



There are **32 bars of energy** that run through and around your head that connect to different aspects of your life. We call all of the points you touch when using this modality “**The Bars.**” Running The Bars is a simple, non-invasive, energy process where the facilitator lightly touches each point on the head to release the energy.

The Bars store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. For example, if you say “I’m never doing that again!” that decision stops the energy and limits what you can receive. Does a decision like that create more choice in your life or less? Would it create an impact on your body?

There are Bars for healing, body, control, awareness, creativity, power, aging, sex and money; 32 different ones in all. Each Bar corresponds with that aspect or area of your life that it is named.

Touch one Bar and you begin to clear away the energy locked up in that area or aspect of your life just by touching it. Add in touching another Bar and you not only get the "issues" from the first Bar, you also begin clearing the "issues" stored in that second Bar. As well you clear all the points of view about those two Bars in relation to each other, allowing for exponential change.

Just by gently touching the Bars you effectively erase everything you have ever stored there. Just five minutes can erase 5,000 to 10,000 years of stored points of view. What is the value of erasing this bank of data you have stored all this lifetime, and every lifetime?

When you are functioning from preconceived points of view about what is possible in life, what is not possible in life, and have it rigidly defined of how the world works, you cannot be aware of anything that does not match that.

You change the energy, you change how that part of your life shows up. What is the most simple and easy way to change energy? Get your Bars touched! When you do, something different can show up in your life with ease.

Receiving this process (having your Bars run) usually leaves you with a sense of peace and space; and a feeling like there is more possibility open to you. This is an incredibly dynamic process that will not only leave you feeling refreshed and relaxed as if you have had a deep restful sleep, it can also change your life.

Transformative Energetics
Judi Nason
206-351-4906
nasonjw@gmail.com

