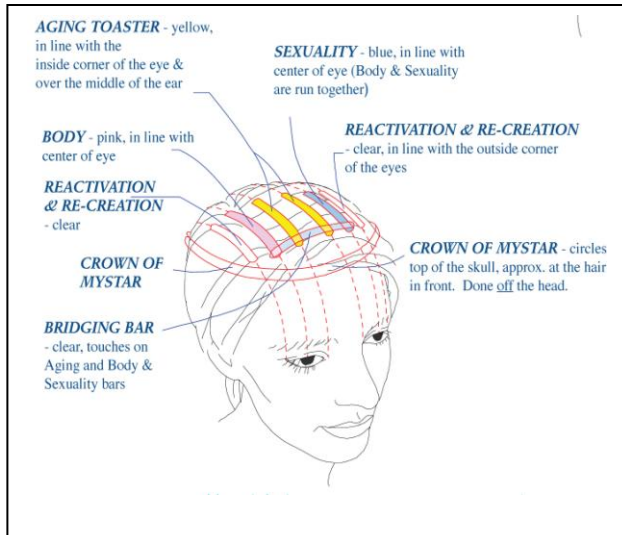


# Access Energy



Access Energy involves gentle touch contact applied to the head, feet and hands, and interfaces with the subtle electromagnetic field of the mental body. Each session effectively clears the electrical charge held around past experiences and current limiting beliefs. Sessions generate a state of mental ease and clarity, coupled with deep physical relaxation and enhanced vitality. MTVSS is an energy modality that interfaces with the body's molecular structure and cellular memory. MTVSS unlocks multiple programs in the cell's mitochondria. It allows the body to receive more oxygen and restructure itself on a molecular level. It promotes deep relaxation, a sense of peace and can affect great changes in various pathologies. MTVSS brings the practitioner into a

greater state of presence with clients that translates into a positive energy exchange for practitioner and client alike. This 20-hour course includes classroom and clinics.

**Audrey Lynette** is an empowering speaker who invites people to look at their bodies in a totally different way. She has been facilitating Access for 7 years and has assisted people with stress, eating disorders, chronic pain, physical illnesses, pregnancy and childbirth. Prior to being introduced to Access, she lived in and out of a wheelchair for ten years and weighed 422 pounds. Audrey has lost over 200 pounds without dieting, pills or surgery and is now able to enjoy walking, running, dancing, jumping, and swimming with no assistance. Audrey facilitates classes internationally and has workshops in the USA, Australia, New Zealand, and Costa Rica. [www.audrelynnette.com](http://www.audrelynnette.com) or [www.accessconsciousness.com](http://www.accessconsciousness.com)



## Access Energy 20 hours with Audrey Lynette

**FREE Intro: Jan 9, (Thu) 5:30-7pm**

call (805)966-5802 to attend

**Class: Jan 9-30 (Thu) 5:30-9:30pm**

**Clinic: Feb 6 (Thu) 5:45-8:45pm**

**Reg Fee \$28 Tuition \$280**



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(805) 966-5802

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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)

"As I was driving away from my session, the sensation of a cold bar in my foot began to subside into this feeling of dissolving and I realized my bone spur had dissolved. The cold bar sensation pushing up through the heel of my foot is gone! Before the session, I felt like my heel was on a marble. I now have a relaxed sense that my heel and all the receptors in my foot are fully contacting my shoe. Everything in my foot has changed. I used the Access Energy clearing statements during the session and I just dissolved my spur. I am walking completely differently. I have no pain." -**Vanessa Kay, SBBTI clinic client**

"Throughout the treatment I moved in and out of conscious awareness. While conscious, I was attuned to the energy that was pulsing throughout my body. It felt incredible! When I drifted off to sleep, I saw pulsating waves of light illuminating beyond my physical body." -**Kara Powis, SBBTI clinic client**

"It felt very spiritual to me when I had the treatment-like waves of high vibration flooding through my system, and I kept hearing a choir of angels singing... Interesting experience...." **Petra Deker, SBBTI clinic client**

"I really loves the Access Energy work - I feel that this goes along with what I have been getting about the release work that allows us to raise our vibration frequency and be more fully the glorious unlimited beings that we are." -**Cat Weeks, SBBTI clinic client**

"It's extremely relaxing and energizing. Every Access Energy session is different. The most intense one that I've had was my body relaxing and my heart was really pumping and my mind was having several short dreams at the same time. At the end of the session my body and mind were very relaxed and rested." -**Hector Vejar, SBBTI 1000 hr student**

"Access Energy had a really beneficial impact. I lowered my stress levels, became more conscious of someone else's energy- perceiving the good energy around me. That ability to perceive energy in the people around me really changed. I work with a lot of people around me (I'm the purchasing agent at the Lazy Acres). It's always stressful- but the Access Energy really helped me to relax. It is a marvelous thing!" -**Angel Ortiz, 250 hour student, commenting on his experience receiving Bars**

