



# Dr. Dain Heer

**Author,  
Access Facilitator  
Phenomenal Being**

**The Access Magazine:** *How did you get into Access? What was going on in your life?*

**Dr. Dain Heer:** I discovered Access at a point in my life when I had really given up any hope of there being any option or possibility of creating the life that I thought was possible. I had done so much, in so many ways, with so many techniques. In fact I was a practitioner of about seven different techniques that I used to use on other people to try to change and improve their lives. But my life didn't seem to be changing for the better. It would change, then it would feel like the change all went away after about three days. Then there I was again, left with this looming, gaping, black hole. So I was at the point where I was just going to end my life. I decided "if life doesn't get easier, if it doesn't get more fun, I'm killing myself. Universe, here is the deal; I've been working for you, now you've got to get to work for me!" I literally was willing to, and planning on, ending my life. I gave the universe six months.

A week after I made the demand on the universe that my life get easier or I'm ending it, I saw an ad in the paper. It said; "Access, all of life comes to us with ease and joy and glory. Call Shannon." It was this tiny little classified ad. I mean tiny! I saw it and was so furious I threw the paper down on the ground and then threw it away.

**The Access Magazine:** *Even though it was what you had just been asking for?*

**Dr. Dain Heer:** Right. Exactly what I had been asking for: ease and joy and glory. I was so angry that someone would say, "life comes to me with ease and joy and glory." My life certainly was not. A week later I was flipping through the paper again and saw the same little ad. I mean, the odds of that, considering how small the ad was have to be tiny. So I called the girl and asked her what she did and she said; "oh, we do all kinds of stuff, but one of the things we do is this process on the head called 'the Bars.' At the worst you'll feel like you had a great massage and at the best your whole life will change." In my head I was saying, "well my whole life better change or I'm done with it." So I scheduled the session with her. At that point I couldn't even afford to pay for the session, so she offered a trade. (One of the reasons I wanted to end my life is because I was tired of never having any money, being stressed about it, and never having that change.)

In this first session I was lying on the table and I started giggling like a little child. I was just unabashedly giggling. And I did that for an hour and fifteen minutes while she moved her hands to different places on my head. I kept thinking, "what is she doing? Oh, I don't care, this feels really good." I got up off the massage table and it was the first sense of peace I'd had in three years. It was the first time I remember knowing that everything was okay, everything always had been okay and everything always would be okay. It was that moment of clarity that was a turning point in my life. From there I started seeking, "what else is possible with this technique that just saved my life?"

**The Access Magazine:** *Where did you go from there with it?*

**Dr. Dain Heer:** I got together with Shannon about once a week for these private sessions, and every time she would run my Bars. During one of the sessions she said; "we also have this stuff called 'verbal processing'." I said; "really, what's that? Lets do it." She said; "okay, we usually don't do verbal processing at the same time as running the Bars, but if your asking for it, I guess you can receive it." I remember lying there and she'd have her hands on my head and we'd bring up a topic like 'mom,' or 'dad,' or 'money,' or 'happiness,' or any topic that came