

THE PROSPEROUS HEALER™

AN E-ZINE FOR WELLNESS PROFESSIONALS



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Dear Friend,

I'm on an inner processing high. Last weekend, I went to an amazing Abraham-Hicks workshop here in Toronto. Talk about mind-shifting and uplifting! This weekend, the inspiring Byron Katie is in town, and I'll be going to her workshop. If you haven't heard of her, she's the creator of a process of self inquiry called The Work and author of Loving What Is and Who Would You Be Without Your Story? (amongst other books). You can check out her website here.

On the topic of inner work, the feature article of this edition of The Prosperous Healer™ is about how we can free ourselves from stressful beliefs, thoughts and feelings and allow "miracles" to unfold in our lives through a process called The One Command.

This article is longer than usual; however, I decided not to split it into two e-zine issues, because I felt that the flow would be lost. So I invite you to print it out, if you wish, and read it when you have time and feel inspired to do so!

May it help you connect with the power and brilliance that resides within you.

Love and Success,

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P.S. Please forward this e-zine to people you think will derive benefit from it. Thank you!

**Command Wealth, Health, Joy and a Peaceful World:
Activate The Greater Capacity Within You
by Mary C. Davis**

"Enlightenment is the ability to know anything, do anything and accomplish anything spontaneously. When one's mind has access to or is grounded in living with that field of Pure Intelligence that's organizing the entire universe -- from that level, one can know anything, one can do anything, you can achieve anything you want for yourself and society."

-- Craig Pearson, PhD
Executive Vice President
Maharishi University of Management

As a spiritual “seeker” and lifelong learner, I’ve always been intrigued by the mind (my own and others’) and stories about human potential. Particularly fascinating are the accounts of people who have experienced “miracles” – instantaneous healings of “terminal” illnesses and physical injuries, material items manifesting out of thin air, etc. Without exception, the common denominator in these circumstances seems to have been the consciousness of those who experienced the miracles.

A Course in Miracles defines a miracle as a shift in perception or consciousness. Consciousness is the unique thoughts, beliefs, memories, feelings and sensations that each individual holds both consciously and unconsciously. It’s basically a person’s internal focus. A transformation in consciousness precipitates the external or physical event we typically call a miracle.

“Reality” – the physical world and our physical experiences – is a projection of consciousness relative to our individual and collective perceptions. In other words, there is no “out there” out there – everything outside of us, including our physical bodies and the world around us, reflects our states of consciousness. This teaching is at the heart of many spiritual wisdom traditions, and quantum physics has been increasing our scientific understanding of it.

Yet, for most of us, it remains an abstract concept that seems challenging to work with in our lives. We’ve all heard the adage, “you create your own reality”, but is it really possible to tap into a higher level of consciousness that allows the “impossible” to be possible? Can we really deliberately change the quality of our consciousness instantly, allowing it to manifest in physical form as an expression of our higher good?

Feeding The Wolf of Unlimited Possibilities

By changing the organization of your own consciousness, it is possible to open a pathway and manifest the outer change you seek.”

-- Leslie Temple-Thurston
The Marriage of Spirit:
Enlightened Living in Today’s World

A story from the Cherokee wisdom tradition summarizes the choices we face regarding our states of consciousness in any given moment:

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. This same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

According to cellular biologist Dr. Bruce Lipton, author of *Biology of Belief: Unleashing The Power of Consciousness, Matter and Miracles*, most of the time, we’re feeding the “evil” wolf and are victims of our own perceptions. He estimates that, for the majority of us, 70 per cent of our thoughts are damaging and redundant, undermining our own health and well-being.

Dr. Lipton says that 90 – 95 per cent of these thoughts originate from beliefs recorded in our subconscious minds before we were six years old, when our minds operated in the theta brain wave state. Moreover, most of our behaviour is derived from these self-sabotaging subconscious programs that repeat over and over again.

Neuroscientist Dr. Candace Pert’s groundbreaking work about emotions further expands our understanding of the power of consciousness on our physical experiences. In her book, *Molecules of Emotion*, she maintains that “molecules of emotion colour our perceptions and, hence, our creation of reality.” Her laboratory research reveals that “all of the senses, sight, sound, smell, taste and touch are filtered, and memories stored, through the molecules of emotions, mostly the neuropeptides (signalling molecules in the brain) and their receptors, at every level of the bodymind.”

