

CHRISTIANITY.  
THE LAW OF ATTRACTION  
AND THE ONE COMMAND®

*BIBLE PRINCIPLES REVEALED  
AND APPLIED TO EVERY DAY LIVING*

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*Christianity, The Law of Attraction and "The One Command®"*  
*Bible Principles Revealed and Applied to Every Day Living*

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*The book, "The One Command®" written by Asara Lovejoy, inspired this work. Information from her book has been used, with written permission, as reference and inspiration. "The One Command®" process is the sole work of Asara Lovejoy. The author makes no claims other than being a Certified Seminar Leader and as a Practitioner who teaches others the process and uses the technique.*

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I dedicate this book to everyone who  
asked the question: “Is this scriptural?”

## **ACKNOWLEDGEMENTS**

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Thank you for giving me the freedom and support to pursue my dreams. You have earned a special place in my heart.

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I want to thank you for the friendship you have given me. I appreciate the fantastic brain storming sessions that allowed us to learn, grow and create material that helps all who come in contact with us. I want to thank you for engaging in ways that allowed us to grow our gifts and raised our confidence. There is more to come.

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### **To Asara Lovejoy:**

Thank you. Thank you. Thank you. It is so. Your book came at the right time in my life. It was the last piece in my largest puzzle. Though I continue to learn, I always come back to “The One Command®” because it is the simplest and easiest of all modalities to put into practice. And the most important piece of all – **It Works!!**

**To The Creator of All That Is; Jehovah; Yahweh; The Great I Am:**

Without your gifts and creating me in your image, I would not be the person I am today. Thank you for sending: the people I mentioned above; people who shared their stories and their knowledge; the information I needed at the right time, in the right place and for the right purpose. Thank you for all that you have given me. In the name of Jesus Christ. Amen.



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## Isaiah 65: 23-25

**23** They will not labor in vain, nor will they bear children doomed to misfortune; for they will be a people blessed by the LORD, they and their descendants with them. **24 Before they call I will answer; while they are still speaking, I will hear.** **25** The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent's food. They will neither harm nor destroy on all my holy mountain," says the LORD.



# PREFACE

Thank you Beverly for inviting me to write the forward. I'd like to share a few thoughts with you about Beverly and the book.

In my experience, Christianity and The One Command are very compatible. A few years ago, I had a wonderful Christian woman call me out of the blue in tears. She said she was overjoyed. She simply had to ask how I created such an easy six-step process and One Command that took her to the feet of Jesus Christ her savior where she was liberated in his love in moments. I replied that I was humbled by her experience and that it was certainly her own faith and love of her savior that brought her there.

Yet, what she shared resonated with me in a deep way. My hopes have always been to bring the simple six-steps and One Command process to as many as possible in the world, and she opened my heart to people of faith finding their way.

As often occurs when you command for an opportunity, Beverly Jones, the author of *Christianity, Law of Attraction and The One Command*, appeared in my life after this woman's message. Beverly and I began a conversation about faith and the process of going into theta – a relaxed deep meditative space in moments – and The One Command. She reported that her family and friends didn't understand why this process

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worked, and how it could work in conjunction with their faith. She said that she was inspired to write a story that would reveal it.

Since that time Beverly has consistently, joyfully and in the highest vibration of commitment and love brought the pages of this book together to share with you. I celebrate the book, the message and the writer.

Be prepared for a great unfolding. I'd also love to share some gifts to add to the information you find between these pages.

Please visit <http://Christians.CommandingYourLife.com> where you will receive your complimentary MP3 with the guided meditation 6-Steps and The One Command and a few more uplifting programs on faith and the Lords inherent promise of well-being, great success and The One Command.

I thank you sincerely, Beverly for this good work that you have brought forth into our world. Your time, dedication and devotion are especially valuable in these changing times.

And in case you are wondering, the book is easy and enjoyable to read and filled with startling revelations and new thoughts for your mind to enjoy and your heart to embrace.

Enjoy the journey. Many blessings.

In love,

Asara Lovejoy,

author of "The One Command®"

# PREFACE

I have lived a blessed life. However, somewhere in the back of my mind, I have always wondered why.

I am not rich, yet I am not poor. I came from a middle-class family who lived in a suburb of Pittsburgh, Pa. My father worked for U.S. Steel Corp. in the coke plant in Clairton, Pa. My Mother was a homemaker who held the position of secretary at our church. When the mills went on strike, she would go to work at the local hospital, but for most of my life, she was a stay-at-home Mom. I take great pride in the fact that when I went away to college, she became one of the first women toll takers on the Pennsylvania Turnpike. This was during the time when the issues of civil rights, women's rights and equal opportunity were at their peak.

