

The  
**ONE**  
THING

The word "ONE" is rendered in a bold, red, blocky font with a white outline. It is surrounded by yellow lightning bolts and flame-like details, giving it a sense of energy and impact. The word "THE" is in a simple, outlined font above it, and "THING" is in a similar outlined font below it.

you can do that will change your life

# **The ONE Thing**

**you can do that will change your life**

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## Your life is going to change

What you are about to read is going to change your life.

As I write this, I am excited for you. And I sense that wherever you are, geographically, and whenever you are, time wise, that, at this moment, as you read this, you can feel my excitement.

What you are about to learn, and what you are about to activate, is a technique I call ...

the ONE thing

**Let's get started ...**



Wherever you are, right now, find a quiet and peaceful area.

**Give yourself permission to accept and receive what comes next.**

Right now, at this moment in time, you are feeling a wave of freedom in the form of a gentle current of delightful anticipation fall over you, starting at the top of your head, and slowly moving down through your entire body all the way to the bottom of your feet.

**As this gentle wave passes over you, you feel relaxed.**

Everything outside of you is hushed into a soft quietness. This hush reminds you of the familiar sound of lightly falling snow in the early morning hours—nature’s insulation blanketing the world with water crystals from the heavens, each a uniquely formed and priceless work of art.

As you inhabit the wonder of this quietness, your entire body is feeling relaxed.

The hushed stillness that you hear surrounds you and protects you with its quiet energy.

You feel lightweight.

**You are open to receive.**

The one thing.

The one thing principle is a simple, powerful technique.

At first glance, the one thing principle appears so simple that you may dismiss it as being of little value.

It’s value lies in your ability to put it into motion.

## **The results are infinite.**

Give yourself permission to accept and receive what comes next.

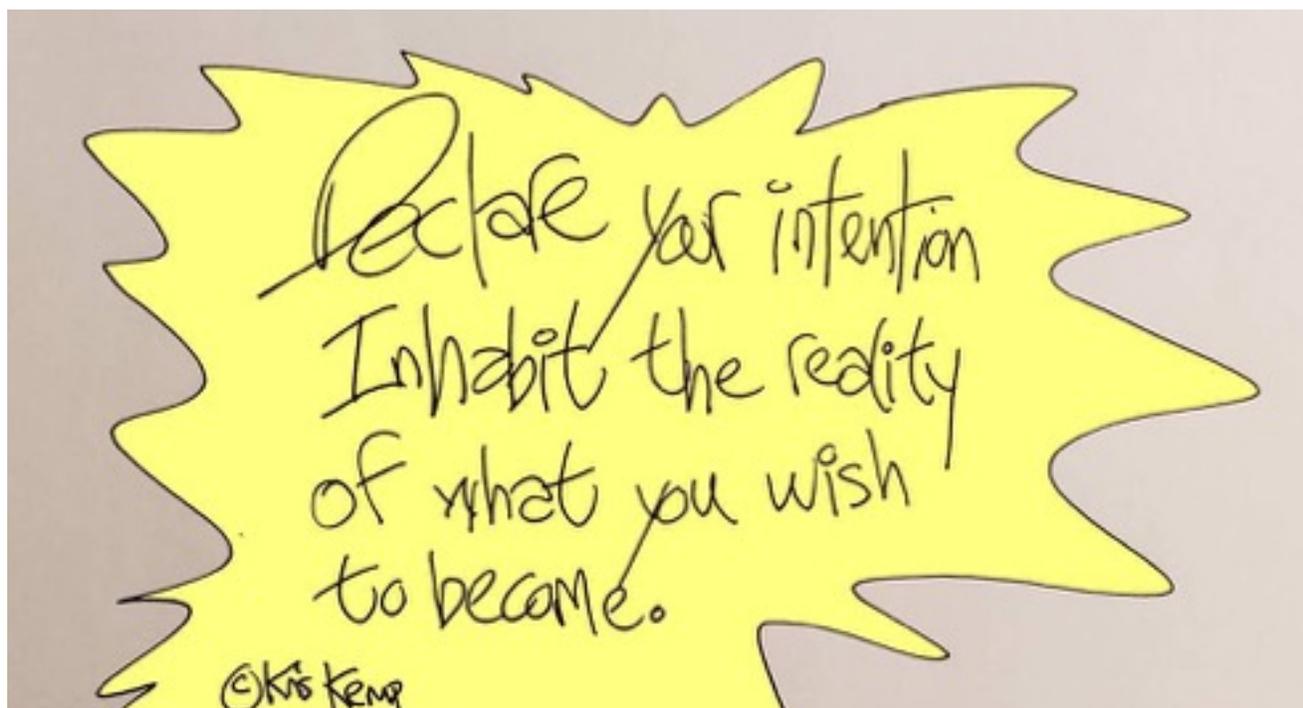
The One Thing

The One Thing principle is this ...

## **Change one thing about yourself.**

Change one thing about yourself.

When you wake up tomorrow morning, do something completely different. Something that is “outside” of your routine.



## **Change one thing about yourself**

Change one thing about yourself.

## **This could be ...**

1. Leaving the bed unmade
2. Taking a cold shower
3. Drawing a bath. A bubble bath.
4. Preparing French toast with real maple syrup and real butter.
5. Waking up at 5am and praying for 30 minutes.
6. Styling your hair in a different way.
7. Making love with your partner.
8. Walking or 45 minutes while listening to a podcast or video.
9. Doing pushups until you are physically too exhausted to continue.
10. Learning Japanese.
11. Watching videos about Remote Viewing
12. Watching videos about Lucid Dreaming
13. Reading The Bible
14. Prayer
15. Being grateful. Living in a state of gratitude.

That “one thing” will set into motion a chain of events that will leave you surprised, even astonished, at how your day unfolds.

Change one thing about yourself.

## **Try these “one thing” ideas or make up one of your own ...**

1. Change your hair style
2. Wear that luxurious underwear
3. Skip the underwear. Go commando.
4. Dress in a completely different style. 1940's. 1970's. 1980's.
5. Skipping breakfast
6. Taking a cold shower
7. Living in a state of gratefulness and gratitude the entire day
8. what is your idea? write it down and then take action

## **The Power of Gratitude to Amplify and Expand The One Thing**

Activate the One thing with gratitude.

“Frame things in a positive way that radiates gratitude. When you are grateful, you are tuned in to the frequency of the universe.”

