

## Introduction to Command Language

### Steps to the Basic Practice

The practice of Command Language brings your Spirit more fully into your body through the combined powers of your breath, voice, and focused intention.

**The Mind to Heart Drop:** “I command my Spirit to take all the thoughts in my head and drop them into my heart. Now.”

- Breathe from your heart and feel your Spirit expand from your heart center.
- Additional option: Add the Countdown: “5,4,3,2,1...Now.” As you count down, you can imagine an elevator dropping five stories from your head to your heart. When you say “NOW” feel the elevator landing solidly in your heart. You can also snap your fingers for emphasis.

**Increase Your Life Force Energy:** “I command my Spirit to increase my life force energy.” (“5,4,3,2,1...Now.”)

- As you breathe, feel your breath expand from your heart. Breathe deeply as you speak, and feel your Spirit expanding within you.
- Additional option: Place your hands on your belly or lower abdomen. This helps your Spirit connect to your body and expand within you.

**Remove Density and Interference:** “I command my Spirit to release anything that is not authentically me. Now.”

- Additional option: You can use repetition to increase the frequency and focus of your commands. Repeat your statements with authority, over and over, until you feel the energy shift. Then do the countdown and end with “Now.”

**Restore Inner Balance:** “I command my Spirit to heal and balance me. Now”

- Your Spirit knows where to go. Continue breathing and speaking your commands, and allow your life force energy to flow throughout your body.

**Additional Helpful Commands:** Experiment with different commands. Feel them in your body and find the words that your Spirit loves.

- “I command my Spirit to bring ALL of me into me. Now.”
- “Bring us Everything and All that we Need.”
- “Make me Real. Now.”
- “Fill me with Peace energy. Now.”

## Command Language for Healthy Sleep

Using command language before sleep is important to ensure that you receive rejuvenation and healing during the night. The intention is to keep your Spirit IN your body while you sleep.

- “I command my Spirit to draw all of my light and life force energy into my body and stay in my body while I sleep.”

## Other Helpful Commands for Sleep

- “I command my Spirit to come fully inside me and stay in me while I sleep.
- “Bring all my chakras completely inside my body and shrink wrap my field.”
- “Release all energy cords to and from other people.” (You can list specific people that come to mind.)
- “I command my Spirit to connect fully with the Mind of my Body for a restful, uninterrupted sleep.”
- “Heal and balance me while I sleep.”
- “Spirit, hold me in perfect peace all night long.”
- “Prime Creation, hold me in perfect peace all night long.”

**Upon waking:** The moment you wake up, immediately connect with your Spirit.

- “I command my Spirit to bring all of me into me. Now.”
- “Keep me in perfect Peace all day long.”

## Developing the Habit

Say the basic commands often. Practice moving from head to heart many times a day. As you become familiar with these commands you will naturally feel them in your body and find your own language, your own rhythm and your own approach.

Begin when you first wake up. Then, as you move through your day, pay attention and use commands whenever you need to raise your frequency, shift your focus, clear cords, or get out of mind energy and back into your heart. As you speak, pay attention to how you’re feeling, and focus on the intention of calling your Spirit back in. Use commands again before you go to sleep at night.

Remember, the more you speak to your Spirit, from your heart, the more of YOU there is in you. Learning to speak aloud to your Spirit is the single most important thing you can do during this time of ascension.

*To receive your full booklet “Keys to Command Language”, go to the contact page at [TheAlchemySchool.com](http://TheAlchemySchool.com). Say we met on Connect with Kelly and I’ll send you your book!*

*~ Love, Elizabeth.*

## Command Language Notecards

Your can cut out these cards and keep them with you to help you learn the commands.

### Daily Commands

- I command my Spirit to take all the thoughts in my head add drop them into my heart. 5,4,3,2,1. Now.
- I command my Spirit to increase my life force energy. Now.
- I command my Spirit to bring ALL of me into me. Now. Make me Real. Now.
- I command my Spirit to release anything that is not authentically me. Now.
- I command my Spirit to fill me with Peace energy. Now.

### Commands for Sleep

- I command my Spirit to come in my body and stay in my body while I sleep. 5,4,3,2,1. Now.
- I command my Spirit to bring my chakras, including my crown chakra, root, and 3<sup>rd</sup> eye, completely inside my body and shrink wrap my field.
- I command my Spirit to release all energy cords to and from me and other people. (You can list specific people if desired.)
- I command my Spirit to connect fully with the Mind of my Body for a restful, uninterrupted sleep.
- I command my Spirit to heal me while I sleep.
- Prime Creation, hold me in perfect Peace all night long.