

# **BARS Frequently Asked Questions**

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## **1. What are the benefits of having a Bars session?**

There are so many benefits there is not room enough to name them all here. Below you will find just a few of the common benefits:

- People or situations that once drove you nuts and created great difficulty in your life suddenly no longer bothers you, and is not a problem anymore.
- Begin to receive everything easily.
- Deep relaxation, while revitalizing and energizing at the same time.
- More ease with every aspect of life.
- Changing everything that does not work in your life, into something that does without any effort; other than to lay there and have someone touch the 32 points on your head.
- Erasing what is creating limitations in your life without having to know how this works, or believe in it.
- Happiness. General depression vanishes for many after just one session.
- Grades, work performance and mental clarity increase without studying longer or working harder.
- Quicker recovery time with any old or new injury, surgery, disease and for overall health improvement.

## **2. Does the Bars help with sleeping difficulties?**

Yes. The Bars can be very beneficial in changing a variety of sleeping difficulties. The results are different for each person, depending on what the difficulty is in the first place and how many times they have their Bars run.

Many people around the world have had phenomenal results in using The Bars to change their sleep into something more rejuvenating and restful regardless of the number of hours. Discover for yourself what the Bars can do for you by scheduling a [private session](#) or attending a [Bars class](#).

## **3. How long is a Bars session?**

There is no standard time for Running Bars. The facilitator will follow the energy and deliver only what you are happy to receive.

The average session, where all the points are run, is about 90 minutes however Bars can be done in as little as 20 minutes if you only want to work on one or two areas.

Children run faster as they usually have less resistance to receiving than adults.

There is no such thing as too long of a Bars session. For that matter, people have had results with only 5 minutes of having a single Bar run. Longer sessions such as 3 to 6 hours can often be dynamic, with life changing results. However having your Bars run more often, rather than for a longer period of time can be beneficial.

A facilitator will always ask you what works for you. It is totally up to you, and there is no wrong way to have a Bars session.

## **4. How do I get a private session?**

Please contact a Bars Facilitator directly by phone or email to schedule a private session. You can find contact information including class schedules on their individual profile pages. [Click her to search](#).

## **5. Where can I find out about a Bars Facilitator in my area?**

The first place to look is in our official list of worldwide Bars Facilitators, [click here to search](#) by name or country for a quick narrowing down of your search.

## **6. Will a Bars Facilitator come to my home?**

Yes, many will upon request. Please ask the individual Bars Facilitator if they are available for in

home visits. There may be a variety of Facilitators available in your area, please check the online listing to find out who is near you.

If you cannot find a facilitator in your area, you can always request a class or private session and we will see who might be able to accommodate you.

### **7. What does it cost?**

The Bars class is always \$200 in the currency of your home country the first time you take it. If you repeat the Bars class it is half price, no matter what facilitator you repeat with.

Gifting & Receiving varies in price please check with your local Bars Facilitator for what their rates are. It is usually a nominal fee if you already know how to run Bars and are trading with other participants. If you are going there to receive only, then the fee is usually higher.

Private Sessions also vary in price. Contact the Bars Facilitator you are planning on working with to find out what their fees are.

### **8. How many sessions should I have?**

Just one session can change your life for the better and many people choose to have a session once a week or at least once every three weeks.

It is totally up to you and depends on what you are looking for. How much more ease, joy and change would you like to have in your life? A little, a lot? All you can get? Once you try it out for yourself it will be very obvious to you what you would like.

### **9. What does a Bars session feel like?**

Everyone is different so there is no “normal” Bars session. What is most often reported is that there is sense of complete relaxation and many people go to sleep - even in a very noisy environment. Some people have images come to them, others feel sensations in their body such as buzzing, tingling, warmth, twitches or shivers. Many people say the energy they felt was similar to the pleasure they get from being turned on. Emotionally, people have been known to cry or laugh out loud for no apparent reason and sense of peace and joy is often present at the end of a Bars session.

Every session will be different every time, even if you repeat with the same person running your Bars.

Remember you can always stop at any time, go longer in a session, take a break (including bathroom break), get a snack, ask questions, fall asleep or watch a movie. There is no special environment needed such as total silence to have your Bars run. It is all totally up to you. The only two things we do recommend is that you never listen to music during a Bars session as this cuts off your ability to access the points of view you are erasing in a session and be aware of other people around you at Gifting and Receiving trade gatherings (such as if everyone is silent and you want to talk, talk very quietly only with the person who is running your Bars. Honor those around you and they will honor you.)

### **10. Can I learn Access Bars?**

Yes. This 1 day class (8+ hours) is an excellent choice to both experience and [learn Access Bars](#).

In a Bars class you will gift and receive Bars twice (4 sessions in total) and will leave the class actually prepared to run someone else's Bars. This can be fantastic for people serious about receiving the benefits of this work because you will be able to "trade" with people instead of continuing to pay for private sessions.

Private sessions can often be close to the same fee as taking this one day class, so if you are looking for the biggest bang for your buck, then attending the class might be before you. Again, it gives you the know how to begin attending Gifting and Receiving trades or running Bars with friends and family or in your business right away. The choice is yours.

### **11. Can kids come to class?**

Yes. Kids are always welcome to every class offered by Access. In fact children to age 15 come for free to all classes worldwide. Kids age 16, 17 & 18 are half price.

With classes that are only for kids there may be a fee. Please check individual listings that are only for kids to learn what the fee is for that class.

Children are always welcome to take the classes as a participant or just be in the class playing with other kids. They learn quickly and love learning the Bars, running other people's Bars and getting their Bars run.

### **12. Can I make money running Bars?**

Yes. many people around the world have created a business of their own with just The Bars. Others have found it to be a great compliment to what they already offer in their practice.

There is nothing that adding regular Bars sessions to cannot improve the results of.

**13. Can the Bars be done to staff in my office or at a conference?**

Absolutely yes. People in an office/business work setting have found great benefit in the work place for reducing stress, increasing productivity and general enthusiasm, problem solving, creativity with projects, improving team work and moral just to name a few things. It is an amazing in-service training tool.

As there is no special equipment or environment needed to have your Bars run, the work place or conferences can benefit greatly by adding this service for staff, employees and employers.

You can contact a Bars Facilitator in your area (or invite one if there is none listed) to provide a regular scheduled service for your business personnel, or schedule a class for everyone in the work place to learn it themselves, to be able to trade with each other. Please contact a Bars Facilitators directly for scheduling, fees and any questions you have about setting this up for you, your business or work place.

**14. Any additional questions?**

Contact us any time by submitting a general inquiry by [clicking here](#).