Kris Kemp

Dr. Bruce Lipton (The Biology of Belief) explains the healing power of gratitude

<https://www.youtube.com/watch?v=vEfXK3D8vGc>

Practice gratitude. Throughout the day, think of things you are grateful for, and thank God for such things.

Adopting an attitude of gratitude adds a greater clarity to your life.

Gratitude is one of the elements that can be used to harness the power of intention to manifest your dream life.

### **Learn to harness the power of intention to manifest your dream life**

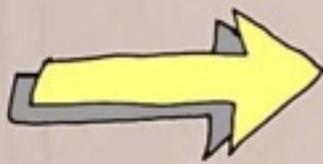
A simple formula to create the ideal life

Using visualization techniques (brain, mental)

- + Elevated Emotion (physical, body)
- + Radical Gratitude (frequency of the universe)
- + Laughter (highest kinesthetic state)
- = Visualization Manifested

Learn to harness the power  
of intention to manifest  
your Dream Life

→ A Simple Formula ←  
to...



Create the ideal life  
using visualization techniques (brain, mental)  
+  
Elevated emotion (body, physical)  
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Radical Gratitude (frequency of the universe)  
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Laughter (highest kinesthetic state)

= Visualization Manifested

★ Frame things in a positive way that radiates gratitude.  
When you are grateful, you are tuned in to the frequency  
of the universe.

- Kris Kemp

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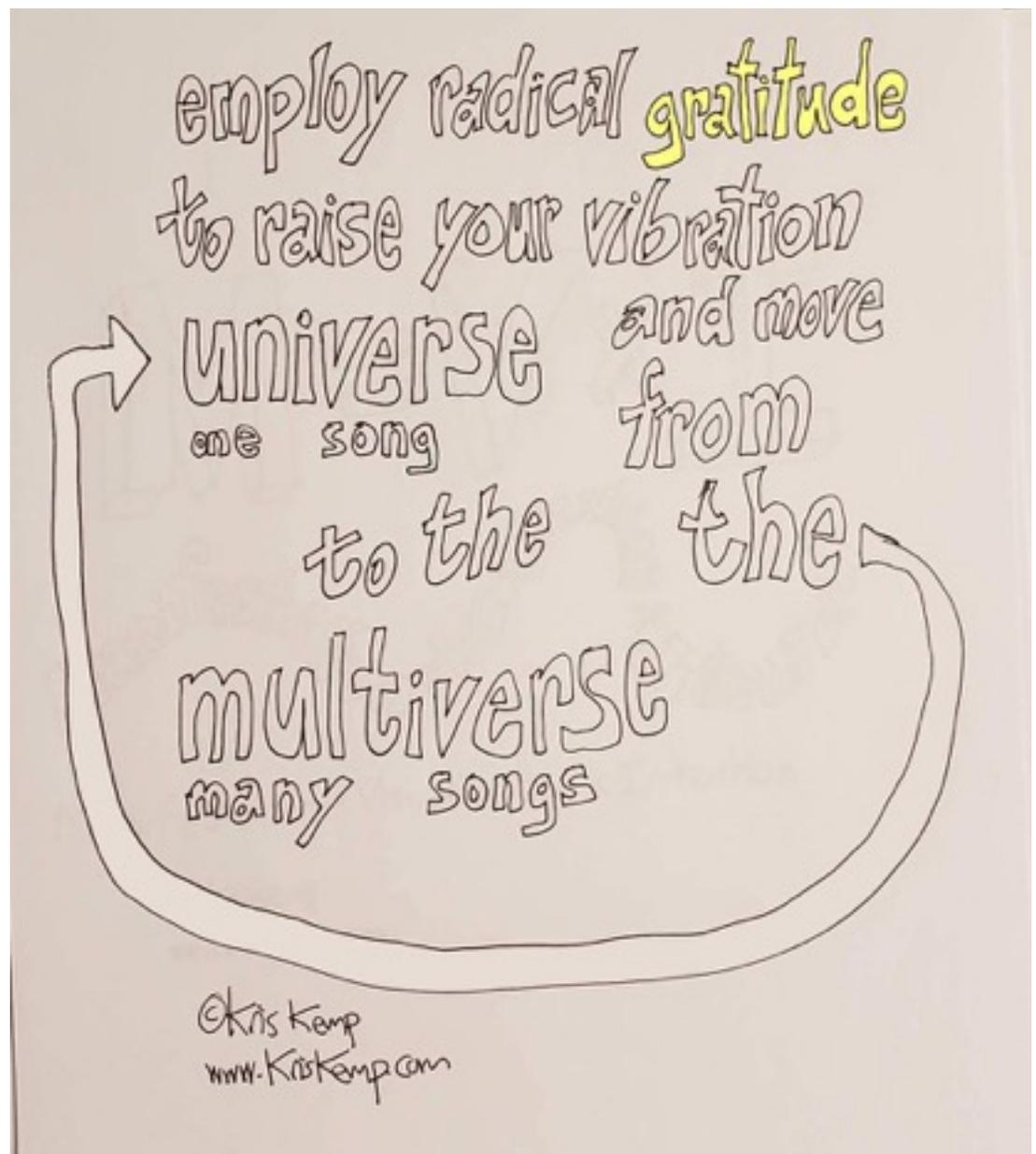
## Prune the tree of your life

Curate your influences. Select those influences that motivate, challenge, inspire you to make your dreams a reality.

Once you identify your mission, determine your values, set an intention to make your dreams a reality, create a schedule of activities that enable you to make your dreams real, you will gain clarity. Also, you will gain a purpose, something bigger than yourself that becomes an exciting goal to reach.

This clarity will enable and empower you to easily see, and remove, or prune, any “dead branches” from your life.

Employ radical gratitude to raise your vibration and move from the universe (one song) to the multiverse (many songs).



## **Change one thing about yourself**

Change one thing about yourself.

At first glance, these “one thing” ideas may seem superficial at best, and completely inane at worst. Understand, however, that the idea of the “one thing” is to remove judgement from trying something new. In doing so, you’re creating space for a reality shift to manifest.

The biggest ships are steered by a relatively small rudder. Doors are opened by a small hinge. Consider the “one thing” that small hinge that opens the big door to new opportunities.



In activating the “one thing” technique, you are giving yourself permission to move from a familiar past—one that’s been mapped by set behaviors and habitual patterns—to a new future. (This creates a “pattern break”, which we’ll discuss later.)