My brother, five years my junior, left home at eighteen to find his fortune out west. His life has been a constant battle for balance and financial security.

There have been many things that happened in my life, that were God sent. The way things and people would just show up when I needed something was uncanny.

I began to ask: "Why me? Why did I seem to get the right thing at the right time; the right job; the right dress; the right access to a fine school?" Why was this not true with other

people I know? As I have gotten much older and have begun a journey of discovery, I know that I was unconsciously “asking” in the correct way and the items arrived, as they were needed.

When I first heard about “The Secret,” I knew it was about the “Law of Attraction.” To this day, I do not remember how I knew. I just knew. We have been told many times, “What you send out will come back to you” and “What goes around comes around.” These sayings are the essence of the “Law of Attraction.”

I knew about affirmations and vision boards, but I never took them seriously. In fact, I had tried affirmations and they didn’t work, or I would forget to say them each day and therefore they didn’t happen. I questioned these sayings because they were supposed to help me change my life. I was told by those I trusted, that I didn’t stick with them long enough. How long is long enough?

I knew many people who lived good lives (by my definition) who were suffering, and then there were those who were doing wrong and did not suffer. If this “Law of Attraction” existed and you get back what you give, when would the good people receive their good and the bad their just reward? As with all questions, the answers came, not in my time, but in His.

If you have read any books on the “Law of Attraction” or the “Law of Manifestation,” you may think of the process as

being from a “New Age” point of view because they use terms like consciousness, universe, and The Creator of All That Is. Man refers to God in different ways, but as Christians, we call him the Lord or God or Yahweh or Jehovah. He told Moses to say to the Israelites, “I AM” sent me (Exodus 3:14). He is “I AM” because He exists and because He is the Creator of our universe. Whenever I say “The Creator of All That Is,” I am talking about the “Great I AM.”

I wondered why so many people who believe in the Bible have taken issue with the Law of Attraction. Even my son, Charles, who is a youth minister, told me that it was a myth and that it doesn’t work. As with Charles, I realized that many people only speak about what they have heard or have been told. They have not taken the time to actually study the scriptures, ask the questions, and come to their own conclusions. The “Law of Attraction” does exist and it is impossible for you not to be affected by it. All of those cliché sayings have merit.

Many question if reading, studying or putting into place the steps to change their lives using the principles of the “Law of Attraction” are ethically right and spiritually sound. I assure you, the **Ultimate Guide** to the **Law of Attraction** has been right under your nose and, like most people, you did not see it. The way has been shown to all of us over the centuries via the “Good Book” called the Bible. As I went through the process of

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investigating whether The One Command® and the “Law of Attraction” are compatible with being and acting as a Christian, I discovered that the answer is a resounding YES!

I recommend that you read the book *The One Command*® by Asara Lovejoy for your foundation. In it you will learn the science behind the “Law of Attraction” and the six-step process of connecting with our Creator.

In this book, I explain in Christian terms the “Law of Attraction,” and how you can use The One Command® to request of the Lord those things that you want to embrace and, yes, doing all things to the Glory of God. I will share with you many of my own experiences, as well as those of others.

You will learn how to turn from negative thoughts to positive thoughts. You will stop thinking about and asking for what you don’t have or don’t want and begin concentrating on what you do want. With this change of thought and action you will begin living the life God intended for you.

Romans 12:21 tells us *“Do not be overcome by evil, but overcome evil with good.”* So, do not resist the negative, overcome it with more positive thoughts and deeds.

Come! Venture on this journey with me. It will change your life for the better.

Beverly Fells Jones



# INTRODUCTION

Jehovah, I don't know how I write this book for Christian understanding, I only know that I do now and I am grateful and fulfilled. In the name of Jesus Christ. Amen.

I am sitting quietly alone in my room. I have closed my eyes and my head is bowed. I silently ask for what I desire the most. I visualize how it will be when what I ask for has physically arrived.

What am I doing? Would you say I am in prayer, or would you say I am meditating? Still yet, would you say I was daydreaming? I would say all of the above.

In my early years, I was taught to bow down, with my head lowered and my eyes closed. I naturally had my eyes looking toward my forehead or above. I am looking toward the heavens. Think about it. Close your eyes and lower your head, and begin to think about what you really want. What do your eyes do? They may roll up as you begin to think. At least that is the way it is for me.

*The One Command*®, based on a discovery by Asara Lovejoy, was a revelation for me. It has changed my thinking and expectations completely. With *The One Command*® we go into a meditative state (quiet ourselves) with our eyes closed.

