

Access Energy Transformation

ALL OF LIFE COMES TO ME WITH EASE AND JOY AND GLORY



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Gary Douglas

**Access Founder
Gary Douglas**

Where's Gary? Where's Dain?

August 5-11
Sueno Azul, Costa Rica, US
Facilitators'

Levels 2 & 3
Brisbane, Australia
August 17-20
(pre-requisites, Bars through Level
1)

[Brisbane 2 & 3](#)

Advanced Body Class
Brisbane, Australia
August 24-26

Pre-requisites: Level 3
[Advanced Body Class](#)

Australia Facilitators'
Kingscliff, Australia
August 29-Sept. 3
(Pre-requisites, check
website)

Issue: #1

August, 2007

Greetings!

Here it is! The newsletter you've been waiting for! Many thanks to all of you for your enthusiastic requests and reminders and your patience while I learned the software.

If you're receiving this, it's because you asked to be on the Access Energy Transformation mailing list after hearing me on the radio, attending an intro with me or Gary Douglas, or finding me on the net.

This newsletter is intended to inform those new to Access about the many amazing tools we have available, as well as to remind some regulars about those tools they may have forgotten about or not yet integrated into their lives. We'll also include news of upcoming events, so you can stay in touch with what may be happening near you, your family and friends, or somewhere you might like to visit.

Do you have questions about Access? We would love to address them.

(We love questions in Access. See the feature article about questions to get a hint about just how different Access is from anything else that's available.)

How does it get even better than this? What are the infinite possibilities for YOUR life?

[Dr. Kacie Crisp](#)

Access Energy Transformation
Licensed Facilitator

Facilitators'

X-Men
(Access & Children)
Sept. 5 & 6
Maleny, QLD, Australia
[X-Men Class](#)

Conscious Horse, Conscious Rider
September 8 & 9
Maleny, QLD, Australia
Everyone Invited!
No Pre-requisites!
[Conscious Horse](#)

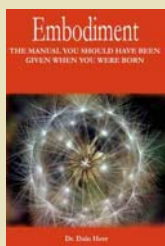
Access: Levels 2 & 3
Manhattan, NY
(Bars through Level 1 req.)
[NY 2 & 3](#)

Register for any of these classes at
www.accessconsciousness.com



Dr. Dain Heer

Is Your Body a Source of Joy in Your Life?



If it's not, then [Embodiment, The Manual You Should Have Been Given When You Were Born](#), by Dr. Dain Heer, can show a new possibility that will affect your whole life.

Access is now on MySpace!



Access Tools: Some Questions to Change Your Life

Questions are one of the main tools of Access. (See article below.)

Here are some questions that you can use to change your life:

- How does it get even better than this?**
- What's right about this that I'm not getting?**
- What would it take for _____?**
- What are the infinite possibilities of _____?**
- How can my life get even more fabulous, exciting, beautiful, and adventurous than it is now?**

Access Tools: Are you living as the question?



What if the answer you've always been looking for was really a question?

by Dr. Kacie Crisp

What would your life be like if you lived as the question, instead of constantly looking for the answer? What if you gave up your lifelong search for THE answer and lived instead in 10 second increments, asking one question after another? Would your life be a little different?

From the time we can talk, we are encouraged to have the answer, the right answer. We are often ridiculed for not having it and told to sit down and shut up if we ask too many questions.

The value of NOT having the answer and looking instead for the question that creates the most possibilities is just one of the ways that Access is different from other "modalities." (I use modalities in quotes because Access is so much more than a modality, it is a way of being in the world.)

Check it out!
[www.myspace/
accessconsciousness](http://www.myspace.com/accessconsciousness)

Many thanks to the amazing Jay Charette for creating this and everyone who visits and contributes for keeping it dynamic!

Access in Italy



Special one day classes on Sex and Hands on Body Processes are being offered in both Rome and Calabria in September by facilitators [Kass Thomas](#) and [Karen Jones](#). Contact Kass at ktvillage@tin.it for more info.



