



The One Command® Circles

THE ONE COMMAND® CIRCLES CERTIFIED LEADER TRAINING

Segment #1

“You are much grander than you think you are”.
Asara Lovejoy, *The One Command*

Pre-requisites to seminar:

1. Read *The One Command*, by Asara Lovejoy



Suggested: *if possible*

1. Attend a Circle and take notes.
2. Attend a One-Day One Command workshop.
3. Make note of your own Success Stories

Many can argue that reality is as it is, but it is my experience that the opposite is exactly true; reality is ours for the making.
~ Asara Lovejoy

Welcome

It is the mission of the One Command to transform people's lives and to model prosperity.

As an active Certified One Command Circle Leader, you have the opportunity to help people change their lives forever.

As you open your home, office or meeting place to your friends, family and community, you offer them the simple, straightforward information that is making a difference around the world.

Shift what you look at and create miracles.
Katie Garnett, PhD

Session One

- Objectives of the Training
- Clarification of Purpose
- Framework of the Circles
- Outline of the Circle Process

Objectives of the Program

- Understand the framework of the process of Circles.
- Reinforce a sense of competence in leadership.
- Learn the primary goals of The One Command Circles
- Understand the way people learn.
- Understand how people are reinforced in their learning and changes.
- Review the conceptual foundations of the program, learning how to teach:
 - The One Command
 - The Six Steps
 - The Support Statement

Never doubt that a small group of thoughtful, committed people can change the world. Indeed it is the only thing that ever has.

~ Margaret Mead

Clarification of Purpose

Why are you interested in leading One Command Circles?

What do you want to accomplish - what are your goals as a Circle Leader?

What are your experiences with One Command Circles?

Why are you invested personally in The One Command? How does it work in your life?

"To be successful, all you have to do is give up everything you think you know and allow what is not known to arrive."
~ Asara Lovejoy

STEP-BY-STEP PROCESS FOR RUNNING A ONE COMMAND CIRCLE



Circle Led by Jacquie Smillie

Framework of the Circle Process

The Primary Goal of a Circle:

The purpose of a Circle is to provide loving enthusiastic support for each other, to embrace your dreams as you go into the world to live in your greater capacity. Remind your participants that you are here to support them in their success, not in their pain. Introductions and preparation of Commands are to be focused on *What I want instead...*

Prior to Opening the Door

Start with your own grounding – find your center and say your personal One Command as you prepare your space to welcome your participants.

Be prepared to let the energy of the group lead, the makeup of all groups is different so you need to be prepared to go in different directions. Some groups will have more questions, some will have more or less difficulty formulating their Commands, you are well prepared to go with it. Relax and let go, know your parameters, but let them lead with their needs.

We are programming ourselves to know something we didn't already know. We are longing for that life, writing new ideas of reality, living another future life right now.

~ Asara Lovejoy

Welcome your participants -

Begin by sitting or standing in a circle and offer an opening quote or grounding, such as the first step of the 6-Steps, to quiet the chatter of the day and bring you and the group into a more peaceful space. Have your chairs arranged in a circle.

Introduce yourself as the Leader and briefly mention how you came to The One Command and why you decided to become a Circle Leader.

At this point you can tell Asara's story and how she received The One Command, enhanced her own life, founded The One Command organization, wrote *The One Command* book, and now teaches, trains, coaches and shares its creative power worldwide.

Do brief introductions – give them a demonstration such as, *Hi, my name is Mary and I am a massage therapist*. Your goal is to keep them out of their 'story'.

Ask returning members of the Circle to check in with the group by reporting on what they have noticed that is different in their lives since the last Circle.

Have them share their success stories – this helps new people recognize that successes come in all shapes and sizes. Be sure to celebrate the success reports with applause or some form of congratulations.

Explain to new attendees what a Success Journal is and what it accomplishes.

The purpose of your Success Journal is to record changes you notice in your life on a daily or weekly basis. It is not intended to just record a \$1,000,000 lottery win, it is meant to record those amazing changes in your life such as a sense of inner peace, running into someone who tells you about a great job, reconnecting with an old friend, having an adult child call to simply say, 'I love you.'

Your Success Journal is for the sense of self-appreciation, a sense of inner peace, a sense of joy, and anything that is a 'feel good' in your life. The smaller changes are easy to miss, and then it is easier to fall into old negative thinking, your Success Journal is a gift to yourself to reinforce the new things that are happening in your life.

The One Command

Always explain how The One Command® statement is said for the new people attending and give them several examples so they become familiar with the actual words of the three parts of The One Command.