## **She tried the “one thing” and this is what happened ...**

When Kris suggested I changed “one small thing”, I was game and asked for suggestions on what small change I should implement. He suggested altering the part in my hair and applying my makeup differently. The next morning, I left for school (I’m a teacher) with more of my forehead revealed and less makeup on my eyes. I thought I might get a couple comments from observant colleagues or students, but the compliments started in my carpool and continued until dismissal. I believe I documented around 20 compliments and people were commenting even when they couldn’t put their finger on what was different. Most importantly, I felt very energized by the attention (am I shallow?) generated by two simple changes that required no extra effort on my part.

Kim (teacher)  
South Florida

**Would the “one thing” technique work for attracting money into your life?**



## Amplify and Expand

One way to amplify and expand the “one thing” is to align it with an intention.

intention - a thing intended, an aim or plan; what one has in mind to do or bring about; a wish that one means to carry out

## Visualize your Intention



A hand-drawn equation using 3D block letters:  $M = V \times I$ . The letters are light grey with black outlines and are set against a yellow background.

Manifestation = Visualization x Intention

Manifestation = Visualization x Intention

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Visualize your intention. Focus your mind (thoughts) on what you intend to carry out.

See the result of your intention.

Visualize the results of your intention.

If, for the “one thing”, you decide to style your hair differently, and you set an intention for a stranger to compliment you with “you look really good”, then “feel the feeling” of that compliment.

### **Inhabit the Reality of the Feeling**

Inhabit the reality of the feeling that comes as a result of the “one thing”.

As you prepare to start your day, and you activate the “one thing” by doing something that is new, amplify this with an intention. You do this by visualizing a result from the “one thing”.

Let’s say your “one thing” is you change your hairstyle.

As you are combing your hair in a different direction or styling your hair in a different way, or both of these, imagine and visualize the result.

Imagine that a friend, a family member, a stranger, notices you and says: “You look amazing. Have a nice day.”

Imagine them saying: “I don’t know what it is, but you look different today. I like it.”

You will probably laugh when you hear these exact words or very similar words coming from the mouths of people you barely know.

The “one thing” technique is simply doing something different. While you are doing the “one thing”, amplify it with an intention.

That is the “one thing” technique.

### **Manifest with Ease and Delight**

It is simple and powerful and it works effortlessly.

The “one thing” technique enables and empowers you to manifest with “ease and delight”.

Put this technique into motion and situations will manifest before you that provide opportunities for you to expand your life in new and exciting directions.

Why and how does this work?

When you do a physical action, that physical action is connected to the a feeling (body). That feeling triggers a thought (mind).

### **Thoughts and Feelings**

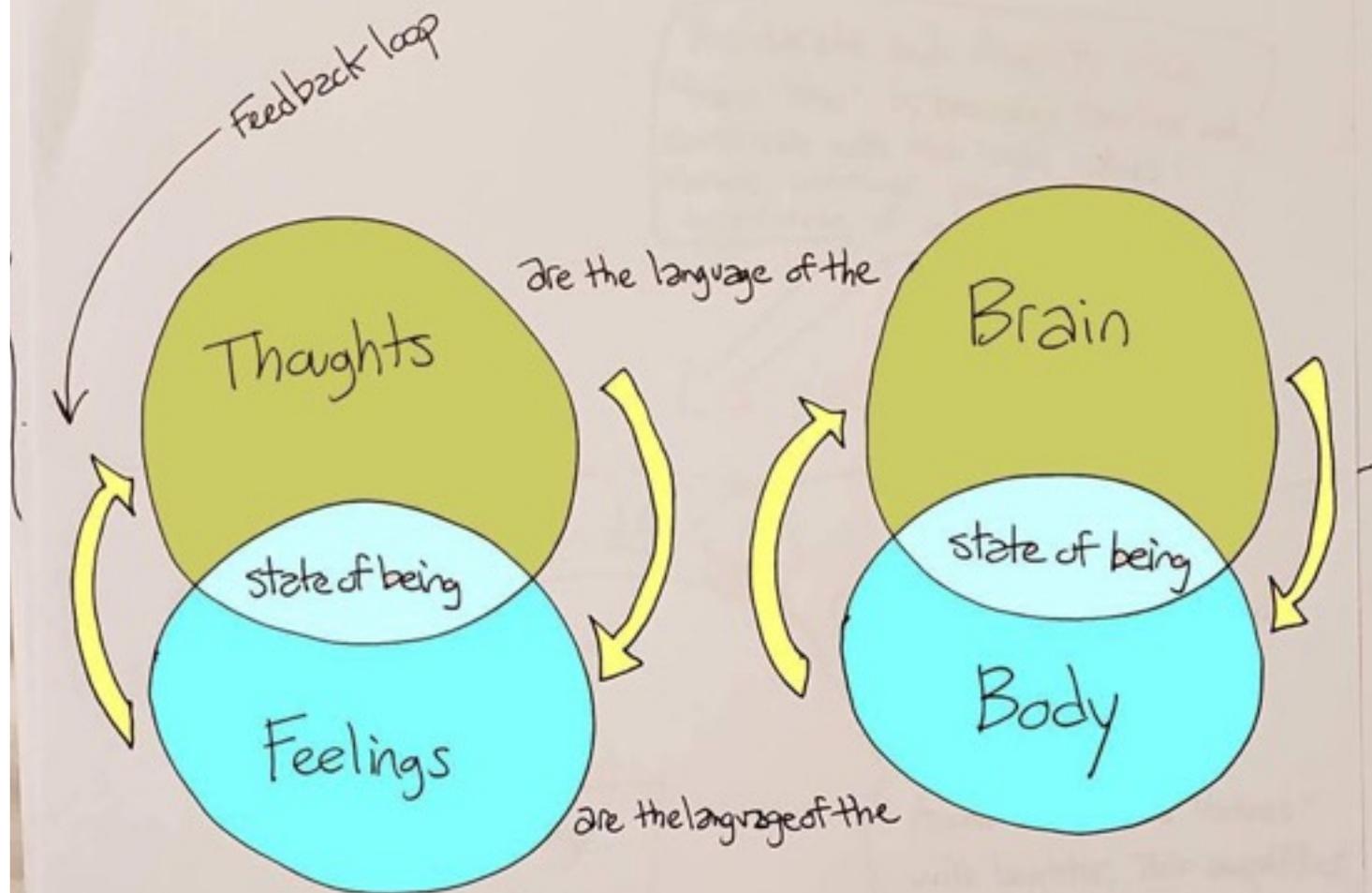
“Thoughts are the language of the mind. And feelings are the language of the body.”

