



## ACCESS BARS™

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"The Access Bars" is the foundation and first building block of all of Access Consciousness since it was first introduced by Gary Douglas in 1990.

There are 32 bars of energy that run through and around your head that connect to different aspects of your life. We call all of these points that you touch when using this modality "The Bars."

This is where the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything are stored.

For example; every thought you have ever had about money that you considered important, the energy and electric component of that thought is stored in the Bar called "money." There are Bars for healing, body, control, awareness, creativity, power, aging, sex and money; 32 different ones in all. Each Bar corresponds with that aspect or area of your life that it is named after.

Touch one Bar and you activate it and begin to clear away the energy locked up in that area or aspect of your life, just by touching it. Add in touching another Bar and you not only get the "issues" from the first Bar, you also begin clearing the "issues" stored in that second Bar. As well you clear all the points of view about those two Bars in relation to each other, allowing for exponential change.

Just by gently placing your fingers on the points of the Bars you effectively erase everything you have ever stored there. What is the value of this? Access has discovered that when you are functioning from preconceived points of view about your limitations and what is not possible in life. By clearing all of these limitations a whole range of possibilities begin to open up for you and life gets much easier.

Can you imagine what you would be able to do and create in life if you were to get rid of your limitations? You could be better in business, have a better sex life, enjoy more harmonious relationships, sleep better, have more energy. Imagine not being so lethargic during your working day? What would it be like to get rid of debt and have money come in with ease?

***Let the ease and joy begin!***