



The One Command® Circles

THE ONE COMMAND® CIRCLES CERTIFIED LEADER TRAINING

Segment #3

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

Session Three

The One Command Circle FAQs

- Who is Asara?
- What is Source Mind or Greater Intelligence?
- What is Theta?
- What does it mean to change DNA?
- What is the difference between affirmation and The One Command?
- What is the difference between Law of Attraction and The One Command?
- What is the importance of Languageing?
- What is chemicalization?
- How do you Command for forgiveness?
- Closing your receptors to lack – Opening to your good.
- And more...

The One Command Circle Frequently Asked Questions

Discuss frequently asked questions: *This information is for preparation to run a Circle, in anticipation of FAQs - it is not necessarily part of the Circle.*

Q: Who is Asara, how did she receive The One Command, and where did her name come from?

*A: Asara: from Jack Schwarz, her mentor and teacher
Lovejoy: from her great-uncle*

Asara is a successful businesswoman, spiritual teacher, and global entrepreneur who discovered The One Command.

Q: What is Source Mind and Greater Intelligence?

A: When you are in the theta brainwave you are establishing new neuro-net pathways and changing your human limited beta-mind thinking to Source state creation. Greater Intelligence is that higher state of consciousness which brings forth new ideas and capacities from the quantum potential. This is the place where your desires exist as pure energy, before you bring them forth into physical existence. Greater capacity is your ability revealed.

Q: What is Your Greater Good?

A: Your Greater Good is that greater part of you in the completion of who you are. When the lesser part of you, the ego, negative, fearful, limited you becomes quiet, in the stillness, the Greater You blossoms forth.

Q: What is Theta?

A: *Theta is the brain wave between 4-7 cps:*

Beta: 14-30 cps 'reality', problem-solving, tension, excitement, etc.

Alpha: 8-13 cps relaxed, Reiki, TV, space-out, etc.

Theta: 4-7 cps hypnagogic dreams, REM, falling asleep/waking up

Delta: .5-3.5 cps sleep, unconscious, offline

Gamma: 0 cps the Zone where the mother lifts the car off the child

*Theta is the Beta stopper: **I don't know how...**tells our beta mind that even though 'I' don't know how my Command is fulfilled, Greater Capacity does know how. It tells our subconscious that something wonderful is ready to unwind old negative DNA programming and wind in new ideas, new joy, and new programs of abundance. All parts of our minds are engaged with The One Command. When in Theta we are able to tap into all thoughts ever thought, all new ideas, all resources, right now. Theta is outside duality, outside polarity, outside memory, it exists in the Now.*

Greater Intelligence

*The intellect has little to do on the road to discovery.
There comes a leap in consciousness, call it intuition or what you will,
and the solution comes to you and you don't know how...
~ Albert Einstein*

Q: What if they have difficulty getting into or staying in Theta?

A: When people say they can't get into Theta, explain that we are in and out of Theta all the time. We cycle through Beta, Alpha and Theta all day long. The times they may best remember are those moments just as they are falling asleep at night and the moments just as they are starting to wake up.

Theta Alert: *the more time you spend in Theta the faster things show up, so be attentive to what you say to yourself, and about yourself. Make yourself more conscious of what you are sending to your subconscious.*

Q: What does it mean to change DNA – Epigenetics

A: Primarily, when you say your One Command you are immediately changing your internal and external realities. You are already beginning to replace your old thinking with your new creations, and are positively affecting your DNA. You unwind and re-wind your DNA during The One Command process.

Quantum physics is the science that demonstrates how the words you say while in the theta brain wave change the programming in your DNA. Thoughts are energy, thoughts said while in theta go directly to the subconscious, and are changed to chemicals. These chemicals then pass through the cell membrane reaching the DNA and creating new programs.

In the case of The One Command, you are creating new DNA programs that you have intentionally chosen for your life through your new desires. Once the One Commands are made, they are fulfilled. That is why it is called The ONE Command.

You may need to do other Commands to create new programs to allow the fulfillment, or receive the fulfillment, or perceive the fulfillment, but in fact, the original Command itself was fulfilled instantly. The One Command is a process, because You are a work in progress.

Q: What is the difference between an affirmation and The One Command:

A: An Affirmation is essentially the repetition of a thought or desire while in beta or alpha. Our thoughts from the beta or alpha brainwaves

do not reach the subconscious directly. Repetition is not enough to change programming; the thought must reach the subconscious in order to change the DNA.

Affirmations are very different in their emotional and neurological depth from The One Command. The One Command is an elegant and succinct way to heal your relationships and yourself by sending new, epigenetic messages to your cells in order to change your DNA programming.

Q: The difference between The Law of Attraction and The One Command:

A: The LOA is not actually a Law. Quantum physics demonstrates that everything that ever was, is, and will be, exists already in the unified field. Through the process of The One Command, you send new messages to your genes while in theta. These messages pass through the membrane of the cells and change the DNA, creating new programs for your experience of life.

