



ACCESS BARS®

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.



ABOUT

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

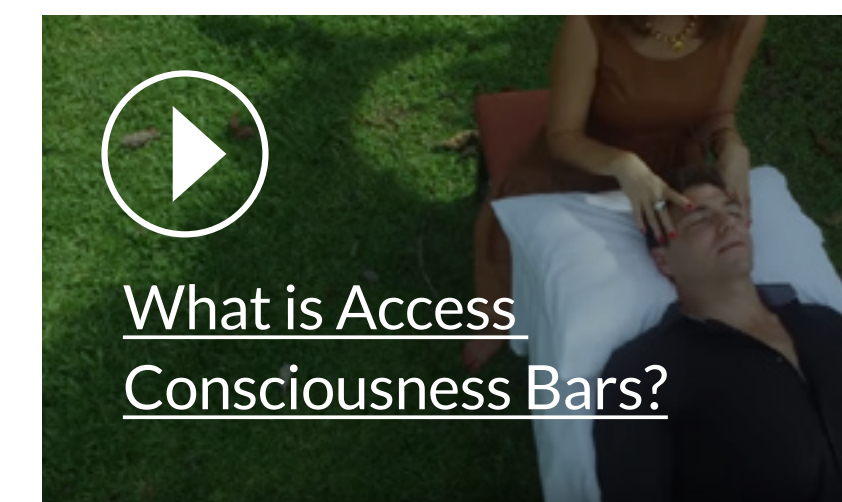
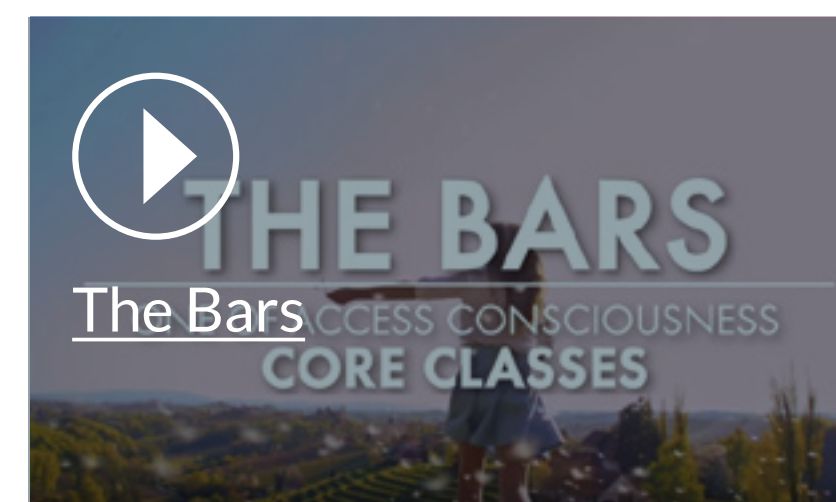
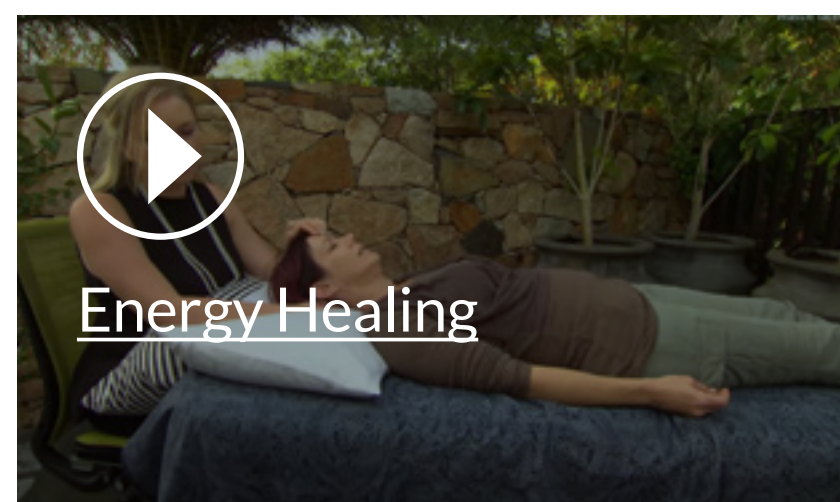
The first Access Bars® session was facilitated by Gary Douglas of Access Consciousness® over 30 years ago. Since then, it has expanded into 173 countries and boasts more than 10,000 trained Access Bars® facilitators worldwide.

