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# 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?**

Access: Levels 2 & 3  
Corte Madera, CA  
January 26-29  
Corte Madera  
[Levels 2 & 3](#)

Conscious Horse,  
Conscious Rider  
Sueno Azul, Costa  
Rica  
[January 6-12](#)

Issue: #5

December, 2007

## How to survive the holidays with ease joy and glory!



**What if holiday trauma were not a requirement of the season? What if all the turmoil you feel was really someone else's? Would you like to let it go now?**

**By Dr. Kacie Crisp**

Did you ever long for transport to a planet where the calendar skipped from

November to January 2, avoiding the trauma and drama of the holidays altogether? I know I have!

- The mantra of Access is, "All of life comes to me with ease and joy and glory!" Glory is not religious, Christmas carols aside. It actually means exuberant abundance and expression of life. Fortunately the mantra applies to the holidays as well. In fact, just saying that mantra 10 times in the morning and 10 times at night can create some dramatic changes in your life.
- A second tool which applies very well to holiday stress is to remind yourself that if you're reading this newsletter, you are far more psychic than you know. You have been walking around like a psychic satellite dish, picking up the thoughts, feelings, and emotions of those around you, 24/7, and believing they are yours. Are you ready to give up carrying around all that garbage for your family, friends, and total strangers?
- Here's how you do it: every time you think or feel anything, ask yourself, Who does this belong to? It can also help to ask "Is this mine?" for a body sensation (often called pain). If the sensation gets lighter or decreases in intensity, it's not yours.

The power of a question is in the awareness it creates, not in the immediate answer. It doesn't matter if you know whose thought feeling or emotion it is you're experiencing. No matter whose it is, if it gets lighter when you ask, it ain't yours! Send it home!

Certain emotions are what we call distractor implants. They include anger rage fury hate; blame shame regret and guilt; obsessive compulsive addictive perverted points of view; life living death and relationships; and some others. These are all

Ending the Suffering  
of Abuse

(Everyone Invited,  
No Pre-requisites!)

January 25  
6-10 p.m.

Best Western Inn,  
Corte Madera

[Abuse Workshop](#)

also in Houston

February 21

[Houston abuse  
workshop](#)

Accessing the Body  
You Desire:

The Access Body  
Class

Boca Raton, FL

February 16-18

[Body Class](#)

Access: Levels 2 & 3

February 22-25

[Houston, TX](#)

Ordainments 101

Dr. Dain's unique  
approach to healing  
all of you!

San Francisco area  
March 7-9

[Ordainments 101](#)

Register for any of  
these classes

at [www.access  
consciousness.com](http://www.accessconsciousness.com)



Dr. Dain Heer

**Would you like  
to invite  
Amazon.com  
to spread  
consciousness**

lies and points of view that we bought from others. They have one purpose, to distract us from really being us, from perceiving, knowing, being, and receiving the greatness of us.

These distractor implants can get very strong during the holidays as well tend to try to make ourselves fit into the idealized airbrushed photos in magazines and movies. Distractor implants are things that can never be solved. Do you ever succeed in getting your holiday dinner to look like the magazine photos?

- What if instead of blaming yourself for not measuring up, you were to recognize you're in the middle of a distractor implant and destroy and uncreate everything that's holding that in place?
- One more question: what if you could give up the idea that there's anything wrong with you this holiday season? A great way to do that would be to regularly ask yourself, "What's right about me that I'm not getting?"

*Dr. Kacie Crisp, in addition to creating this newsletter, travels wherever she is invited to create consciousness and creates invitations for others to do so as well. The next trips she knows of in this 10 seconds are [Sarasota, Florida](#) this month and [Stockholm, Sweden](#) next month.*

## **Access's Relationship Experts Offer a Different Point of View on Teenagers and SEx**

**By Nicolas Roquefort de Villeneuve**

*Technical difficulties prevented this from being included in the last newsletter. It is so refreshing and unique that I've included it this time.*

I received an email from a 15 year old girl. Her dilemma is quite simple: she is a virgin, she has a boyfriend with whom she would like to have sex, and her mother refuses to allow her to have access to the contraceptive pill.

As I am writing this millions of teenage girls must be facing the same issue. I did not give Lucy any answers.

I simply suggested that she ask her body whether it wanted to have sex with this boy or not; and if so, to go buy herself a box of condoms since using the contraceptive pill did not seem to be a possibility at this time.

Since then, I have been receiving dozens of hate emails. Some are more virulent than others. They range from, "You're promoting child pornography, and you deserve to die," to "You're a pervert and you'll go to hell." Okay, I am willing to go to hell. I have serious

## this holiday season?

Access Founder Gary Douglas has been known to assist George W. Bush to communicate to the public his true intentions.

Would you like to enroll as a similar guerilla for consciousness and use Amazon.com to do it?