We ground ourselves by visualizing connecting with the earth and then with our eyes, we mentally follow a golden beam of light through the top of our head. Our eyes are in the same position, as they are when we are in prayer with head down and eyes up.

Can it be that *The One Command*® is showing us where our heads and eyes should be positioned when we are praying? Reading the book gives us the knowledge that when our eyes are looking up toward the top of our heads, our brain waves lower or slow down to theta state, which operates at 4-7 hertz per second. “Hertz” is a unit of activity that is equal to one cycle per second. Therefore, the theta brain wave is between 4 and 7 cycles per second. It is in this mental state that we are in touch with our creator directly. (We will discuss brain waves in more detail in Chapter 4.)

Were our ancestors on to something? Theta is the name of the level, the brain waves are in, when we dream. We know that dreams tend to help us solve problems or gain insight into our lives. During the theta brain state we are talking with our creative self and we gain access to a higher power.

The key is that I pray differently now. I pray for what I want. I do not dwell on what I don’t want. I do this because I put into practice *The One Command*® process. It is a method of connecting with our creator in a very personal and dynamic manner.

I am going to give you examples of using the command and the scriptures that have allowed me to continue my study of things that have been unknown to me and are now becoming known to the common man.

When I first discussed writing this book with Asara, I was not sure how I would know what to include. Some would say that the way information came to me was amazing, as the chapters quickly began to unfold in my mind. But now that I know what I know, what began to happen in my life was not amazing at all.

People started showing up in my life with answers to questions that I had and shared scriptures with me. I would decide to watch a program that I did not normally watch and a piece of what I needed would be there. I decided to go to a church I had not been to and the sermon that day answered another question. What I am telling you is that I was guided to the information I needed to share with you.

It has taken me some time to put this together because I didn't know how I wanted to organize it, and then I was moved to host a radio show. I have used the transcripts to create many of the chapters in this book. You do not need to read the chapters in any particular order; you're equally free to start in the front or in the middle. They each stand on their own.

I thank the Creator of All that is, The Great I AM, Jehovah for giving me the knowledge and the information I

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needed to put this book into being. I thank Him for leading me to read *The One Command*® and coming to the understanding that it is for everyone. I thank Asara Lovejoy for writing the book for all to learn a simple six-step method for connecting with our spiritual selves.

I thank you for buying this book and changing your life.

**And It Is So!**

# CHAPTER 1

## WHAT IS THE LAW OF ATTRACTION?

*Nurture great thoughts, for you will never go  
higher than your thoughts.*

*- Benjamin Disraeli*

The “Law of Attraction” is one of the oldest concepts in the world. Rhonda Byrne became widely known after her book and DVD *The Secret* was introduced on the Oprah Winfrey show in January of 2006. It made this amazing concept a household conversation.

However, this concept has long been considered as new age teaching by many religious experts and others who would rather not investigate whether it exists as something that God has provided for us or not. Ms. Byrne read hundreds of books and researched back as far as 3500 B.C. before she began to film the movie and to bring this information to a wide audience. What she had found was that this concept was extremely old and well documented and should not be ignored.

The immortal Buddha was one of the first to introduce man to the law of attraction. He said, "What you have become is what you have thought." This is a principle that the people of the East have been well acquainted with for centuries before it started to sweep into the western hemisphere. I will speak more on this principle in the chapter "As a Man Thinketh."

Many theorists believe that the universe is governed by a set of universal laws; these laws cannot be changed or broken and apply to every individual, regardless of age or nationality. These laws guide our lives from beginning to end. The Law of Attraction is one of seven that are known as "The Laws of the Universe." The other six are:

1. The **Law of Relativity** states that nothing is what it is until you relate it to something. Have you heard the phrase "It could be worse"? By relating "it" to something good or bad, you have given something its place in the universe.

2. The **Law of Cause and Effect** states that for every action, there is an equal and opposite reaction.

3. The **Law of Polarity** states that everything has an opposite: Hot-Cold, Light-Dark, Up-Down, Good-Bad, Positive-Negative.

4. The **Law of Rhythm** states that everything has a natural cycle. The tides go in and back out, night follows day, and life regenerates itself. We all have good times and bad times, but nothing stays the same.

5. The **Law of Gestation** states that everything takes time to manifest. All things have a beginning and grow into form as more energy is added to them.

6. The **Law of Transmutation** states that energy moves in and out of physical form (ice, water, steam). Your thoughts are creative energy. The more you focus your thinking on what you want, the more you harness your creative power to move that energy into results in your life.