Learn more at

accessconsciousness.com/bars



VIDEOS





CONTACT

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LET'S GET SOCIAL

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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?

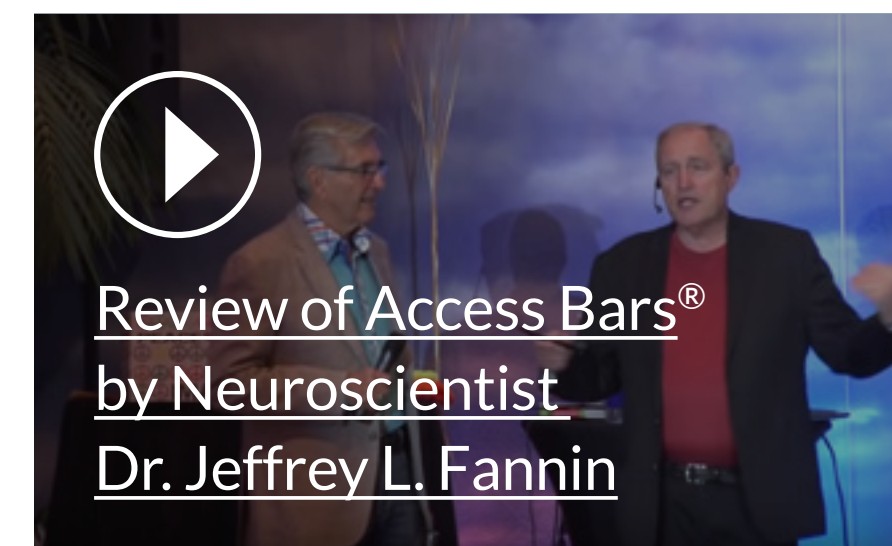
Dr. Terrie Hope PhD, DNM, CFMW published an article in the Journal of Energy Psychology: Theory, Research,

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.

You can find the official white paper of this research at: <https://accessconsciousness.app.box.com/s/i8m1i1fwq7or82j38dzfbfol7cv0aeyj>

Click below to watch Dr. Fannin show what occurs in the brain during a Bars session:



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

Most people find that Access enhances the effects of their meditative practice and, in many instances, that life becomes a meditation. In addition, Access 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.





What Is Access Bars[®]? Research & Other Information

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 electro-magnetic components of stress, thought and emotions. This gentle, non-invasive technique works on releasing both physical and mental blocks stored in the body and helps facilitate greater ease in all different areas of life. A session of Access Bars[®] can help with the following:

- Greater mental clarity
- Motivation
- Significant increase in joy and happiness
- Deeper relaxation
- Insomnia
- Anxiety and depression
- Health and weight management
- Stress and overwhelm
- Migraines
- Panic attacks
- OCD

NEW SCIENTIFIC RESEARCH

Scientific research by Dr. Terrie Hope PhD, DNM, CFMW published in the Journal of Energy Psychology: Theory, Research, and Treatment in November 2017 has revealed the results of one 90-minute Access Bars[®] session indicated a significant decrease in the severity of depression and anxiety.

From the results of four scientifically valid standardized questionnaires and through measuring brainwave patterns using brain mapping, (QEEG), Dr. Hope discovered in her study that Access Bars[®] reduced the severity of anxiety symptoms by 84.7% (average). Participants had a reduction in the severity of depression symptoms by 82.7% (average).

The results of brainwave measurements before and after Access Bars[®] showed an increase in brain coherence in all participants, indicating a change toward a normal state after the session. Brain wave coherence is associated with communication between brain regions and researchers have found that

optimal brain coherence is correlated with many things such as intelligence, learning ability, alertness, reaction time and creativity.

The significant decreases in severity shown in this research suggest that Access Bars[®] may be effective as a treatment for anxiety and depression. Dr. Hope is planning on more extensive research in the near future.