Dr. Joe Dispenza (You Are The Placebo)

How to Unlock the Full Potential of Your Mind - Dr. Joe Dispenza

<https://www.youtube.com/watch?v=La9oLLoI5Rc&t=207s>

So, the action by the body created a feeling, and the feeling triggered a thought (mind).



Thoughts are the language of the brain.  
And feelings are the language of the body.  
- Dr. Joe Dispenza

illustration: Kris Kemp  
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## **Think about this ...**

As the thoughts (mind) trigger feelings (body), and as the feelings (body) trigger thoughts (mind), a feedback loop is created. At the intersection of the mind and the body is the “state of being”. The feedback loop, as it cycles from the mind to the body and the body to the mind, amplifies the “state of being”.

Evidently, this why habits and patterns become so embedded, because the thoughts (mind) and feelings (body) become an “established” feedback loop pattern.

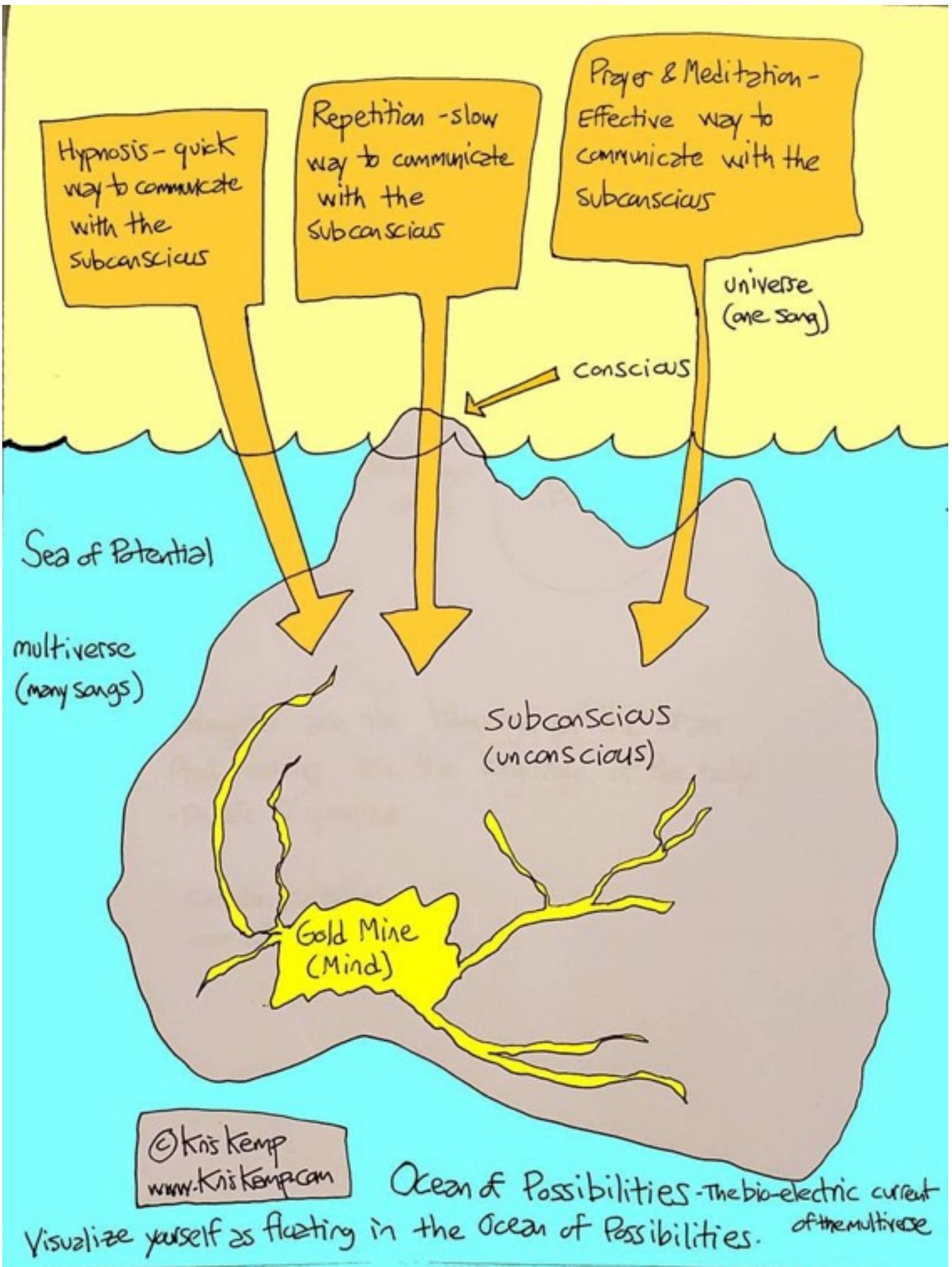
As the choices become routines, and as the routines become habits, and as the habits become patterns, the feedback loop accelerates. This acceleration magnifies the rewards, the dopamine hits exchanged between the mind (thoughts) and body (feelings).

If left to run continuously and unchecked, the feedback loop moves amplifies the “state of being” to such a degree, that the “state of being” moves from the conscious level to the unconscious/ subconscious level.



