



**The One Day - One Command Facilitator  
Certification  
to  
Start Your Rich Career Now!**

*There is a power within you  
so great . . .*

**Teachings of The One Command®**  
*by Asara Lovejoy*

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## Facilitator's Certification Training Week 1

# Welcome to Start Your Rich Career Now in 6-Easy Steps with Asara Lovejoy and The One Command!

May you enjoy the knowledge in The One Command® that will change your life and your fortune, forever, as you discover:

- ❑ There is an actual brain state of the rich, contented and successful that you activate while attending this course. As you enter that state of mind, you change your thinking, DNA, emotions, and ability to create the life of your dreams in moments.
- ❑ You release your fears and what you don't think is possible, in exchange for enjoyable prosperous living, and you accomplish this naturally and easily.
- ❑ You discover Greater Intelligence and The One Command® that will get you everything you want. You experience changes in your DNA and the cells of your body as you literally rewire the synaptic connections of your brain and your emotional thinking.
- ❑ If you are willing to set aside your notions of what you think you know, and are open to taking an incredible new adventure, then this information will provide you with techniques that will forever change your concepts as well as your financial good.
- ❑ Over 200,000 people have engaged in the practice of The One Command, and the products, services and seminars have generated over 2 million dollars in revenue – all starting with a simple idea. Asara Lovejoy brings this message of transformation to the world, **"You are greater than you can even image and now is the time to know it!"**
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## Others Recommend The One Command!

Some of you may be hearing about **The One Command** for the first time, and others are here to go deeper – to learn more and to change and transform your life. Here I am with my friend Jack Canfield - you know *The Chicken Soup for the Soul* guy and his copy of **The One Command** book.



### AND...

James Malinchak, Millionaire and co-author of *Chicken Soup for the College Soul* and *Big Money Speakers.com* says, "Asara Lovejoy and **The One Command** are an exciting new idea in the human potential and self-help field. I've spent time with Asara Lovejoy and her One Command process and highly recommend her simple yet powerful, **The One Command** process for making real change in your thinking."

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## The One Command® Facilitator Training Program

I often say that The One Command® has a voice of its own: a voice that answers the hopes, dreams, and wishes of our human condition in our desire to live a more magnificent, financially secure, active and joyful life.

**The voice of The One Command®** has an intrinsic message that what we do together has more power, support and success than what we do on our own. In the spirit of this message, The One Command® team has brought together elements of Leadership coaching and personal development that you are able to engage at many levels.

If you are a person like myself and the many folks I've talked to who want to generate a livelihood that supports who you are emotionally, financially, in improved relationships, and by bringing real change to the world, then you'll be happy to hear that we have developed such a program just for you.

**At the beginning** you can meet The One Command® and the process of going into your theta brain wave – that extraordinary capacity you have right within you – by reading *The One Command* book, joining The One Command Life membership program at [www.theonecommandlife.com](http://www.theonecommandlife.com) which provides an ongoing environment for learning, support and expansion for both Facilitators, students and the broader global community.

All One Command training and memberships offer you continual opportunities to meet yourself in the moment in new ways always.

As you shift and change what you think is impossible to the possible, repair broken relationships, experience daily miracles of increase in cash, support and peaceful decisions, and re-empower your confidence, success and health - life just simply gets better.

Others may want to actively take The One Command® programs into the world to enjoy a wealthy and rich livelihood doing work they love. We are committed to your success and offer continuing educational teleseminars, support programs, and personal encouragement in the fulfillment of The One Command® and your success in the world. As you deepen your expertise, knowledge and ability in leading others through the practice of The One Command® you naturally expand your own sphere of influence.

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**Becoming a Facilitator** offers insight and growth that can only be gained by taking on this role. You truly evolve in what is possible for you – a greater sense of Command of your life – an understanding that you have a choice to live differently – brilliantly - by visiting your theta mind and greater intelligence on a daily basis, and showing others how to do the same.

It is absolutely true that The One Command® organization holds the highest vision for your success. In addition, what is powerful and true to know is that everyone you teach or guide through the process adds his or her success to yours. This becomes an ever-expanding quality of thought, matter, spirit, and possibility brought into enactment in the world right here and right now by you.

