on what you want, which is to be healthy, and removes your attention from your illness or condition. You already have the perfect blueprint of health right within you and surrounding you, and we are showing you throughout this entire program how to tap into that greater intelligence and that etheric blueprint in order to heal.

Sometimes you can get so wrapped up in trying to heal or be healthy that you don't ALLOW yourself to be healthy and healed. So when you find yourself in that state of trying to heal... take a deep breath, step back, and consciously shift your focus to what you want instead.

Allowing is an essential part of the healing process. It expands you beyond your boundaries of limitations and fearful thinking. When you allow what is to be what is—without judging yourself or others—the bonds that tie you to an illness are broken and your body is free to come back into balance and harmony with itself.

When in this state of allowing, you are in that space between the old state of poor health and the new state of greater health. It is in this “between” state where your body uses its energy to restore, rebalance, and heal itself.

Allowing is an important and integral part of the change process. It's the **space between the old and the new, and it's the energy for rearranging the biological molecular structure that's required to instantaneously heal**, to close the receptor sites to disease, to illness, and to open the receptor sites to a healthy immune system, to the restoration of health.

The quantum event of that moment of healing takes place only when you focus on the solution without knowing the solution, when you have the desire for the solution without knowing the path to that desire being manifested.

#### **EXERCISE: Allowing Your Wellness**

*“Research has shown that the body can and must be healed through the mind and the mind can and must be healed through the body.” —Candace Pert*

Now that you have greater self-awareness and have stepped into forgiveness, this exercise will show you where and what you are allowing—or not allowing—that can contribute to your healing.



**Directions: Take 10-15 minutes to answer the following questions.**



What is your biggest health challenge?

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What is the message this health challenge has for you—what does it want you to know?

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What does your body need in order to heal?

(This could include resources such as creating a supportive healing team, ways to take better care of yourself, something you need to do, or something you need to stop doing.)

What would your life be like without this health issue?

What are you allowing—or not allowing—in your life that is contributing to this health challenge?

### **Allow the Present Moment**

Allow yourself to be in the present moment with whatever state you are in. We call this meeting yourself in the moment. When you meet yourself in the moment, you are allowing yourself to feel and experience what it is that you may usually want to avoid or deny or put away. And you make it so that whatever state you're in is the perfected state that you are in. If you are in a depressed state, it's a perfected state. If you're in a painful state, it's a perfected state. If you're in a joyful state, it's a perfected state.

Now it's a weird concept. I understand that when you're in pain, you don't want to say that's a perfected state. However, if you match your physical experience with your mind, if you match your physical experience with your emotions rather than resisting, rather than opposing, rather than arguing—when you allow yourself to make a change emotionally, energetically, in that moment, you will be surprised at the healing miracles that will show up for you.

If you meet yourself in the moment of noticing it and in that moment go up to your theta mind, into your greater capacity of intelligence, and command, **“I don't know how I shift-reverse this pain in my body. I only know I do now.** I'm sorry for this pain in my body. I'm sorry for my thoughts that have caused this pain in my body. I only know I do now, and I am absolutely fulfilled.” Then in that moment you have allowed the space for your healing.

Allowing keeps you in the present moment with the present truth, which allows that change to happen naturally and organically. You already have the perfect blueprint of health right within you and surrounding you, and you already have the perfected love, harmony, joy, exuberance, satisfaction, and intelligence in you ready and willing to arrive once you allow that room for it to appear.

You disengage in the same place in the same way as your thoughts, memories, and feelings exist in the present moment—with a new thought and feeling. You disengage the fixed thinking that's driving the body to respond to the negativity. You dissolve and melt that programming in a moment. And, in allowing, you're creating space in no time and no space in allowing. You allow what you want instead to arrive by your direction and by your command, and that only takes place instantaneously in the quantum field of all possibilities in no time and space.





Can you recall a minute when you were daydreaming—some of us have even been known to do it while driving. Not a good idea. However, can you remember a moment of daydreaming and you came awake, you came back into present consciousness, and you said, “I don’t know where I was. Where was I? Oh, my gosh, where did I go? What happened to me?”

**That is no time and no space**, and allowing is in no time and no space in a deeper, wider field of consciousness. Imagine allowing is in that universal intelligence—now you’re out in the Milky Way—now you’re out in the outside edges of the galaxy—now you’re in this incredible space, and when you go into that incredible space, there’s no time, and that’s the time that healing takes place.

When you stay constricted, when you stay fearful, there’s no room for healing to arrive. Allowing is a wonderful keystone event of healing.

Remember when I said you only get a 1% result in all of that logical thinking analyzer of yours. The key to healing is not found in that portion of your intelligence. The key to healing is found in the greater portion of your intelligence found in your theta/delta brain waves, in those deeper brain waves that know how the body can restore itself, know how it can restore itself in a moment. And all that’s required of you is to allow it to happen.

We have this set up and designed as a program for you in such a way that you go through the six steps to theta, command a change, and, in that moment when you expand into an idea that’s greater than yourself, you allow the change to happen.

Go out as far as you can when you get that opportunity. That is the place of allowing. That is at the cellular surrender to what you are holding against yourself, of what you are fearing. It’s another level of consciousness. It’s an enlightened state of awareness. It’s that place that you can spontaneously reach every once in awhile, when you have a good idea, when you come into a new understanding of love—and the place you can consciously contact with The One Command® process.

**Ground, Align, Go to Theta, Command: I don’t know how I allow my healing in this present moment. I only know that I do now, and I am fulfilled. Expand, Receive.**

## Healing Code #16

### Receiving Is the Fourth Keystone of Healing

The ability to heal is dependent on your ability to receive

The one principle above all others that is *key* to your health and vitality is your ability to receive healing, blessings, help, and things as simple as compliments when they come your way.

Because of your old programs often you reject help, compliments, or even healthy new ideas. Through The One Command®, you are coming to a new understanding about allowing the loving actions of giving to come to you.

