

Frequently Asked Questions About THE BARS

by Access Administrator on February 24, 2011



What are “The Bars”?

The Bars are a series of 32 points on the head, which when lightly touched, release old energies that may be trapped within the brain and the body, allowing for tremendous and easy change.

Where did the Bars come from?

The Bars were originally channeled by Gary Douglas, the founder of Access Consciousness, in 1990. They did not exist on earth prior to that time.

What does a Bars session do?

A Bars session takes all the considerations, thoughts, feelings, emotions, decisions, judgments, and beliefs from any time period that may be electrically stored in the brain, and releases them. The release occurs when the bars are touched.

Having your Bars run could be described as similar to flipping a circuit breaker or trip switch back on, after experiencing an electrical overload in your house. The energy of the universe becomes available to you and this often results in more peace, ease, joy and glory in life.

Several doctors who are experts in biofeedback have reported changes in brain waves states, i.e. noting that brain waves can change from Beta to much more relaxed Theta brain-wave state in the course of a one hour session. Access has known for years that the Bars change the electrical function of the brain.

What can you expect after receiving the Bars?

Every Bars session is different. The least that can happen after a Bars session is that you feel as relaxed as if you had received a full-body massage. The best that can happen is that your whole life can change, for the better.

Among the most commonly reported effects are: an increased sense of peace and ease, being less reactive to situations which might have upset you in the past, more restful and deeper sleep, feeling that whatever was regarded as upsetting before the session doesn't matter any more.

How do you know what to expect from having your Bars done?

You don't! Every Bars session is different and there is no way to predict exactly what will "happen." The best guideline is as above, i.e. either simply relaxation OR life changes, for the better!

How long does the effect of a Bars session last?

Once you have had your Bars done, the Bars "run" or continue to release stuck energy, on an on-going basis. Every time you have your Bars run again, the effect becomes more dynamic. The most dramatic effects tend to be noticed within 3-4 weeks of the session.

How often should you have your Bars done?

This is entirely up to you. How good would you like to feel? How easy would you like your life to be? Some Bars Facilitators wonder why we don't all have our Bars run daily! Most like to have their bars run at least once a week, with an extra session when they are having a difficult day. Another time to consider having your Bars run would be after any kind of major shock, trauma or energetic shift of any kind.

When should you have your Bars done?

Whenever you would like to feel great!

Who can benefit from having their Bars done?

Everyone who is willing!

Some people may not value the experience of relaxation and consider it a waste of time and other people who have an interest in changing and improving their lives may be keener. We recommend concentrating your "bars running" efforts on the latter group.

Is there anyone who should not have his or her Bars done?

Only those who are unwilling or uninterested in trying it.

Can the elderly/ill/handicapped benefit from having their Bars done?

Yes.

Can Bars be done during pregnancy?

Absolutely! (Legally of course we have to suggest you ask your doctor first.) Women who have had their Bars done during pregnancy, especially on a regular basis, report having short and easy births and many have avoided c-sections.



Can children and babies have their Bars done?

Children and babies benefit phenomenally from having their Bars run. They are more like animals than adults, which means they are often more willing to have rapid change in their bodies as well as in their being.

It should be noted that children's Bars can run very fast. Often, they can tell you when each bar is done for that session and when to move on, and babies are even faster!

Can children learn to run Bars?

Absolutely! Because children have fewer considerations about what is possible and impossible, they can run the bars with very potent effects and less limitation. Children may be in small bodies, but they are often willing to be larger and more potent than the adults around them. Have you ever seen a child who commands the attention of the entire room they're in?

Who can do Bars for others?

Anyone can learn to do the Bars. No previous experience in health care or training in anatomy or massage is required! All it takes is a willingness to learn and attend a one-day Bars class.

Where can I learn to do the Bars?

Bars classes are taught by some 400 Bars facilitators worldwide, in 25 different countries, and many love to travel and teach in other countries. You can find Bars facilitators and classes on this website: www.bars.accessconsciousness.com

How long does a Bars session last?

Usually a Bars session can last 60-90 minutes although this can vary and it is always better to do Bars even if it's for 20 minutes than to not do them at all!

What does a Bars session cost?

The cost of a Bars session is entirely up to the facilitator who gifts it to you. They are independent practitioners who set their own prices. Some may gift you a session or partial session. You can often find them at health and mind/body expos where you can get a mini-session at a reduced price.

Some facilitators offer Bars trading nights where you can get an introductory session in a group at a reduced price.

What are the long-term effects of having your Bars done?

Most people who have experienced Bars regularly report that their lives continue getting easier and better.

Do you have to have it done more than once?

Access and the Bars are about choice. You don't have to do anything. People who experience the greatest benefit from Bars are those who have it done repeatedly. It's your choice.

Do Bars affect mental or psychological problems?

Many people who have had mental and psychological problems have been able to wean themselves off medications and experience amazing changes in their problems. Of course, we recommend you consult your doctor before discontinuing mind-altering drugs.

Can the Bars harm anyone?

No, you cannot harm anyone by doing their Bars.

Can the Bars cure physical ailments and pain?

The Bars facilitate consciousness, which can change just about any of these.

Some of the physical ailments that have changed in one Bars session include scoliosis resulting in a 1-1/2" height gain, "pigeon-toes" - for which medical doctors had recommended surgery, as well as relief and disappearance of all kinds of aches and pains, located anywhere in the body.

Many people have used the bars in combination with other tools of Access Consciousness to make "incurable" diseases including cancer, arthritis, chronic fatigue, depression, bi-polar disorder, disappear.

How do you know how many Bars sessions it will take to heal something?

Again, you don't! The symptoms or disease will go away when you and your body are ready to release the considerations (thoughts, feelings, emotions, beliefs, decisions, judgments from any lifetime) that are keeping the unwanted condition in place.

This process is not linear, which means that a condition that one person releases in one session could take many sessions for another person and there is no wrongness in this. It is just different. It is however, possible to ask a particular Bars session to address particular symptoms or issues. The results are determined by the person receiving the Bars session and their body.

Do you have to lie down to have your Bars done?

Lying down is not required. It does promote relaxation for the receiver in most cases as well as ease and comfort for the Bars giver. If lying down flat is a problem, a reclining chair or lawn chair ("zero gravity recliner") can also work.

Are the Bars like Reiki or Cranio-Sacral Therapy? Are they Acupuncture points?

The Bars did not exist on earth before they were channeled by Gary M. Douglas. While the points may appear to be cranio-sacral or acupuncture points, they have a different function when done as part of the Bars. We have not seen any other method generate the changes that are created by the Bars. Reiki practitioners and Cranio-Sacral Therapists tend to do very well at learning the Bars since they are already familiar with energy. The Bars seem to have a more wide-ranging effect on the whole lives of the people than either cranio-sacral therapy or reiki alone.

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