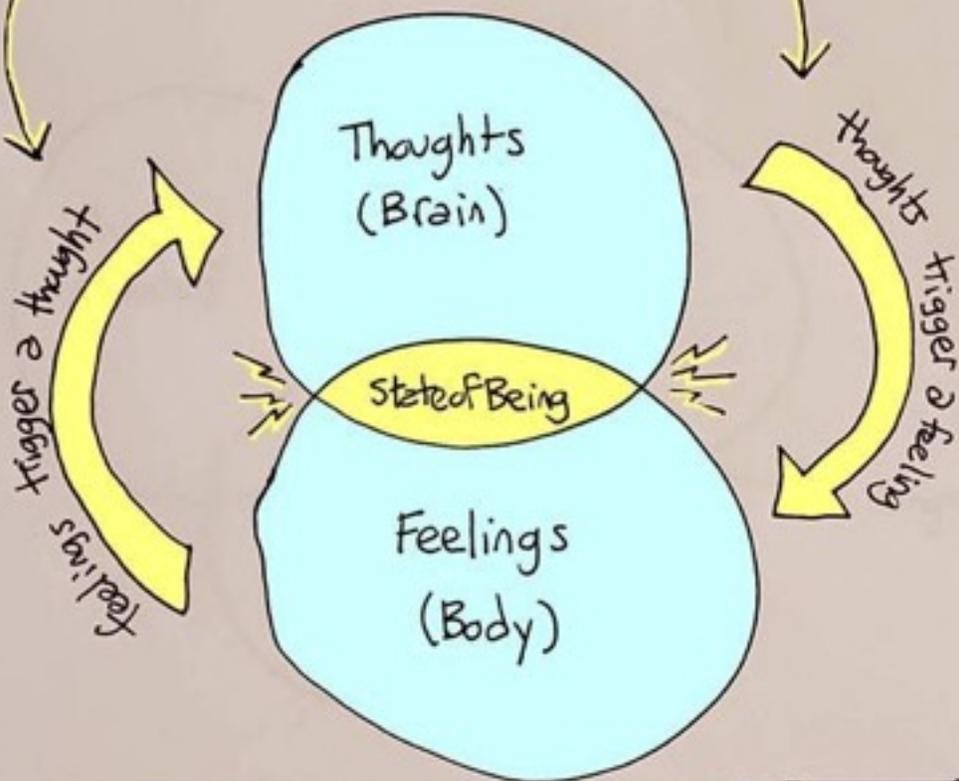
## **The Subconscious / Unconscious Mind**

According to neuroscientists, the subconscious (unconscious) mind is responsible for 95% of our actions, and the conscious mind is responsible for 5% of our actions.





The feedback loop that amplifies  
the State of Being



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Changing a "state of being" requires the introduction of a "pattern break"-- a repeated sequence of introducing new thoughts and new actions that will lead to a new "state of being".

The interruption allows room for a “new reality” to situate itself within the “state of being”.

“Perception is the switch that controls biology.”

Dr. Bruce Lipton (The Biology of Belief)

<https://www.youtube.com/user/biologyofbelief>

The pattern break allows room for you to experience and inhabit, even if for a temporary period, a new or different reality.

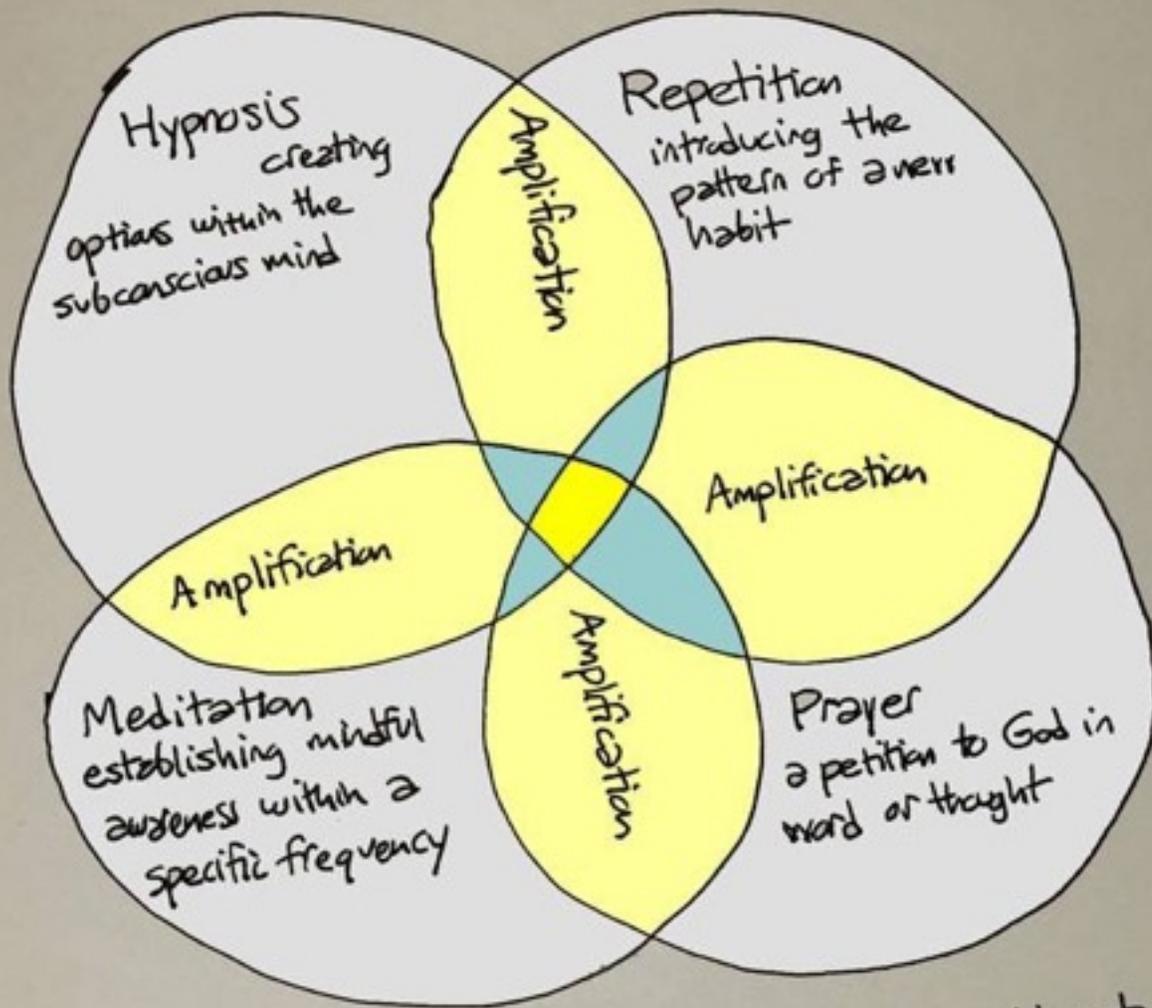
## **Introducing Change**

The pattern break serves as the catalyst for the seed of change to be planted in the subconscious mind.