To be able to receive you simply set aside judgments and old beliefs that limit your ability to receive, and instead command the willingness to receive.

This is breaking out of the old codes, the ones that describe self-love and a sense of worthiness as selfishness. It is only when you are able to receive without fear and in gratitude that you can nurture the cells of your body and flood them with love in both directions—giving and receiving.

It is only when you understand what it feels like to receive your good that your good may arrive.

Receiving

- A. The inability to receive creates disease.
- B. Receiving correlates to your ability or inability of receptor sites to receive proper nutrition.
- C. Establish a purpose in receiving. You lose your sense of identity and self-worth when you are a giver only.
- D. Establish a flow of receiving and giving.
- E. Re-establish identity as a receiver—new value as a receiver.

Receiving is a new feeding to the receptor sites of love, joy, harmony, health, and well-being.

#### **Exercise: What Do I Believe About Receiving?**

Ask yourself these questions:

**What do I believe about receiving?**

**What are the ways that I receive now?**



## What are new ways I can receive? (Use your imagination.)



### EXERCISE: Receiving

*“You have a greater power for your health than your limitations.”  
—Asara Lovejoy*

Close your eyes and turn your focus inwards. Take time to investigate your limiting beliefs and always ask yourself, “What do I want instead for my new reality of healing, good health, and greater vitality?”

#### Step 1: What do I want to receive instead?

Take each important point you discover about yourself and turn it into a command. Create as many commands as you need in order to be open to really allowing your self-healing to become your reality.

*Example: Without this challenge I would have more energy to take care of my family.*

*What I want to receive in my life is to feel better and have more energy. So, my Command is “I don’t know how I have all the energy I need to take care of myself and my family. I only know that all the energy I need is here now, and I am fulfilled.”*

#### Step 2: Command for your health and your healing.

Let’s go to that greater portion of your intelligence and Command a greater understanding of your capacity to heal as you continue to Unlock Your Healing Codes right now.

Remember this is a physical process, not an imaginary one, even though you do use your imagination in the process.

The actual physical steps of going to theta and commanding a change while in your theta state communicate a new message that has more power and presence than years of your negative thinking.

Your fearful or limited thought is undone in this very moment at all levels of your being, emotionally, neurologically, and physically.

Expanding into an idea greater than yourself allows that intelligence that is yours to arrive directly into the cells of your body and to unlock your DNA healing codes according to your Command.

Let’s continue activating and Unlocking your Healing Codes right now.

#### Go to theta and Command

Using the Six-Step Process of The One Command<sup>®</sup>, issue the commands you created to open up to greater allowing and receiving in your life and in your health. You can take yourself through this process, have a friend walk you through it, or listen to the CD as we take you through the process, and follow along.

- Ground
- Align
- Go to Theta
- Command
- Expand
- Receive



## Healing Code #17

### The 5 Principles of Spontaneous Healing

Much research has gone on to investigate what happens with people who actually have spontaneous healing; a remission from a cancer or recovery from a debilitating disease, recovery from an injury, getting up and walking out of their wheelchair. And it came about that a spontaneous healing event **had five basic beliefs in common.**

**The first principle of spontaneous healing is that each and every one of those individuals made a choice to heal.** When I say made a choice to heal, I'm not saying that they wanted to live, that they were afraid of dying, that they didn't want to be sick, that they didn't want to be in pain. That's not what they did. What they did was emotionally make a choice to heal.

You can apply The One Command®: I don't know how I heal. I don't know how I make a choice to heal. I only know that I do now, and I am fulfilled. And you have to uncover all of the contradictory programs that would not align **you with this one decision: I make a choice to heal.**

Now your beta mind is going to argue with you and come up with contradictions that can make you fearful. When you make the choice, I want to heal, you don't have to have the answer of how that happens. The beta/analytical mind starts trying to solve the problem. The problem of your healing is not going to happen in that portion of your intelligence, so surrender it and go into that greater intelligence of yours and make the Command: I don't know how I come to know that energy of I want to heal, I only know I want to heal. I only know that it is so now, and I am healed. When you implement that as your unconscious motivation, your unconscious prime directive, then everything within you looks for the answer of healing.

**The second principle is that everyone who had spontaneous healing believes that instantaneous healing is possible.** They simply believe that it's possible. They have an idea of prayer working and seeing miracles happen in people's lives. They have enough information to understand the biology of change, the mechanics of science of that quantum moment, reaching that quantum threshold, and then the next moment is the spontaneous moment of healing.

**Third, those that heal believe in a greater intelligence that knows how to heal,** that has a greater ability and intelligence to heal, and knows that they can be in relationship, that they are in relationship with that intelligence. They believe in a greater intelligence within themselves that knows how to heal, and believe in a greater intelligence in the universe that knows how to heal.

Some have deep, deep faith in the power of God, some of have deep, deep faith in universal intelligence, some of have deep, deep, deep knowing and understanding that we're all connected at a level of consciousness where we're whole, where we're unified, where we're all one, and if healing exists in any form anywhere, it can exist in you in this moment. They believe in that unified field of consciousness, in that ability of the universe to know the mechanisms of instantaneous healing. They simply believe it.

**Fourth, they all believed that healing takes place outside of the regular paradigm of the mind, that it takes place in non-ordinary reality, that it takes place in that no space and no time.** They all know and believe that the healing does not take place through their forced will of attempting to make the healing happen; it takes place in non-ordinary reality, in no space, in no time.





And the **fifth principle** of spontaneous healing is just wonderful, because each and every one who was healed spontaneously says exactly the same thing, **“I just knew that I was healed. I just knew that it was done.”** They received the healing; they claimed the healing; they knew that they were healed, that their old condition was gone.

