



ACCESS CONSCIOUSNESS®

*Empowering people to know that they know*

ALL OF LIFE COMES TO ME WITH EASE & JOY & GLORY!®

### 3 x ACCESS CONSCIOUSNESS® BODY PROCESSES

This is an introduction of three amazing Access Consciousness Body Processes by Dr Dain Heer from Access Consciousness. As the name would suggest, in order to do a body process, you actually have to put your hands on somebody's body. You can start with yours, and from there you can go on to friends, family members, people you care about, people you love, and see what is possible to change.

These three processes are real simple, real easy to learn and play with it. Just see what possibilities you can create by you using these.

#### PROCESS #1: CELLULAR MEMORY

What does one do with Cellular Memory? Let me tell you how to use it, then, I will tell you what some of the things that others have used it for, and then you can experiment and see how it works for you. What you do is you put your hand over an area, let's say an area with scar tissue, or an area where there has been an injury, and you say Cell-lee-err...huh, easy for me to say in English. You say,

***"Cellular Memory point of creation turn, point of creation turn."***

Now by that point the energy should be running. Now, a lot of you at the beginning are probably not necessarily notice, or you may not notice that energy is running. That's not a wrongness in you, it's just, it's like a new language that you get to learn.

It's a totally different experience that you get to have. So, please, don't make yourself wrong.

So all you do, you put your hand over the area of scar tissue, or injury, because what happens is, anytime our body experiences an injury, what happens is these cells go into this trauma mode, and they forget how to function with their optimal functioning. What this does is restore the cells themselves to optimal functioning. And once again, it works really well on scar tissue and it works really well on where there's been an injury.

***"Cellular Memory point of creation turn, point of creation turn."***

Ten, fifteen, twenty, times you say, "Point of creation turn," and then keep your hands on there because it will rub.

## **PROCESS #2: RESTORATION OF COMMUNION WITH EARTH**

We should have a great communion with this beautiful planet of ours. Unfortunately, we've sort of gotten away from that in our hectic lives, and our hectic schedules. What happens is this particular process is done by having somebody hold their hands on the soles of their feet and asking for restoration of communion with earth and then saying the clearing statement over and over. You put your hands on somebody's feet and go;

***"Restoration of communion with Earth, right and wrong, good and bad, POD and POC, all nine, shorts, boys and beyonds. POD, POC, shorts, boys and beyonds. POD, POC, shorts, boys and beyonds"***

Over and over and over maybe ten, fifteen or twenty times and the energy will start running. You hold your hands there for as long as it feels appropriate to have your hands there. As long as it feels it's actually is creating more space, creating more ease, creating more possibilities. That could be twenty minutes, could be half an hour, could be forty-five minutes, who knows?

Basically, what it does is actually reconnects you and your body to the resonance of the Earth. Isn't that cool? Have you always wanted a way to finally, you know, get connect with this planet of ours, this beautiful planet underneath our feet? Here's a phenomenal way to do it.

Also, if you have someone who is going through the stages of dying, restoration of commune with Earth at their feet is a great way to allow them to leave their body with ease, instead of with pain and suffering.

It's also something that gives people a sense of peace. There's several people who sort of walk around, not really connected with their bodies, this can help change that. It can also help change all kinds of things and let me know what you find it changes.

## PROCESS #3: ZERO SUM TRAUMA

Now, what happens is as our bodies continually experience trauma, it basically overloads the circuits basically and your body's capacity to deal with it. Then it goes into this sort of permanently damaged mode in a particular area of your body.

Zero Sum of Trauma literally eliminates the sums of those traumas and apparently there is a mathematical component to it, but let's not get into that right now. But it eliminates the sums of the traumas that are making it more than your body can handle. So, literally, where you've had an area where, once again, where there's an injury, this is a different energy than Cellular Memory.

Cellular Memory is about restoring the cellular structure. Zero sum of Trauma is about undoing structurally not just cellular structurally, but overall structurally, where the trauma has become too great to recover from in any particular area.

Literally, if you've had something where it's been like a repetitive stress injury for example or if you've had something that continually hurts and never seems to go away. Try this on it. Put your hands on and you say,

***"Zero sum of Trauma, right and wrong, good and bad, POD and POC, all nine, shorts, boys and beyonds. POD, POC, shorts, boys and***

*beyonds. POD, POC, shorts, boys and beyonds. POD, POC, shorts, boys and beyond."*

## PLEASE DON'T MAKE YOURSELF WRONG!

Don't worry if you don't feel anything in your hands. It took nine months of doing Access Consciousness Body Processes before I actually began to feel anything in my hands. So please, know, it will take as long as it takes, and please, don't make yourself wrong. It doesn't mean that nothing is happening.

What you want to do is you want to work on some people that have a level of energetics and sensitivity. If you can't find somebody who's got a level of energetic sensitivity, work on a nice person.

Don't start by working on the mean, judgmental, people in your life. Don't start working on your parents if they judge you. Don't start working on your kids if they judge you, or anyone else who is in judgment of you. Don't start with those people. Start with nice people. Maybe that nice person is you. Practice on yourself until you get good at calling up these energies, then you can practice on anybody else. OK?

Have fun and play. As your guiding light is always the level of the person receiving's comfort and their sense of ease. See what you can create. See what miracles show up. When you create a miracle, send me an email, because, I love that! I love when I can give somebody a tool or share with them something, like giving them this awareness of this thing that is possible to do and all of a sudden they be like, "I created this miracle!" Here is where you send it: [dain@accessconsciousness.com](mailto:dain@accessconsciousness.com).

## THE ACCESS BODY PROCESS CLASS

In Access, we have a lot of body processes and we have an Access Body Process class. The bodies on the plane have been clamoring and demanding these processes for quite a while which is part of the reason why I wanted to add them to this package for you.

These classes are phenomenal if you're a body worker, if you're somebody who has a body, if you're somebody who likes bodies, if you're somebody who knows that you don't like your body, and you'd like to!

Find out more about the body classes and all Access classes here:

<http://www.accessconsciousness.com>

Find out more about Access, the work I do & sign up for a free video series about BEING YOU here: <http://www.drdainheer.com>

Possibilities is abound my beautiful friends. Thank you for being, thank you for living, thank you for being the gift you are to the world.

What if you truly being you is the gift and the change and the possibilities this world requires, are you willing to choose it?