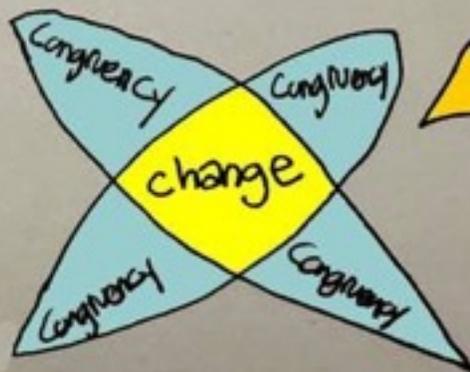
With proper care, and depending on environmental factors, the seed will grow into a tree.

Hypnosis, Repetition, Prayer, and Meditation accelerate its growth.





Adopt and practice an attitude of gratefulness in order to accelerate and amplify change.



How to create, accelerate, and amplify change at the subconscious level within the human body.

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## **The One Thing**

That is the “one thing”.

1. Do something different.
2. Set an intention.

That is the “one thing”.

The seemingly little thing often leads to the biggest result.

It's something we've known all along but we've forgotten along the way.

“You have to lay down the very thing you used your whole life, to get what you want, for something greater to occur. You have to begin to do what's unnatural.”

Dr. Joe Dispenza (You Are The Placebo)

<https://www.youtube.com/watch?v=oUwohJxy7Y4&t=2451s>

That one thing, that one action that you take, complimented with an intention, will set into motion a series of events that will enable you to experience a new reality.



The question is ...

Are you up for it?

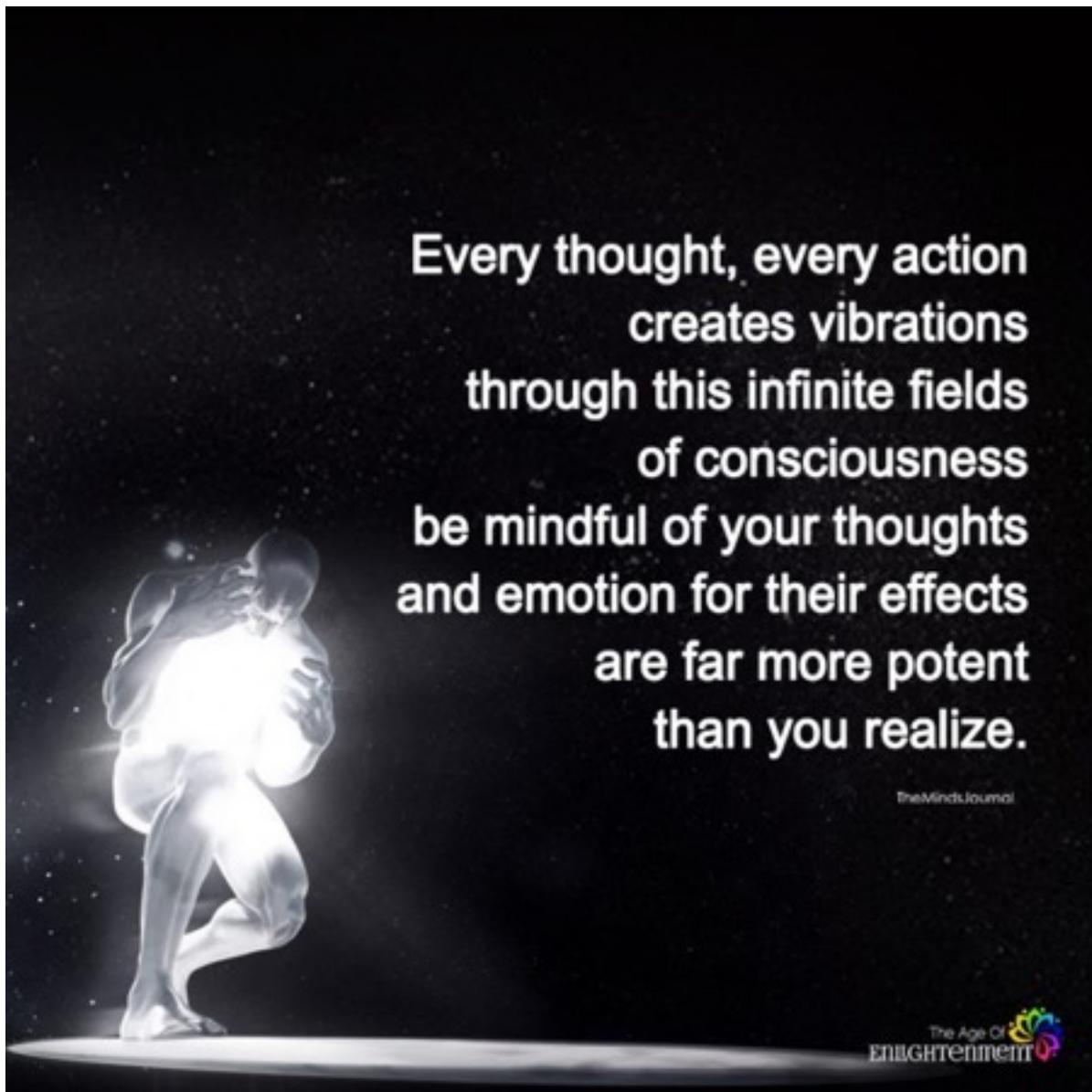
Give yourself permission.

Give yourself permission to receive whatever or whoever comes next.

What happens next.

Who happens next.

You happen next.



## **A Pattern Break**

The “one thing” technique, as simple as it is, creates a disruption in the pattern.

This “pattern break” opens possibilities and allows for the introduction of change in the “state of being”.

Give yourself permission to receive wealth and love and perfect health.

Trust the process.

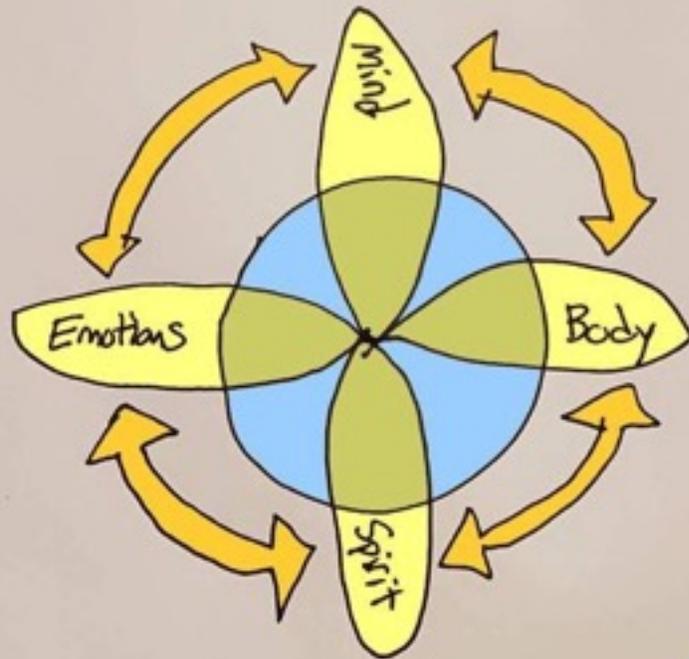
When you do the one thing, amazing realities manifest.

