

# Access Energy Transformation

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



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September, 2007



Greetings!

If you're receiving this, it's because our records show you attended an intro or asked to hear about San Francisco area events.

Access Energy Transformation can literally change any part of your life which isn't working. It has so many applications! I thought you might be interested in hearing about some of them.

As you'll see from this newsletter, I am off to Europe next week. My next Foundation class will be the first weekend in November, the 3rd and 4th. Taking a bars class will be required to attend this event. I'll be adding one of those to the calendar as well.

If you do not wish to receive further newsletters, you can click the "safeunsubscribe" link at the bottom of this newsletter.

Each newsletter from now on will feature a different way that Access can enrich peoples' lives. The theme this time, as North Americans go back to school, is some of the ways that Access tools can transform children's experience and success in school.

There are many uses of Access involving children. Children and teenagers participate in the most advanced levels of Access, including the sex classes. We welcome their contributions which are very often more succinct and insightful than the adults! It was Gary and Dain's discussions of sex with my son Arran, now 17, when he was about 13 that convinced him that Access was a cool thing.

The focus of this issue is on school and how Access can help children in school. [Bart Sharp](#), who has worked with

## Are you enjoying this newsletter?

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Gary Douglas

**Access Founder  
Gary Douglas**

**Where's Gary?  
Where's Dain?**

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

Access: Levels 2 & 3  
Corte Madera, CA  
(San Francisco area)  
[SFO 2 & 3](#)

Costa Rica Intensive  
October 20-28  
(By invitation only,  
already sold out for this year!)

Register for any of these classes at  
[www.accessconsciousness.com](http://www.accessconsciousness.com)



Dr. Dain Heer

## 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!

The dates are Thursday, September 20 through Sunday, September 23, at TRS Center, 44 E. 32nd St., 11th Floor, Manhattan.

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?



**Access in Stockholm**  
Coming up this month!

deaf autistic children, has contributed a story about one miracle which has made a huge difference in one of his students--and everyone else connected to that student.

[Jill McCormick](#), a speech pathologist who works in the Palm Beach County, Florida, schools with exceptional children, has used Access tools in many many ways. Jill is happy to share what she has learned with others. She is also the unofficial Access repository for Access ways to deal with challenges of special needs kids, as Gary has given her resources which are correct energetically at the time and then he forgets them. Jill has done the keeping track of this. Thanks, Jill!

[Ashley Levin](#), an amazing 17 year old who has used to Access tools to transform her life, including her relationship with school, has contributed her story to this issue.

[Glenna Rice](#), who parents a 3 year old, 8 year old, and 13 year as a single parent with ease, has contributed a story about success with her 8 year old's spelling. Curry Glassell of Houston has another school success story with her eighth grader.

This newsletter is on the long side because there were SO MANY Access success stories with kids and school. I actually had to stop including stories that I didn't want you to miss! What would it take for the world to know how wonderfully these tools work when all kinds of other more painful and difficult methods have failed?

We welcome your questions, comments, and miracle stories! What do you know?

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

## How Access Changed my Whole School Experience



**By Ashley Levin, age 17**

I started Access when I was 14 years old and in my freshman year of high school. I was unhappy with school. Even though I had a 3.8 GPA in my first semester of freshman year, I had to study for hours to

- Access: The Bars

September 23 2-7 p.m.  
Sodertalje  
Location TBA

- Access: The Bars

October 5 ,1-7 p.m

- Access: The Foundation

October 6 & 7  
9-6 p.m.

Bars & Foundation in October at  
[Welledge](#),  
Kornhamnstorg 6nb  
11127 Stockholm

Introductory Evenings:

- How to Have all the Money You want
- Getting Clear on Sex and Relationships

Stockholm location and times pending for Sex & Money classes.  
Contact [Dr. Kacie Crisp](#) for more information

**Would you like to know how to lose 72 kilos (154 pounds) without dieting? Would you like to love your body no matter what it looks like?**

**Try Right Body for You with Audrey Lynette!**

Access Learning Facilitator Audrey Lynette has done it and can share her secrets with you!

Currently in Australia, Audrey is currently presenting introductory evenings and day long classes in [Brisbane September 10](#), Sunshine Coast [September 14 \(intro\)](#) and [September 15 \(all day class\)](#), [Sydney September 18](#), and Newcastle ([Intro September 21](#), [class September 22](#)). Check [Audrey Lynette](#) under facilitators on the website for more details.< br />

achieve that result.

