



The One Command® Circles

**THE ONE COMMAND® CIRCLES
CERTIFIED LEADER TRAINING**

Complete Manual

“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.

Session Two

- What is The One Command and Why is it Unique?
- The Three Parts of The One Command
- Guiding the Formation of Commands
- Keeping People on Track

What is The One Command and Why is it Unique?

The One Command is a method of influencing your world and changing your perceived reality. You have been creating what you experience unconsciously and have discovered discomfort with what you have created. The One Command gives you the tools to create consciously, immediately, and with the outcomes you desire.

The Three Parts of The One Command:

I DON'T KNOW HOW....

1. Stops the logical thinking beta mind from trying to solve the problem – it doesn't have the answer and this is a relief.
 - a. Most people think, "I should know how".
 - b. You are shifting the unconscious mind and bringing it into agreement with your conscious mind and your Greater Intelligence or Source mind.
 - c. When you acknowledge that your beta mind doesn't have an answer – you become aware that this is not what the beta-mind was designed for.
 - d. The beta-mind is designed to analyze, compare, contrast - it is always going to see the downside of what you can't do, as well as the upside of what you would want to do.
 - e. So when you say I don't know how, you are getting into the point of view of your theta mind and your Greater Intelligence

and opening to be able to receive the knowledge to know how to do it.

2. Matches reality – it is the truth – I don't have the answer or know how to make it happen.

3. Allows you to relax your nervous system.

When you say *I don't know how* you are giving yourself permission to quiet your logical thinking mind, to surrender to that Greater Intelligence within you.

The three parts of the *I don't know how* is that it surrenders you to your Greater Intelligence and allows you to relax your nervous system and allows you to move from beta-thinking to theta thinking, and it matches reality - because if you did know the answer you would already be living that answer and having that answer in your life.

I DON'T KNOW HOW....explains the reason why this part of The One Command is so entirely unique and how it frees you from the beta-mind.

This statement is the 'missing link' that affirmations and positive thinking lack; it silences the ego, the nagging, put-down voice that tells you why you 'can't' do what you want to do, or can't have what you want to have. It tells your subconscious that you, as your small self, are not doing the creating alone. It tells the subconscious that you are willing and able to allow your greater capacity to open to Source, to all that is (and ever was), to create your dreams and desires. It is the surrender from beta mind to your higher consciousness.

Your personal One Command statement follows the words *I don't know how...*

I ONLY KNOW I DO NOW (or have Now, or It is so Now or I am now)...finding an amazing solution and allowing your good to come in.

When you are putting that statement in there, you're having a "I only know state", is so Now. It is a clear and present Command to your subconscious mind and to your DNA. You are actually creating this truth within you when Commanding in the theta. You are in the 6-Steps, and when you are making your Command you are in the theta-

mind. So the power of being in the theta mind and making that Command is what makes the change physically, biologically, neurologically in your DNA - and coming from this immense open potential of the field of who you are – your personal reality of information is there for you.

The One Command is the statement to your unconscious mind, to all of the cells in your body and your DNA and realizing it. It is the statement and the intention of creating exactly what you want and then realizing it within yourself.

The One Command goes beyond the Law of Attraction because the Law of Attraction still sees something that is outside of you.

The One Command is the Law of Creation because we are creating that new awareness, that new level of consciousness – right within you. When that level of consciousness is hooked up in your brain through the neurotransmitters, creating new chemicals in your body in that new state of being (health, wealth, happiness) you are creating that state within you. You have a new platform of reality.

AND I AM FULFILLED...gratitude that It is now so...this is the completion of the Command – it is fulfilled in that moment.

This final statement allows you to embrace the successful completion of your One Command, as you receive your new programs in deep gratitude, as they rewind into your DNA.

6-Step Process Review

1. Ground – Connect with the magnetic power of the earth. We are electromagnetic beings. Send your energy down through your legs, down through the layers of the earth, to the core. Rooting yourself in the earth balances you.

2. Align – Draw the earth energy up into your feet, up your body, feel it surrounding your heart and reaching out into the universe, expanding in all directions. Take a deep breath, breathing in love, and exhale, releasing all negativity. Align with your Purpose.