What you have read, if you put it into action, will change your life.

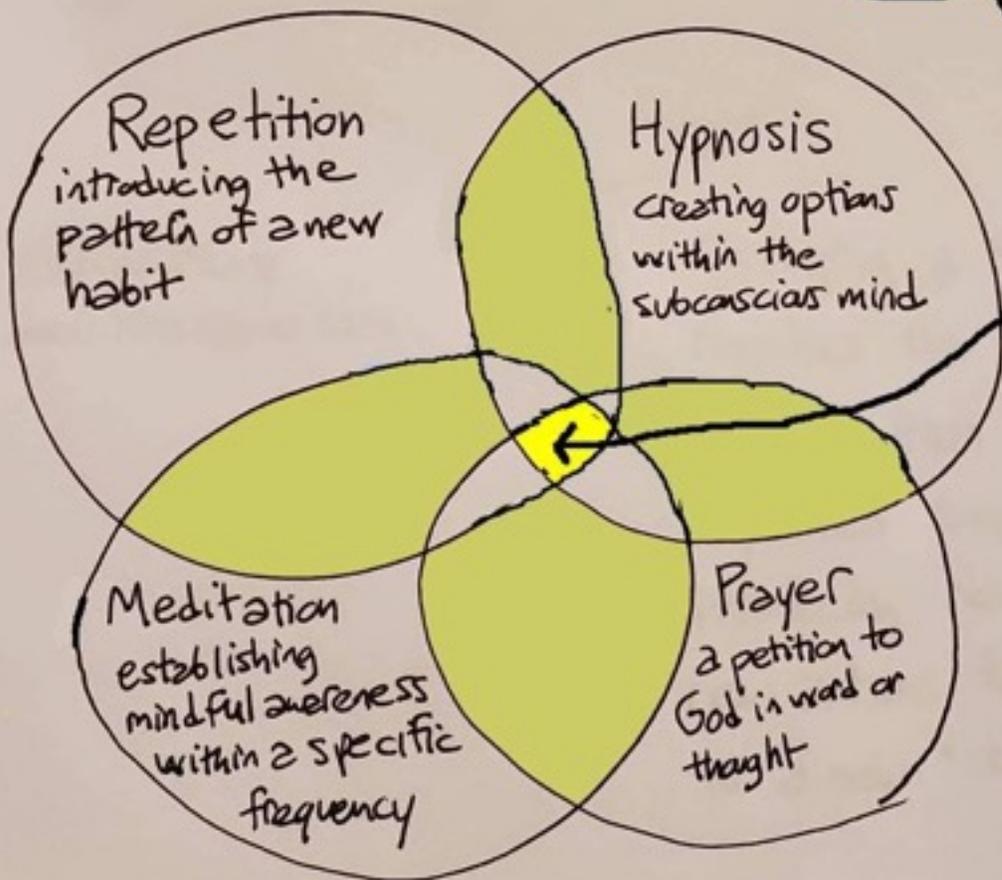


If you are feeling resistant, it is your body, comfortable in its routine, creating those feelings.

Remember, your brain (thoughts) is stronger than your body (feelings). Thoughts are stronger than feelings.



**Change**



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You have the opportunity to create a “pattern break” with the “one thing”.

One tiny shift can change your life.

“The best way to predict the future is to create it.”

Dr. Joe Dispenza (You Are The Placebo)

[https://www.youtube.com/channel/UCi5\\_jmhcvmj3cyo9JHh6UnA](https://www.youtube.com/channel/UCi5_jmhcvmj3cyo9JHh6UnA)

## **Possibilities**

Give yourself permission.

Trust the process.

A new reality awaits.

Copy & paste the URL below into your address bar:

<https://www.youtube.com/watch?v=kVtOdefpDPo>

You can move from the universe (one song) to the multiverse (many songs).

The possibilities are endless.

I am excited for you.

Kris Kemp

writer, musician, creative entrepreneur

[bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

[kriskemp@protonmail.com](mailto:kriskemp@protonmail.com)

## About Kris Kemp



Hi, I'm a writer, musician, traveler, creative entrepreneur. I have a variety of interests that share the common theme of freedom—health freedom, time freedom, location/travel freedom, financial freedom.

Click the links below to check out my creative projects.

