

up and she would process me about it. When we did this I could feel changes occurring in my body, and I could feel changes occurring in particular areas of my life that had been stuck. It was really weird because I hadn't had anything like that occur ever before. Literally, I could feel the energy of my life changing around me.

At that point, I didn't even know there were Access classes, I just thought it was this cool stuff you could do one on one. So when Shannon invited me to a class she was giving and I said; "I'm not going to be there." She said; "why would you not come? This has changed everything in your life." I didn't have an answer for her. In truth part of the answer was money, because I couldn't see how I could pay for it and I was too embarrassed to ask her if we could work out some arrangement. But I got over myself and I asked her if we could make it work, and we did.

Part of it was also that I couldn't see that it could get even better than it had with these private sessions. Luckily, she asked me questions. She asked, "have you noticed any change in your life?" "Oh my god, yes! Every single week it's better. I'm not crying when I wake up now. Thank you. I don't feel like I want to end my life any more. Thank you. Have I noticed changes? Heck yeah." She says; "well, what would happen if it got even better than that?" I couldn't believe it. In my head, I went "what?" I hadn't considered that it could get even better. And that is when I took my first Access classes: Foundation and Level One. And oh my god did it get better!

**The Access Magazine:** *So it was better than just feeling good for a couple of days, that fleeting change that doesn't last?*

**Dr. Dain Heer:** The difference with this, even with just the private session she was doing with me; is that they built upon each other. It felt like one session cleared out this space and the next session it cleared out even more space. But, where as before when I cleared out space it always seemed to get filled back up, this had the effect of clearing out the space and it never got filled back up again. And the class... don't even get me started! It was like 60 private sessions in four days.

Shannon had given me some tools during the initial sessions that we'd had together doing the Bars, and I didn't really use them at first. She'd say one, I'd hear it and ignore it. Then by the third time she'd ask; "why don't you try this?" I'd say; "fine, okay I'll try it." This stuff has changed everything else in my life so far, I guess I can give it a shot.

**The Access Magazine:** *You couldn't see why to use these tools she was giving you?*

**Dr. Dain Heer:** The real problem is that I couldn't see logically what effect it would have. I resisted doing it. What seems to happen with people is they look and they predetermine the effect that will get created by a particular tool. If it's not what they think they want or they don't think this tool will create the result, then they won't do it. But they have no idea whether it will create the result or not. I know I didn't.

One of the tools I'm grateful I did try was one she shared with me early on; which was that 98% of your thoughts, feeling and emotions don't belong to you. What used to happen is I'd wake up, my girlfriend would leave for work, and I would lay in bed and cry--sometimes for hours-- until I had to get up and leave for work. Shannon shared this tool of 98% of your thoughts, feelings and emotions don't belong to you. You pick them up from the people around you. You think they are yours but they are not. You're just really perceptive. I said to Shannon; "I don't believe you, but how do we test this?" She said; "ask 'who does this belong to?' next time you have some feeling or emotion come up and see if it's yours." I

tried it the next morning. When I was lying in bed crying I went; "who does this belong to?" and the intensity of needing to cry disappeared. It went away! I stopped crying instantly.

**The Access Magazine:** *That quickly and that easily?*

**Dr. Dain Heer:** Yes! Phenomenal, huh? I'm so grateful I used that tool; it changed everything very quickly. I thought, "OH MY GOD! What I think will work and what will actually work may be two different things." That awareness has benefited me to this day. I now have an awareness that there are many tools and opportunities that are available that aren't necessarily what you would think would change your situation. But if what you thought would create change would actually do it, wouldn't you already be free by now? So why don't we try something else? That's my point of view: let's try something else; let's see what might work. Even if it doesn't work, and you spend two days doing something that doesn't work, what have you lost? That's the thing that is so great with this stuff. Gary, the founder of Access, only offers tools that work, from his personal experience. They are tried and true, so to speak.

**The Access Magazine:** *And how many other things have you tried that didn't work anyway? How many years did you spend trying them?*

**Dr. Dain Heer:** Exactly, how many years and how many lifetimes? So, after putting it to work, I then met Gary Douglas in person. He called and wanted an appointment in my office after Shannon told him about me. Now mind you, for three months I had been saying to her; "hey, I want to meet Gary," because Gary happened to be her step-dad. Once I found that out. I kept bugging her and telling her I wanted to meet him. It felt like there was some synergy there that could be created. I thought I was going to do Network Chiropractic on him, and it was really going to help him go out and do Access. I thought, "wow, my talents and abilities in Network are really going to come in handy for this guy. Boy will it open up things for him." Of course, I was wrong again in what I thought. Perhaps I should get over myself and stop thinking... So, he asked for a session in my office. Basically what he said is; "I need the advanced level of your work, the beginning stuff doesn't work on me." Only I had never studied the advanced levels. So, being a good doctor, I acted like I had, and he knew I was lying. He said; "look, just follow the energy and do what my body tells you." I said; "okay." So I was standing without touching him, with my hands in the air, feeling like a complete idiot because I was "following the energy" and this is what it seemed like I should do.

**The Access Magazine:** *You didn't know what he was talking about?*

**Dr. Dain Heer:** On the one hand mentally I didn't know what he was talking about, but on the other hand I knew exactly what he was talking about. It was what I had wanted someone to request of me my whole life, only I didn't know it. It was this amazing sense of freedom to just go with my knowing and not have to try to do it anybody else's way.

**The Access Magazine:** *Trusting yourself, even if you have never been asked to do that before?*

**Dr. Dain Heer:** Also, trusting that I knew what to do and that I knew what his body was asking for, even if it was something different than all of the training I had had. And it was different than all the training, let me tell you! When you stand in the middle of the room, 10 feet away from your "patient," and you know that somehow you're causing this person's body to flop around on the table like a fish and you are doing no technique you have ever done before, you just have your hands in the air; that's an eye opener. It's like having Tazer guns in the tips of your fingers and you were never aware of it. How did those get there? It opened me up to realize that there is a lot out there that exists beyond what I had decided were the limits of the physical world—and the healing world.

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