



The Access Bars® is a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electromagnetic components of stress, thoughts and emotions.

This gentle, non-invasive technique works on releasing both physical and mental blocks stored within the body and helps to facilitate greater ease in all different areas of life.

A Bars session lasts for 60 to 90 minutes and is a process you can undertake as a one-time session, monthly, weekly or as a daily experience.

It is currently used in businesses, schools and even prisons around the world to facilitate greater health and wellbeing.

The effects of Access Bars® are **scientifically verified**, is individual to each person, and differs from session to session. However, recipients have reported that a session of Access Bars® can help with the following:

- Improved physical health
- Greater mental clarity and reduced stress
- Enhanced motivation and easier communication
- Significant increase in feelings of joy, happiness, gratitude, kindness and peace

- Deeper relaxation and positive effects on migraines and insomnia
- Enhanced mental health: reduced symptoms of depression, panic attacks, ADD, ADHD & OCD
- Greater intuitive awareness

The first Access Bars® session was facilitated by Gary Douglas of Access Consciousness® over 30 years ago. Since then, it has expanded into 173 countries and boasts more than 10,000 trained Access Bars® facilitators worldwide.

Learn more at [www.accessconsciousness.com/bars](http://www.accessconsciousness.com/bars)

Access Bars Global Coordinator: [emilyrussell@accessconsciousness.com](mailto:emilyrussell@accessconsciousness.com)  
Media enquiries: [Justine@mckellmedia.com](mailto:Justine@mckellmedia.com)

#### LET'S GET SOCIAL



@accessconscious



@accessconsciousness



@accessconsciousness

#AccessBars #AccessConsciousness



# ACCESS BARS®

## FAST FACTS

### WHAT IS ACCESS BARS®?

The Access Bars® is 32 points on the head (similar to meridian points) which, when activated, can help facilitate reduction in stress and trauma throughout the body, and increase positive attitudes toward life.

### WHEN WAS IT FIRST USED?

The first Bars session was run over 30 years ago by Access Consciousness founder, Gary Douglas.

### HOW DOES IT WORK?

When lightly touched, the Bars points stimulate a positive neurological response inside the recipient. This appears to trigger the body's natural ability to heal and facilitate the physiological changes required for greater wellbeing.

### WHAT DOES A SESSION INVOLVE?

A session normally lasts 60 to 90 minutes and feels like a gentle head massage.



### IS IT SCIENTIFICALLY VALID?

Dr. Terrie Hope PhD, DNM, CFMW published an article in the Journal of Energy Psychology: Theory, Research, and Treatment in November 2017, describing how the results of one 90-minute Access Bars® session indicated a significant decrease in the severity of depression and anxiety.

Further research was done in 2015 by leading neuroscientist Dr. Jeffrey L. Fannin, with 60 participants, he discovered that Access Bars® had a positive neurological effect on the recipient, similar to those experienced by advanced meditators – and it produced results immediately.

### CAN IT INTERFERE WITH MY MEDITATION / OTHER HEALING MODALITIES I USE?

Most people find that Access Bars® enhances the effects of their meditative practice and, in many instances, that life becomes a meditation. In addition, Access Bars® increases the capacity and potency of other healing modalities.

### HOW POPULAR IS IT NOW?

It is now practiced in 173 countries, by more than 10,000 trained facilitators. Tens of thousands of people enjoy Bars sessions around the world, every year.