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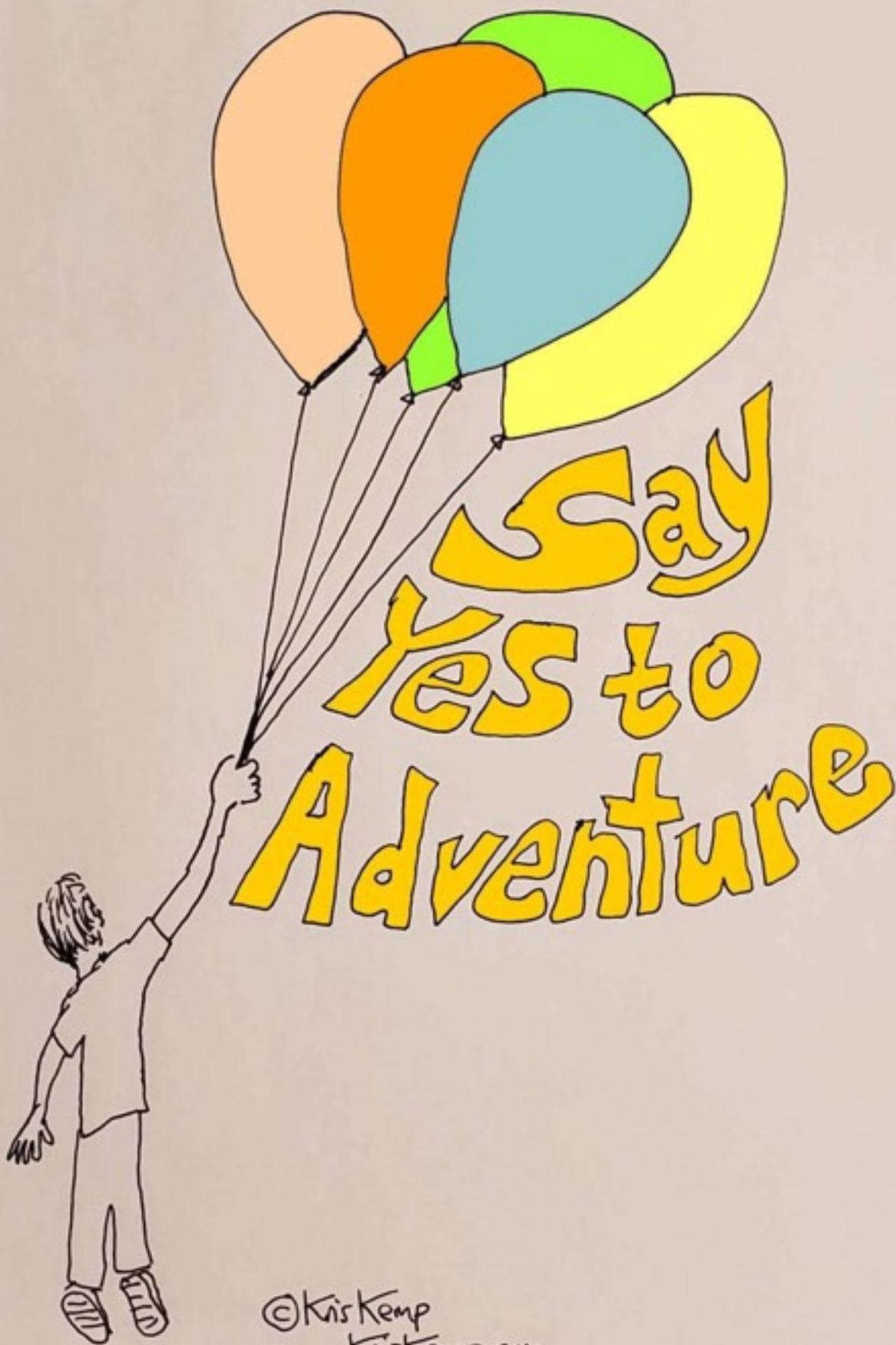
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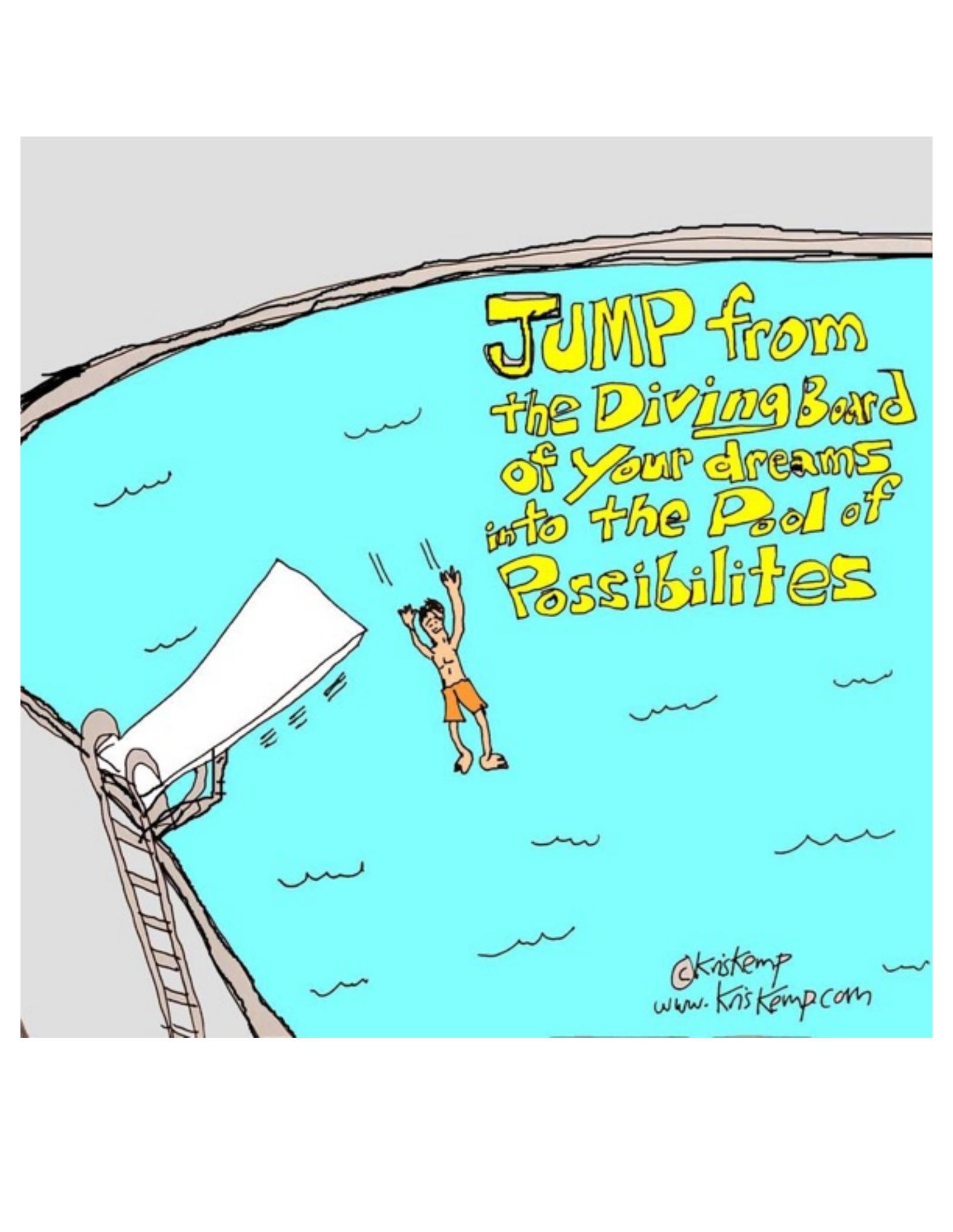
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the Diving Board  
of your dreams  
into the Pool of  
Possibilities

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