What you give your attention to creates your reality, therefore it is important to remember to keep your attention on what you want, rather than what you don't want. You may find that the people at your One Command Circles, often have difficulty formulating what they want to Command for, because they are caught up in the 'story' of what they don't want. Your job is to help them shift their perspective to ***What I want instead...***

Q: What is the importance of Languageing

A: People are more comfortable when you use language appropriate to their venue or group. It is always best to use neutral words, this helps remove the resistance of language. This is the science of the super-conscious mind, the Greater Capacity of who we are.

Examples: Use business language in the business world, and more neutral language such as, Greater Capacity or Source Mind. Use simple and relatable language for children. You can typically use more spiritually-based terms with church groups.

For people whose first language is not English, ask them to state the Commands in their native language. Explain that the process is more powerful to the subconscious in their own language. It is always up the individual however; it is a personal choice.

Q: What is chemicalization? Reversing the Flow

*A: Rather than chasing prosperity, love, and joy away, embrace it by reversing the flow. You have been trained to think as you do. You need to practice your new beliefs into evidence by Commanding for **What you want instead...***

Examples - I don't know how *I reverse the flow*, I only know I do now, and I am fulfilled.

I don't know how *I have three times more money coming in than going out*, I only know I do now, and I am fulfilled.

I don't know how *I have a surplus consciousness*, I only know I do now, and I am fulfilled.

Q: How do you clear past trauma, ancestral and tribal beliefs?

A: We carry tribal information and instincts in our genetic programming. We operate on this instinct unconsciously even when the information is traumatic and painful.

I don't know how *I clear my ancestral programs of lack and limitation*, I only know I do now, and I am fulfilled.

I don't know how *I have faith that my good is here now and I deserve it*, I only know it is now, and I am fulfilled.

I don't know how *I believe in infinite possibilities and great wealth*, I only know I do now, and I am fulfilled.

Q: How do you Command about Forgiveness?

A: Through our life experience we have collected anger, guilt, and shame experiences, which have buried themselves in our subconscious. By releasing your anger at others, which relates to your judgments not only of others, but often also of yourself, you release your connection to the pain.

I don't know how *I forgive all I have done*, I only know I do now, and I am fulfilled.

I don't know how *I forgive all that has been done to me*, I only know I

do now, and I am fulfilled.

I don't know how *I bless all the experiences of my past*, I only know I do now, and I am fulfilled.

Closing your receptors to lack:

A: Candace Pert, *The Molecules of Emotion*, explains that we have receptors for emotional thoughts throughout every cell in our body. We want to close our receptors to pain and open our receptors to joy and abundance. We want to become addicted to prosperity.

I don't know how *I open my receptors to joy and abundance*, I only know I do now, and I am fulfilled.

I don't know how *I open to a new level of being cash rich*, I only know I do now, and I am fulfilled.

I don't know how *I trust that I change my life with The One Command*, I only know I do now, and I am fulfilled.

Creating Your Financial Good:

You have absorbed scarcity thinking from your family, your society and your ancestors, and you can unwind those beliefs and rewind in wealth and success. As you enter Source Mind, you activate your DNA and unwind the old and rewind the new. You are dissolving your ego as you let go and allow yourself to not know how, and trust your greater capacity.

I don't know how *I have all I will ever need, and more*, I only know I do now, and I am fulfilled.

I don't know how *I pay my bills quickly and easily*, I only know I do now, and I am fulfilled.

I don't know how *I enjoy being wonderfully rich and comfortable in my life*, I only know I do now, and I am fulfilled

How Many Times Do You Say Your One Command?

One Time:

Once you make The One Command move on...and wait gently for evidence to show up that it has happened. When you make your

Command, you may hear old messages come up, like, "You can't have that," or "You don't deserve it." You can immediately say Commands to replace those negative statements.

I don't know how *I absolutely know that I have \$20,000 a month coming into my bank account*, I only know I do now, and I am fulfilled.

I don't know how *I know that I deserve \$20,000 a month coming into my bank account*, I only know I do now, and I am fulfilled.

I don't know how *I allow \$20,000 a month coming into my bank account each and every month*, I only know I do now, and I am fulfilled.

Always Have Your One Command Book Available:

Refer to *The One Command* book for examples of Commands for all areas:

Always have *The One Command* book available for your own use, and for sale to your attendees. You can use sticky labels for ready access to different types of Commands and to concepts you may want to expand on.

*You'll want to read **The One Command** book in advance and listen to our audio explanation of how and why it works so you have that understanding yourself. Of course the more that you practice The One Command® in your life the more actual success you'll have to report.*

A lighthouse does not run up and down the beach trying to save the boats. It stands strong in Itself and lights the way to safe harbor. As a Circle Leader you are the lighthouse for those who attend your Circles. Stand strong in your own knowing and invite others to do the same for themselves.

~ Bonnie Strehlow