Here's how.....anytime you buy a book on Amazon.com, if you would buy a copy or two of Money Isn't the Problem, You Are, it just could tweak their universe.

- It can move us up in their standings (Can we stay in the question for this one?)
- It can bring up Money Isn't the Problem, You Are when others buy the same book, if enough of us do it.
- It is a great book and a great introduction to Access, by the way. When people ask me which book to start with, I recommend it. Not only is money most peoples' "problem" at the

doubts about its existence anyway!

One of those emails got my attention. It came from a woman who organizes religious retreats for teenagers in New Mexico. She shared with me what she had experienced with two teen age boys last summer. These two boys, who were 16 and 17 years old, had contracted AIDS from having unprotected sex.

Her response was to make them feel wrong for what they had done: having sex in the first place. To make a long story short, she told them that they deserved what had happened to them, because they had not respected the rule imposed by their religion, which is abstinence.

Here is my response to her:

Thank you very much for your email, for listening to the show, and for sharing your point of view with me.

Do you think that parents, teachers, and community leaders in our beautiful country should stop chastising kids for having sexual desires? What impact does making them feel guilty and disempowered in regards to sex have? Among other things, their sexual education ends up being limited to the number of porn movies they download for free over the internet, and the simple thought of going to the store to buy a box of condoms is so shameful that they'd rather not....with the consequences we are all aware of: STDs and teen pregnancies.

What do you think may have had a greater impact on these two boys? Telling them how wrong they had been for not buying into abstinence? Or empowering them to look at the reasons that pushed them into having unprotected sex and how their experience could benefit other kids to act responsibly?

Best regards,  
Nicolas.

And the email bounced! She had used a fake email address!

## Grace and Nicolas' World Tour heads down under!



Grace and Nico Roquefort de Villeneuve take sex and relationships down under this month, with presentations scheduled in Australia, New Zealand, and Hong Kong.

They will present their workshops in [Stowe, Vermont](#), [Montreal](#), and New York City in February before continuing to [Europe in March](#) and April and then returning to present their class in San Francisco in April.

moment, but it's also such a great collection of tools to change any part of their lives. People get this.

- What better gift could you give than an introduction to consciousness?

It would be most helpful if you could purchase one or more of the books this month!

Thank you so much for your assistance.



## Access in Sarasota, Florida

If the beautiful pure white sand beaches of the Gulf Coast of Florida appeal to you more than snow, you may wish to consider a quick trip to do the new Bars and Foundation classes (as just revised by Access Founder Gary Douglas).

[Dr. Kacie Crisp](#) will be offering an [introduction](#) to Access Thursday, December 13, followed by [a bars class](#) Friday, December 14, and [Foundation](#) Saturday

## Access on TV and in Hospitals in South Florida

### Yola Swietorzecka makes waves

Access Facilitator [Jola Swietorzecka](#) and Dr. Harold Bafatis, a plastic surgeon with whom she has worked in the operating room, will be on local TV in the Palm Beach Miami area (local channel 5 at 5:50 p.m. on January 1).



They will speak about using energy to heal surgery faster. Jola has been working on Dr. Bafatis' patients in the operating room, with the results that patients recover from plastic surgery 30 times faster--a couple of days instead of a month!

The interview was inspired by a session that Jola did on the CEO of a local hospital. As a result of this, the Director of Marketing of Columbia Hospital in Palm Beach has asked Yola to give a presentation to the local community.

The sessions Jola has done, using Access exclusively, on these doctors and others are inspiring them to talk about opening an energy healing department in the hospital.

Yola asks, "What else is possible?"

*Look for amazing testimonials from some of these patients in the January issue which will feature Access and bodies!*

## Creative Geniuses to be Freed in California!



### Actor Starts Career at 52, Using Access Tools, and You Can Too!

[John Carter](#), an access facilitator who started his Hollywood acting career at 52, is sharing what he's learned so others can also create what they desire.

"Freeing Your Creative Genius" got rave reviews in Montreal and is now offered in [Santa Monica December 8 & 9](#) and [San Francisco December 15 & 16](#). If you're wondering about the tools of Access, this is a great way to experience the effect of the tools in your life, and have fun at the same

and Sunday  
December 15 & 16.

Classes will be at  
Vibrant Life  
Chiropractic Center,  
47 S. Palm Ave.,  
Sarasota.

### Access is now on MySpace!

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

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

### Would you like to end the suffering of abuse?

As with almost  
everything, Access  
has a different point  
of view on abuse.  
You can hear about  
this now by getting  
the abuse CD which  
is available on the  
website. This CD is  
a recording of an  
abuse class Gary  
Douglas did 6 years  
ago.

He will be creating a  
new CD at the abuse  
class in January.  
Both of these CDs  
offer the benefits of  
receiving the  
clearings at deeper  
and deeper levels as  
you play them again  
and again. (All  
Access CDs offer this  
benefit, by the way!)