### Friend’s Story

My friend David Hunt, who created our website for our seminar leader graduates, [www.theonecommandleaders.com](http://www.theonecommandleaders.com), emailed me after a serious heart attack. David wrote, “As many of you know, a little less than eight weeks ago I had a triple-bypass open heart surgery. I had what is called a widow-maker blockage, a blockage in the left main anterior descending coronary artery. A little research on the Web says that widow maker is a fairly rare, but exceptionally lethal, type of blockage. This is one kind of heart attack where the first symptom is frequently death.

“Fortunately it was an unusually severe allergy season in Texas. I went to the doctor for breathing problems, and when the doctor found he could not control them completely with allergy medicine, he suggested I have some other tests. That was in early June. But I had more important things to do this summer; I didn’t begin the series of tests until the end of July.

“After a couple of preliminary tests, I had an angiogram. My cardiologist told me I wasn’t going home after the test as planned, but would have surgery first thing the next day. When I looked at the monitors, the pattern of blood vessels reminded me of those maps of traffic conditions you see on TV; problem was a couple of the expressways showed an accident. Even I could see that traffic wasn’t getting through.

“Recovery has been an interesting process. **I have used The One Command® teaching to remind myself to become an observer as well as the participant.** One of the most common problems people have in recovering from this type of a surgery is depression. This can be brought on by a number of things, including all the strong medicines you have to take for a period afterwards, facing your own mortality, and the fact that it can take over two months to get all the anesthetic out of your body. It turns out it takes a very large amount of anesthetics to keep you under when someone is splitting your chest open.

“By using The One Command® technique, I could remind myself to become the observer so I could look at what was going on with me instead of just being in the middle of all of it. You have a lot of free time on your hands when you are recovering; you have plenty of time to think, so you had better be the one who is in charge of your thoughts.

“Whenever I felt like I was going off in the wrong direction, I used what Asara teaches us about reframing our situation. Yes, I had to go through a stressful, unpleasant surgery; yes, I was in considerable pain afterwards, even with the painkillers; yes, it was expensive, even with excellent insurance; yes, I had not had a full paycheck for a couple of months, even with excellent disability insurance; **but I am alive.** I will never know how close I came, especially since I put the test off. But I am still alive, and all those other issues are just inconveniences, and I will get through them.

“Many people have told me that God must have a purpose and an incomplete life work left for me or I would not still be here. I was already thinking that same thing, and by the time I was in the recovery room, **I knew I was going to make it.**

‘Now I want to do the best job I can of the things I am already doing. If there’s someone you need to call to tell them you love them, **do it today**; if there’s someone you need to go see, **do it today**; if you owe someone an apology, don’t put it off any longer; and if there’s something nice you’ve been meaning to do for someone, **now is the time to do it.** None of us have a guarantee that we will be able to do those things tomorrow.”

## Healing Code #18

### Gratitude in the Present Moment

**Be present in the moment—miracles can only happen in the Now.**

There are two questions that I ask myself many times. Is it really possible to create miracles using just two questions? And the answer is a definite yes. If you are asking the right two questions, it's not only possible, but combining these two questions with The One Command<sup>®</sup> guarantees that you will start seeing miracles in your life.

**The quality of any answer is directly related to the quality of the question.** If you want better answers, ask better questions. And there are two questions that will literally transform how you live, how you develop a healthy lifestyle, how you believe in the miracles of instantaneous healing.

**The first question is, “What do I want instead of this?”** We tend to ask our questions from a place of pain. Why is this happening to me, how could this be done to me, why did I lose everything or everyone I love, why is God punishing me for this pain I'm suffering? The subconscious mind often brings up every situation, image, feeling, and belief to tell you exactly how and why, when you ask those questions and the results are debilitating.

Asking, “What do I want instead of this,” is a question of action and answers. It creates a pause, a deep breath to allow new thoughts, new space, new choices, and decisions. This question comes from a position of love and empowerment. Asking yourself what you want instead opens you to receive infinite possibilities and your heart's desires. You begin moving toward what you want instead of away from old pain. You move toward what you want instead of moving away from what you don't want.

If you have a physical challenge, asking yourself what you want instead of being sick will provide you with a wealth of information and commands. You reclaim your health, your power, and begin to recapture the vitality in your life. It's the same with an emotional issue; asking yourself what you want instead will show you new emotions, such as safety, security, or being cherished, that are very deep within you just waiting to be realized.

**The second question for creating miracles in your life is, “How does it get better than this?”** This is an open-ended question that is not intended to provide answers but to spark curiosity. It's a question of **gratitude, and it leads to more gratitude** and more things to be grateful for. Every situation, every outcome, every thought, image, or emotion, stop and ask, “How does it get any better than this?” Whether the outcome is what you want or not, with joy, with curiosity, with confidence, and with gratitude ask, “How does it get better than this,” **and pay attention.**

Your role is to keep asking the question and continue noticing the outcomes. This is not about trying or efforting. This is not about learning to live and receive in gratitude regardless of what is happening in your life. **Gratitude begets more and more to be grateful for.** It is a cycle of positive energies. If you have Commanded for something and you receive it, ask, “How can it get better than this,” and notice what happens. If you are in pain, lonely, sick, or wanting something you think you can't have ask, “How can it get better than this,” and notice what happens.

There is freedom in the open-ended question. Your entire body, mind, and spirit come into agreement with you to show you how it actually does get better. You open to receive new inspiration, resources, experiences, and knowledge from your source spine; you are in cooperation and agreement with your good. You always have a choice of two paths to walk: the path of fear or **the path of healing and love.**





## Healing Code #19

### The 6 Structures of Belief

I'd like you to get into a comfortable place and commit 30 minutes to asking yourself these questions. Before you start, **please write down what is your main condition that you would like to change.**

As you might notice, you have many levels of beliefs that affect you and your healing. This guided questioning reaches into each of those levels so that every place within you comes into agreement for your healing.

#### The 6 areas of your life we investigate are:

Your SURROUNDINGS—how are you living—what is your environment like—how does it help or hinder your well-being?

Your current HABITS—and what of those are you willing to change to heal?

What are your ABILITIES to heal to be healthy?