3. Theta – Imagine a beam of light, a field of energy flowing into you from the far distant reaches of the galaxies, flowing down through you and deep into the earth. Move your consciousness up into the beam of light, out through the top of your head, letting your eyes follow, out

past the planet, past the solar system, into the black void of space to the light of the Source, the place of creation.

4. Command – While holding the thought of what you desire to create, silently state your Command. I don't know how...*think your Command*...I only know I do now, and I am fulfilled! Rest in this place for a moment.

5. Expand – Move to the space of expansion and allow your vision to expand to an even greater idea, increasing your greater capacity to create, and downloading all you want to know.

6. Receive – Now that you have experienced an idea greater than yourself, and your Command has taken on its own form – move your consciousness back into your body and imagine unwinding, unwinding, unwinding all the old limiting ideas and rewinding, rewinding, rewinding a new holographic image of your new life. Reground your energy as you receive in gratitude.

6-Step Process Review

Move your consciousness back down the beam of light, coming gently and respectfully back into your body.

Imagine a new holographic image of your new life replicating itself in every DNA strand in your body. Unwind all of your old limiting beliefs, let them go as you rewind in your new beliefs.

Take a deep breath, come back into your body, and reestablish your ground of being. Stretch and flex your body, moving with the new understanding of reality, refreshed in every way.

Guiding the Creation of Commands

Make sure their Commands are understandable by the subconscious, which understands at the level of the 3 year-old mind.

People often start off with very long Commands, help them break down their statements into discrete and separate Commands.

Help them identify what they really want, is it a certain amount of money, or is it to be valued for themselves? A little questioning about why things are important can help people gain clarity.

Examples: Clear, concise, positive, in the Now:

I don't know how money comes to me easily and freely...

Versus - I don't know how I don't have to struggle for money...

I don't know how I am slim, strong and energetic...

Versus - I don't know how I am not fat anymore...

I don't know how I allow myself to receive appreciation for my work...

Versus - I don't know how people stop ignoring my work...

I don't know how I have a peaceful relationship with my daughter...

Versus - I don't know how to get my daughter to love me...

Refer to *The One Command* book for examples of Commands for clearing ancestral beliefs, tribal mind, past trauma, and forgiveness, including forgiveness of self – often a very important area for clearing.

Always have *The One Command* book available for your own use, and it is suggested that you have the book for sale to your attendees. You will find that they deeply appreciate this.

You can use tab-labels in your book for ready access to different types of Commands and to any concepts you may want to expand on. My Circle members started calling my first copy of the book the 'porcupine book' as it had so many color tabs sticking out from the pages that I wanted to open easily.

The One Command Means Saying Your One Commands Just Once.

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 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 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.

Support Statements

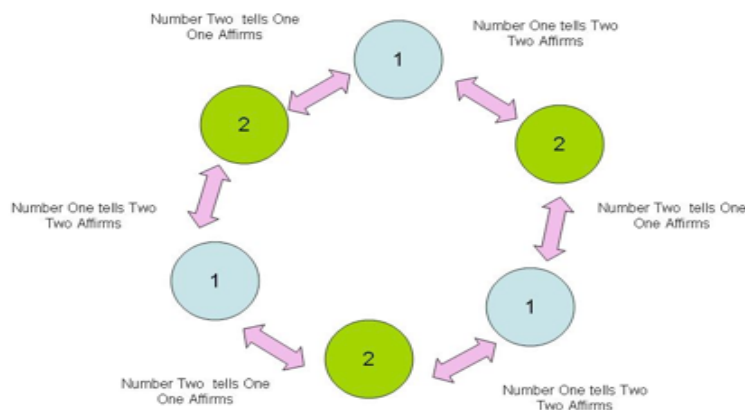
The Command has already been said in *theta* when you led the entire group through the Six-Steps, now it is being reported to the person sitting to their left, and then the next person and the next person, etc.

Say your Command in beta (you are not saying your Command twice in theta – this is a beta-mind experience).

Look left eye to left eye with the person you are supporting (the left eye is wired to right brain).

(State the persons first name), I *absolutely* know that you have (state their Command), and I deeply honor and support you. Each person in the small groups offers this support statement to the others.