I was constantly stressed about my grades and I thought that I had to get into an Ivy League school in order to have a successful life. I tried several self-help books about "How to get straight A's" and "How to reduce stress" and I found that nothing helped. Luckily, my mother started to run my Bars (even though I didn't really know what it was) and it started to help to alleviate my sleeping problems and my stress. I studied for hours everyday for my first ever final in freshman year and my Mom ran my bars every night and I was able to get A's and B's on all my finals.

A few months later I was studying at home for my Japanese test. I was starting to get stressed out again and I was going into all of my trauma and drama about how the teacher said the final would be so difficult. I called my mom and she was at an Access clearing night. She handed the phone over to Kacie Crisp, the facilitator, and she talked on the phone with me for a few minutes about my test.

She asked me questions like, "How many decisions do you have about this test?" "All the lifetimes you spoke Japanese?" I hadn't believed in past lifetimes at that time and I still just went with it. She then said this weird statement that had something like--boys and shorts? After that I sat down and started studying again and it seemed much easier. I realized I didn't have to study nearly as much as I thought I needed to. I walked into the test the next day feeling relaxed and had by far the best score in the class. I had an automatic A+ because our teacher graded on a curve.

Even though I was using Access in my high school and things were getting easier, I was still really bored with my school. I asked Gary (Gary Douglas, founder of Access) about what could I do to expand my school and he said that his daughter had done a program called Middle College. I was accepted into a program that lets me take all of my classes at a community college. I get high school and college credit at the same time.

My teachers are wonderful and encourage me to be creative. My teachers really adore me and they see me as a model student. They say that I'm somebody with much more maturity then the average teenager. They've asked me how my mom raised me and why I'm so different. It is a lot more work in college, but it's a lot more fun and I can completely make up my own schedule.

In the last two and half years that I've been in Access I've taken a lot of Access classes, including two facilitators trainings and several Costa Rica (advanced invitational) classes and I've even started to facilitate classes. I've used all of the tools in school, especially asking questions and getting my bars run on a regular basis. I ask questions like, "What would it take for me to

Audrey is available for individual consultations and introductory evenings and day long classes worldwide. Would you like to invite her to your location? Contact Jan Silk, [jansilk@xtra.co.nz](mailto:jansilk@xtra.co.nz), world wide coordinator for Right Body for You.

### Access is now on MySpace!

Check it out!

[www.myspace.com/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](mailto:ktvillage@tin.it) for more info.



### Access in Ireland Date Change!

Foundation and Level 1 are being offered in Dublin by [Dr. Kacie Crisp](#) September 28-October 2. Contact her

get an A on this test? What do I need to study?" And it's amazing how easily that information comes to me. And I destroy and uncreate all my decisions, judgments, conclusions, and compilations about it. And my studying time is dramatically reduced. I felt like I had collected so many tools about school from Gary Douglas, Kacie Crisp and Jill McCormick that I wished that I could share them with others.

I started tutoring people and using the Access tools with that. It's really been a lot of fun to work with people and tutor them in English or whatever subject they're having trouble with and to see the changes in them. Some of the people I've worked with have lived in the U.S. for 20 years and have tried classes, other tutors, and many other techniques and after few sessions with me they started to have more confidence and their speaking was dynamically changed. As part of tutoring, I get to give kids fun homework like asking, "What would it take for me to read and write faster than I can possibly imagine?"

[Ashley Levin](#) is a second year student at DeAnza Community College (one of the top ranked community colleges in the nation). She regularly leaves adults in the dust with her ability to ask succinct cogent questions and with her ability to create her life as she would like it.

### An Access Tool: How do you know when something's true?

How do you know when something is true? A major tool we use in Access is the light/heavy test. It's a law of the universe that what is true for you will feel light, and what is not true for you (a lie) will feel heavy.

This applies no matter who says it or writes it. What would happen if children were taught to use this test in school?

### Total Improvement in Spelling

#### By Glenna Rica

My daughter, age 8, was in third grade and having difficulty with English. She was being tested for dyslexia and they could not figure out what her "problem" was. At the time she was averaging 2-3 correct answers of 10 on her weekly spelling tests.

I asked her if she would ask Gary Douglas, founder of Access for help. She agreed.