Your internal BELIEFS and PROGRAMS—especially as they relate to what you think is possible in healing.

Your SELF-IMAGE as healthy or unwell.

YOUR CONNECTION TO A GREATER INTELLIGENCE—God—spirituality

And as I ask at each question of atmosphere and your surroundings, your habits, your abilities, your internal programs of belief, your self-image, and your divine connection, at each one of those areas I'm going to invite you to ask your questions for the change you wish to have during this time that we're going through this process.

Also, I want you to know you can come and **revisit and revisit and revisit this process**. Any time you would like to be guided through the process of deep-level congruent change to answer all of the unconscious ideas and beliefs that you have that are essential to making a real change of your receptor site energy, of all of those chemicals going through your body and feeding your receptor sites and shifting them into a new feeling of health, joy, happiness, and increased vitality.

To make a congruent change on each level of intention that you hold, you have to investigate the 6 structures of belief. Now we teach this deeply in The One Command® practitioner course. But right here we're going to take you through the process.

### **Process of Change Through The 6 Structures of Belief**

**The first question to begin is to ask what you would like to change**, improve, or remove in your life in regard to your health.

Start by closing your eyes and doing a body scan. Ask your body what is going on that you need to know. Close your eyes and go into your body and see, feel, imagine, and then open your eyes and jot down what you perceived—do not analyze.

It may be a color or a feeling or a sound in your body.

Once you have noticed what is going on in your body and have jotted it down—then close your eyes again and as you ask “What do I want instead?,” just let the answer arrive.

When I did the process with Bonnie, depression is what showed up, and I asked her, “Go ahead and close your eyes, and on a **scale of 0 to 10, 10 being the most depressed**, how depressed are you feeling?”

Now ask what you want to change—maybe an area of pain or limitation—and gauge it on a scale of 0-10, 10 being the most debilitating.

This is so you can go back and check after you have done your healing work to recalibrate that scale and see how you have changed.

### **Now ask what you want instead.**

The most empowering question to ask once you have defined what a program is, once you define what an area of your life is, how do you change that? The way you change that is **to ask for what you want instead**. Now this is the most difficult question for most people because they'll say I don't want my depression, I don't want chaos. But you know, the answer is really what is it that you truly want? And I have people say I have never thought about what I want. It's hard for me to define what I want. And I understand that's true, but even if it's hard for you to define what you want, let's go into that.





## Step 1: Surroundings

Here is the dialogue I had with Bonnie to have more clarity about how her depression affected her daily life.

Asara: Bonnie, when you have this depression, I want to talk about your surroundings and your atmosphere. What is your home like right now, and what is your atmosphere like right now in this depressed state? And what is your environment at work like? I know you work at home, so how are those areas of your, you know, actual surroundings of where you're living affecting you in terms of making you more depressed or less depressed?

So, go ahead and close your eyes and ask what is it in your surroundings that you would like instead.

Bonnie: Well, because I work from home, I have an office space. And in my office, I want to be more organized. I want to have a place for everything and everything in its place. And I want to bring in some plants and some soft music. And then even some aromatherapy, just some, like, beautiful smells, relaxing smells, and, some essential oils for energy and mental clarity. So that's what I want in my office. And then in the rest of the house I just want to have that more cleaned up and have that more organized so that when I leave the office at the end of the day that organized, peaceful feeling continues.

Asara: Great. You have one situation where you cluttered and disorganized, and it leads you to more depression. And then you have what you want instead. But there's something in between creating what you want instead that's in the way. So if I were to say, oh, just clean up your house, Bonnie. Oh, just get with it, girl. You know you need to clean up that mess. You know how many times have people walked in to a cluttered house of a person that's depressed and said that to them. Right? Well, if you would just get with it, right? So you know what happens?

Now I want you to go in and check in your body and see what happens in your body when I say you can have what you want. You can have this beautiful environment with the plants and the music and the aromatherapy; you can have that. And then what happens in your body?

Bonnie: Well, two things. There's a part of me that goes, oh, I can, and gets really excited and then starts to make a list of the ways I can have it and what I need to do. And there's that other part of me that says, but you won't be like your mother. You'd have to give up being like your mother.

Asara: Wow. So I want to be like my mother, but I don't want to be like my mother. Okay. Great. All right. How would you like to be like your mother differently?

Bonnie: There are many things that I love about my mother. My mother was really kind, she was caring, she was compassionate; I want to be able to have those qualities and be happy.

Asara: Okay, great. So the Command would be "I don't know how I'm like my kind, caring... was your mother a good organizer or did she clutter, did she teach you cluttering as well.

Bonnie: Oh, yeah, she taught me cluttering. She was very good at that.

Asara: So we don't want to add that. We want a mother that's loving and compassionate and makes you feel good in your environment. And go in and check and close your eyes, is there a part of you that does know how to be organized and does know how to get rid of the clutter?

Bonnie: Oh, absolutely. Every once in a while when I start feeling good, I'll make a list and then I follow that list and I clean everything.

## Form Your Command

Asara: Okay, great, brilliant. The Command for you has to be your language. **I don't know how I'm like my mother, kind and compassionate. And I don't know how that organized part of me organizes my space, brings in my plants and aromatherapy easily and effortlessly. I only know I do now, and I am fulfilled.**

All right, now let's just take everybody through this first step. We're going to Command a change. **So write down what you want instead.** If you need to take a little while, put it on pause and write out what your Command is for you. The right words in a positive direction. It's only now we're making the Command and dropping out "don't want." If you are thinking "don't want," cross it off your list. I only know I want now.

### Ground

Go ahead and ground. Come into your body. Feel that energy in the earth. Bring the energy up from the earth into your heart.

### Align

Bring your little child into your heart. Surround your child with light and love, support.

### Go to Theta

Imagine your eyes are now rolling up. Imagine going on up through the universe. Pop through that black void into the white luminosity of all that is.

