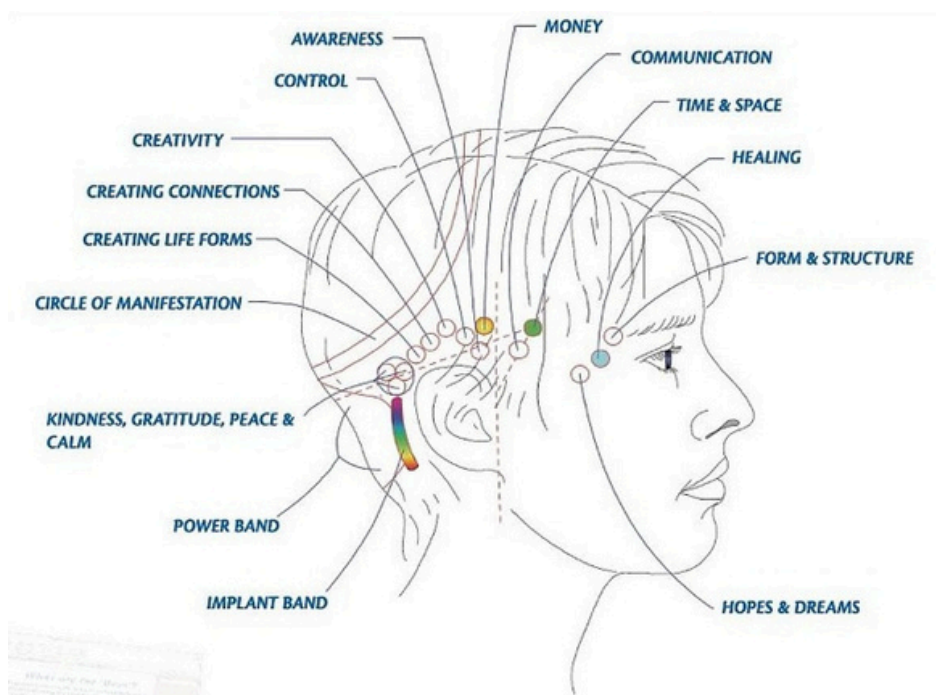




ACCESS BARS CONSCIOUSNESS

Run the bars

*Release the blocks and limitations and
give yourself the gift of peace*



Welcome to Access Bars Consciousness, where transformation and relaxation meet. Our unique therapy focuses on the gentle touch of the Access Bars points on your head, helping to release limiting beliefs, stress, and emotional blocks.

This empowering technique promotes deep relaxation, clarity, and a sense of peace, allowing you to access your inner potential.

Whether you're seeking relief from anxiety, improved mental clarity, or a more profound sense of connection with yourself, our sessions offer a safe and nurturing environment to explore your consciousness.

Each session is tailored to your individual needs, facilitating personal growth and a renewed sense of possibility.

Join us on a journey to enhance your well-being, unlock your creativity, and create a life filled with joy and ease. Discover how Access Bars Consciousness can help you access greater awareness and embrace a brighter future.

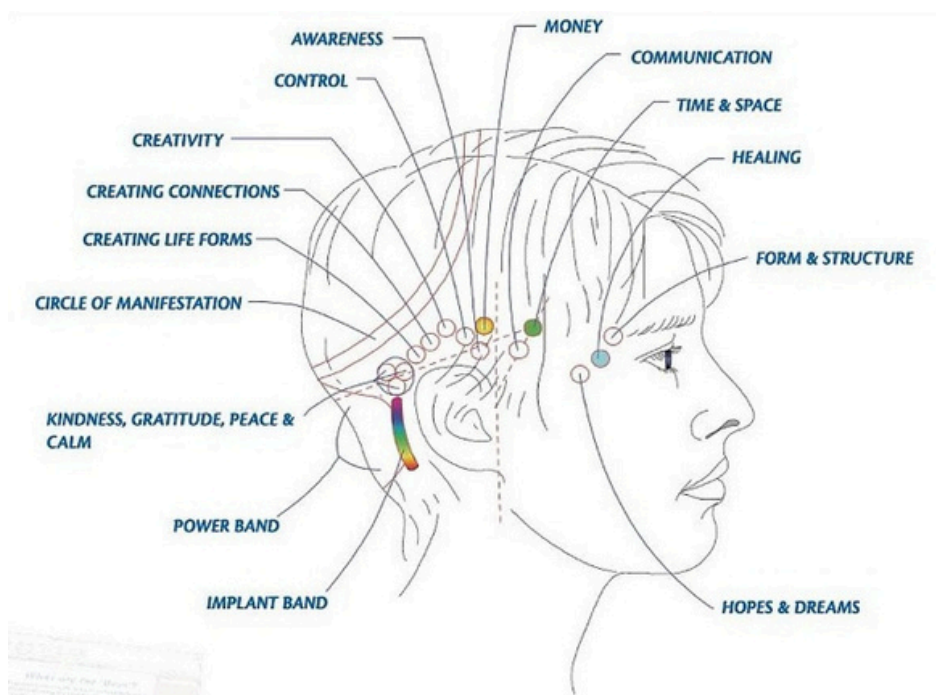
Visit us today to learn more and schedule your first session!



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In an Access Bars session, the following typically occurs:

1. Initial Consultation: A brief discussion to understand your needs, concerns, and goals for the session.
2. Relaxation: You lie down fully clothed in a comfortable position, on a massage couch, allowing you to relax completely.
3. Gentle Touch: The practitioner lightly touches specific points on your head known as "Bars." Each point corresponds to different areas of your life and can help release stored thoughts and emotions.
4. Energy Flow: As the practitioner touches the Bars, energy is activated, facilitating the release of limiting beliefs, stress, and emotional blocks.
5. Deep Relaxation: Many clients experience a deep state of relaxation, akin to meditation or a nap, which can lead to a sense of peace and clarity.
6. Integration: After the session, there may be a short discussion about your experience, insights gained, or any sensations felt during the process.
7. Aftercare Guidance: You may receive tips on how to maintain the benefits of the session and incorporate mindfulness into your daily routine.

Overall, each session is unique and tailored to your individual needs, promoting personal growth and well-being.