If there is not room to break the whole group into smaller groups – you can use the process demonstrated here:



Have the first person state their Command out loud without going up into *theta*. For example, "*I don't know how **I have vibrant health**, I only know that I do **now** and I am fulfilled*"

The person then looks from their **left-eye** directly into **the left-eye** of the person sitting to their left and waits to receive the acknowledgment statement that what she or he wants is created.

The responder first states the persons name, followed by **I absolutely know that (repeat their Command) is so now, and I deeply honor and support you.**

(We look left eye to left eye because the left eye goes to the right brain).

For Example –

John, I absolutely know that you have vibrant health now and I deeply honor and support you.

The receiver of the support statement looks to each person around the circle - stating their Command and receiving the support response.

The support person repeats the Commands in the words of the person they are supporting - *saying, (their name) I absolutely know that you have (their Command) and I deeply honor and support you.*

Once the first person **has made eye contact and received acknowledgment from every one in the circle**, the next person makes their statement and the process is repeated **until everyone is heard and acknowledged in the circle.**

When everyone has received their Support Statements, bring the group back together and get their feedback on how the process went for them and respond to any final questions.

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

Keeping People on Track While Holding Your Circle:

Review in advance the Process you will be taking them through and what will be covered. Have a clock and monitor the time, people are more likely to return if, along with learning something valuable, their

time is valued as well.

Prepare with a practice session, saying everything out-loud with a real or pretend audience (saying things in your head doesn't take the same amount of time and it often sounds different out-loud).

You can also make your first The One Command Circle open to just a few friends and family so that if you are a little nervous about running your first Circle, you can just relax and have fun with it. You will then find that same sense of fun every time you run a One Command Circle – they are a joy for both the Leader and the attendees – a gift to both.

Reminder - How People Learn:

People learn through repetition and reinforcement. We help them see what they are able to do with The One Command to create a new experience in their lives. Encourage people to attend Circles on a regular basis so that they continue to learn, grow and have support.

Our goal is to see One Command Circles in every town, city and country of the world. Imagine the lives of those you impact by being a part of this process – you are a part of something unique and powerful.

~ Dr. Katie

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

Session Four

- Being Prepared
- Creating a Wealth Mindset
- Welcome Letter
- Sign-in Sheet
- Commitment Box
- Timing of Circle Segments
- A Suggestion for Your Participants – Success Journals
- How to Market Your Circles/Marketing/On-going Commitment
- TeleCircles/Online Circles
- Handouts to Participants

Being Prepared

Have your Leadership manual and One Command book available.

Creating a Wealth Mindset

It's best to charge for your Commanding Wealth Circle®.

Believe it or not, more people will come if you charge. They are also more likely to participant and apply the principals. Most leaders host their Circles in their home and provide light snacks. The fee is typically \$25-\$30 (or its equivalent in your currency). **Demonstrate your confidence in the value of the program and charge for it.**

- **Create a sign in sheet** and get names addresses, phone number and email addresses of your members. If they agree circulate the list so everyone knows how to contact one another.
- It is also a benefit to your members (with their agreement) to send their names and email addresses to:

clientcare@successbyyourcommand.com

This adds them to The One Command mailing list and your members will receive the Success By Your Command Newsletter, and all special offers and notices of upcoming events.

Welcome Letter

The One Command Circle facilitated by (Your Name)

When was the last time you experienced loving, unconditional and enthusiastic support for your goals and desires? The One Command Circle is designed just for that purpose. This group is part study group, part support group, and 100% problem solving group. Come to transform your life!

Learn to use a powerful new tool for creating infinite possibilities in your life.

This Circle provides a community to support you while you recreate your life in a whole new way.

- Transform your financial, personal & professional life
- Empower and accelerate manifesting what you desire
- Dissolve old emotional blocks
- Change your mindset and open the door to new possibilities
- Intentionally create the life you desire
- Achieve your desired goals easily
- Realize your true magnificence in every area of your life

How other people have benefited from attending a Circle. (Add your own examples here)

"Two days after saying out loud and receiving support at the CW circle..."I don't know how I made \$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 commanded for a better relationship with my children and within days I received flowers from one daughter just to say she loved me. Now I have a great relationship with all my children and grandchildren, plus a better job, nicer place to live and my life back!" Nola, Bonney

Lake, WA

Your success story here " _____ "

Add:

Your Name

Name of Your Circle

Day-Time of Circle

Co\$t

Your email address/phone/website

A short Bio of your skills, training and services.

