

FURTHER SCIENTIFIC RESEARCH

“results of one 90-minute Access Bars session indicated a significant decrease in the severity of depression and anxiety.” - Dr. Terrie Hope PhD, DNM, CFMW, Journal of Energy Psychology: Theory, Research, and Treatment, November 2017.

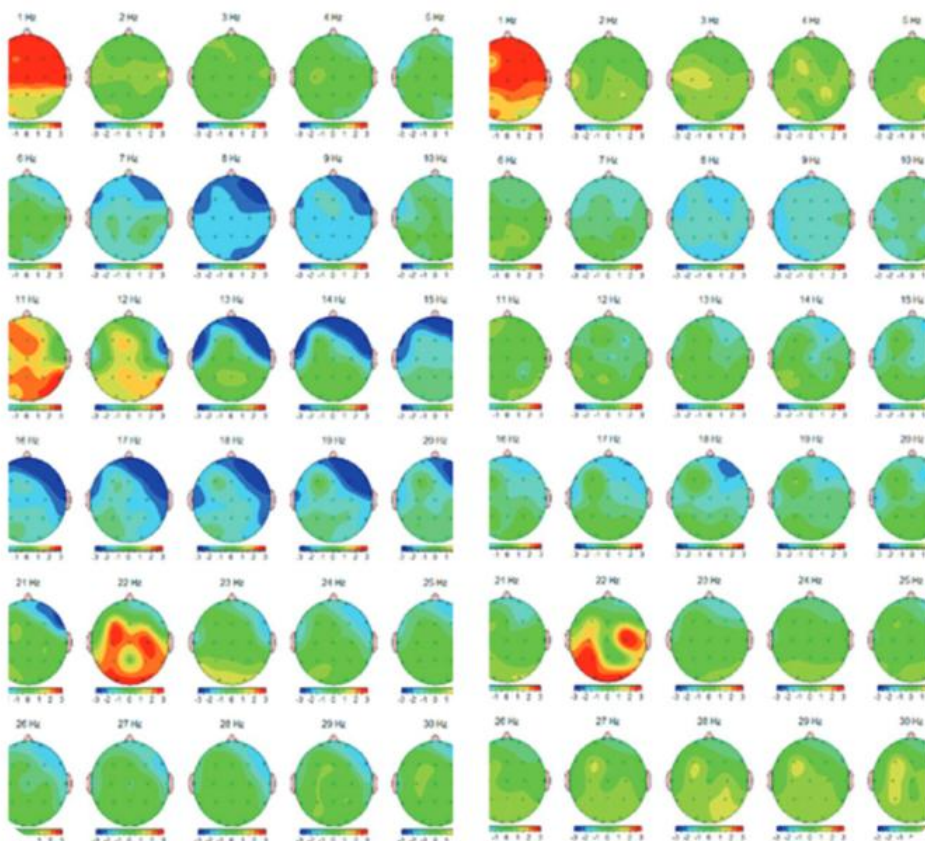
For more information on this research and the full published article in the Journal of Energy Psychology: Theory, Research, and Treatment, 9(2), 26–38. November 2017 - doi:10.9769/EPJ.2017.9.2.TH go HERE:
<https://energypsychologyjournal.org/abstracts/abstracts-volume-9-number-2-november-2017/effects-access-bars-anxiety-depression-pilot-study/>

“85% of participants indicated an increase in coherence. Additionally, he discovered that Access Bars has a positive neurological effect on the recipient similar to those experienced by advanced meditators – and it produces these results immediately” - Dr. Jeffrey Fannin et al, Access Consciousness Bars Research 2015, Global Neuroscience Research Foundation.

You can find the official white paper of this research HERE:

<https://accessconsciousness.app.box.com/s/i8m1i1fwq7or82j38dzfbfol7cv0aeyj>

Before Access Bars *After Access Bars*



Scale

DYSREGULATION

NORMAL



-3 SD to +3 SD

The scale shows dysregulation in brain activity as both too little (blue) and too much (red).

THE BRAIN BEFORE AND AFTER **ACCESS BARS®**

Dr. Terrie Hope

"The brainwave activity that is 3 standard deviations above normal at 22 Hz is identified as a high level of engagement; the brain is involved in the activity of figuring things out. It also involves high complexity of thought, as the brain is integrating new experiences."






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HOW DOES IT WORK

When The Bars are gently touched, brain waves slow down, enabling access to longstanding behavioral patterns, belief systems, and perspectives that have been ingrained since childhood or possibly from other lifetimes. This shift moves the brain from beta waves, which indicate an alert state, to alpha/theta waves, associated with relaxation and sleep. Studies measuring brain waves indicate that coherence improves after a Bars session. Access Bars enhance brain function, boost concentration, and promote emotional stability.

The Bars help release fixed decisions about various aspects of your life, facilitating change. They also start to dissolve internal judgments

Human Brainwaves

Gamma 35+ Hz		Heightened Awareness
Beta 13 - 35 Hz		Problem-Solving
Alpha 8 - 13 Hz		Relaxed Reflection
Theta 4 - 8 Hz		Meditation & Creativity
Delta 0.5 - 4 Hz		Deep Sleep

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SCIENTIFIC RESEARCH

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- Research finding after a Bars Session

Click below to watch Dr. Fannin show what occurs in the brain during a Bars session:

<https://www.youtube.com/watch?v=DgGbFRjqQPk>

Montage: LinkEars

EEG ID: Startdate 07-OCT-2015 1.HT023GPR_EO EEG tech SN:0000.

Z Scored FFT Relative Power

Warning: Absolute power must be consulted to interpret relative power.

