



The One Command® Circles

THE ONE COMMAND® CIRCLES CERTIFIED LEADER TRAINING

Segment #2

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

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

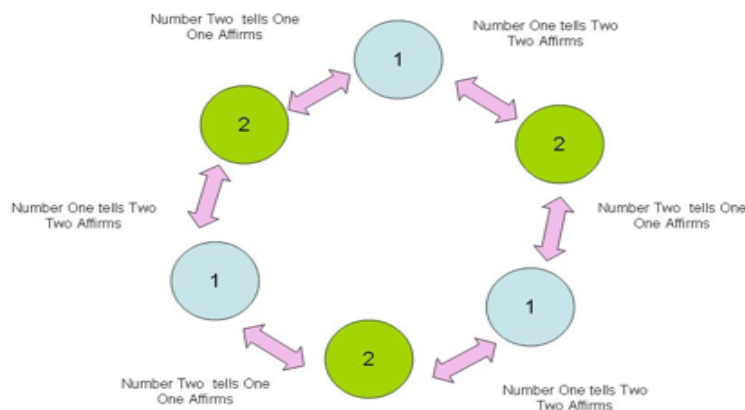
The Command has already been said in *theta* when you led the entire group through the Six-Steps, now it is being reported to the person sitting to their left, and then the next person and the next person, etc.

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