Taking Dr. Lipton’s and Dr. Pert’s research into consideration, the question remains, how do we transform our programmed limiting beliefs and memorized, habitual emotional states? How do we stop feeding the “evil” wolf and start feeding the “good” one?

A first important step is to make the unconscious conscious. Leslie Temple-Thurston, spiritual teacher and author of *The Marriage of Spirit: Enlightened Living in Today's World*, proposes "acting as though the outside is you".

Observing our external experiences, whether with money, health or our relationships with others, and compassionately "owning" them as a reflection of our inner reality is a liberating process. It brings damaging beliefs, feelings and behaviours to the surface and enables us to see ourselves and our world in new ways. We can then deepen this inner work by using dormant parts of our brains to change these patterns.

Re-Configuring Your Mind Through The One Command

"When you consciously engage your theta brain wave, you are in the field of unlimited potential, outside of time and space, and can create and un-create in a moment."

-- Asara Lovejoy
The One Command®

Craig Pearson, Executive Vice President of the Maharishi University of Management, sees enlightenment as living without limitations and "simply the expression of the full potential of one's brain." Yet, according to the late Wilder Penfield, a brain surgeon and researcher, we typically use only 5 per cent of our brains – just a fraction of their capacity. And the small portion of our brains that we do use is operating in the beta brainwave frequency 95 per cent of the time.

Brain waves are frequencies of electrical energy that the brain produces, and they relate to different states of consciousness. The higher the number of hertz (electrical impulses), the faster the brain operates.

The beta brain wave (13 – 40 hertz), where we spend most of our waking time, reflects the conditioned, rational, linear mind and it's the most limited brain wave state for problem solving. It's connected with worry, stress, paranoia, fear, irritability, poor health and a weakened immune system.

Alpha brain waves (7-13 hertz) are slower and more relaxed than beta. They occur during hypnotherapy and when we're meditating, daydreaming, praying and watching television. They're associated with a more harmonious and peaceful state of consciousness, with a greater capacity for problem solving.

While the theta brain wave (4-7 hertz) is technically our sleep state, the brain waves we experience when we're in deep sleep are delta waves (0.5 – 3.5 hertz). Delta waves contribute to renewal, optimal immune system functioning and health.

Theta is a brain wave state we can access when we're still "awake". In this state we encounter our higher consciousness – our Divine Mind or Source Mind. It's the optimal state of consciousness for problem solving, insight, intuition and inspiration; we can bring in information that previously was "unknown" and "unseen". From this unified state of consciousness, we can heal spontaneously and create instant neurological and physiological changes. This brainwave is also associated with quieting of thoughts and emotions and an increased sense of love, well-being and unity.

In the past, only experienced meditators could remain consciously alert while in the theta state. However, we've evolved to where we all have the ability to go in and out of theta while awake. One way we can lower our brain waves to theta is through The One Command®, a process that activates portions of our mind that give us mastery over our thinking and our lives. Asara Lovejoy, human consciousness educator and originator of The One Command®, says that by using this process, "you reconfigure your human limited thinking and consciously create your life from that greater capacity within you."

The One Command® transforms the limiting perceptions of our beta minds and re-trains our brains to think and feel from the more expansive perspective of our higher consciousness. It's especially effective in converting doubt and fear into faith. In this state of consciousness, we experience our authentic power. We know, at a visceral level, that we are not separate from the whole and are completely supported materially and in all ways as conscious creators.

The One Command® is a simple process that requires consistent practice. It takes us to the theta brain wave state, where we "command" what we want to create or change. Commanding is a way of conducting the creative power residing within us. The first part of The One Command® stops old fearful ways of thinking; the second part puts the mind "on pause" as it connects to Source; and the third part unwinds old limiting ideas and feelings and rewinds a new reality into the DNA, cells of the body and subconscious mind.

The One Command® is one of the many extraordinary tools now available to help us transform damaging beliefs, thoughts and emotions and live from a new level of awareness and choice. It takes us from the confines of our conditioned minds, trapped in fear and the illusion of separation, to the place of connection and unity within us where we are masters and all things are possible.

Certified One Command® and ThetaHealing™ Practitioner and Business Coach Mary C. Davis is the creator of The Prosperous Healer's Path™, a 12-step system designed to help spiritually-oriented wellness professionals build prosperous, fulfilling practices. This system integrates law of attraction tools and practical business-building strategies in ways consistent with spiritual values and inner wisdom. Results include an abundance of money, clients and fulfillment. For more information, visit www.anamturas.com and/or contact Mary at info@anamturas.com.

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