Gary asked if English was her first language (it wasn't, Spanish was). He did a clearing statement about being bilingual and fluent in both languages.

Then Gary asked if she was creating poor grades so the

at [drlight@comcast.net](mailto:drlight@comcast.net) for more information.

## 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?

## Access Expands in Midwest; Facilitator Elaine Boyd is Featured Speaker

Access Learning Facilitator [Elaine Boyd](#) is wasting no time in letting the American midwest know about Access! She is the featured speaker at The [First Cosmic Connections convention](#) in Midland, MI, where she will speak Friday, Sept. 28 at 11:30 a.m. She is also offering classes at different locations in Minnesota and hopes to have enough folks to invite Gary to do a levels 2 & 3 there in the spring.

## Access in Turkey

boys would like her and not think she was smart. She smiled and said shyly, "Yes."

Gary said, "The problem with creating yourself as not smart to get boys to like you is the boys who will like you will not be too smart."

She uncreated this and got 100% on her spelling test that Friday and stayed above 90% for the rest of third grade. How does it get even better than that?

[Glenna Rice](#) is a Licensed Access Facilitator and shares her amazing parenting skills with parents in the US and abroad.

## What is more valuable, learning or knowing?



By Dr. Kacie Crisp

In Access, we have a different point of view on education. Whereas the usual way of thinking in this reality is that children know nothing and therefore must be taught and learn everything, in Access we recognize that like us adults, children are infinite beings. They are quicker than adults to recognize this, usually.

Much denying of what children as infinite beings know occurs in school. My son Arran had a natural ability at math. My point of view is that he always has-he taught himself to count with no instruction when he was 2 or 3.

He gets angry when I say this. He says, "I used to be good at math. You always say that! Just because I was good at math in fourth grade doesn't mean I'm good at math now!"

When I asked him what happened in fourth grade, it was a familiar story. A well-meaning but ignorant teacher had insisted he show his work. Her assumption was that if he couldn't show HOW he got the answer, that his answer which he "just knew" was somehow invalid. As a result of that, he reached the decision, judgment and conclusion that he was doing math wrong and he's struggled with it ever since. What a travesty!

How often does this happen to children? My son goes to a rather benign gentle private school where they actually have the point of view that who the child naturally is should be encouraged, and he was still



Access Learning Facilitator [Joy Voeth](#), who just happens to also be a fantastic singer and dancer, is in Turkey until mid-October. If you would like to experience an individual session or a class, you can contact her at [joyvoeth@gmail.com](mailto:joyvoeth@gmail.com). Her [Joy of Movement CD](#), available on the website, has enabled an 89 year old woman to abandon her walker, among other miracles.



### **Access in Shanghai**

Amandah Jantzen, another amazing performer and Accessory, is performing in Shanghai, China until April 3. She is available for private sessions with anyone who is travelling there. She can be reached at [amandah@teleport.com](mailto:amandah@teleport.com).

### **What are the Bars?**

abused in this way. How often does it happen in less benign environments? How often has it happened to you?

Because this happens so often to children, we in Access would like to see schools created where children's natural knowing is encouraged. This is starting on a small scale with after school centers in Florida. In truth, everyone who works with children on any school related issue is doing this in a small but critical way.

Another way children's knowing is discouraged is a comment most parents make to their children. How often do you hear parents saying to their children, "You can't know that!"?

In truth, children know all kinds of things that they (from an adult point of view) can and should not be able to know. Yet they know it. Is it possible they are more in touch with their knowing that we adults are, having had so many years of denying it in favor of what we learned and were taught about this reality?

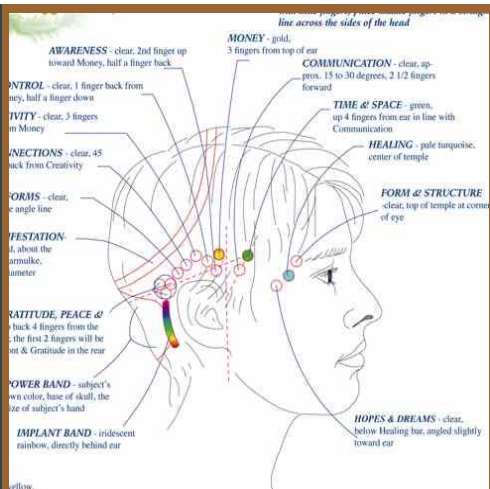
My son Arran showed me such a great example of this. When he was 8, he was running through the house, and I heard him explain to his friend with complete accuracy why chiropractors take x-rays. His explanation was precise and correct. What amazed me then and now is that I had never had a conversation with him on this subject. To my credit, "You can't know that" is something I don't believe I have ever said to him. I did in astonishment ask, "How did you know that?"

