

The One Command – One Day Facilitators Training

Session #1 Training Points Overview

A: We introduced ourselves, Asara Lovejoy, Bonnie Strehlow and Dr. Katie Garnett as your learning facilitators for the course, and Client Care is your contact for technical questions such as receiving materials and replays.

You may email any of us for questions or comments.

bonnie@successbyyourcommand.com

katie@successbyyourcommand.com

clientcare@successbyyourcommand.com

B. The One Command and its Value - How to talk about presenting a One Command-One Day Event.

Title of the Event: Choose a title that fits your niche group

1: The science is in on our ability to change a negative thought in a moment and we want you to know that you have a Greater Untapped Intelligence that is yours.

You have a power within that is so great....

2: There are rich portions of your intelligence that once discovered can change your life in positive ways quickly and easily called your Greater Intelligence

3: The one Command is a process for change that is real. It makes a change in your neurology, biology, and cells of your body including your DNA. The benefits of that change is the ability to reduce stress in moments, change old trauma, beliefs and limitations and create new ideas and beliefs in moments.

4. The technique for change is a six- step process that engages the theta brainwave (or your theta mind) and One Command.

5: Over 300,000 have already experienced this change.

Asara Lovejoy is widely recognized worldwide as a leader in the field of our human potential, successful author of the acclaimed The One Command and Nightingale-Conant author of the One Command: Imprint Your DNA for Lasting Wealth and Happiness and The Theta Code: Imprint Your Blueprint for Health and Wellness along with co-author Bonnie Strehlow.

6: Famous and successful people such as Jack Canfield, Joe Vitale, James Malinchak of ABC Secret Millionaire, Guy Finlay and more endorse her work.

C. You as the Facilitator

- 1: You grow personally as you develop as a seminar facilitator.
- 2 You have a worldwide opportunity to bring something of great value to people and to earn income by doing something that you love to do.
- 3: The One Command organization is set up to support you during and after your certification.
- 4: Start where you are in your competency (some already have experience) and notice as you teach others how you consistently mature in your abilities.

D. You in The Facilitator's Role

- 1: You act as a guide – not a therapist (unless you are) or a counselor but as a coach.
- 2: You align with the positive outcome of their greatness as the guide.
- 3: You agree to be 100% present and contract with your participant to be 100% responsible to get value.

E. Greeting and set up for the Day

- 1: Quiet moment for an attunement with the group.
- 2: Let them share 5 minutes with each other as to what they want to get by the end of the day – what are their expectations?
- 3: Contract with each person for getting value.
- 4: Attributes of a Learner – set up for greater success – you can remind them if they get off track to not compare or contrast and come back to what they need to know about the teaching point you are on.
- 5: Teaser about the benefits of The One Command
To stop the old programs – your negative beliefs - you go into theta through the 6-Steps and **issue The One Command** while in theta -- speaking to the un-programmed portion of your brain in your unlimited thinking where you **stop your negative thoughts in their tracks** by delinking the neuro net processors, and install new processors for what you want instead.

- **Declare** and Command what you want instead
- **Expand** into a new understanding through **Direct** knowledge
- **Receive with gratitude** – I am fulfilled – bring it back into your body unwinding the cells of your body down to the DNA of your old beliefs, and rewinding with the new understanding from that universal greater self that knows another truth, one of joy, success, love, and support, all with grace and ease.

6: Now you talk about the benefits of the One Command

- a. How it is known around the world
- b. 300,000 people and growing
- c. Celebrity endorsements
- d. Opportunity to change their life in great new ways
- e. Open to discover a power within them that is untapped

7: Tell your story about your success with The One Command or share Asara's story. Examples help the subconscious mind to learn.

F. Morning Consciousness Talk

1: Wake up to your greater capacity

2: Benefits of living from another portion of their intelligence.

Creating your life from this **extraordinary** portion of your consciousness brings you:

- Inner Peace
- Self-confidence
- Sense of self-worth
- Poise
- Happiness
- Security
- Financial Abundance
- Stability

F. Your mind Creates Reality

1: Consciously Create Your Life

- a. You have the inherent ability to make change in your thinking and beliefs
- b. 10% VS 85% - What is the 85% for – IT IS FOR NOW – to access unprogrammed portions of your mind

2: You are already a master of creating reality – but mostly a master of your built-in limitations. Now you can consciously create new thoughts, ideas, beliefs and programs for your DNA that brings you into a new expression of your mastery.

3: Disengage from your limits and access your unlimited potential that is yours.

G. Teaching on the DNA

1: DNA can be programmed. 150 times around to the sun and back yet all 7 million peoples DNA can be found in a grain of rice.

2: We are talking about the quantum field of a potential.

3: Old science says our DNA predetermines our expression – new science says that DNA can learn new things from our thoughts and our environment of beliefs.

H. How Subconscious Beliefs are Formed

1: From the environment of your culture, gender, family or origin, religion and childhood experiences and in the womb.

2: You have the ability to change the decisions you made when you were small, defenseless and powerless.

I. Faith and Trust is Required

1: You cannot know the invisible subatomic information with the 5-senses.

2: you know that it works by the results.

J. Adjustment of the ego

1: Let go of fear and need to manipulate to get what you want.

2: Create a supportive world and support of others to have what you want.

3: Be safe and loved in new ways.