**Access Bars Sessions FAQs - Available Now**

**What are the bars?**

The Bars are the foundation of all of Access and were the first tool developed by Gary Douglas almost 20 years ago.

There 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 have that area of your life show up as great, easy and joyful as it really could be.

By gently touching these points on the head, the energy and barriers dissipate and the electromagnetic charge is released. Releasing stuck energy is like deleting old files off your computer. You have more space to create something new and wonderful with more up to date tools!

The purpose of Access Bars is to teach people that they can actually lay there and receive. Receiving is not done on this planet. Doing, doing, doing, in order to make sure you don’t have to receive, is what’s done on this planet. This has to change. You have to be willing to receive in order to have a different possibility in life.

**What does “having my Bars run” mean?**

This is a phrase used to describe when someone is gently touching any of the 32 points on your head called “The Bars,” by touching these points the energy stored there is released or dissipated from your body. This is very relaxing and many fall into a deep sleep.

**What can I expect from a Bars session?**

At the very least, it will feel like the best massage you have ever had, it is totally relaxing. At the very best, your whole life can change for the better.

No two sessions will ever be exactly the same, even if you have the same person run your Bars each time. Every session accesses new energies, new areas of your life and body, all of it with the overall effect of more ease in every aspect of life. Sessions last about 1 hour.

Specific energy work can be done for a variety of health conditions and challenges too.

**How often should I have my Bars run?**

We recommend at least once a week and not waiting longer than every three weeks. Most people notice if they have gone more than three weeks that their body feels much better and their life generally goes much smoother if they get there Bars run that often at the least.

You will know it is time for another session when your life seems to be getting more difficult and there are frequent “bad hair” days or if you are grumpy for no apparent reason, really stressed out, or unclear about things.

There is no right or wrong way for how often, it is totally up to you. You can’t have your Bars run too often.

To experience a session, contact Susan at 720-308-4089 or susan@livinghealthiernow.com.