

# ACCESS CONSCIOUSNESS

The Source for Ultimate Change

*All of Life comes to me with ease, joy and play!*

## **What are the BARS?**

They are 32 bars of energy that run through and around your head. They store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. There are bars for Healing, Body, Control, Awareness, Creativity, Power, Aging, Sex and Money just to name a few.

Each thought, idea, attitude, decision or belief that you have fixed in place solidifies the energy and limits your capacity to be generative in that area. Have you ever tried to talk to someone who has their mind made up about something? Is it like trying to get through a brick wall? That's because it IS a wall, an energetic wall.

## **How does the process work?**

"Running the Bars" is a simple, non-invasive, energy process where the facilitator lightly touches each point on the head to release the energy. Receiving this process (having your Bars run) usually leaves you with a sense of peace and space; and a feeling like there is more possibility open to you. This is an incredibly dynamic process that will not only leave you feeling refreshed and relaxed as if you have had a deep restful sleep or a really great massage but it can also change your life.

When run on children before exams, it can have a dramatic effect on their grades. Pregnant women report that labor is much shorter and the birthing process is much easier when they have their bars run regularly. Many people report that it assists them in sleeping more soundly. What else is possible?

## **What can you expect from a Bars session?**

- Relieves the tension in both mind and body.
- Creates a lasting feeling of peace and well-being.
- You feel both relaxed and invigorated at the same time
- Quiets the distracting chatter in your head.
- Releases the blocks caused by the buildup of anger, frustration and exhaustion where it locks into your body.
- Improves your interpersonal relationships by creating a space of allowance for self and others.
- Shifts the places where limitation is being created and opens you up to receiving more possibility in all areas of life.
- Allows more energy to be available to you.

**more info : [www.accessconsciousness.com](http://www.accessconsciousness.com) or [www.sacredspace.com.sg](http://www.sacredspace.com.sg)**

**\*\* you will receive a class manuals in each workshop with details of everything that you need to know \*\***

**for Private Healings please call**

**6338 3173 for more information & reservation**

# Access Workshop Schedule

## **The Bars Class - Pls call for class dates ... S\$250 per class**

The first class in Access is The Bars. The purpose of The Bars is to show people that they can actually lay there and receive. Having your Bars run, meaning the 32 points on your head being gently touched, effortlessly and easily releases anything that doesn't allow you to receive.

You have to be willing to receive if you are going to have the life you truly desire. Each Bars session releases 5 to 10 thousand years of limitation in the area of your life that corresponds with the Bar being touched. This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life with out any effort. At worst you feel like you have just had the best massage of your life. At best your whole life can change into something greater with total ease.

## **Foundation Class – pre requisite : Bars Coming Soon**

Foundation class is about learning about the matrix, the structure, the functional reality that you have been forced to live in. The Access Foundation Class is about getting out of the matrix of this reality and into a space of choice and possibility. You will discover how decisions, judgments, conclusions, reasons, justifications and beliefs create your reality and gain awareness of your potency as an infinite being to transform what isn't working for you. You will learn about the simple, easy to use tools that empower you to recognize truth from lies and enable you to utilize language and energy to generate your life the way you would like it to be.

As part of this class, you will also be introduced to energy healing for the body with a dynamic, hands-on process called "Cellular Memory". This process can eliminate scar tissue and dramatically improve healing time of any injury to the body. It's amazing! You will receive a comprehensive class manual that details the information and the tools you have learned so you can continue to practice and expand your awareness long after class is over.

## **Level 1 – pre requisite : Bars and Foundation Coming Soon**

The Access Level One class expands on the possibilities opened up in the Foundation class. It brings to light the way this reality teaches us to contrive evidence to support the points of view we have taken about what we believe is right or wrong. When you are willing to let go of your points of view it allows you to see what is. When you are willing to see what is, then you have the ability to change anything.

The clearings you will receive in this class allow you to eliminate many limitations and distracters and gain clarity about some of the greatest lies of this reality. Would you like to be confidently directing the energy flows around you? Would you like to take the lead in your own life? You will learn the tools to achieve all of this and also discover the 5 Elements of Intimacy that are required to have relationships as they were truly meant to be, and that we always hoped we could have. What if every part of your life could be joyful and filled with ease?

We will dispel some of the erroneous information about all different aspects of life, and provide you with tools so you can begin to know for yourself what is true for you and what works for you, as you go through day to day life. As part of this class, you will also learn a hands-on energy process for the body called "MTVSS". This process can undo a great many body issues. Running it creates peace and ease in your body as the limitations that have been locked into the cells are released. Many miracles have occurred using this process!