**Those who are ready to discover** how to live from another portion of their brain - *their theta mind* - and to live the greatness that resides right within them, often “know” that this teaching is what they have been asking for all of their lives. There is a reason the most common statement we hear is, *“This is the missing link – the missing piece to all self-help and human potential opportunity we have ever investigated. The One Command® gives us the tools”*.

**Leadership Foundation Programs** - As you attend The One Command® programs and become Practitioners, and Seminar Facilitators you teach in an ever-increasing circle of influence. Those wanting to become Facilitators and Practitioners themselves will be attending your One Command® Programs worldwide.

Thank you for becoming the Facilitators of this practice and playing with us as a part of The One Command® team.

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# Learning Points for Facilitator Training

## In this program you learn:

- ❑ The deeper background in consciousness and quantum thinking that relates to The One Command® and why it works.
- ❑ Who you are as a Facilitator and your new positioning in the universe.
- ❑ To elegantly introduce The One Command to your students.
- ❑ To guide your students through the Six Steps and The One Command.
- ❑ To be clear within yourself when you hold a seminar.
- ❑ To operate as the Observer while in theta.
- ❑ To ask the questions that gets your students clear on their objectives.
- ❑ To clear programs and beliefs for yourself and your students in moments.
- ❑ To effortlessly establish rapport with anyone and keep it.
- ❑ How your mind processes information and to identify what processing systems others use.
- ❑ How your thoughts are created and how to uncreate negative thoughts instantly.
- ❑ To operate naturally and easily in the unified field of theta and Unwind and Rewind the DNA for change in a moment.
- ❑ To harness the power of your DNA blueprint for success and your health
- ❑ To consciously create your life on a daily basis
- ❑ To live in the extraordinary portions of your intelligence, including the joy of great wealth, emotional security and safety, and to show others how to do the same.

# Approach as a Facilitator

**The purpose of The One Command® Facilitator's Certification** is for you to become elegantly competent in the knowledge and teachings of The One Command® and to naturally expand your sphere of influence. To clear your programs of lack and limitation so you may enjoy a rich and satisfying career doing what you love while you promote yourself

The attitude of The One Command® Seminar Facilitator **is to be aligned with the greatness** that is right within you and your students and to **KNOW** that greatness; to hold that ideal within you as you teach the processes.

As the **Seminar Facilitator** you know that greater capacity within you has all the answers to your questions. You are directly receiving the wisdom of the teaching and literally become the **embodiment of the knowledge** as you lead your students through the teachings into their own self-realization.

## You as the Facilitator

What you discover and what you want your clients to know is that this practice **is real** – making change in the DNA in the neuro net system of the brain, and in the cells of the body. It is a biological and neurological event.

The opportunity for your hopes, wishes, dreams, and desires to become real in the physical world is a simple process of identifying what you want to change, and through the One Command® process, elegantly and easily making a deep and lasting difference.

As the Facilitator you hold the ideals of the greater truth for your students. You also act as the Guide to that greater understanding. The rewards for you and your students are life changing and life enhancing. The rewards are open-ended in possibilities: from a new business with great financial reward, to increased health and improved relationships - the list is infinite.

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## The Facilitator's Role

As the Facilitator you guide the class to the conclusion you set out to accomplish. You intently listen to the inner messages of your class as well as the ones they ask out loud. Remember your students are communicating all the time – 85% non-verbally. You take the role of Facilitator, inquisitive questioner, anthropologist, detective and **guide** to discover what to change and then make that change. As Facilitators you **KNOW** that your internal reality and your students internal reality are all unconsciously imposed. You are uncovering the secrets of that internal reality – making it visible – making it known and asking – what do you want instead. You hold true to this greater opportunity while the student may not trust their ability to truly have and be what they desire.

As the Facilitator, realize that each student has a unique position and perspective of reality and **you are 100% responsible** to show up and communicate what you know to the best of your ability speaking to their reality and within their ability to hear you and to learn from you.

**The student is 100% responsible** for receiving the information and applying it in their life.

You are reconfiguring your student's brain, mind and emotions to operate in the embodiment of their greatness and the greatness that resides right within them. This attitude begins to permeate every aspect of their life – until you and they simply live it on a daily basis.

## Facilitator's Attitude and Practices for the Seminars

Before class starts begin with a simple ceremony for yourself and assistants to attune to The One Command®.

For example: *Ground, align, go to theta, Command: I don't know how I am the embodiment of The One Command® and I love my students. I only know that it is so know and I am fulfilled. I don't know how the students minds and hearts are open to receiving this knowledge I only know they are now and I am fulfilled. Expand, Receive.*



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## Quiet Moment and Attunement to The One Command Teaching.

