

# One Command Circles

**Exercise 3: Frequently Asked Questions of The One Command – These are questions that people most often ask in your Circles. Not every question is asked every time – however – it is good to know the answers for when they do come up.**

Who is Asara and where did The One Command come from?

What are the 5 major brainwaves and why is an understanding of the beta brainwave and the theta brainwave so important?

What does it mean to change your DNA?

What is the difference between an Affirmation and the One Command, and what is the difference between the Law of Attraction and the Law of Creation?

What is Chemicalization?

How many times to you say each One Command you make?

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**It is always a good idea to have Asara's book and your Leader Manual on hand at your Circles for easy reference.**

*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*

Being able to respond to people's questions easily and comfortably is a great asset. Know this in advance – no one expects you to have everything, every piece of information, memorized. It is absolutely appropriate to open your them from the information in front of you. When you are comfortable, they are comfortable.

*I don't know how I enjoy the energy that comes from people's questions and my answers, I only know that it is so now and I am fulfilled.*

*I don't know how I am relaxed knowing I have all I need for my Circles at my fingertips, I only know that it is so now and I am fulfilled.*