

## **An Introduction to Access Bars®**

Access Bars® is a gentle hands-on technique that quiets the mind. 'Getting your Bars run' (what we call it when you receive a session) allows people to lay back, not have to 'do' anything and just receive. The Bars are 32 points on your head which, when gently touched, effortlessly and easily can release anything that doesn't allow you to receive.

The Universe is endlessly abundant and desiring to gift to you! We actually have to put up barriers to not receive the greatness, beauty and magic of what is available. The Bars breaks down those walls and barriers. This is an opportunity for you to let go of everything!

Access Bars® has assisted thousands of people to change many aspects of their body and their life including sleep, health and weight, money, sex and relationships, anxiety, stress and so much more.

The impact from running Bars is difficult to measure or describe, but it can be profound. What if we could experience ourselves as more than our likes and dislikes or what's 'right' or 'wrong' with us?

*What about kids and Bars? Running Bars has assisted kids to have more fun, happiness and ease; less stress and heartache at home and school, better sleep and fewer tantrums, and an easier time in social, academic, and emotional situations. Many families have reported all sorts of things begin to function in a whole new wonderful way.*

Touching the Bars allows for the electromagnetic charge that holds thoughts, feelings, and emotions in place to dissipate, allowing you to perceive your life, body and relationships with clarity and ease.

Access Bars is the core technique and class from Access Consciousness®. Access Consciousness is a set of life-changing techniques, tools and processes designed to empower you to create the life you desire. Practical, dynamic, and pragmatic, it provides step-by-step processes to facilitate you in being more conscious in everyday life and eliminates all the barriers you have put up to receiving.

This is about having the tools to know what is true for you, to BE YOU, and to find you when you get lost in other people's boxes. It is about having the possibilities you always wanted to show up, and when something doesn't work, having the tools to change it, right then and there.

### **Tool #1: The Power of the Question**

- Questions are Empowering, Answers are Disempowering
- When we ask questions, we open the doors to new possibilities and choices. Answers lead us down a hallway to somewhere where we think we have to go; but when we ask questions, all the doors along that hallway are allowed to open up
- Truth: Ask and You Shall Receive. So, simply ask questions daily (aloud or silently) when you get inspired! Use questions to gain awareness, not answers. These questions change the energy of a situation (which is usually what is keeping things stuck).
- Instead of worrying - ask a question!
- Ask questions, live in the question, be the question; and have fun seeing what changes in your life!

### **Starter Questions**

- *How does it get any better than this? (ask this for 'good' and 'bad' situations)*
- *What else is possible?*
- *What's right about this/me that I'm not getting?*

### **Tool #2: Experiment with saying “All of life comes to me with ease, joy and glory™”.**

You can say this ten times in the morning and 10 times at night - aloud or silently. Put a sticky note in your bathroom or a reminder in your phone. This just could change your life ;). Play with it and see what shows up!

### **Tool #3: BARS!!!!**

Running your Bars is like deleting all of the old files and downloads on your computer that slow it down. Your past stops dictating your future. Instead of functioning from autopilot, you can be present and function from choice.

- Note: When running Bars, refrain from playing music as it turns Bars, 'off', however watching TV is fine!
- Having your Bars run gives you the gift of awareness and turns off your mind chatter. That jumble of thoughts in your head only has the power you choose to give it. *What else could be possible when you have more SPACE?*

*If you have any questions after class, you can learn more at [www.accessconsciousness.com](http://www.accessconsciousness.com) or contact your Facilitator.*