Sign-in Sheet

One Command Circles® Sign In Sheet

Date_____

NAME:_____

PHONE:_____

EMAIL:_____

Please make checks payable to ____ (your name)_____

The Commitment Box - You may want to buy an attractive box to have on the sign-in table to collect the Fee if you do not have people pay in advance.

On the table you may have:

- The Commitment Box for cash and checks
- The Sign-in Sheet
- The Business Cards of Attendees
- Flyers Announcing Upcoming Events
- And after the Circle – the Snacks

Timing of Circle Segments

First Hour of the 2-Hour One Command Circle – with a break at the end – Dr. Katie

Initial 25 minutes –

- Welcome and Introductions
- Ask returning members of the Circle to check in with the group by reporting on what they have recorded in their Success Journals
- Explain how The One Command[®] statement is said for the new people attending and briefly outline the 6-Steps. Practice the eye-roll.
- Answer any questions that have come up – these are often questions from the FAQs.

Next 25 minutes –

- 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.

Final 10 minutes - *Take a brief 'comfort break' of no more than 7-10 minutes.*

If you choose to take your snack break in-between the first and second hour do it here and make it about 20 minutes and adjust the second hour as needed.

Second Hour of the 2-Hour One Command Circle

Initial 20 minutes –

- Briefly review the 6-Step process with them if there are new people in the Circle.
- Take them through The One Command process as a group.

Next 25 minutes –

- Explain the Support Statement and demonstrate the Support Statement.
- Break them up into smaller groups of 3-5 people and monitor their process.
- Bring them back as one group for brief feedback on their experience and to answer any questions that have come up.

Final 15 minutes –

Officially close the Circle process and switch to the social interaction and snacking part of the program. You can serve any type of snack you choose. This is a time for people to socialize a bit and continue to build community.

Timing of Circle Segments

First Hour of the 2-Hour One Command Circle – with a break in the middle – Bonnie Strehlow

Initial 25 minutes –

- Welcome and Introductions
- Returning Members Share and encourage with –
 - Woo Hoo's,
 - Whoa's
 - Oh No's.
- New Members –
 - Why are you're here?
 - What do you want to get out of this experience?
 - What do you want instead of what you have?

Next 25 minutes –

- What do you want to create tonight?
- Form the Commands.

15- 20 Minute Social break.

- Network marketing time.*
- Social meeting*
- Support group time*

Second Hour of the 2-Hour One Command Circle

Initial 25 minutes –

- Pull the group back together with a Raffle – hand out the tickets when they sign in.
 - Collect gifts from the Dollar Store etc
 - Others can donate their products/services
 - Periodically a Gift Certificate to attend a Circle for Free
 - Or a 2 for 1 Attendance promotion

- Walk everyone through the 6 steps and let them put in their own Command in the pause or open space you provide during the command process

Next 25 minutes –

- Support Statement - Left Eye to Left Eye
- Share that this can be done at home by looking in a mirror when you want to set in a Command deep into your subconscious with support.

Final 10 minutes –

Come back together for closing comments, questions and congratulations.

- Support Statement - Left Eye to Left Eye
- Share that this can be done at home by looking in a mirror when you want to set in a Command deep into your subconscious with support.

Second Hour of the 2-Hour One Command Circle

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Final 10 minutes –

Come back together for closing comments, questions and

congratulations.

- Support Statement - Left Eye to Left Eye

- Share that this can be done at home by looking in a mirror when you want to set in a Command deep into your subconscious with support.

Make Circles Fun

- Pajama Party
- Holiday Characters
- July Barbeques – giving back

A Suggestion for Participants – Success Journals

I always recommend Success Journals for my Circle participants. It is useful and helpful to write your 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 she thought she didn't get it. Once she added up all of her orders, the total came to \$8600 the very first month, and over \$10,000 each month after that. But she had to add it all up – there wasn't simply one single check 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!!!

