

Access Bars

Unlocking Potential:
The Transformative
Power of Access
Consciousness Bars



Access Consciousness Bars is a transformative tool designed to help individuals release limiting beliefs and unlock their true potential. This practice involves gentle touch on specific points on the head, promoting relaxation and clarity. What are the possibilities of allowing bars to enhance my life to flow to me with ease, joy and glory?!

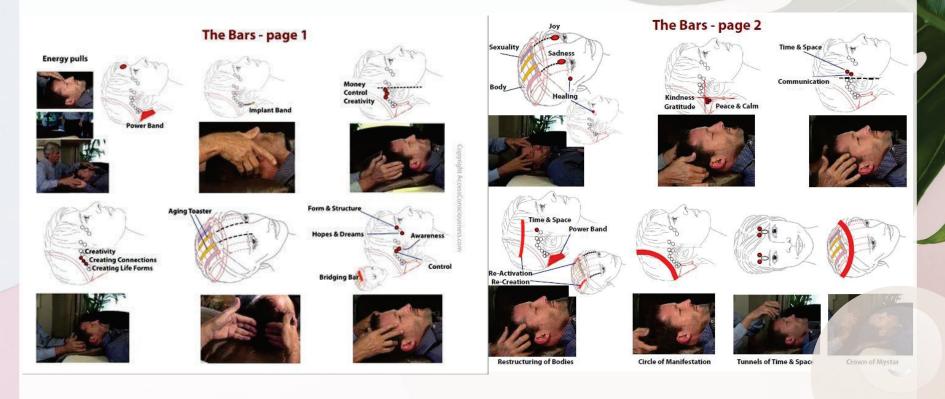


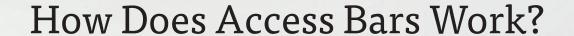


What is Access Bars?

Access Bars consist of 32 points on the head that correlate to different aspects of life. By lightly touching these points, you can clear mental clutter, emotional blocks, and negative energies. This simple yet profound technique invites a sense of ease and freedom into your life.

Access Points





- The Bars Points: There are 32 points on the head, each related to different aspects of life (e.g., money, creativity, control, awareness, etc.).
- The Process: When these points are gently touched, it releases the electromagnetic charge stored in the brain and body, facilitating a shift in consciousness and well-being.
- Energy Flow: This process works by relaxing the body and mind, allowing energy to flow freely, removing limiting thoughts and beliefs.



The Benefits of Access Bars

- Mental Clarity: Clears the clutter of thoughts and mental overload, leading to clearer thinking.
- Emotional Healing: Helps release trapped emotions and old patterns, promoting emotional balance.
- Physical Relaxation: Reduces stress, tension, and can assist in physical healing by promoting deep relaxation.

- Increased Awareness: Facilitates heightened awareness and personal growth.
- Improved Sleep: Many experience improved sleep after receiving Access Bars sessions.



- Everyone:
- Access Bars is beneficial for people of all ages and backgrounds.
- Specific Groups:
- Individuals with chronic stress or anxiety
- People seeking personal growth or change
- Those with physical ailments or pain
- Creative professionals, athletes, and businesspeople seeking mental clarity and focus



Access Bars in Daily Life

- Integrating into Daily Routine: Access Bars is not just for sessions; practitioners can use the process to maintain mental and emotional balance every day.
- Empowerment: The techniques help individuals to clear out old thoughts, judgments, and patterns that no longer serve them.
- Simple Practices: After learning Access Bars, people can use simple self-care techniques to enhance their overall well-being.

What Happens During a Session?

- Duration: A typical session lasts 60–90 minutes.
- The Process: The client lies comfortably on a massage table while the practitioner gently touches specific Bars points.
- Relaxation: The session is deeply relaxing, and most clients feel calm, peaceful, and at ease.

No Talking Required: The process doesn't require conversation; clients often experience profound changes even without verbal engagement.



Thank You

Hannah Velasquez
760-505-5104
Hannahshealingnook@gmail.com
www.hannahshealingnook.com

