

ACCESS BARS

What is it?

- A dynamic process that makes you feel refreshed and relaxed without any effort on your part
- A process that is done by an Access Bars Facilitator while you lie on a bed
- A process that makes you feel as if you have had a deep restful sleep or a really great massage
- A process that may even change your life, making it better

More Information about Access Bars:

- Access Consciousness was developed in 1990 by Gary Douglas, of Santa Barbara, CA.
- There are 32 bars of energy that run through and around your head.
- These bars store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs about anything that is experienced.
- There are bars for healing, body, control, awareness, creativity, power, aging, sex and money etc
- Each thought, idea, attitude, decision or belief that is fixed in place solidifies the energy and limits the person's capacity to be generative in that area, thus preventing positive changes.

How does it work?

- It releases 5 to 10 thousand years of limitation in the area of your life that corresponds with the Bar being touched.
- It un-dos limitation in all aspects of a person's life without any effort on her part.

What is the Process of Running the Bars like?

- The session usually takes place with the recipient relaxing on a massage table, bed, or pad on the floor, with their head on a pillow.
- The person gifting them "The Bars" sits at their head, cradling their head in their hands.
- The facilitator touches a series of points with very light pressure. These specific points on the head have been described as the "alt-control-delete" on the computer bank of your brain.
- The facilitator lightly touches each point on the head to release the energy.
- The facilitator may also use hands-on-healing with MTVSS, Reiki, Running the Bars, EMF Balancing and Energetic Facelift, Verbal Clearings and EFT to bring about a positive change.

Who can benefit from this Access Bars Session (About one hour 15 min. per session)

- Almost anyone
 - Those who want to look and feel better
 - Those who're feeling tired and low on energy
 - Those who carry STRESS in their body
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- Those who lack clarity of thoughts
 - Those who get upset easily or hold on to grudges
 - Those who have sleepless nights
 - Those whose efforts to live a fuller life are always futile
 - Children who have difficulty with studying
 - Parents and children who don't get along so well
 - Parents and children who squabble over children's school work

Benefits:

- By running energy through the Bars, the barriers dissipate and the electromagnetic charge is released (similar to deleting old files in a computer thus freeing up space for better things).
- Running Bars can help with managing stress, sleep disorders, ADD/ADHD and autism.
- Running Bars can also help with pre-examinations stress, mood swings and depression.
- Pregnant women who have her bars run at least once a week from the time she knows she is pregnant find that the birth will be very quick, very easy and not damaging at all to either the baby or the mother. Whether it's C-section or not is irrelevant.
- Abt 90% or more of the women who have had their bars run while pregnant have given birth within a maximum of four hours after their first contraction.
- Babies also love having their bars run.
- Access Facial can also help a person look younger WITHOUT injecting botulism, acupuncture needles or other trauma to the body. It is a wonderful way to rejuvenate the face and reverse the appearance of aging on the face and create similar effects throughout the body.

To know more about Access Bars Courses or Sessions in Singapore, please contact Petra Hypnosis at 64639500 or write to info@petrahypnosis.com for more information.

Thank you
Petra Management