## Definition

What is the definition of “**The Law of Attraction**”? It is getting everything you want out of life through the power of your own mind. In other words, your thoughts are what determine what you are destined to do or have.

Imagine for a moment that you have in your possession a force that gives you complete and total power over everything. You are able to command the sun to rise and then to set. The force you possess allows you to control the ebb and flow of ocean tides and what direction the wind blows. You can even command where rain falls or where there is to be drought.

If you had this type of total control, what would you do? Would you be benevolent and merciful, using your power to help people achieve their ultimate potential, or would you become a tyrant and control everything for your own gain? What would you really do?

Of course, I am only using your imagination, because you currently do not have this kind of control. However, what if you

had the power to determine the course of your own life? **What if** you could accomplish great things and gain great riches by using the power of your own mind? If I told you that you currently possess the power to change the course of the rest of your life to whatever path you choose, what would you really do?

Every person holds in their mind the power to shape the events of their life to achieve whatever end they see fit. This power is what is known as the Law of Attraction. As Joseph Murphy explains, *"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking."*

Going back to the teachings of Buddha, the idea of karma may have initially been rooted in the Law of Attraction. Karma says that you will eventually be revisited by that which you have sent out into the universe. The phrase "What goes around, comes around," is based on the concept of Karma. If you have practiced kindness and compassion, you will receive in it in turn. If you have been deliberately cruel to another, you will receive back into your life that cruelty which you have sent out. Your actions and thoughts morph into physical responses, causing the universe to react in kind.



Job 4:8: *“As I have observed, those who plow evil and those who sow trouble reap it.”*

Early in the 20<sup>th</sup> century, the Law of Attraction began to become popular because people started to appreciate the power of positive thinking. They began to learn more and apply it to their lives. How did this concept make a resurgence during this time? A gentleman by the name of William Walker Atkinson, the editor of *New Thought* magazine, published a book called *Thought Vibration or the Law of Attraction in the Thought World* in 1906. Many people looking to improve themselves read it and applied the principles to their lives.

Another book written during this time was *The Science of Getting Rich* by Wallace D. Wattles in 1910. This book was a great influence on me and I have read it many times. Mr. Wattles tells us that thoughts are things. One of his most powerful passages in the book states:

*There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.*

*A thought, in this substance, produces the thing that is imaged by the thought.*

*Man can form things in his thought, and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created.*

Let us think about the first verses of Genesis and what God said:

*3 And God said, "Let there be light," and there was light. 4 God saw that the light was good, and he separated the light from the darkness. 5 God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day. 6 And God said, "Let there be a vault between the waters to separate water from water." 7 So God made the vault and separated the water under the vault from the water above it. And it was so. 8 God called the vault "sky." And there was evening, and there was morning—the second day.*

According to Mr. Wattles premise, God used the "thinking stuff" to speak the earth into existence. If this is so and God created us in his image, could he not have given us the ability to create by speaking and thinking what we wanted and believing that it had been done?

Working with this information, the theory behind the Law of Attraction is the belief that energy attracts similar energy, in the space and time that makes up our universe. Each person is sending energy out into our universe. The type of energy is determined by the emotional state of the

individual. It may differ from day to day, and sometimes hour to hour or minute to minute.

This energy is also referred to as a vibration. Have you ever been with someone who is so happy they seem to be radiating a “glow” that inspires happiness in all those around them? Have you ever spent time with someone who was so critical and unhappy that they consistently gave off a “negative” vibration that seemed to suck the life and happiness out of everyone?

Your vibrations are usually in response to some form of stimulus; something has happened that has caused us to feel happy, or sad, or scared, or confused, or stressed. Learn to pay attention to your subconscious responses. Doing this will help you in the future when you are working to be in touch with how you felt in a certain situation. There will be times when you will want to recreate that feeling, especially when you are visualizing what you want.

Negative vibrations generate negative feelings like loneliness, sadness, stress, anger, hurt, confusion and lack. Most people who are in the negative realm do not choose to be unhappy and they don't want to share their unhappiness with those around them.

Positive vibrations generate good feelings like joy, love, excitement, goodness, affection, peace and abundance. When a person is emitting positive vibrations, they will attract good

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things toward them, and if they are emitting negative vibrations they will attract negativity.

Ephesians 6:8 - *"Knowing whatsoever good thing each one doeth, the same shall he receive again from the Lord."*

It doesn't do you any good to know what the Law of Attraction is, if you do not know how to use the concept to achieve success in your own life. This is where learning and applying Biblical principles and The One Command® is essential. Once you have mastered the basics you will be able to apply it to any area of your life.

The creative process for "The Law of Attraction" involves some steps to gaining what you desire.