What about you? Are you ready to stop saying to children or anyone, "You can't know that!"? Are you ready to know that as an infinite being you know all kinds of things you have no way of knowing how you know them? Are you ready to trust your knowing, which is instant, as compared to your thinking which requires thinking, logic, judgment, conclusion and limitation? What would it take?

Here's a hint: Your knowing is instant. If you have to think about it, it's thinking and judging, not knowing. & nbsp; As an infinite being, is there anything you don't know? What would it take for you to trust your own knowing?

Here's another tool: it is a truth of the universe that what is true for you feels light, while what is not true feels heavy. If something feels light to you, it's the truth and most likely your knowing instead of your thinking.

Would you like to get free of the limitations on your knowing that others imposed on you? There are many processes in Access which can unlock knowing, talents, and abilities that you've either forgotten or not known you had. Almost any learning facilitator can assist you with this. What would it take for you to call them and



Several of the articles in this newsletter mention the Bars. The bars are a set of 32 points on the head. Touching them alters how we think and how the brain works. They have a phenomenal effect on children's performance in school, among other things. The bars are taught in the Bars classes, offered by Access Learning Facilitators who can be located on the website by name, class schedule, and location.

## From Special Student to High School Graduate, Using the Tools of Access

By Jill McCormick

I have a high school student, now a senior, that had been diagnosed with a reading/writing learning disability. He displayed severe difficulties, not able to spell simple words or read with ease. When I met him, he was slated to receive a special diploma.

For those of you unfamiliar with the education lingo, a special diploma is basically a nice piece of paper that indicates you attended school. You cannot go on to junior college, college, or the military if this is the degree you receive. To quote one of my savvy students, "It's a you-can-continue-working-at-Burger-King diploma."

I have run his bars as well as done verbal processing with him. He is now on a regular diploma track and in his senior year!

He has been making good grades and passing all the regular classes he has

ask?

## Another Access Tool: I was wrong!

### What's it costing you to be right?

An unusual tool of Access is the willingness to be wrong. Freedom lies in the willingness to be wrong. Many people would rather give up everything in their lives than be wrong. How much freedom does that create?

Try it. Say "I'm wrong, you're right!" 10 times. Do you feel lighter? Isn't that more valuable than being right?

And I was wrong! I made a mistake in the weblink of Leena Dillingham, the facilitator in Austin, Texas, who wrote the excellent article on hedonism in the last issue. Her link is [expandingexpression.net](http://expandingexpression.net), not .com as put in the last issue. My apologies to those of you for whom that caused confusion, and thanks to her husband Guy Monroe for pointing out the error.

How does it get even better than that?

Dr. Kacie Crisp  
Newsletter Editor

## A miracle story: Facilitating Consciousness in the Classroom



By Bart Sharp

Josh was a student in the school for the multi-handicapped where I teach. He is deaf and also diagnosed as autistic. He displayed rageful behavior on a daily basis. The other staff's general opinion was that he did not have the cognitive abilities to change due to the abusive history that he had experienced as a child.

When I came into the classroom, I was told of the challenge I would face and the potential physical danger of this six foot tall 16-year-old. I discovered that Josh became aggressive when he felt some kind of imagined danger or threat to himself or his peers. Making this situation more difficult was two other students in my classroom that initiated a lot of behavioral problems.

I began playing the [Abuse CD](#) created by Gary Douglas at a low volume. I also did Access verbal processes whenever possible.

taken. He just completed his first paper in English 3 and received 49 out of 50 points with comments including Excellent! Great metaphor!

Written compositions were not in his universe before Access, let alone creating phenomenal papers with embedded metaphors! What else is possible?

[Jill McCormick](#) is a speech pathologist who works in the special ed department of the Palm Beach County Schools, creating miracles daily.

### About the Photos

The luminous photo of Nicolas Tuton-Filson at the top right of this newsletter as well as the portrait of Dr. Dain Heer were taken by [Michael Berz](#).

