

Take Your Mastery To the Next Level.mp3

With Asara Lovejoy

Hello, everybody. This is Asara. And I am welcoming you to the call tonight. We are going to be having a special call. I'm going to share the new vibration and frequency of The One Command and the information that can transform each and every one of us to that next level of consciousness that is here available to us right now.

In this time, in this day, in this age, you know, there is a statement that I make over and over again - that there is a greatness that resides right within you. And when we are going forward to create the reality that we seek to enjoy that reality, one that has a bigger vision and a bigger purpose for us there is that context of who you are and how you are able to become that which you are in that greater field of intelligence.

One of the things that we're experiencing is an acceleration in the experience of your thoughts being manifested into reality.

Now, it can be a really wonderful, miraculous moment when you see your thought realized in that demonstration of what you have created for yourself and that it shows up in your life almost instantaneously or quite quickly, and you become pleased and happy with that demonstration.

And then there is that experience of the intensity of how quickly a negative thought or feeling can also be realized in the moment. And when you are having that experience, are you welcoming it? Are you welcoming that experience that's in front of you right in the moment?

It is taking your mastery to this level of saying, I am creating miracles in my life. By my thought. By my desire. By my words and my feelings. And I am also creating that which is not so pleasant to experience in the moment. And if I take that as an opportunity to embrace what is happening in front of me as the message from my own conscious mind, unconscious mind to clear and to move me forward, what would the message be?

If you were to come into an acceptance of criticism and an acceptance of judgment against you by another person without an argument, without fighting, or you were to recognize that feeling coming up within you of disappointment or not? Not being happy with your own performance without collapsing into inaction or inactivity and taking it into that other level of your own awareness of you being a creator of your reality by your thoughts, words, feelings, ideas, intention and your actions and your reactions. What would the action be if you were to meet that experience right within you rather than to reject it? You would be able to identify in that moment what it is.

That's the next great step for you to take in clearing your limiting ideas and beliefs about yourself, because that criticism from outside of you is you. That criticism outside of you. Is your limiting belief about yourself reflected back to you? I was reading Byron Katie the other day who's developed a program called The Work, and in it she was saying. If you are that criticism and you say, but that's not me right now. Oh, if someone were to say you're not telling the truth or you're not doing it right or you messed up and you were incensed or your feelings were hurt or you reacted negatively to that comment, you would be able to say, well, maybe not right this minute. I'm not. Maybe I am telling the truth right this minute. But has there ever been a time when I was not telling the truth? Has there ever been a time when I didn't show up right or I was incorrect or I hurt somebody or whatever that criticism is? If you can allow it to simply be a message of that's the place in you to cure, heal and change, to set your intention to command what you want instead in that moment and to love yourself and to embrace that reflection of yourself, of that person who has brought you the message.

If you can include expand and be open to all of the drama of your own feelings and say, OK, I am having the drama of my own feelings, I'm having the experience of my own upset, of my own judgment, of my own criticism of that person outside of me or my circumstances outside of me. And I don't believe it's the truth. I'm noticing the emotions I'm going through. I'm noticing the thoughts that I'm having in this moment. And I'm making the additional statement that if it is not life supporting, life sustaining, if it is not up lifting into a greater expression of myself, into a greater feeling of purpose for myself, then that is not my truth. That is not my highest truth.

And I can elevate myself into my higher truth, even if it requires going simply up into the theta state of mind. Roll your eyes up in just a moment and just go up into that theta state of mind. Now we know we can apply this to every aspect of our life. Of course, you can apply it for commanding cash, for getting into a new relationship with yourself as a successful practitioner or leader, for coming into a new understanding of yourself in your own business, in your own success of your own business, or in the development of yourself in the organization that you're in now into another capacity of coming into the integrity that you bring into the situation by owning a thousand percent, your own ability to be the master that you are. That in the mastery of who you are, you are literally able to identify and to change the charge in a negative direction to a positive direction.

In a moment, by your awareness, by your willingness to be aware, by your willingness to elevate every moment into a higher vibration of that greater capacity of your greater brainwaves of your theta brainwaves, and to take that into your biology, into that moment of change within you. And this is a spiritual message because the message of the spirit is always about that higher, brighter light. It's always about the ability in the moment of change that you have right within you.

All spiritual experiences are there to bring you into this greater moment, to be able to say, oh, yes, relax. Oh, yes, be in a loving state. Oh, yes, you can have this greater experience of what's possible for you. And if you were to have that same faith inside of you, that was yours. That was your faith of yourself in in your ability to be in charge, to be recharged, to charge forward in your life, to make that lightning charge within you of you as the promoter of your own good. What could you become?

I wrote an article for Nightingale-Conant with the title, Stand Up for Your Money. And I wanted to refer to that because in standing up for your money, you can also say stand up for yourself.

In the article I was talking about how many times we go through the actions and the motions of a lot of effort, and a lot of work, and a lot of planning. But when it comes to the implementation, we do not follow through to get the result that we're after. And when you stand up for your money, when you stand up for your intention, when you stand up for your effort, you have something that elevates you to another level of awareness.