**Ask** - You must know what you want and what you don't want. I mean, really know what you want. The universe or the Creator of All That Is cannot deliver what you want without your first knowing what you want to have manifested into your life. Turn the request over to your God. Psalm 5:1-3 tells us, *"Listen to my words, LORD, consider my lament. Hear my cry for help, my King and my God, for to you I pray. In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly."*

**Emotionalize** what you want. How does it feel inside when you have what you want? What does it look, feel, smell

or taste like? Does it bring you and those around you joy, happiness, comfort, peace, security, etc.?

**Believe** - You need to truly believe that what you are asking for is already yours and what you want or desire you will achieve. Hebrews 11:1 says, *"faith is the substance of things hoped for, the evidence of things not seen."*

**Inspired Action** - It is important that you take action (inspired action) to reach your goals. You can't sit around and expect what you want to just appear. When an opportunity or inspiration comes your way, you must not hesitate but act on the idea or opportunity.

Inspired action can be a feeling inside that says you must do a specific thing. Sometimes it comes as a random thought; at other times someone will come to you with an idea or you will happen to read a particular article that will answer a question. As you do what you are impelled to do, your actions will bring about the means to satisfy your ardent desire. James 2:17, *"faith by itself, if it is not accompanied by action, is dead."*

**Receive** - You must know that you deserve to receive that which you want to manifest. You have been blessed and are worthy. Moreover, be truly expectant, with open arms to accept the good that comes into your life. You know without a doubt that you will receive the air you need to breathe and the water that gives you life. This is the feeling you must have

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when you are asking for what you want. You must know that it will arrive. When it does, you are able to receive.

You must receive with thanksgiving and gratitude all that He has given you. If you are a parent who gave things to your children and they never thanked you, you would not be happy. You would think they were ungrateful or that they felt entitled. It is the same with our Creator. Saying “thank you” each time you receive something expected or unexpected shows that you appreciate all that you have received. Psalm 100:4 says, *“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”*

The Law of Attraction is active in your life, regardless of whether you believe or not. Contemplate how it works and follow its rules.

*“Remember, whatever you focus upon, increases... When you focus on the things you need, you'll find those needs increasing. If you concentrate your thoughts on what you don't have, you will soon be concentrating on other things that you had forgotten you don't have – and feel worse! If you set your mind on loss, you are more likely to lose... But a grateful perspective brings happiness and abundance into a person's life.”*

— Andy Andrews

# CHAPTER 2

## WHAT IS

### The One Command®?

*There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone, it is the same God at work. Now, **to each one** the manifestation of the Spirit **is given** for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. **All these are the work of one and the same Spirit**, and he distributes them to each one, just as he determines.*

**- 1 Corinthians 12: 4-11**

“What is The One Command®?” Simply, a six-step process that opens your awareness to your amazing, untapped capacities.

This is an invitation to enter into the powerful portions of your mind that contain extraordinary abilities. You are able to release the great learning and problem-solving abilities we all have, while using the powerful process of “The One Command®”.

We were created in God’s image and have been given many abilities that we have not even begun to use because we do not know we have them. Some don’t have the faith or knowledge to put their gifts into practice or even know that they have the ability to ask for gifts and receive them.

We have to be taught that we have the power to channel the energy of God (The Holy Spirit) into helping ourselves and others. Once taught, accessing our spiritual gifts and gaining the information we need to be successful becomes natural when following our God-given purpose in life. In order to find and use them, we just have to have the right tools.

Psalm 1:2 says *“But his delight is in the law of the LORD, and on his law he meditates day and night.”* When we take the time to sit, be silent and meditate, we hear Him speak to us.

We are so busy going here, there and everywhere that we rarely slow down. When we do, we don’t know what to do



with our time or how to manage the energy-sapping fear and despair that is always with us. How do we combat this?

In our active frantic mind of endless worry, we are operating at a much faster brain wave, our beta mind. It operates at 14 to 30 hertz and always thinks in opposites, or duality: I can or I can't. It is the part of our being that is disconnected from God and our good. We need to slow down and listen to the voice of God to receive the good that awaits us.

The One Command® is a process by which we take the time to stop and enter a meditative state as we become present, quieting our minds and slowing our brain waves to a level at which we can hear directions and answers to our questions.

Asara Lovejoy thoroughly explains how we are able to slow our minds by the simple act of closing and then rolling up our eyes as though looking out of the top of our head. This allows us to deliberately slow our thoughts and concentrate on our needs and desires.