**Access
in Ireland**

What's the advantage of living in the question? ; It creates more possibilities. When we decide upon the answer, the universe cannot send us anything which doesn't match what we have decided is the answer. If you have decided that a used Volkswagen is the answer to your transportation problems and the universe had a BMW ready to send you, you'll be out of luck! The universe can only send you what you've asked for. It can't send you anything greater than what you have decided is the answer. The funny thing is that this abundant universe can so often send us something much more wonderful than what we would decide is the answer-IF we will ask it a question!

As we say in Access, a question empowers (because it creates more possibilities). An answer most often disempowers, because it limits possibilities. Which would you rather have?

Access is based on the acknowledgement that everything in the universe is composed of energy, whether we see it, feel it, acknowledge it or not. What if we look at the energy of a question versus a statement or answer? In Access we have a saying, "If it's light, it's right; if it's heavy, it's a lie." Think of a challenge in your life. Say it as a statement or an answer. Now can you say something about that same challenge by asking a question? Which feels lighter? Which is true? Which creates more possibilities?

The question and the answer are more than a bit of punctuation. There is an energy for them as well. "What would it take for a BMW 6 series to show up in my driveway?" is a statement and an answer with a question mark attached to the end of it. Why? Because the judgment and answer is that the 6 series is the only car for you. What if instead you asked, "What would it take for a great car that's fun to drive, feels, looks, and runs great, at a great price, to show up in my driveway?" Doesn't that create more of an invitation to the universe to play with you by gifting you a car which is a great creation?

We are so programmed to make "the answer" significant that we can ignore the potential created by a question. What if the purpose of a question was not to get the answer but to create awareness? Does that put a different perspective on living as the question?

Do you see now why I say we love questions in Access? Great questions are some of the most dynamic creative tools in Access. We will be including a new original one in every newsletter. How does it get even better than that?

More information about Access, classes, and books which show many ways to use questions to create your life are available at our website, www.accessconsciousness.com.

What are the infinite possibilities for YOUR life?
How does it get even better than this?

Wouldn't you rather be a hedonist?

Foundation and Level 1 are being offered in Dublin by [Dr. Kacie Crisp](#) October 3-7. Contact her at drlight@comcast.net for more information.

Access Expands into New York!

Yes, for the first time in 10 years, Access Founder Gary Douglas will be presenting Access: Levels 2 & 3 in New York, New York!

This work is so dynamic and advanced that prior Access classes are required before attending this weekend. Bars, Foundation, and Level 1 are being offered in the Northeast by facilitators [Forest Sun](#), [Tabitha Cawthorne](#), [Michael Berz](#), [Sulema Trevino](#) and others. You can search the [website by location](#) to find a class near you that will enable you to attend this jet propelled journey into consciousness! What would it take for you to join us?

Special Offer this Month!

Access Learning Facilitators, those who facilitate classes as well as doing individual sessions, have a special offer for you this month!

You can call any one of them for a free session of 10 minutes. And Access is faster, easier, more dynamic, and more fun than just about anything out there, so lots can be cleared in 10 minutes.

Scroll to the bottom of this news letter for the coupon that explains this.

How does it get even better than that?



What if pleasure were a good thing?

by [Leena Dillingham](#)

Hedonism got a bad name somewhere along the way. The roots of it lie in living life as joy, and letting the pleasure of life lead the way. This empowering expression became distorted. When most of us hear the word hedonism, we picture the excesses of ancient Rome; food and sex until the body and being are numb.

What if hedonistic pleasure is allowance of the body's awareness and aliveness? You are sitting in the late afternoon breeze as the wind chimes play and a cicada chorus swells in the trees. Recall the ecstatic sensation of walking into cool, spring water on a hot day. Create an easy, delicious occasion with friends, sharing food, song and laughter for a long afternoon into evening.