At the beginning of each class you want to bring everyone together in harmony and alignment as well as help the students open their hearts and minds to the material you are about to present to them.

Take the entire class through the 6-step process to align and harmonize them.

Go to theta and Command ***"I don't know how I am open to transfer this teaching to those present and that all our minds are open to receiving this wonderful transmission I only know that I do now and I am fulfilled."***

## Welcome the Students

Welcome the students and talk a little about setting aside preconceived notions while in the class. Share some personal insights of your own discovery and gently lead them into their agreement during the class. Either hand it out and have them sign it or read it to them and have them all raise their hand and pledge to the agreement.

## Introduction of You as the Facilitator

Tell your story of what brought you to the One Command and share some exciting news of your own and other's success.

Here is where you also tell Asara's story, from down and out to that moment of change – "I want to die to this way of thinking and being" and the success of changing it all around in just a few weeks through The One Command.

## Contract for the Seminar

It is your role to guide those attending through the process of this course and to tell them, ***"I agree to show up 100% to be present and to give you as much guidance as I possibly can with the knowledge I have at hand. You are 100% responsible for what you learn and what you take into your heart as new skills and possibilities in your life. You determine how much knowledge you receive even as it is my responsibility to give you the best explanations and teachings as I can, and only you are responsible for the amount you absorb. Do you agree?"***

The One Command® is a technique of going into the theta brain wave – asking questions – and making change through The One Command® while in theta.

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## Attributes of a Learner

Those who have attended this course rave about the benefits of thinking in new ways and the skills they receive to use for the rest of their life. If you are ready to take your life forward in brand new ways – in unimaginable new dimensions of thought and manifestation then the best way to proceed is with.....

- An open MIND.
- An attitude of curiosity.
- Set aside what you think you know.
- Don't compare to the past.
- Don't see the teaching as something similar or different from other programs or systems.
- Stay present in the NOW.

## The One Command from Ordinary Thinking to Extraordinary Manifesting

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

Weave in success stories – stories of change of those you have all ready taught or from a Commanding Wealth Circle, from a personal exchange, or from the book. See the appendix for stories you can tell here.

## Teaching Point – Basic Principles of The One Command

- The Science is in on your own true power – your open potential
- You are the master of your life.
- You are biologically created to make positive change in your life.
- You are currently living from a programmed belief system that limits your abilities and greater success.

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## Your Greater Capacity

Connecting to your greater capacity or your source mind is a simple process, and by doing so you are establishing new neuro-net pathways and changing your human limited thinking to Source state manifesting.

Within the Source mind there are universal laws that are the basis of our lesser human ideas. They embody the law of cause and effect, the chemistry of attraction and repulsion, and the law of instant manifestation.

In science these greater quantum laws of creating something from nothing, or creating from the invisible substance of the universe to the visible, are known as the quantum field. This knowledge has always been, and we are simply evolving to know it more consciously and concisely now.

When you create from that greater capacity within you, you can multiply supply, reverse debt, and neutralize the collective agreed-upon conditioned mind of limited ideas and thoughts, instantly.

It is when you go to *theta* and in a unified state of consciousness and issue The One Command® that you create miracles, and attract cash, better relationships, health, and all that you desire into your life.

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

**Now** is the time to change the vibration of your thinking to create a reality of beauty and harmony, and to increase your sphere of influence.

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## Consciously Create Your Life

In the same way that you are unconsciously manifesting and creating your experiences, **you can consciously create** a new experience of money-rich prosperity, health and happiness.

Once you make room in your brain, in your mind, and in your thinking, then you can receive an original thought, and experience that greater capacity of your mind and soul to create and magnetize to you all that you desire.

As you consciously go into theta, where the answer and solution to every situation exists, where new thoughts, ideas, inventions, and concepts are ready for you, then you become the master you wish to be.

***When you slow your mind to the theta brain frequency and consciously create your life, you discover how to reach the potential of everything that is possible.***

That is what you are learning here, to shift to conscious control of your prosperity and your riches. As you gain easy contact with your theta mind, and shift, change, and replace your limiting ideas with new concepts of health, happiness, richness, prosperity and love, you expand your circle of knowledge and influence and truly live the life that you desire.