Handouts to Participants

- # 1 - The Words to -
 - The One Command
 - The 6-Steps
 - The Support Statement

#2 - What You Have Learned in One Command Circles

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 The 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 at www.successsbyyourcommand.com, on Amazon, or at Circle meetings.
5. You have been invited to subscribe to the greatest resource, the One Command Home Study Course – Mastery at Your Command, which includes the Foundation Course, the Cash Rich Success Program,

Quantum Field Study, Personal Success Development, Love, Relationship and Happiness, and Health and Wealth Healing systems - all in one package delivered weekly over 6 months. Contact www.successbyyourcommand.com for more information.

6. You have the opportunity to receive coaching and attend classes with Asara Lovejoy, Dr. Katie Garnett, and Bonnie Strehlow. Go to www.successbyyourcommand.com for more information.

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

8. 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.

9. You have **the opportunity to grow your life**, your confidence, and your success in the company of incredibly supportive people on a regular basis.

10. You have been offered a gift of life, and the freedom to accept it or not.

How to Market Your Circles

- Many Circle Leaders start with friends and family. And in our experience – Circles often grow quite successfully from ‘word-of-mouth’.
- Online ads, blogs, and newsletters are successful ways of building your mailing lists and letting people know about your Circles.
- Offering talks at local churches, business groups, health-professional meetings, Master-mind groups, etc. – is often a very successful method of connecting with people who are interested in learning about The One Command.
- Flyers given out at health food stores and professional service offices such as chiropractors, massage therapists, coaches, and complementary practices have proven to be successful.

Marketing –

- At the end of the One Command process - 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.
- As you are breaking for social time - 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 – these can be placed on or near the snack table.

On-going Commitment

- As you establish your on-going One Command Circles – including your online Circles – you may want to offer the opportunity for people to prepay for several months.
- With this option you can also offer a 'signing bonus' such as prepay for 5 months and get the 6th month free. Your offer may depend on whether you are meeting weekly, bi-monthly or monthly.

TeleCircles

Start with your Welcome and introductions. Have your participants draw a circle on a piece of paper and as people introduce themselves – have them write the first names in the circle like a clock – for example person #1 is 12 o'clock, person #2 is 1 o'clock and so forth around the Circle.

When you get to the Support statements – person #1 will receive their eye-to-eye support statement from person #2 and so forth. For the eye-to-eye contact – they can hold a mirror up to their own left eye as they receive the support statement.

TeleCircles often run 90 minutes instead of 2 hours as they don't include breaks and social time – although time to chat among the participants can be included at the close of the Circle.

On-Line Circles – there are various options - examples

Skype group calls

Google Hangout

GoToMeeting – www.GoToMeeting.com

iMeet – www.iMeet.com

One Command Circles

Success by Your Command

*The information here is knowledge that, as you embrace it,
will change your every concept of how to live richly."*

~ Asara Lovejoy

New Certified Circle Leaders - thank you for attending The Certified Circle Leader training. We are committed to assisting you on your journey to discover the richness of living from your greater capacity, and from your DNA blueprint for success.

To expand your own life, business, and professional development - Join the Success by Your Command Professional Development Program at
www.successbyyourcommand.com

Next Opportunity

You have access and opportunity to become One Command Seminar Leaders, or One Command Coaches with The One Command Organization Worldwide.

- #1 - Certified One Command Executive Success Coach Certification training, with Mastery in Marketing.
- # 2 - One Command Health, Wellness, and Healing Coach Certification.
- #3 - Become a One Command Seminar Leader, delivering two of our most popular seminars.

Contact us at:

1-855-862-4636 (TOC-INFO) or
Clientcare@successbyyourcommand.com

Coaching Resources Available for You

Master Coaching available with Asara Lovejoy, Bonnie Strehlow or Dr. Katie Garnett is available.

Contact us for information –
clientcare@successbyyourcommand.com

CONGRATULATIONS!

You are a trained and certified One Command Circle Leader.

You now have the capacity to introduce the amazing process of The One Command to an entire community of people and provide them with the simple tools to change their own lives.

