

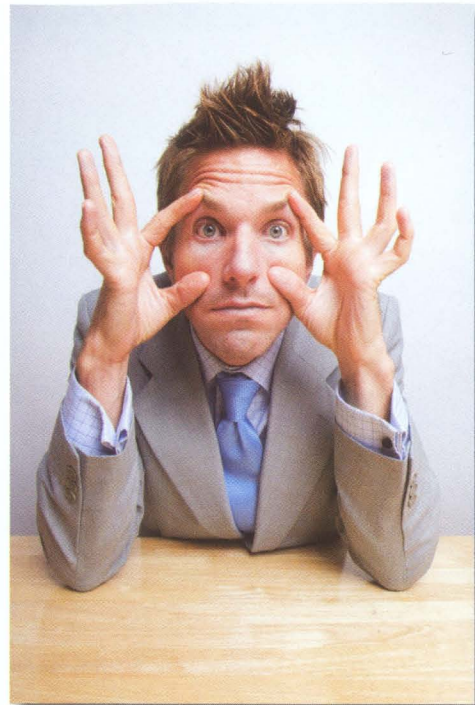
Looking for A Good Night's Sleep?

Rusty Lincoln

Who isn't having trouble sleeping these days? We are constantly bombarded with negative information about the economy, global warming and the rising incidences of every

medical condition known and unknown to man. Most of us like to look for the silver lining that we know exists in every cloud, but without a good night's sleep our sunny disposition has been known to lose its glimmer.

Counting sheep and drinking warm milk did not help Linda Butler's quest for an easy send off to dream land. She had tried several over-the-counter remedies with no success and her patience was running thin. When her friend, Mary, bragged about how she's been sleeping through the night, Linda wanted to know more. Mary told her to call Sara Adams,



a local facilitator for Access Energy Transformation and ask about the Bars. She said, "I don't know how to explain it, but ever since I had my Bars run I've been sleeping like a baby."

Linda said, "As soon as I spoke with Sara I had a sense of peace. She explained that by gently touching my head she would facilitate my body to connect with its own ability to heal and nurture." Although this particular type of energy work was new to Linda, she had heard of other forms of healing touch and was willing to give it a try. The Access Bars is an energetic process which has brought relief to people all over the world. The bars consist of 32 points on the head which hold the electrical energetic charge of the thoughts, ideas, beliefs, decisions, and emotions that you have stored all of your life about: Healing, Body, Time, Hopes, Control, Awareness, Creativity, Power, Aging, Money, etc. The Bars has been known to alleviate pain, stress, worry and fear. Linda's session lasted about an hour and she said, "I was as relaxed as if I had gotten a massage and I didn't even have to get undressed!"

Poor sleep impairs our judgment, our immune system and our reflexes; doesn't it make sense to get help today? Students who have their Bars run the night before a test have been known to sleep better and improve their scores. Sara offers classes and private sessions for all ages. She has an office in The Transformation Studio at 3425 Highway 6, Suite 107A and in the Historic Belknap District call 832-788-9072 for an appointment.

www.accessconsciousness.com,
www.rightbodyforyou.com

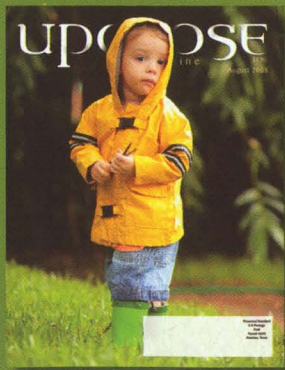
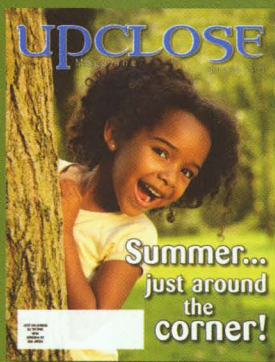
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