

have to do something specific and do it our way. Whatever miracle they are looking for, whatever change they are looking for, is up to them. The tools of Access are here for assisting them in knowing what works for them. Changing what isn't working for them, according to their own desires and point of view. Each of us knows what we are looking for, somewhere in us we also know what is creating things in our life as they are. Access provides the tools to see it for yourself and to know you can choose differently. Choosing differently according to whatever it is you would like to choose, with no judgment or point of view about what that should be.

The Access Magazine: *Is there anything else you'd like to say about working with Gary and Access?*

Dr. Dain Heer: I consider myself to be very lucky to work as closely with Gary as I do. He is the only person I have met that has created a technique or a set of tools that truly desires everyone who shows up to be greater than him, and to be as great as they truly are. He also encourages them and is excited for them when they are greater than him in an area. That kind of generosity of spirit is a rare gift in the world. I consider anyone who gets to work with or around Gary and Access extremely fortunate, because for me it is such a gift. Being able to work as closely as I do with Gary has pretty much changed every point of view I had. Every tiny little bit of selfishness or meanness that existed for me, that I didn't want anybody in the world to know about, has for the most part gone away. Being in the presence of such generosity and such kindness, it is really tough to hold onto the heaviness of selfishness, or meanness, or unkindness in any way. That is another thing that Access offers people: the ability to begin to be kind to themselves. Most people, unfortunately, live life judging themselves, finding themselves wrong, and wanting and lacking in every moment. One of the things I hope they start to allow themselves with Access is the ability to be kind and caring and gentle and non-judgmental of themselves. That is what I would like to invite them to. What would your day be like tomorrow if you didn't judge yourself all day long?

The Access Magazine: *No day I would recognize.*

Dr. Dain Heer: Yeah, exactly. For most people they'd say; "no day I have ever had so far." What would your day be like tomorrow if you didn't judge you all day; except to tell you how beautiful, how amazing, how caring, how phenomenal you are? Would your day be different? If you could stop that one thing, of judging you all day

long; you would not only change your life, you'd also change the world.

If you want to change the toxic waste on the planet, come out of judging yourself and be willing to be in allowance of you. Total allowance, where everything you do or choose is just an interesting point of view. That will change your life and it will change the world. Not judging you and not seeing you as wrong is the greatest gift you can give the planet. Not going into trauma and drama. Not going into the pain and suffering. Going into; "what are the possibilities of what we can create?" Instead of going into; "Oh, there are no other possibilities." This is literally what you can do to change your life and also change the planet. Imagine if everyone were to stop judging themselves and everyone else, tomorrow. Would we have war? Would we have abuse? We wouldn't have anything on the planet that we have killing it and killing us. So my question to you and everyone is; "what would you like to choose?"

The thing that we have to get; and I hope people would get by just having the briefest of contact with Access is that we have choice. We live in a free-will universe. What we have to start asking is; "what would I like to choose today?" What we also must acknowledge is, even when we are creating trauma and drama and upset, we are choosing it. When we look at something and get upset about it, it's our choice. It's usually because we haven't asked the question; "what else is possible?" We are choosing to not ask that question. If we are truly going to change things in our lives we've got to get to the point where we stop judging ourselves, where we stop judging other people, and where we ask questions instead of functioning from the rightness of answer. When something comes up that we don't like, or something comes up that we'd like to have different, WE HAVE TO BE DIFFERENT.

We have to start with three things:

Number one: Recognize that there is a possibility for changing it.

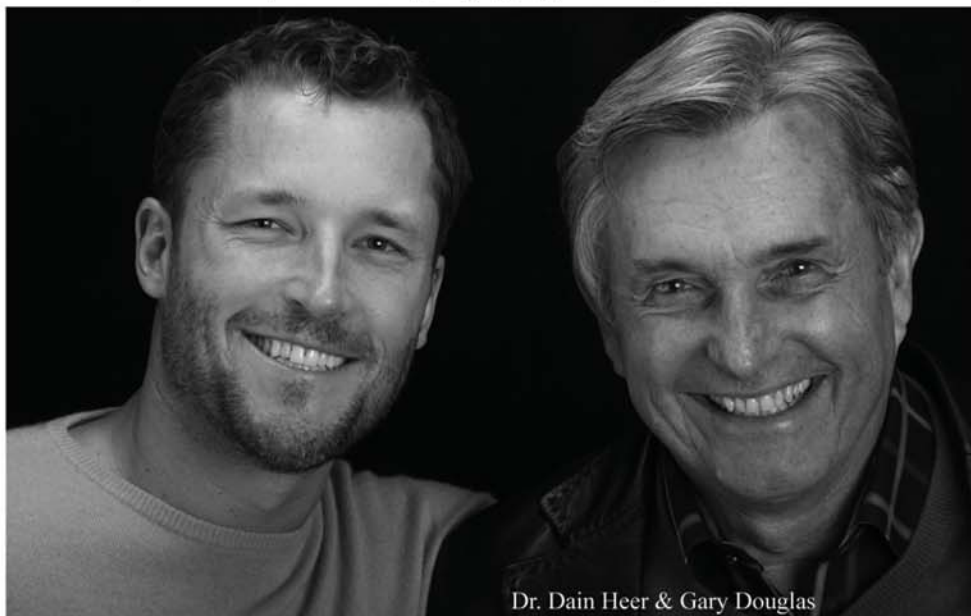
Number Two: Ask a question. I.e: "How do we change it?"

Number Three: Choose to do whatever it takes to change it.

For more on Dr. Dain Heer, Gary Douglas, and Access Energy Transformation, please visit:

www.AccessConsciousness.com

www.AccessBeing.com



Dr. Dain Heer & Gary Douglas

From taking those steps myself, I have a life that's so different than it was before Access, as to be unrecognizable. Every day is a celebration of my life.

Joy is not a fleeting moment; it is a state of being that I enjoy every day. And no one can take away or diminish it unless I let them, which fortunately rarely occurs any more. The gift of my life is being me. I would hope everyone sees that they have the choice to be themselves and know that they too are a gift, and then choose to be it. ■