### Command

I don't know how I close my receptor sites to my disorganized, depressed mother and open my receptor sites to my compassionate, loving and caring mother. I only know I do now. And I am absolutely fulfilled. I don't know how the organized part of my internal self goes into action in support with my compassionate, caring mother, and I gently and naturally and easily reorganize my space and my environment for my happy joy and satisfaction, and I am fulfilled.

### Expand

Now expand into an idea that's even greater than what we commanded. And just see all the powers of the organization of the world, of the universe, that are yours coming into being. Imagine your current body on one side of the subatomic screen and your etheric blueprint of perfect health and well-being on the other side. Move your consciousness through the screen into your perfected state and stay there awhile. When ready, bring that new blueprint right back down into your body and allow yourself to...

### Receive

And all of the compassion, joy, and caring coming back down, coming back down, and unwind, unwind, unwind (pause) all of those old limiting ideas of, oh, if I get organized I won't be like my mother. I have to keep my depression to show her I love her. Let it go. And rewind, rewind, rewind.

I am organized and compassionate and caring for myself as well as for others. Rewind, rewind, rewind.





Bonnie, how do you feel now?

Bonnie: I feel very peaceful and happy.

Asara: Okay. So now close your eyes and just on a scale of 0 to 10, how possible do you think it is to actually make some change in your physical environment?

Bonnie: Oh, a positive 10, without a doubt.

## Step 2: Habits

Asara: Now let's go into habits. Habits are really interesting to change because, as we say, "I want to be healthy, I want to be healed, and I Commanded that I'm healthy and I'm healed, and how come I didn't get a miraculous instant healing, Asara?" The answer is that how many levels of investigation did you make about your programs that prohibit you from actually healing? So habits are huge; they're tied into the habits of thought as well as the habits of behavior.

Let's actually talk about what happens when you're in your depressed state. And I call it a depressed state rather than depressed, because a depressed state or a joyful state is a state that you can change in your body and your mind, by focusing in a certain area of your neurology, and by tapping into certain areas of your neurology.

So in your depressed state, **go ahead and close your eyes**, and tune in to what happens to you in that depressed state. How do you act? What kinds of behavior do you have? What kind of habits do you repeat over and over again?

Bonnie: Well, I bounce back and forth to being this erratic running around trying to do, do, do. And then I can instantly flip over into being overwhelmed, like I'm doing too much, I'm going in too many directions. I feel that loss of energy; I feel pain in my body. I can hear myself, you know, criticizing myself for not doing what I know I'm supposed to be doing. And then I isolate myself and feel even more depressed, and then I just sit down and watch TV and eat ice cream.

Asara : On a scale of 0 to 10, how bothersome is all of that behavior within you?

Bonnie: A 7 or 8. Enough to interfere with my life.

Asara: If you were to change those behaviors and those habits of your behaviors, what do you think would be something you'd want instead? What would you want instead?

Bonnie: I would want to be able to easily move between states, and to move toward solutions, to move toward what I want. And, and I want to be able to keep my focus on my desired outcome, which is to be happy. And I want to feel happier, and I want to feel more positive.

## Command a change

Form your Command before you start

Ground

Align

Go to Theta (back into your body)

Command

I don't know how I easily move between states and toward solutions to what I want. I only know I do now, and I am fulfilled. I don't know how I keep my focus on my desired outcome, which is to be happy, and I feel happier and more positive. I only know that I do now, and I am fulfilled.



Expand (Take yourself through the subatomic net into your perfect etheric blueprint and bring that back into your body.)

Receive

Now go back and check in on your scale of 0-10 and see how it changed.

Bonnie: Wow, I had no idea I was giving so much power to depression.

Asara: I know people find this just truly amazing that you can make a state change in a physical change even with something such as long-standing depression in just a moment.

Bonnie: Oh, I feel tingly all over.

### **Step 3: Abilities**

Let's look at how able or disabled you are in your current condition—what are your abilities to heal and change?

Asara: Do you have the ability to change your depression? Are you able to do it? Some people want to get up out of a wheelchair, and you have to ask them is that something that they have the ability to do? Are you capable of doing it? So sometimes, for example, "Oh, my boss makes me so angry. I just don't want him to talk to me that way." So are you capable? Do you have the ability to make that change in your environment? Or, "I hate the philosophy of the company I work for." Can you change that? In a relationship, when you're unhappy, you say, "Oh, if you would only change your behavior I'll be happy." But are you capable of changing somebody else's behavior?

One of the things that cause us a great deal of stress in our life is projecting change that we require for our joy, happiness, and health. And the question is, do I really have the ability to change that other person? So let's look at some of the conflicts, thoughts, feelings that you have about whether you're capable of changing this depression.

Bonnie: I have the ability to move my body and get more physical activity. I have the ability to trust myself. I have the ability to get organized. I have the ability to shift my state. There's a lot of things that I'm able to do.

Asara: Great. Okay, so what would you think you can't do if you're really, really, really right in the middle of your depression?

Bonnie: Oh, I can't, I can't shift out of the depression.

Asara: Yeah, so the habit and the behavior of that funk is so engrained neurologically that it's like everything has disappeared in the universe, and you're just in this black hole. So go ahead and close your eyes, and then measure on a scale of 0 to 10 how deep a funk is that, 10 being the deepest.

Bonnie: About an 8.

### **Form Your Command**

I don't know how I reverse lethargic, blocked, depressed feelings. I close the receptor sites. I de-link my neuro-net system. I only know I de-link my neuro-net system from depression now. And I instill flow going forward, being lighter in my solar plexus or in my whole body now. And I am absolutely fulfilled.



Ground



Align

Go to Theta

Add another Command: I don't know how I am lighter and I bring more flow into my body and I open my receptor sites to lightness and flow in my solar plexus, and I close my receptor sites to depression, lethargic feelings, and I open my receptor sites to light, to movement, to flow. And I am fulfilled.

Expand (Take yourself through the subatomic net into your perfect etheric blueprint and bring that back into your body.)

