

Subject: Access Bars and what else is possible?

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From: Access Consciousness

To: hiromi@adantiah.com

Hi Hiromi,

Yes that's you! Did you know that after just your first Bars class, you are a certified Access Bars Practitioner? How does it get any better than that?

Check out below for more on Access Bars and getting your Bars run.

CHALLENGE - Get your Bars Run This Week!

Find a local Access Bars Gifting & Receiving Event! Search online [Search online here.](#)

Connect with your Bars Facilitator or someone you met in your class for a trade!

Run your own bars! Did you know you can run your own implant band while relaxing on the couch? Or ask 3 (any three!) Bars points to run before you go to bed at night - ask them to run all night long and you don't even need to be touching them!

Take another Bars Class! Did you know your next Bars class is ½ off? Get your Bars run twice, practice your technique and meet new people! [meet new people here!](#)

WHAT ELSE IS POSSIBLE?

Check out this stunning documentary on Access Bars. Just like the title says, it's "Beyond Words". If it moves you - please share it. If you're on social media, you can use our favorite hashtags [#accessbars](#) and [#getyourbarsrun](#) ;)

[click to view](#)

With Ease, Joy & Glory,

Emily Russell

On Behalf of Access Consciousness

PS - Did you know that after taking 3 Bars classes, you are eligible to become a Bars Facilitator and teach the class? [Learn more about that here](#)

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