**One Command Circles®**

**HANDOUTS**

**FOR**

**CIRCLES**

*To get from where you are to where you want to be - be ready for change, be open to new ideas, and create your own miracles.*

~ Dr. Katie Garnett

**One Command Circles® Sign In Sheet**

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Make checks payable to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_\_\_**

**The One Command Circles**

The One Command Circles were created for those committed to creating real changes in their lives. We enjoy the enthusiastic support of community while clearing our limiting money and relationship beliefs. The principles & technique used are based upon the book *The One Command* by author Asara Lovejoy.

If you are willing to set aside your notions of what you think you know and are open to taking an incredible new adventure, then you want to regularly attend The One Command Circles. This technique is a practice that, once embraced, will change every concept of how to live richly. The Circle is a support group, a study group, and a group where you can create what you want in moments.

Each meeting you focus on what you want to shift in your life. This is not the same as telling your story. The focus is on what you want to achieve. We celebrate your successes, command a different outcome for any setbacks and support you in every aspect of your being.

Each evening ends with a profound exercise where you see, hear and feel the support and encouragement of others down to your very bones. It is quite powerful and must be experienced to fully understand its power.

**Invite your friends and loved ones to attend each One Command Circle event and build POSITIVE AND LASTING RESULTS the quick and easy way by your Command.**

**People signing up for Circles often find unexpected miracles happening in their life just by making the commitment to attend!**

*“Two days after saying out loud and receiving support at the One Command Circle..."I don't know how I receive $5K/mo and have an office with two staff. I only know I do now and I am fulfilled"...magic happened. I secured a consulting contract for $8,000/mo... The biggest breakthrough for me is: I can be a conduit through which money flows to manifest goodness in the world...”*

*Cheryl, Kirkland, WA*

*"I asked to have $5,000 a month. So I went to work the next day and they told me that I would be transferring to our flagship location. The advisor that works there now makes $6,000-8,000 a month. I have been told that I should easily be making between $3,000 and $5,000 each month from now on. Both my managers have told me they are going to do everything they can to make sure I am successful and can earn a living from now on. That same day I met with a family that wanted to buy property for which I will start to make a bonus for next month”.*

*Tristan W.*

Your success story here \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The One Command & Six-Step Process**

**The One Command:**

I don’t know how I \_\_\_\_\_\_\_(*your Command)*\_\_\_\_\_\_\_\_,

I only know I (am/have/do) *Now,* and I am fulfilled.

*Check yourself to eliminate the word ‘but’ in any command.*

*Check yourself to change all statements to the Now (not will have, will do, etc.).*

**The Six-Step Process:**

1. Ground

2. Align

3. Go into Theta (journey through space)

4. Command

5. Expand (into that greater capacity of who you are)

6. Gratitude, DNA (unwind/rewind)

**Support Statement:**

(Persons Name)… I absolutely know that you…(have/are/do)…and I support you.

**WHAT YOU HAVE LEARNED IN THE ONE COMMAND CIRCLES**

1. Asara’s journey, the genesis of **The One Command**, and the 6-Step Process to Success.

2. **How to formulate One Command** statements to the highest order.

3. How to learn from the information that comes up while doing The One Command and how to formulate Commands around the limiting beliefs that are revealed.

4. You have been referred to Asara’s book, ***The One Command***, a goldmine of information and guidance, that can be bought on the website [www.successbyyourcommand.com](http://www.commandingwealth.com), on Amazon.com or at Circle meetings.

5. You have been invited to subscribe to the greatest resource, **The One Command Free Learning Center** which includes The One Command Foundation Course, mp3 classes, the monthly One Command Newsletter, and specials for courses and products. Go to [www.successsbyyourcommand.com](http://www.successsbyyourcommand.com) for more information.

6. You have the opportunity to receive coaching from and attend classes with Asara Lovejoy, Dr. Katie Garnett, and Bonnie Strehlow. Go to [www.successbyyourcommand.com](http://www.successbyyourcommand.com)

7. You have the opportunity to access links to the Home-Study Program, which includes training as a One Command Circle Leader, the Cash Rich Success Club and programs in Personal Growth, Financial Success, Health, and Love and Happiness. Go to - [www.successbyyourcommand.com](http://www.successbyyourcommand.com)

8. You have been encouraged to use **The One Command** every day to free yourself of old limiting beliefs and create a whole new life.

9. You have been offered the opportunity to track your successes in your **Success Journal** in order to reinforce the changes large and small in your life while doing The One Command.

10. You have **the opportunity to grow your life**, your confidence, and your success in the company of incredibly supportive people on a regular basis. You have been offered a gift of life,and the freedom to accept it or not.

**SUCCESS JOURNALS**

**Once a Command is stated, it *is* fulfilled. Our only job is to *gently* watch for evidence of its appearance.**

Sometimes people don't realize that they are actually inundated with beautiful, won

We have read many stories starting with.....*I didn't realize that this money had come in...that this new career had started…that I found my keys immediately…that I found the hiking shoes I had searched for…that I am in a new relationship...that I found my new house...that my plants survived two weeks in 100 degree sun without water…that I am much more peaceful…or, that I have found my new direction.*

People tend to look for the million-dollar lottery win, and when it doesn't arrive all at once, they think that their Command has not been fulfilled.  One Command’s are always fulfilled in the quantum field, in the *Now*.

I always recommend **Success Journals** for my Circle participants. It is critical to write our successes down, no matter how 'small' they seem. If you have read the stories in The One Command and listened to the stories on the recordings, you will have an idea how it all ‘works’.

There is the story of one member who Commanded for $10K a month income the first month of her business, and thought she didn’t get it. Once she added up all her of orders, the total came to $8600 the first month and over $10K each month after that. But she had to add it all up - there wasn't simply one single check for $10K that showed up in her mailbox.

My personal successes have gotten so large that I could forget my small ones, but that would be a shame if I did as there is no real size in the Universe. The universe provides what we Command, and that is not only good, it is great!