Photographs of Europe (Italy, Ireland, and Sweden in this issue and last were taken by Dr. Kacie Crisp, newsletter editor and Access Learning Facilitator.

We express our total gratitude to the photographers of Amandah Jantzen, Gary Douglas and Joy Voeth although we do not know their names!

### There's so much more! Access with "Special Needs" Children

Most of the stories in this issue illustrate the use of Access techniques to assist children in school.

There are even more miracle stories in working with special children--those diagnosed as "disabled" with ADD, ADHD, OCD (obsessive compulsive disorder) and autism.

What we have found in Access is that these children have amazing talents and abilities and are actually very able, not *dis*-abled, when adults can learn to communicate with them.

Several DVDs on "X-Men" are currently

Within the first four weeks, the students began to experience significant changes from daily outbursts and aggressions to incidences of only a few times a week. Interestingly enough, Josh and all of my other students are deaf.

A powerful tool that seemed greatly affect Josh's life was allowance. Allowance is attaching no significance to anyone's thoughts, feelings, and emotions and recognizing that all of them are just an interesting point of view. When Josh became scared he would try to control the situation by yelling and sometimes physically hurting people. Being in allowance of Josh meant not reacting to these behaviors. In these incidences my interactions were minimal and I would not directly confront the behavior.

I have also found that allowance for myself has facilitated an energetic quality of non-reaction within me. Access has helped release a variety of emotional blockages, and this has enabled me to be more present and less reactionary with emotional outbursts of all kinds from students and other people in my life.

What allowance and the difference between my behavior and everyone else's created for Josh was a relationship in which he received nurturing without expectations or judgment. When he had expressed distress in the past, he was usually confronted with anger, creating a self-perpetuating destructive cycle. Due to his cognitive delays, Josh did not understand these dynamics. He did have some kind of knowing that in my classroom, he was allowed to be afraid, controlling or angry without punishment. As a result we saw Josh change behaviorally from having daily defiant expressions to having only a few per month. He is a happier young man, and so is everyone around him!

[Bart Sharp](#) is a Access Learning Facilitator and Special Education Teacher from Austin, Texas. He enjoys doing Access in all areas of his life including private work with children, adults and those with special needs. Bart can be contacted at [heartofturtle@earthlink.net](mailto:heartofturtle@earthlink.net) or 512-809-6807.

### Would parenting with questions make a difference in children's school success?



By [Curry Glassell](#)

One day my oldest son brought home a failing score on a test. He had that tail-between-the-legs look, so I asked him what was up. When he showed me the test I immediately looked at the score and asked him, "Are you happy with this test score?"

He was a bit shocked by that response and looked at my curiously wondering why I wasn't upset and going to

available on the website, and an entire issue dealing with these children and what Access has to offer them is planned for the near future.

If you have a story about how Access methods have helped a child you know, would you please send it to me at [drlight@comcast.net](mailto:drlight@comcast.net)? Thank you!



**What if parenting could be fun?**

**Curry Glassell and her son Sam Roberts**

ground him, which is what happens to his friends. I was present with him and waiting until he looked at his creating and was willing to choose something different.

I am interested in empowering my boys to go out into this world and create joyful, expansive and abundant lives. This way of living will required them to find out how to motivate themselves from within.

Nathan eventually told me that he was not really happy with the low score, so I asked him, "In what ways could you create something different for next time?"

He had plenty of ideas and was even more willing to look at what he could do to create his own life and study program. Nathan ended the school year with a B average.

The middle school he was attending had an unusual point grade system. Their version of an A was 96 or higher, B was 86 or higher. I was very proud of Nathan for his B and he is looking forward to doing even better. How interesting it is that when I allow my boys to create and make mistakes they seem to desire to change on their own.

*Curry Glassell teaches parenting classes in Houston and anywhere else she is invited to do so. She notes, "I may be the strangest single parent in Houston and that is fine with my because I know I am one of the happiest." She used to hire a babysitter to go grocery shopping because her children's behavior was so embarrassing to her. Now she "knows how to chose when and where we go together and who needs what from me and I can now parent these two amazing boys with ease, joy and empowerment. No longer is my parenting or my creating my life based on desperation and survival."*

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](http://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? We would love to hear from you!

Dr. Kacie Crisp  
Access Learning Facilitator

## 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](mailto:drlight@comcast.net) for names of facilitators who are more available.

Offer Expires: September 30, 2007

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