Receive

Asara: Now just close your eyes. On a scale of 0 to 10, how light do you feel?

Bonnie: Oh, a positive 10.

#### **Step 4: Beliefs and Programs**

Asara: Now let's go into the programs, the beliefs, and the values that you hold within you—your neurological programs. When you're making a state change, from one state such as debilitating pain, illness, to health, most folks focus on their pain and condition and not on the emotional context and the content of what is driving the condition unconsciously.

Bonnie: What first comes to mind is I can't be healthier than my mother. And I remember being told as a kid it's God's will. God giveth and God taketh away. So it's out of my control. And being sick kept me safe. Being depressed kept me safe. My brothers and my sister would leave me alone, and I got taken care of because I was depressed, and people didn't expect as much of me.

Asara: In those beliefs, what do you want instead?

Bonnie: I want the right to be healthy and be loved at the same time.

Asara: So many times that need for love is tied into being cared for when you're sick, and then you just automatically get sick when you feel down and out and you want some love. Right?

#### **What do you want instead?**

Bonnie: I want to know that it's safe to be healthy and that I have the right to be healthy and I have the right to heal myself. And I'd like to have some boundaries. I want people to take care of me and love me when I'm healthy. So that goes back to receiving again. I don't know how I receive when I'm healthy. I don't know how it's good for me to have people pay attention to me when I'm healthy. And I enjoy the attention and I enjoy my health. Right?

Asara: Go ahead and close your eyes, and then measure on a scale of 0 to 10 how much is tied into being sick and getting love, 10 being the greatest amount?

Bonnie: About a 9.

Asara:

Ground

Align

Go to Theta

Command (Make each command separately.)

Bonnie: I don't know how I am happy and healthy and I get attention and I'm able to receive the attention. I only know it is so now, and I am fulfilled.

I don't know how I'm safe when I receive positive attention. I only know I do now, and I am fulfilled.

I don't know how I'm healthier than my mother and my mother loves me. I only know it is so now, and I am fulfilled.

I don't know how I'm healthy and I am loved by my mother and my family. I only know it is so now, and I am fulfilled

I don't know how I express my joy and others enjoy my joy and celebrate my joy and my health. I only know it's so now, and I am fulfilled.

Expand (Take yourself through the subatomic net into your perfect etheric blueprint and bring that back into your body.)

Receive

Asara: Now just close your eyes. On a scale of 0 to 10 and, how light do you feel?

Bonnie: Oh, it's like I can hardly stand still. I just want to start expressing myself. It's a positive 10 plus!

### **Step 5: Self-Image**

Asara: Now let's look at your self-image. This is really important. Here you are, changing your belief structure about depression into joyful exuberance. Now there's an image that you have of yourself when you're depressed or when you're sick in a certain way. So close your eyes and just see what comes in of the image of yourself when you're depressed or sick in a certain way. Who do you look like? What does your body look like?

Bonnie: Well, I look like my mother.

Asara: Okay, you look like your mother.

Bonnie: I get this image of a depressed person, a weak person, and my shoulders kind of cave in, and I kind of scrunch down, and I remember my mother saying it's okay, you're not as strong as the other kids. I'm hearing those beliefs, those things that were said to me. And feeling like I'm too much, I'm not enough, I don't know which way to be. And I was too skinny and/or I was too fat, and I was too much this, and I didn't eat enough/I ate too much. So there's all the mixed messages back and forth, and back and forth. So my identity was like I didn't know who I was.

Asara: You didn't know who you were. You didn't know whether you should be the one who wasn't eating enough or the one who was eating too much. That's kind of chaotic going back and forth, so you can see how that theme is running through your whole psyche; your whole unconscious mind got programmed in all of this activity of thought feeling and emotion. And that's the way you've been expressing, including the depression.

So who would you be, confident, joyful, and expressive? What image would come to mind? So go ahead and close your eyes, and see if you can pull in that image.





Bonnie: The image I see is of me standing up straight with my shoulders back, I've got my hands on my hips, and I'm breathing deeply. I can breathe deeply. I don't have the shallow breathing, but I have that deep, deep breathing. And I'm hearing completely new words, new thoughts, and there's a feeling in my body of congruency and of this flow that's like flowing through every cell of my body that's congruent.

Asara: While you're there, just stay there. **Let's just go right up and Command.**

Ground

Align

Go to Theta

Command (These can be what we called stacked commands all done in one group.)

I don't know how my hands are on my hips, my shoulders are up, my body is strong. And I am fulfilled.

I don't know how I'm flooded with this warmth in every portion of my body and the cells of my body, and I am energized with this warmth. And I am fulfilled.

I don't know how this warmth is pouring in to energizing my body now. And I am fulfilled.

I don't know how my new image of who I am in the world is more power and more presence than all past images of my old depressed self, of my mother's depressed self, of depression in my family system. And I am fulfilled.

I don't know how I close the genetic programming and all of the information about past depression and remove it now. And I am fulfilled.

And I open all of the new information and the new programming for my new self-image now. I only know that all of these Commands are absolutely true now, and I am fulfilled.

Expand into an idea that's even greater than what you Commanded. And move your present body through the filter screen into your body of optimum health of this wonderful self-image of yours.

Receive

And bring it down, and bring it down, bring it down. And unwind, unwind, unwind. And rewind, rewind, rewind.

Asara: How's that?

Bonnie: I had to check to see if I was levitating. It feels really good. It feels very good. I feel light; I feel energized; I can feel that joy in different parts of my body all over. And I feel much more confident. Like I can change my state in any moment.

## **Step 6: Connection to Your Greater Intelligence**

Asara: Now the last one of our six congruent changes for making a total change in a belief, in a new attitude, new behavior, creating a new surrounding for yourself for your health and healing is that greater connection that you have within you. How is that divine connection inhibiting or helping? What influences do your divine connection, your religion, and your spiritual practices in the past and in the present have on you?

