

Access all areas

Chiropractor, speaker and author Dr Dain Heer credits Access Consciousness® with saving his life. He speaks with Patsy Bennett.

You say this modality saved your life. How?

I was trying every technique under the sun to feel better about myself. All I was looking for was to change my levels of stress, unhappiness and struggle with money - I wasn't asking for a mansion and enlightenment. I was so tired of waking up feeling depressed. I said to the universe: "Look, you've got six months; either my life changes or I'm killing myself."

A week later, I came across Access Consciousness®, and I had one session, called a Bars session, and literally an hour and a half later, I left my office that I hated, looked up at the sky and said, "Has this always been this beautiful here?" I'd had awakening experiences in the past. The difference with this was I felt connected to everything. Also, the practitioner gave me tools to start using when that feeling of connectedness, that ease went away.

Can you take me through some of these tools?

One is to begin to ask questions, rather than to come to conclusions. It's a simple tool, but when you apply it, you can see how powerful it has. One question you can ask is, "What's right about me that I'm not getting?" We judge ourselves for doing and being something wrong, but once we ask what's right - but what we're

Access Bars® utilises pressure points on the head to defragment the electromagnetic components of stress, thought, and emotions.

not getting - we start to recognise that maybe that something that is right about you can shift the energy. Another question is, "How does it get any better than this?" You can ask it both when something good happens, and when something bad happens. Either way, it opens the door for a different possibility.

Is Access Consciousness® a physical modality, too?

Yes; it has the Bars, which are fundamentally an energetic technique, where the practitioner places their hands lightly on a person's head. Here's another helpful tool: the awareness that somewhere around 98 percent of people's thoughts, feelings and emotions don't actually belong to them. People pick them up like big psychic radio receivers. So if you ask, "Who does this thought or feeling belong to?" you may find, "Oh my gosh, none of this stuff is mine!" If you do that for three days, for every thought, feeling, emotion, judgment and heaviness you have, at the end of it, when you've let go of everything that isn't yours, you'll feel like you're in a walking talking meditation - plus, you'll break the machine that makes you believe it is yours. These tools can stand alone; you can use them as a way of shifting energy in any situation; you can go back and unlock an issue or a viewpoint from where it was created, just by asking for it; and you can take what you would have done in a 30-minute visualisation and do it in 30 seconds.

Are the pressure points on the head like acu-points?

There are actually three or four systems which use points on the head, but the Access Bars system is unique: it's something that Access Consciousness® founder Gary Douglas got the information about 25 years ago. For example, there are two points, joy and sadness, above the eyes, and we had scientific validation right from the outset that there is something measurable happening there: it seems that we're dissipating the electromagnetic component of thought and judgment, so that the positive and negative polarity goes away, and you get to a point where you don't have to judge. The points all have names, such as the money point, so when you hold that point, people who may have been stressing about money can let it go; it becomes an ease for them.

Where did Douglas get the information from?

He channelled it. He had no intention of doing so, but he had made a demand in his own world similar to the one I made: "You know what? If this is all there is ... show me something!" He then learned how to channel and after that, he learned about the Bars, and was very surprised. He was actually channelling Rasputin, "the mad monk of Moscow" - all his friends were channelling sweet light beings, and he got Rasputin! I think it's fitting, because our definition of consciousness is "where everything exists, and nothing is judged".

Dr Dain Heer is the author of Being You, Changing the World, and he will be visiting Brisbane on May 6 2015, where his class will be live-streamed. Find out more about the event and Access Bars at www.drdainbeer.com and www.accessconsciousness.com

What is Energetic Synthesis of Being?

This is a process, or an energy that I work with, which was the result of Bars sessions with Gary Douglas. He said, "Ask my body what it wants; follow the energy, you'll know what to do." There was an energy that came through - it was peace, love, light, possibilities; it was like being nurtured by every molecule of the Earth. I call this energy ESB. It's something I teach people to access in their own lives, and it's something that people have more access to once they've done Access classes, because the points of view that keep things out of your world start to go away and the awareness that you can embrace the world shows up. ESB classes are all about empowering people to change their choices and their lives. If we don't empower people, then our world doesn't change. It's a new relationship with what people know as love, Spirit or the Universe, which can unlock stuck patterns in their lives.