For more information on this research and the full published article in the Journal of Energy Psychology: Theory, Research, and Treatment, 9(2), 26–38. November 2017 - doi:10.9769/EPJ.2017.9.2.TH go HERE: <https://energypsychologyjournal.org/abstracts/abstracts-volume-9-number-2-november-2017/effects-access-bars-anxiety-depression-pilot-study/>

FURTHER RESEARCH

Research in 2015 by leading neuroscientist Dr. Jeffrey Fannin et al, with 60 participants examined the neurological effects of the Access Bars[®]. By measuring brain waves on people before and after a Bars session, this research revealed similar effects on brain coherence where 85% of participants indicated an increase in coherence. Additionally, he discovered that Access Bars[®] has a positive neurological effect on the recipient similar to those experienced by advanced meditators – and it produces these results immediately.

You can find the official white paper of this research HERE:

<https://accessconsciousness.app.box.com/s/i8m1i1fwq7or82j38dzfbfol7cv0aeyj>

Click below to watch Dr. Fannin show what occurs in the brain during a Bars session: <https://www.youtube.com/watch?v=DgGbFRjqQPk>

MORE ABOUT ACCESS BARS[®]

A Bars session usually lasts for 60 – 90 minutes and is a process you can undertake as a one-off, monthly, weekly or daily experience. **It is currently used in prisons, businesses and schools around the world to facilitate greater health and wellbeing.** The effects of Access Bars[®] are individual to each person and differ from session to session, however in addition to improved physical health, recipients have reported greater intuitive awareness, more gratitude, kindness, peace and calm, and easier communication.

The first Access Bars[®] session was facilitated by Gary Douglas of Access Consciousness[®] over 25 years ago. Since then, it has expanded into 173 countries and boasts more than 5,000 trained Access Bars[®] facilitators worldwide. Learn more at www.accessconsciousness.com/bars



ACCESS
CONSCIOUSNESS®

Empowering people to know that they know®

“The Effects of Access Bars[®] on Anxiety and Depression”

by Dr. Terrie Hope PhD, DNM, CFMW

Published in the Journal of Energy Psychology: Theory, Research, and Treatment, 9(2), 26–38.

November 2017 - doi:10.9769/EPJ.2017.9.2.TH

Summary:

Seven participants in this research had anxiety or depression or both ranging from mild to severe. The test methods were 4 standardized subjective questionnaires and objective testing Quantitative Electroencephalogram (QEEG) known as brain mapping. Questionnaires used were The Beck Anxiety Inventory, Beck Depression Inventory, State, Trait Anxiety Inventory and The Maryland State and Trait Depression Scale.

The primary goal of the research was to examine whether Access Bars[®] has an effect on anxiety and depression. All participants tested positive for trait anxiety in pretest. This type of anxiety is distinguished as character trait anxiety that is long standing versus (temporary) state anxiety.

Results:

- All participants had lower scores in the subjective test questionnaires
- These results were statistically significant with most results having at least a less than 3% chance of occurring by chance alone
- Severity of anxiety symptoms were decreased by 84.7%* (average)
- Severity of depression symptoms were decreased by 82.7%** (average)
- QEEG measurement results showed a statistically significant increase in brain coherence

Brain wave coherence is associated with communication between brain regions and researchers have found that optimal brain coherence is correlated with many things such as intelligence, learning ability, alertness, reaction time and creativity.

Conclusion:

- Treatment with Access Bars[®] was associated with a significant decrease in the severity of symptoms of anxiety and depression
- The results suggest that Access Bars[®] may be effective as a treatment for anxiety and depression
- Brain Coherence was increased in all participants. This measurement is an indicator of communication between different brain regions.

Highest reported changes

*Beck Anxiety Inventory Questionnaire

**Beck Depression Inventory Questionnaire

The research abstract and full documentation can be found at The Journal of Energy Psychology.

To read the full study written by Dr. Terrie Hope:

<https://energypsychologyjournal.org/abstracts/abstracts-volume-9-number-2-november-2017/effects-access-bars-anxiety-depression-pilot-study/>