Bonnie: I remember learning that suffering is noble. And that first you have to suffer in order to be happy. You can't be happy, really truly happy, or you can't deserve to be happy, really truly happy, you can't deserve to be happy unless you suffer first. And that suffering and sickness bring me closer to God.

If I ever said, “Hey, I’m so excited. This is what I did. I would hear, well, what makes you so special? Who do you think you are?” You know. Life is suffering. But if I talked about what went wrong and how I suffered first and then said, “Hey, this is what I did,” it was like, “Oh, that’s great.” So I got that positive attention for suffering.

Asara: Oh, my goodness. Okay. So that’s a big, deep ingrained relationship with your divine connection. So there’s an overriding belief that you might be doing it wrong in God’s eyes if you actually overcame your depression and lived in joy and happiness, which seems kind of contradictory to all of the different religious teachings out there about the ultimate is to be in joy and happiness. Right?

Bonnie: Yeah, exactly.

Asara: How would you change that?

Bonnie: First I want to be happy without the suffering first. I’m ready to do away with the suffering. It’s not noble anymore. And I would like to also have that close connection to the divine and be happy.

Asara: Calibrate on a scale of 0 to 10 how guilty—how much you have to suffer before you can be happy.

Bonnie: That belief is a strong 10.

Form your Command before you start

### **Command a change**

Ground

Align

Go to Theta

Command

I don’t know how I open to a divine joyful connection with the God in me and my God. I only know I do now. And I am absolutely fulfilled.

I don’t know how I release all of the old programming that suffering is noble. I close the receptor sites to I have to suffer first before I enjoy my life. And I shift and change it into I enjoy my life now and in the present moment and I go from joy to joy to joy, and I am fulfilled.

**I don’t know how I increase that relationship with my divine presence in me. And it heals and restores all aspects of me joyfully. I only know that I do now, and I am fulfilled.**

Expand (Take yourself through the subatomic net into your perfect etheric blueprint and bring that back into your body.)

Receive

### **Collecting All You’ve Learned to Finish the Process**

Asara: Now while you’re still internal with your eyes closed, I just want you to imagine that you’re going backwards through all the processes that we brought you forward through, and just enjoy and collect all of the information from this new divine connection. And then imagine going back and collecting all of the information from your self-image and all of the changes that you made in your internal programs, and all of the abilities that you revised, and all of the habits that you changed, and the new surroundings that you’re in.

**And then just step back one step. And as you do, imagine knowing now your new position in the universe.**



## Inspirational Healing Stories



### Eliminates Chronic Fatigue Syndrome

*It's amazing how something so simple could make so much difference... It's been 10 years now that I have sought to overcome/recover from Chronic Fatigue Syndrome. In doing so, I've tried all sorts of things, traveled the globe, and spent thousands and thousands of pounds.*

*While listening to Asara on one of her support calls, I realized something obvious...*

*Trying to "overcome/recover" from anything is still focusing on the problem and thus creates more of the same.*

*I immediately changed my tack and began to focus on my desired outcome. I decided that "Optimum Health" would be a good start, and so I went up into theta and made the Command...*

*"I don't know how I have optimum health now, I only know that I do now, and I am fulfilled." Thank you; it is done.*

*Like opening a magic door; my good began to flood in... within days, I "accidentally" discovered The Optimum Health Clinic, a wonderful London-based clinic which specializes in Chronic Fatigue Syndrome recovery and optimum health!*

*So, Yippee, I now have the guidance, information, and inspiration that I have spent every day of the last 10 years looking for. It's still a journey for me, there are many action steps required to create my optimum health (including a lot of courage,) but I truly feel that I am on the right road.*

*Thanks again for The One Command® and support calls. I love the book/CD and gain a great deal from what I learn from you, Asara.*

## Hemangioma Disappears

A friend of mine, Dr. John Zilliox, trained in my One Command® healing system, and I were having a conversation the other day, and he said, “Asara, if people are looking for the answers to their health challenges or for continued wellness, your program is so rich with material, knowledge, practices, and The One Command® application for healing, I think you should share what you know with the world.”

I replied, “I’d like people to know the power they have right within their own biology that is coded for healing. There are so many examples of how we can do more with our mind and our energy than has ever been imagined. For example, your little toddler client that had a diagnosed hemangioma, an abnormal buildup of blood vessels in the skin with reddish-purple raised sores on her face, that was cured by you.

*As her mom said, she kept going for laser surgery every month, which seemed to be making it worse. Her ear was swollen and deformed and everyone stared at her when they were out.*

*After you applied energy treatments, Dr. Zilliox, the swelling and redness faded and her ear reshaped back to normal. And here is the good news: If you can change an infant’s face from disfigured to normal with energy healing, others can do the same.*

## Body-Mind Connection

I have friend who always got sick when she was about to make a big change in her life.

I have known her for years, and when she came down with pneumonia or a heavy asthma attack or heart palpitations, it was an indicator that she was about to make a quantum leap forward in her life, and all her subconscious fears fired her old survival programs of ill health.

We traced the underlying cause of this behavior to the only times she was ever cared for in her family—when she was sick. But not just have-a-cold sick—she had to be knocked out, really, really sick.

Being taken care of during a big change in her life can now come without illness or sickness once the pattern was revealed and changed in her theta mind by her Command!

## Old Programs Create Ill Health

**Another woman I know always gained weight** when she had the flu—even though she was so sick she couldn’t keep food down, she kept eating and eating, and she actually gained weight!

Looking at her childhood programming, she remembered her father would always make her eat heavy, greasy food and say, “As long as you eat, I know you won’t die.”

Subconsciously she believed to not die from the flu, she had to keep eating—even when her body kept rejecting the food. She successfully commanded her old program and now eats appropriately if she happens to get sick.

**As a child one woman would get sick every winter.** Every year she got the flu, bronchitis, and many colds. She missed a lot of school and wasn’t allowed to play outside at recess in the wintertime because her mother told her that she “wasn’t as strong as the rest of the kids.”