What are these six easy-to-learn steps that Asara has created? It starts with **Grounding** our body to the positive earth energy that is all around us. This helps to balance us. Next, we **Align** ourselves by being present, alive and in touch with who we are. We draw that positive earth energy into our body. We begin to feel the love of God surrounding us, expanding us in all directions, and aligning us with our

purpose. Then, we lower our brain waves to **theta** as we move our consciousness out of our body and connect with the Great I Am.

Once in the theta state we issue "**The Command**", which is composed of three parts. The first part is acknowledging, "I don't know how." Have you ever just given up hope and said, "I don't know how I am going to . . .?" Your body relaxes; your beta brain stops trying to force a solution. You let go. This is what happens when you say, "I don't know how." You released your doubt and now you are in a positive flow. You replace your fearful thinking with positive feelings.

Part two is stating what it is we want to do, change, remove, achieve, or have, and then acknowledging that "I only know I do now." We are speaking in the present. This is because there is no past or future, only the present.

Part three is, "And I am fulfilled," which is the blessing. These three sections comprise the command.

After issuing the command and integrating it into ourselves, we then **Expand**. We expand, knowing that we already have what we asked for. Our request comes in a much greater way than we could possibly imagine. We bring into ourselves the positive knowledge that we have what we asked for. We have no doubt. At this point, we receive direct knowledge from the universe (The Holy Spirit).

Lastly, we **Receive and express the gratitude** for being given what we requested. We experience the feeling of gratitude and naturally say “thank you” for the gift that we have been given. We bring our consciousness back into our body and imagine our new life duplicating itself in every DNA strand in our body. We unwind our old limiting beliefs from our DNA by letting them go. We then rewind with the new understanding of our manifestations from our Creator. We know that whatever we asked for, it is done. It is so.

These six steps take us to our greatest capacity as earthly beings. With her written permission, the full six-step process written by Asara Lovejoy is located in Chapter 14.

## **Energy**

Everything in this Universe – even that which appears to be empty space – is comprised of energy. That includes you, me, the chair, and even your thoughts and feelings. In school we were taught about molecules, atoms, neutrons, protons and other subatomic particles that comprise all things. They are not still but are moving all of the time. Everything has movement or vibrates because of this energy. When something vibrates at a certain frequency, it naturally resonates with and ATTRACTS things with the same frequency.

The brain operates like a mini-computer and uses a small amount of electrical energy. Your thoughts, making use

of this energy, resonant at a certain frequency based on your emotions. The vibration of your ideas and beliefs are transmitted equally well no matter if they are positive or negative. When you think a negative thought or idea, it lowers your vibration and is the only reality you can attract. When you have a positive idea, you raise your vibration and see your positive idea manifested. Most of us do not know how to stop a negative thought and to change it into a positive one instead, thereby raising our vibrations.

Have you ever seen a set of tuning forks? A piano tuner uses them to help get the cords of the piano at the precise tension to reverberate at the right frequency, thus giving the perfect sound. When you strike a tuning fork, it causes the air around the fork to vibrate, sending out very strong vibrating impulses through the air. Because we are energy and vibrate at many different frequencies, certain healers use tuning forks to increase the amount of energy on the parts of the body they are working to heal. They are re-setting that part of the body into its correct vibration.

You have the ability to change your thinking in a moment and thereby to raise your vibrations naturally and easily without outside sources. It is as simple as cancelling the negative thought and replacing it with a positive one such as thinking of a time when you were happy, joyous, excited or even in love.

## A Solution

We all have desires and requests, yet some of us have a life we do not want because we made decisions based on inadequate knowledge, under pressure or fear. All of the common methods of solving problems or achieving goals depend on our logical, problem solving, ordinary, limited reality beta brain wave to assist us in making the choice. This is the least resourceful part of your intelligence, and operates in the duality of fear and hope; I can and I can't at the same time.

How many times have you found yourself saying that there could be no other solution to a problem? How many times have you felt perplexed because the problem lying before you is one you cannot solve? You have no leads or options or solutions. How do you get the answers to insurmountable problems? **What if** you were able to use a higher power to make your life easy and effortless?

The Law of Attraction tells you to ask for what you ardently desire and believe you have it. How can you affirm that you have \$10,000 in the bank when you only have \$100? How can you say you are living in a certain house when you are in an apartment? Your mind will not allow you to feel like it can be so. The wonder of The One Command® is that it bypasses the beta mind that is telling you that you can't or don't.

By saying “I don’t know how,” we immediately disengage the beta brain and allow it to relax. We immediately stop the fear, doubt, and worry that has us stuck. In addition, our subconscious mind hears “I know how,” because we do, deep down in our sub-consciousness, know how. “I only know that I do now,” allows our mind to know that this is so. This process gives our minds and body the ability to vibrate with the knowledge that we are capable of anything. We are capable of having \$10,000 in the bank or the home of our dreams. While issuing the command we do not have to be concerned with how it will happen, but we know it is so.