Explain how people formulate their Commands by using examples and stories to demonstrate the various points.

Emphasize the importance of formulating short, clear Commands as the subconscious functions at a 3-year-old level of language comprehension. Give examples of short, direct, clear, and to-the-point Commands.

I don't know how I (your personal Command here), I only know I do now and I am fulfilled.

*I don't know how **I increase my income by \$2000 a month**, I only know I do now and I am fulfilled.*

*I don't know how **I have vibrant health**, I only know I do now and I am fulfilled.*

*I don't know how **I have a peaceful relationship with my child** (spouse, friend, etc), I only know I do now and I am fulfilled.*

Use a brief Success Story to demonstrate Command outcomes.

Briefly review the 6-Steps and let them know you will be taking them through the One Command process after the break.

At this point, you are ready to take a 20-minute snack break or simply take a brief 'comfort' break and continue directly on to the second hour of your two-hour One Command Circle.

After the Break

Explain the 6-Step Process in depth and practice the Tibetan eye-roll as this is usually a new practice for people. Practicing the eye-roll in advance increases their comfort when they get to the actual One Command process.

You will be guiding the group members to formulate their personal Commands – making suggestions such as keeping them direct, simple and straightforward. Once everyone has the Command they want to make, you can take them through the entire One Command process.

Take turns sharing what they would like to create and help them become clear on what they want to Command to receive in their life.

Help them keep their story to the basics, where they now and where they want to be. For example, modifying from *My bank account is low*, and changing to *I don't know how my bank account is overflowing with money, I only know it is now, and I am fulfilled*.

The rest of the old story doesn't matter to the new reality - only the joy of the new reality deserves focus and attention.

Remind Everyone:

- You cannot Command for anyone other than yourself (people have Free Will)
- Always state your Command in the present tense.
- Take the word *will* out of your vocabulary – the subconscious mind only takes action in the Now!
- Keep your Commands as simple as possible.

Take the Group through the Six Steps Process:

Once everyone has something they want to Command, lead the entire group through the Six-Steps to state their Commands internally. Remind them to say their Commands 'in their head' and that you will be saying all the other parts of the One Command for them out-loud.

- **Ground**
- **Align**
- **Go to Theta**
- **Command**
- **Expand**
- **Receive**

Once the process is complete, give them a moment to come fully back in to their bodies. Give them time to discuss what happened for them and answer any questions.

Next - explain and demonstrate how to offer Support Statements.

The Support Statement

If the group is large, break them into smaller groups of 3 to 5 people, and have each person get support statements from every member of the small group.

Making a One Command and then receiving support 'left eye to left eye' from other members of the Circle is an extremely powerful part of the process. The participant receives acknowledgement of what is possible and what has just happened for them during the One Command process.

The support statement process tends to be highly emotional and meaningful.

Participants have said they don't know which role is more powerful or healing, to be the one stating The One Command, the one affirming the support, or being the witness. **After all, when in our life have we really had the experience of loving, enthusiastic support?**

*You start out leading Circles in order to help others change their lives.
What happens is that you find your life changing as well.*

~ Bonnie Strehlow

Closing

Now is the time for closing remarks from you as the Circle Leader. Offer encouragement and support. Let the members know how honored you are to be a part of their journey. Encourage them to try something new, to share, to reach out to one another. Suggest that they find a One Command Buddy from the group.

Let everyone know when the next One Command Circle is scheduled and ask them to invite their friends and relatives. This is also a good time to let them know about any specials you are offering such as a 'come and bring a first-time friend for free – a 'two-for-one special'.

Let your Circle members know about the resources available to them - such as the products and services in The Success by Your Command store. There are multiple training packages available online from Asara, Bonnie Strehlow and Dr. Katie, local in-person courses offered around the world, and the vast opportunities available through subscription to **The One Command Free Learning Center** – including The One Command Foundation Course, mp3s, Newsletter and specials for courses and products.

Finally, do a brief grounding of their energy, and then officially close the Circle.

Snacks and Networking:

Once the One Command Process is complete it is time for snacks and networking: The snack break comes after the first hour of the Circle or at the end of the two hours. If you have decided to have your break mid-way during the Circle, then simply thank them for coming and remind them of the date and time of the next One Command Circle.

At the end of the Circle you can invite your attendees to stay for a brief social time to get to know each other better and enjoy some snacks.

People may share information about themselves and perhaps share business cards. Ask if anyone has any announcements, upcoming events or specials they may be running in their business. We like doing business with our friends and want to support each other's endeavors. Encourage people to bring their flyers and brochures.