It says, if I go that extra step, if I go past inaction. That invisible line of my comfort zone, I can take myself over to the edge to success, into success in what I am attempting to accomplish, what it is that I'm visualizing, seeing and imagining in myself. That is who I am truly, who I am of what I wish to be and what I wish to become. And when you align yourself with that, with that intention, it gives you the extra power, it gives you the extra nudge. It gives you the extra insight to accomplish what you planned.

It gives you the extra inspiration to go ahead and continue forward in the direction that you're had for that moment of "AHA" of yes, I can or I want to do this. I think it's possible. And you want to perpetuate that feeling at especially the moment you see something that's the biggest opposer to you.

A couple of ideas here. Number one, we need to have something that you are meeting that does not feel comfortable; that you would say is a criticism or judgment or something gone wrong, that you simply meet that in the same way and in the same capacity as you would meet a miracle, as you would meet a great experience, as you would meet something that you created that you're proud of for yourself and that you stay in that same positioning with internally within you that you can identify with. Oh, my. I am the creator of my reality. And look, I did this really wonderful, miraculous creation and oh, look, I did this creation of something that didn't go so well.

I'll take that information and transform it in a moment.

It really is a challenging teaching in a lot of ways. Even though it's simple, the form is simple. But behind the scenes, the inner workings of your own conscious, subconscious, and super conscious mind are coming together in a new way, in a new form. In the super conscious mind, you have that capacity to be protected, love, supported, nurtured, entertained, enlightened, with new ideas, brilliant ideas.

The super conscious mind is that part of you that you reach and meet in theta. And when you're in the command state, and when you expand into that idea that's greater than what it is that you've commanded you are in that state. It's in that greater intelligence that I say is nine billion times bigger than your limited logical beta mind. This

is you in this expanded field knowing knowing the outcome in advance of your own intention of your life, your life's purpose. Yes.

To express who you are from that expression, and to get feedback. From your experience in the universe of what it is that you're doing. How are you growing? How are you changing your life? How are you improving the quality and tonality of your emotions so that your emotions are moving into a new reality of allowing, loving, feeling and realizing that when you have the opposing emotions that they are only messages of what you want to change. But they're not reality.

For example, if you get irritated or angry or frustrated do you deny and judge these emotions. Instead, honor them and acknowledge I'm feeling them. But don't become them. Separate yourself from becoming those emotions. Honor them. So it would be like saying to a five year old or a three year old. Hey, I understand that you're angry and you're laying on the floor kicking and screaming and that you're having a temper tantrum.

But now you know there's an adult within you, watching you have that tantrum, watching you yelling and screaming and frustrated. But you know what? You're bigger now. And you know I'm a bigger person. If I was the parent or the person watching that child, I would calm them down and say, listen, you know, you can kick and scream all you want. And in that expression of of you, of distress, of your criticism of yourself and others, of your blaming yourself and others, there might be some pleasure in that. There might be some satisfaction in that. There might be some discharge in that. But it isn't the truth. It isn't the truth. It is just a moment of decision about expressing yourself in that particular way.

And what do you want instead? Where can we go from here? How can we redirect that energy? What if we took that anger, depression and upset and hurt, the feelings of loss or we won't get our gain? What if we took those and uplifted them by the command?

I don't know how I transform in this moment. My old programming of limitation. I don't know how I activate my mastery in a direction that uplifts me and takes me into a new

experience of this moment. A new experience of this reality. A new possibility of what can be true for me right here and right now.

And it is the only way that we make change when we are able to be honest in the moment. We are only able to make change by that level of honesty, of meeting ourselves right then and there and transforming it into a new experience. And when you do, the results are what you have been wanting. The results are what you've been praying for and what you've been working on.

And it's true we are the only ones in our own way. We are the only people that are capable of experiencing the satisfaction of completing a change into the next level of its expression.

Some of the symptoms of change that you might notice within you is that you're getting frustrated with your environment the way that it is. You might be looking to seek more room. I don't have enough space. I need to create more space for myself. You may feel like you need to clean the old files out, reorganize your office, reorganize your bedroom, reorganize your kitchen, reorganize the way your car runs, reorganize many, many. You know, there might be just this feeling of you needing to take action in the physical world to make changes in the physical world. And these are reflected of your emotional changes that you're making because you're establishing a new behavior, a new identity, a new capability, a new ability to be in that higher vibration of a belief and value in its essence, rather than in the lower expression of its dissonance.

You want to go into the essence and not the dissonance. You want to create more and more of the essence of what it is that you're after, within yourself, in yourself. And as you play with reality in this way, within yourself, you are understanding that you are engaging in a frequency of that elevated beingness that is here in the group collective conscious mind, the spiritual mind.

There is a level of mastery that now is activated throughout all of the planet at this time simultaneously, that we are not the only ones doing this work. We are not the only ones out here working in a very dedicated fashion to create this new reality within each of us.

And for the whole planet that we were born into, this timing of this lifetime and into this moment of where we are now, you came here with a purpose of experiencing this growth, and this is the challenge. And this is the promise. Both the challenge and the promise are simultaneously being offered to you. And it's through your own efforts and your own intention and your own consciousness that you are engaging in the challenge and the promise and the message for these moments of being here now. And right now is to say that we are together in this.