Let me share how quickly this works. One day I made a note of at least three things I wanted that miraculously came into my life. It was as though I rubbed the magic lamp and they appeared.

I was furnishing an apartment with gently used furniture. My friend and I had been looking for kitchen chairs for several of weeks. What we had seen was not what we wanted and they cost more than I thought they should. One evening I decided that it would be nice if we could match the chairs that we had, inexpensively. I silently said something like the following. “I don’t know how I have an additional four chairs that match the ones I have now. I only know I do now and I am grateful and fulfilled. In Jesus’ name, Amen. I visualized having the chairs; sitting them around the table;

having company sitting in them and feeling grateful for having them.

On one particular day on which we were out and about running errands, I felt the need to go down a particular road, even though we had completed our original tasks. When I saw the Goodwill Store we had visited a few days before, I decided to stop, just to look. The Goodwill never had any furniture, but usually had a few minor household items we could use. On this day, not only did we find chairs that matched the two we already had, but they were marked at \$2.97 each; not \$50-80 a set as we had seen previously. We walked out with four perfectly great Windsor chairs for \$12.68.

I have manifested free maintenance on my car and contract work that showed up when I wanted it. Some things are as simple as getting a parking space up front, regularly.

## **Are We Commanding Our Creator?**

Are you concerned with the term “command”? Are you worried that you are commanding the Creator to do something because of the terminology? I was at first, until I realized that the term refers to the one statement that we can make that will help us ask for what we want in a way that we get the answer that is best for us.

So again, what is “The One Command®?”: an easy six-step process that will help you live life easily and effortlessly

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with the help of our Creator. It is designed to move your beta brain out of the way and allow you to talk directly to your subconscious mind. You are asking for help from The Creator of All That Is. The great I AM. As Christians, we may formulate our command like this:

*I don't know how I have a zero balance on my credit cards with the help of the Holy Spirit, I only know I do now and I am grateful. In the name of Jesus Christ, Amen.*

I know that, without the help of the Creator, none of this would be true. He has told us to **Ask** because everyone who asks receives. He did not specify a certain religion, he said everyone. He did not limit this to only those baptized or place any other restrictions on it. Everyone who asks receives; he who seeks finds and to him who knocks, the door will be opened.



## The Science of “The One Command®”

Asara often says, “You are masters of your life – unfortunately, it is usually of lack and limitation. In the process of practicing The One Command® you become the master of a rich life that is within the blueprint of your DNA, ready for you to discover.”

The One Command® opens the door to a power within you that is exceptional. You begin to activate unused sections of your brain that help you tap into your innate ability to create the life you have always desired. When you begin consciously operating in the masterful state of theta, using The One Command® and believing the scriptures that tell you that all you have to do is ask, you stop your old way of thinking. You load your controlling subconscious with new information, new understanding of wealth, health, relationships, and rich living, thus replacing your old, limited, failing and negative subconscious programs.

There are many benefits and rewards to the super-creative brain wave, theta. “Theta Brain Wave Research,” an excerpt from Michael Hutchinson, *The Book of Floating Acceleration Seminar in Brain Waves*, describes the benefits of operating in theta. They are:

- *Quieting of emotions and thoughts.*

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- *Increased sense of love for self and others.*
- *Improvements in relationships with self and others, and emotionally healthier.*
- *More flexibility in thinking, reasoning and reacting.*
- *More self-acceptance.*
- *Greater tolerance.*

By going into theta and stating your “One Command®,” you are establishing new neuro-net pathways in your brain as you reconfigure your limited human thinking to source-state (God-state) manifesting.

Connecting to your greater capacity or your source mind or, better still, to your Creator is a simple process. Within the source mind, there are universal laws that are the basis of our humanity. They embody the law of cause and effect, the chemistry of attraction and repulsion, and the law of instant manifestations.

Quantum physics (*the physics of possibilities*) says that what's happening on the inside determines what's happening on the outside. It tells us that our world was shaped by our thoughts. As we understand that everything is possible, and as we focus our thoughts on what we want to attract, we can literally call into existence whatever we desire.

The universe exists as infinite potential in infinite abundance. Since nothing is fixed and everything is in a state

of potential, everything is possible. These greater quantum laws of creating something from nothing, or creating from the invisible substance of the universe to the visible, are known as the quantum field.

Roman Emperor Marcus Aurelius said, “We become what we think about all day long.” Therefore, what you think is your reality. What you have in your life is a reflection of what you have brought into matter by your own thinking.