I have a friend who says that the elegant way of life left this planet 30 years ago. I certainly see evidence of this pronouncement. There are homes with TVs in every room and the occupants vacantly staring. Women are rushing through traffic, putting on mascara while jabbering on the cell phone. Many of us eat food as "ust fuel" to keep going in a life that is devoid of intimacy with ourselves and the earth.

There are some of us who insist on the space to create a life that is spontaneous and full of delicious sensation. What would such a life look like for you?

What if, instead of trying to simplify your life and get rid of stuff, you asked, "What could I ADD to my life that would result in more pleasure for me?"

When asked, some have answered,

"More fun, I used to have fun."

"Me! I'm so busy taking care of everyone else that I forget about ME!"

"Space for the things that I love to do, like canoeing, dancing."

"Time discovering what I would like to create."

"Ruthlessness--that no matter what, I'll give to me, body and soul, every day."

The last one is a demand. If you make a demand of yourself that no matter what it takes, you're going to give yourself a pleasurable, joyful life--what might that create?

What if your movement into a hedonistic, elegant life consisted of many small choices every day? Could you cuddle in bed in the morning, with you? Eat a delicious lunch instead of fast food? What about treating yourself to something you enjoy and haven't done for a long time? Take a deep breath and receive something you like about yourself.

Pleasure has everything to do with receiving. The cliché that it is better to give than to receive, is it true? Or is this just another corruption of how we truly function? When someone receives you, or something you did, isn't that satisfying to you? What if we are gifting and receiving simultaneously? When someone receives you, it feels like a gift to you. When someone is giving to you, do you receive so much pleasure? No?

It is in receiving that we often get stuck. We have been programmed to believe that receiving is selfish, and just plain wrong. Yet, recall how it is for you when someone receives YOU? Wouldn't you like for others to have that pleasure as well?

What would you have to add to your life to perceive the simultaneous gifting and receiving that you truly are?

Perhaps my friend is right, elegance is no longer a way of life here. I take this as a challenge, because I know the value of my choice of kindness, beauty, pleasure, and delight. I ask you, will you join me in choosing, each day, to create some joy for you and your body? What would this world be like if we did?

Leena Dillingham is co-director of the Austin Vocal Lab. With her husband Guy Monroe, she assists the potent expression of individuals and groups all over the world. She is a licensed facilitator of Access Energy Transformation, and an actor, singer, playwright, chef and life long hedonist.

Access has different points of view on many subjects including hedonism. These can be explored through individual sessions with our facilitators, classes, and books which are available on the website, www.accessconsciousness.com. What else is possible?

What's your next step?

Are you curious? Would you like to hear more? Are you wondering what your next step in exploring Access might be?

You have many choices! You could buy some of the books on the website, which are full of practical tools which really work to transform any part of your life which is not working as you would like it to.

You can contact the facilitator of your choice. At www.accessconsciousness.com, you can search facilitators by location or classes offered. Many facilitators offer phone sessions and are happy to travel, given the invitation, so geography is not the limitation it might be to others.

Who feels good to you? Which name or photo feels light in your body or being? The coupon below allows you to chat to any of them for 10 minutes at no charge. Most facilitators are happy to discuss what might be your next step could be--private sessions, classes, intro nights--there are many choices.

What works for you?

Check out Access at no cost!

Are you curious about how the Access tools might work in your life? Would you like to have a personalized consultation with a licensed Access learning facilitator at no cost? Now you can! This month only, you can select a facilitator from the website, call them, and they will speak to you for 10 minutes at no cost to you!

AND if your question will take longer than that, the choice to continue at their regular rate is entirely up to you. They will inform you BEFORE any charge is incurred. How does it get any better than that?

NOTE: Learning facilitators are participating in this program on a voluntary basis. If you reach one who cannot participate for some reason, feel free to email Dr. Crisp at drlight@comcast.net for names of facilitators who are more available. U.S. Facilitators will be out of the country at the facilitators' training in Costa Rica August 5-11.

Offer Expires: August 31, 2007

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