We are a community coming together. You are never, ever alone. Absolutely not ever alone. Even if you live alone or if you are the lone wolf or you say, I don't know how to get along with other people or somehow I can't get into the community I want to be in. It doesn't matter because literally there is a community of consciousness that you are already talking to.

I had a woman saying to me, you know. Sorry, I can't make the teleconferences sometimes, but I literally tune in when you're having them. There's just a little shift in my brain that goes, oh, you know, there's a there's a transmission coming in right now from The One Command. And I don't know where it's coming in from, but I'm just kind of open with my antennas at that subtle field of intelligence that I'm getting this new message. And then she says she goes to the computer and finds out that, yep, sure enough, that exact time and date that she was talking about, we were having a teleconference. You know, she went back to her e-mail box and found it. And so that's how it works. It's like we are tuned into each other and connected to each other, whether we're communicating everyday on the phone or not, that there is a place where we are bonded.

The place where we are coming together to know this greater truth of being supported. Every moment of the intention of many people, of many, many thousands of people on the planet right now that are saying we can do this, we can make this change, we can evolve into another level of our beingness that is actually in harmony with those principles that have been the spiritual principles throughout all eternity of love, of acceptance, of inclusion, of community building, of support in the ability to work together in partnership, rather than working as a lone wolf to come together in community to have more together than you could ever have alone.

And of course, that means cleaning out and clearing out all of the limiting beliefs that say that you are stuck in your own paradigm of thinking, in your own reality, of can't connect with another person or get the support you want or build the business that you're after or have a loving relationship that you're seeking or improving the relationship with your children, that that is an impossibility. But in truth, it's the only possibility is to ask it and to command it and to start with the recognition of the desire to have it.

Starting with a desire, you're asking for what you want. You're commanding that you know, in your act of creation, that you're biologically and neurologically aligning in that new elevation of yourself and you're holding a greater truth than what your beta mind would ever, ever know, always wanting to argue this truth. But if you're holding that greater truth that I am in alignment with that greater intelligence of a collective mind that is a universal spiritual mind. It is a God mine that is a loving mind that is as supportive of mine as I am going through this journey.

I am connected here first already in community. And it's a natural expression of growth that I build a better community right at the foundation of coming together in agreement with other people, of interacting with the ideas in terms of leadership, of working with other leaders so that you can cooperatively build the business for many and that you're also able to share the message of The One Command out into the world and that you're able to benefit from both from sharing the message and from being the messenger and from being in the business of your own message so that it is shared out in the world as well.

And I know that this is a wonderful time to celebrate what you do have to look at the good that is already in your life, that this is such a wonderful way to establish the highest spiritual values of thankfulness, enjoyment and appreciation and love by saying, well, what is it that has worked, how am I doing it right? How am I accomplishing what I have just set myself up to accomplish from that place of success, taking myself into that next level of success, from success to success to success. This is what in fact I have received. This is how I am opened. This is how my heart is working well and loving myself and allowing others to love me and from that platform of that greater experience.

When you are in that flow in achieving what you want and liking yourself and liking other people and liking the journey as well as the result, when you are in that moment, when you are in that experience of yourself. Every possibility is realized in you in that very moment. And being supported by reading in the scientific magazines about the quantum field about time, that there is no such thing as a beginning or an end.

All there is is you now and you now are creating what you are experiencing in the future and what you have experienced in the past. That's all there is, is you now that every moment of the universe is now. In the universe there is not a past or future. There's only the now.

Saying that there is no aging, that there is no younger or older. Oftentimes I've had this epiphany that, you know, literally we are getting that we are growing younger into our death, that who knows when we die? What's on the other side? You know, we know we came into birth here. Maybe we're birthing ourselves in some other reality as we leave this physical body. So there's no certainty whatsoever that there's an end to what we're doing in this consciousness that you're living in right now. There's no certainty about that. And if that were true, then there may be no beginning to your consciousness.

Maybe you are immortal being in an everlasting soul. And if that is so, then maybe you can understand the power that you have to manifest and create what you wish to manifest and create in this moment right now that you can bring it back to that and that the way we can experience that and express that is in the loving expression of reality is the appreciation of the beautiful flower unfolding before you.

The smile of a child or the cry of the baby, of the hug of a loved one, of a kiss on your cheek. The smell of your skin. Of all of that which is in the physical realm that evokes that beauty of love and harmony and a feeling of satisfaction within you. That which is our human life. That is our human experience and our human opportunity to have these moments within us. And I just want to thank you.

It's a message of going forth with a great fervor for your life, a great respect for your life, a great understanding of the power of who you are. And I love each and every one of

you. And I thank you so much for playing in The One Command world and for playing with me personally. And I look forward to our next journey, our next talk in our next event together. But go out now and have a great time with family and friends and celebrate until next time. I will see you then. This is Asara signing off. And I just want to let you know if you have some e-mail questions, just go ahead and e-mail me, asara@asara.com

And I love you each and every. So long for now.