By understanding that you have control over your thinking and thus your life, you can deliberately set your intention to have a prosperous life. By meditating and slowing your mind to the theta brain state, asking for what you want and having faith, you have the ability to reach your highest potential of creation.

In *The Science of Getting Rich*, Wallace Wattles states:

*"A human being is a thinking center, capable of original thought. If a person can communicate his thought to original thinking substance, he can cause the creation, or formation, of the thing he thinks about. To summarize this:*

*There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the inter-spaces of the universe.*

*Beverly Fells Jones*

*A thought in this substance produces the thing that is imaged by the thought.*

*A person can form things in his thought, and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created."*

"The One Command®" assists in taking you to the place where creation is accomplished. It is a technique that uses the science of how the mind works to change your DNA and 'rewrite' the beliefs you hold in your subconscious mind.

As Asara has stated, this is a physical rather than a spiritual event. You are neurologically driving your brain into theta when you roll your eyes up during the six-step process. As we contact our "super-conscious" mind, we access the spiritual part of ourselves; in other words, our greater capacity.

Your conscious self continues to say, "I don't know how I have what I want." You would think that if you knew how to have it, you would have it already. Remember that whatever you think is true. Your perception is your reality.

We cannot know something that we do not already know. Whatever we are connected to, whatever is living within, is with us when we go into the theta state. We go to that part of us that does know or we connect to who knows how to have or do it. During the six-step process, we expand

and receive direct knowledge, consciously & unconsciously, and then bring the information back down into our physical bodies as we unwind/rewind our DNA.

As you learn more about using The One Command®, the more you will know that this has been with you from the beginning.

*“Everything you see or hear or experience in any way at all is specific to you. You create a universe by perceiving it, so everything in the universe you perceive is specific to you.” – Douglas Adams creator of author of The Hitchhiker's Guide to the Galaxy*

## About the Author

Beverly Fells Jones has had major success within the corporate world and as a small business owner. She has trained thousands of individuals worldwide and as a presenter at major conferences and training events, she has helped facilitate learning in many ways.

Having been personally trained by Asara Lovejoy, the author of the book *"The One Command®"* and by Kathryn Perry, her business partner, Beverly uses *"The One Command®"* in her daily life and practice to bring about change and a rich existence filled with adventure.

As a Certified Practitioner of *"The One Command®"* she helps others learn and apply the technique to the issues of their life enabling them to realize real physical change in their neurology and biology. As a Practitioner, she guides clients to quiet the old firing programs and replace the negative voice with a neutral one. In this way, any new potential may simply and easily rise to the surface to become the new prime directive of her client's reality.

Beverly assists her clients in reaching their greater capacity, thus they experience lasting results and gain tools that continue to empower them long after the session is complete. Private Sessions, over the telephone or in person,

are available by appointment only. You can get the help you need in applying the 6-step process of "The One Command®" no matter where you live.

We all have had "Ah-ha" moments at times in our lives. *"The One Command®"* enables us to access our subconscious to have an "Ah-ha" moment on demand.

## **Services**

In addition to the private sessions, Beverly offers a variety of talks and classes ranging from a 30-minute introduction to three-day intensives. She has many classes designed in one to four-hour formats, as well as one, two or three day seminars. Contact her with your inquiries for private sessions, seminars, trainings or speaking opportunities.

Ms. Jones is a Certified Hypnotist and has been trained in Silva Ultramind ESP, Silva Life System, and in many other areas too numerous to mention. Ms. Jones as of the publishing of this edition is single with 2 children and 2 grandchildren.

## **Contact Information**

Thank you for choosing *Christianity, The Law of Attraction and The One Command*. I consider it an honor to be in a new relationship with you through this book. Since beginning the journey of putting this information into print, I have received requests for more information almost daily. Many individuals would like more support in changing their life for the better. In support of this, I have a gift for you of a guided meditation using the process and other items to help you grow. Receive your gifts at: <http://Christians.CommandingYourLife.com>.

In answer to a growing, worldwide Christian Community, I have also created a forum where you can ask questions, receive support, and learn more through messages that teach, inspire, uplift and encourage. Come to <http://CommandingYourLife.com> to join the conversation.

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I also want to thank Asara Lovejoy again for her assistance by giving permission to include many of her items in this book and the time she spent editing the manuscript several times.



I truly appreciate all of you. Please share the message of *Christianity, The Law of Attraction and The One Command* with your family and friends. This will help us to continue to enlighten the world in a brand new way.

In Gratitude,  
Beverly Fells Jones