

ACCESS BAR THERAPY: A REVIEW

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ABSTRACT: *Access Bar therapy is a hands-on energy healing process. It unlocks energy centers or bars, located on the head; using gentle touch. It is said that access bar therapy relaxes our body, soothes our mind and recharges our vitality. 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. This research paper is an overview of the Access Consciousness research. Review of the research literature concludes that access bar can be used as a therapy for various ailments but its success in treating various psychological disorders is yet to be proven.*

Key Words: *Access Bar, Anxiety, Depression*

Alternative medicine is any practice that aims to achieve the healing effects of medicine, but which lacks biological plausibility and is untested or proven ineffective. A widely used definition devised by the US NCCIH calls it a group of diverse medical and health care systems, practices and products that are not generally considered part of conventional medicine. The origin of Access bar goes only 30 years back to 1995 when Gary M Douglas founded this worldwide movement called Access Consciousness which works on the basis of certain principles. The movement assumes that one is never wrong; one knows everything and that one's consciousness can create one's own reality. Access bar serves to clear the "known" and "unknown" energies around one's belief.

Access bar is a set of 32 points on the head of 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.

So when these 32 points on our head are lightly touched for a period of time, they begin to 'run'- the energy starts moving freely. When electromagnetic energy is released and dissipated. As mentioned there are 32 points on our head that relate to different areas of our life. Some of those 32 points are:

- Money
- Control
- Creativity
- Creating Connections
- Creating life forms
- Aging
- Form and Structure
- Hopes and Dreams
- Awareness
- Joy
- Sadness
- Healing
- Body
- Sexuality
- Kindness
- Gratitude
- Peace and Calm
- Time and Space
- Communication
- Re-Activation
- Re-Creation

- Among Others

Some benefits that many people report after having bars run are as follows:

- Greater mental clarity, motivation and problem solving capacity.
- Reduction and even complete cessation of anxiety and depression
- Significantly more joy and more happiness.
- Quicker recovery time from surgery with reportedly less pain.
- Elimination of undesirable behavioral patterns, addictions and psychological disharmony.
- Decreased inter personal and intra personal conflicts resulting in better relationships.
- A reduction in trauma and stress related disorders.
- Less reactive emotionally becoming more calm and balanced.
- Deeper relaxation and interrupted sleep.

This non invasive energy therapy technique has been evaluated on anxiety and depression using both subjective self report and objective brain scanning measure.

In a study conducted by Dr Hope (2017) four scientifically valid questionnaires and brain wave pattern using brain mapping were used. She discovered that access bar reduced the severity of anxiety symptoms by 84.7% and severity of depression symptoms by 82.7%. The result of brain wave measurement before and after access bar showed an increase in brain coherence. Brain wave coherence is associated with communication between brain regions and it has been found that brain coherence is associated with many things such as intelligence, learning ability, alertness, reaction time and creativity.

Another research by leading neuroscientist Dr Jeffery Fannin et al,(2015) found increase in brain coherence and positive neurological effect on recipient similar to those experienced by advanced mediators. Additionally, he discovered that that access bars has positive neurological effect on the recipient similar to those experienced by advanced mediators –and it produces these results immediately.

In a subjective self report a subject who was experiencing symptoms of chronic fatigue syndromes and crippling anxiety reported deep relaxation and harmony. The subject reported that access unmistakably clears all entanglement.

Another subjective self report by Tvesha Jaijn (2016) a 14 year old (when she came across with the concept of Access bars first time) reports that this technique has played a major influence on her decision making process.

A mathematician, psychologist and kathak dancer, Neera (2018) stated that she felt empowered and feels that she can change anything in life after experiencing this technique.

Sharia Choudhary (2017) reports that she has personally gained from this technique in terms of own self growth, being able to handle life situations, gaining more self awareness.

A practitioner of access bar, Shaica (2015); reports that “access bar is a very behavioral technique to apply. It has positive implications in the behavior of the individual. This technique is similar to NLP.”

Dr Lisa Cooney (2018) did an independent research study on access consciousness. Her clients reported decrease in anxiety and pain, reported clarity in thoughts. Some physical changes were also seen like several areas of active toxicity and impeded regulation completely cleared.

Conclusion

Several researches have come and claimed that access consciousness is a cult. But some studies indicate that this therapy entails energy work in the form of body processes. It should be taken into consideration that there is a thin line between consciousness spirituality and religion.

It is also not known for how transition which the subject reports lasts. To what degree a change in the energy flow impacts the brain in the long term. There are still many unanswered questions which need to be answered in future, and then only access bar consciousness technique can be considered as a successful technique in the treatment of psychological disorders.

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