Many who have  
participated in the  
abuse class, heard

time.

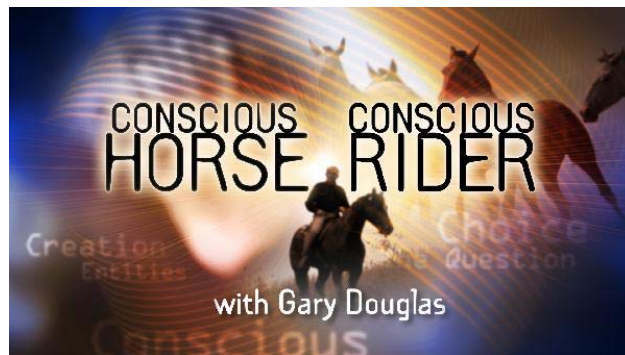
According to John, the workshop combines "fun and games, singing and silliness" with "blasting down the blocks to our hidden talents and abilities and creative genius that we all have for creating our phenomenal lives."

Denise Guindon of Montreal raved: "This is a must attend. You will live beyond anything you could imagine. In allowing himself to be totally vulnerable, gentle, and yet strong, in allow of each and every one of us, John allowed us expand to our maximum. I still perceive the lightness of my being. It was and is fucking amazing and still that is undescriptive."

Danya Seginer added, "This class is not only about creativity, it is totally life transforming, clearing stuff we ourselves are not aware is even there."

***An intro evening for only \$75 has been added Friday, December 14, in San Francisco. If you bring a friend, your tuition is a gift, and if you attend and pay \$75 (a bargain for such a dramatic evening and life changes that are possible), you can apply that to the price of the class. How does it get even better than that?***

## Heal Horses and Yourself in Costa Rica in January



An amazing opportunity to immerse yourself in learning more than you ever dreamt possible about horses, how to heal them, how they can heal you, how you can ride and communicate with them with ease awaits you in a beautiful rainforest/openlands setting in Costa Rica next month.

Access Founder and horse whisperer Gary Douglas will be joined by Dr. Dain Heer and Dr. Judith Shoemaker. Dr. Shoemaker is a veterinarian who combines chiropractic, acupuncture, homeopathy and amazing knowledge of horses to create amazing results with postural rehabilitation.

Experiencing this workshop in Costa Rica is a special gift because more freedom to ride through streams, up

the CDs or had individual processing on the subject have reported getting results in 16 hours that were not possible with 16 hours of conventional therapy.

If your relationships with the other sex, money, job, or anything else are not what you would like, could abuse be casting a shadow you have not been able to get free of until now? What would it be like if freedom were really possible?

### Calling all Teachers!

Are you interested in empowering children to know what they know, instead of telling them that "they can't know that!"?

Would you be interested in working with us to create schools and after school centers where children are encouraged to trust their own knowing, instead of buying adults' points of view without question?

Harold Howell is collecting the names of those of you who are certified or have other educational experience who would be interested in working with us.

If you would like to experience just how different the Access

and down mountains, and even to round up cows is still available there, where insurance regulations and fear of lawsuits do not have the significance they have in the US.

Riders of all experience and skill levels are invited. Participants arrive in Costa Rica for the workshop January 6, participate for five days January 7-11, and depart the resort January 12.

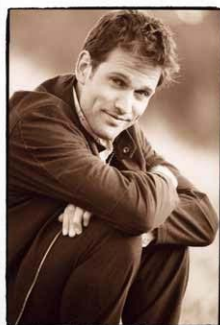
### How about skiing, consciousness, and healing your body? How does Taos New Mexico sound?



Access Facilitator [Forest Sun](#) is combining many of the pleasures of the flesh in one great experience. He's combining skiing with classes in the Access body processes--now you can ski and heal your body of whatever you do or have done to it, all in one great weekend.

The snow was a bit slow to come to Taos this year, so he's offering the ski/body processes class [Friday, December 14-Sunday December 16](#). The plan is to ski in the morning, heal in the afternoon, and "schnitzel all evening!" at the Bavarian Lodge. The Bavarian so loves Access that they're offering lodging at an amazing price. Call 88-205-8020 to reserve.

The prior weekend, starting [Friday, December 7](#), Forest will be offering the three basic courses that give you the basics of Access, the Bars, Foundation, and Level 1. These have been newly revised and will not be a review for you even if you think you've "done them before."



Are you curious? Would you like to hear more? Are you

point of view is about kids and education, you might wish to get the [X-Men CD](#) available on the website.

We hope to bring this class to the USA for the first time in years, to Minneapolis this spring. Stay tuned!

**Now it's easier to find classes and people on our website!**

If you're interested in finding a specific topic, facilitator, or class on the website, you can now easily search for it by typing it into the "google" window on the upper left corner of the home page.

How does it get even easier than that?

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? 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

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