As an adult, she continued to get the flu every year until she changed her programs about her health. Now she rarely gets sick.





## Miraculous Healing of Cerebral Palsy

A friend of mine, Dr. Candace King, and I were talking about the process of healing. Every week she performs cancer surgeries and consults with her patients about the higher field of healing—about another intelligence in the body that can assist in health or even create a spontaneous remission in a moment.

And she has her own personal story of her son being cured of cerebral palsy. Ryan was diagnosed with right hemiplegic cerebral palsy. His problems included hypertonia, right-sided weakness, sensory integration dysfunction, and severe visual impairment. **There is no known cure for cerebral palsy.**

Today her son is 16 years old and has **no symptoms of cerebral palsy.** His sight is restored, his coordination is great, he is now an honor student in high school with a fantastic attitude and friends, and he volunteers to help with "special" kids.

I asked Dr. King, "How did your son heal?"

**"First," she said, "I knew that he could.** That there is an intelligence that knows how to heal, and, next, I saw my son whole. I always saw him whole—never disabled in any way. In addition, we did whole body treatments with physical movements and coordination training—always with the notion that he was whole.

"But the most profound times of healing were when he was asleep and I would sit by his bed and go into another state—an expanded state of consciousness—slowing my brain waves into the deeper theta/delta brain wave where healing takes place.

"And while I was there, love so profound that it is impossible to describe would pour through my body, would pour through my mind, and I would see my son in that love—in that light. It is so real that I see it as a field—like heat waves coming off the ground—and I named it the song of God."

"Wow, that is so wonderful," I replied.

"Does that mean that if it is possible for you to be in that state of love to heal, anyone can?" **And an exuberant yes was her answer!**

### Dr. Joe Dispenza's Healing Miracle

Dr. Joe Dispenza is a chiropractor with deep knowledge in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity. This list of research and study is important because all of these studies came after his brush with death and paralysis and his opening to self-healing and quantum physics.

Twenty-five years ago, Joe was in a terrible accident, and his spine was badly damaged. He was told by the surgeons that he had to have immediate surgery or his spine would not heal properly. He would have 12-inch stainless steel rods in his spine for life, be on serious drug therapy, and the side effects might be lifelong paralysis.

With his work in chiropractic, martial arts, and yoga, he knew that he needed to find another option. He was told by the doctors that to heal without surgery, he needed to lie face-down in bed for six months, and then be put in a body cast for a year, and he still might be paralyzed.

Joe decided to check out of the hospital and follow his basic principle that *the power that creates the body heals the body*, and what he really needed to do was make contact with his greater intelligence, surrender to it, and allow it to heal his spine... and not only heal it but *regenerate* it.

He interacted with his greater mind and gave it instructions every single morning by studying pictures of



healthy vertebrae, and through this attention and these thoughts, and by giving instructions to his spine, he began to rebuild it in its ideal pattern—its optimum blueprint for health.

Once he reached that point of absolute knowing that he was rebuilding it correctly, his healing accelerated, and in 10 weeks he was healed and able to get up and walk. He said, *“When I woke up that morning, I just knew that this was the day I was going to walk, and I was aware. I knew that I knew.”*

That incident demonstrated very clearly that we all have our own personal healing code that comes purely from our own decisions about what needs to happen—our healing thinking activates the healing codes and releases the chemicals into our cells that make a choice in our DNA. And when you go into your theta brain wave to Command your codes, it is like a miracle—the results you can enjoy.





**Unlock Your Healing Codes**  
**Remember Your Bonus Meditations. Listen to them daily!**

**And YOUR SPECIAL BONUS GIFTS that we want you to have as our thanks of gratitude!**

Please visit [www.codes.theonecommand.com](http://www.codes.theonecommand.com) to receive your Hours of Bonus Material!

- Unlock Your Stress Factors MP3 with Bonnie Strehlow and Dr. Katie Garnett
- Behold Your Sacred Body MP3 with Bonnie Strehlow  
And to increase your skills in the 6 Steps and accessing your theta mind,
- *Meet The One Command*<sup>®</sup> series that is a \$179 value, FREE.

In addition, we have an ongoing free membership site that speaks to your health, increased vitality, and healing. Here is the link: [www.healing.theonecommand.com](http://www.healing.theonecommand.com)

And for those of you looking for extra support, you can visit our Health and Healing support network for personal appointments and Wellness Coaching:

[www.wellnesscoaching.theonecommand.com](http://www.wellnesscoaching.theonecommand.com)

Asara Lovejoy [www.asara.com](http://www.asara.com) 360-321-4842

Bonnie Strehlow [www.tocleaders.com/bonniestrehlow](http://www.tocleaders.com/bonniestrehlow)

253-719-8167

## Your Bonus Meditations

Included in *Unlocking Your Healing Codes* are three guided meditations written specifically for you. Practiced daily, these meditations enhance and accelerate your healing process.

You find your days more joyful and your sleep more peaceful.

### Your Morning Meditation

This is a short-guided visualization that wakes you up and begins your day with love, lightness, and joy. You acknowledge and appreciate your mind and your body. Bathing in the energy of love and light, you issue your Commands for the day and mentally rehearse everything happening the way you desire.

It is a great way to begin your day on a happy, upbeat note.

### Your Evening Meditation

This short meditation takes you through the process of appreciating your body and sending it the energy, love, and light that it needs to regenerate itself during your sleep. You let go of what did not go as planned during the day and acknowledge the wonderful things that did happen.

You are taken through a healing guided visualization that helps you relax on deeper levels, encouraging and enabling deep sleep.

### Your Place of Healing Meditation

This 30-minute healing meditation is a journey into your special place of healing—into that place where you already know how to be whole and healed. Each time you do this journey, you reach an even deeper state of healing and an even deeper state of wholeness and well-being.

You can use this meditation daily or as often as you desire to awaken that part of you that knows how to be completely whole and entirely healthy.

Your healing begins by taking a deep breath in...



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