

You Are Not Alone
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Access Bars® Practitioners Launch Month-Long Mental Health Initiative

Free Access Bars® 'subtle energy' sessions available globally throughout September and October

1 September, 2020 - Access Consciousness®, a global personal empowerment movement present in over 170 countries, has today announced a month-long support initiative in response to the COVID-19 mental health crisis, to align with both World Suicide Prevention Day and World Mental Health Day.

Facilitators will offer complimentary Access Bars® sessions from September 10 (World Suicide Prevention Day) to October 10 (World Mental Health Day), opening their doors to anyone seeking hope after many months of isolation and uncertainty.

The mental health of the global population is in crisis due to the prolonged effects of isolation during the COVID-19 pandemic, and an ongoing climate of uncertainty and fear. A recent Kaiser Family Foundation poll found that **nearly half of Americans reported the coronavirus pandemic was harming their mental health**, and online therapy provider Talkspace reported a 65% jump in users since February.

In light of this growing concern, Access Consciousness has gone above and beyond their usual annual offering of complimentary Access Bars sessions, with the creation of the [You Are Not Alone](https://www.youarenotalone.com) website and interview series. These online interviews will be conducted with facilitators who have experienced mental illness, and will be live-streamed globally. The series has been created in an effort to break the stigma around showing vulnerability and discussing feelings of unworthiness and mental illnesses such as depression, anxiety and PTSD, and to share the positive stories of those who have found support and relief in Access Bars.

"The amount of fear, anxiety and depression that is happening in the world right now due to this pandemic is devastating to witness. We have thousands of inspiring stories and testimonials from facilitators who have experienced immense relief after undergoing an Access Bars session, and we wanted to find a way to show people that there is hope in the world and that there can be relief for this feeling of despair. We want people to know that they are not alone and that they are a gift, with something unique to offer the world " says Access Consciousness co-creator Dr. Dain Heer.

Access Bars utilizes pressure points on the head to defragment the electro-magnetic components of stress, thought and emotions and has brought relief to thousands internationally. Scientific [research](#) by Dr. Terrie Hope PhD, DNM, CFMW published in the *Journal of Energy Psychology: Theory, Research, and Treatment* has revealed the results of **one 90-minute Access Bars session indicated a significant decrease in the severity of depression and anxiety.**

1. https://www.washingtonpost.com/health/coronavirus-is-harming-the-mental-health-of-tens-of-millions-of-people-in-us-new-poll-finds/2020/04/02/565e6744-74ee-11ea-85cb-8670579b863d_story.html?hpid=hp_hp-top-table-main-coronavirus%3A-mental-health%3A-lk_inline_manual_12



Dr. Dain Heer, an internationally renowned speaker, author and co-creator of Access Consciousness, explains how Access Bars changed, and saved, his life. "Soon after setting the date of my suicide, I discovered The Bars, Heer remarks. "One session of this simple energy technique allowed me to know that everything was okay, everything always had been, and everything always would be. That one tool, one thing, a process that took about an hour - and it changed the energy of what I knew was possible. It changed my whole life."

Access Bars® has assisted thousands of people to improve many aspects of their body and life including insomnia, anxiety, depression, stress, panic attacks, PTSD and OCD. The effects of Access Bars® are individual to each person and differ from session to session. In addition to improved physical health, recipients have reported greater intuitive awareness, more gratitude, kindness, peace and calm and easier communication. At worst, at the end of a session, people feel like they have just had a pleasant rest; at best their whole life can change into something greater with total ease.

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 used in prisons, businesses and schools around the world to facilitate greater health and wellbeing.

Visit the [website](#) for more information and to find the nearest practitioner in your area.

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Book your free session 0414 963 537