"My OCD stuff started to drop away after my first Access Energy session last August. I used to have all these rituals that I would do each day. I had OCD really bad. I let the rituals take over my day. When I got the session I wasn't even thinking I'm here to let go of my OCD, they just started to fall away. I got my job here at BTI the very next day. Access Energy allowed me to make room to do what I had to do. I didn't even realize until now that that was when it all started to change. I had been seeing a therapist for 14 years. We tried a lot of different things and medications to help me get over the OCD. Nothing ever worked. Recently my therapist asked about my OCD and I said 'Oh, I don't have time for that'. Now that I am reflecting on what occurred, I realize I made the shift with my Access Energy session." -**Melissa Franco, SBBTI 1000hr graduate, SBBTI clinic supervisor, in private practice as a Holistic Health Practitioner**

"After getting my Bars run I am able to sleep through the night now. I didn't have to think about it - it just took care of itself. I have had very vivid strong nightmares- some chasing me, others where I am being killed for several years two to three nights per week. It's been horrible. I would sit up in bed screaming afterwards. Now my sleep is very restful, my dreams are now peaceful. I sleep through the night. Is amazing what can be achieved without having to pop pills." -**ElenaArguello, SBBTI 550hr grad**

"Ever since I started working on my fiancé with Access Energy, I noticed that his lifestyle choices have changed. I haven't had to push him or argue with him- they've just fallen by the wayside. He hasn't needed to smoke or drink, as he used to- he's just let them go. I've given him Access Energy sessions a couple times a month since February. After work, I set up the massage table. We'd have dinner and then I'll work on him before bed. It's a really nice transition we are both so relaxed from the giving and receiving." -**Elena Arguello, SBBTI 550 hr grad**

"After receiving Bars my anxiety eased. The relief in my body was immediate and allowed me to be more present. I began to sleep without medication. After each Bars session, I slept well and had more energy in the day. I would get so much more done in a day. The mood swings, heart palpitations and acid reflux eased as well. Prior to my cancer surgery I would have intense PMS. My husband would "run my Bars" and I would have relief mentally and physically. Over the years, I have shed 200 lbs without dieting and went from being confined to a wheelchair to being physically active- walking, gardening, and even dancing." -**Audrey Lynette, Access Energy Facilitator**

"When the details of life seem like too much, Bars help me stay at the top of my game. Using Bars gives me a sense of ease. Exchanging Bars has been a weekly practice for me for the last six years. All kinds of things have shifted for me: the quality of my communication has improved and I am now able to embrace things that were difficult for me to deal with before and can accomplish them with ease." -**Sagar Fauchaux, Access Energy Facilitator**

"My skepticism was conquered in a recent Access clinic. I'm used to feeling waves of energy and color when I receive energy work. Instead, I didn't feel anything during my Access session, but later that day I felt the best I have felt in my two weeks of chronic cold. I felt clear headed and energetic. It was a marked difference." -**Gael Ashwood, SBBTI office manager, registrar and bookkeeper**

"Two years ago my car got hit in the rear, cracking the start-up battery. It took a few days for the battery to run down, meanwhile the car continued to run. On the morning of attending MTVSS training, I couldn't start the car. I got a jumpstart that got me to the training. At the end of the day, the battery was drained again. While an adult was going to get his jumper cables, I turned to my favorite twelve year old in the class and asked him if he would like to do a little MTVSS on the battery. The twelve year old was a natural at MTVSS and had healthy appetite for being challenged. He agreed, put his hands over the battery and focused his intent into the battery. A minute later, the car started and I was on my way. I dropped off the car at 101 Collision and learned the next day that the battery and car was totaled, with lots of acid leaking from the cracked battery.

Having been in the milieu of energy work for several decades, in my capacity as body worker and Director at BTI, it was a really cool to see the metaphor of jump starting a battery with energy work-

one that I have used 100's of times in the classroom- demonstrated literally by my favorite twelve year old. Getting a jump start is literally what I experience when I give or receive an MTVSS session. It's a bodywork frequency that feels exceptionally good in my body." -**Katie Mickey, SBBTI Director**

"Learning massage and Access Energy has taught me to listen to what my body needs nutrient-wise. I can now adequately fuel my muscles to supply energy I need for my run. I've been able to run harder and longer. In receiving bodywork twice each week in class I've relaxed my muscles so I'm not sore anymore. The most profound thing that's happened to me from receiving and giving bodywork is that I no longer have lower abdomen pain. I've tried everything, including doctors, to relieve that and nothing was helpful. I'm now able to go the distance and run harder and longer without the pain." -**Rebecca Kurta, 550 hr grad, Santa Barbara Marathoner**

"Receiving in the Access Energy Clinic blew my mind. I have been practicing meditation for a year and the quiet that I experienced after my one hour session was similar to what I experience after several days of a Zen meditation retreat." -**Beau Wilding, SBBTI clinic client**

"Giving Access Energy to Laurie in class was an amazing experience. The energy kept building and building between us and my hands were literally shaking. I absolutely loved the work. I have been telling everyone, my husband, my friends...you have got to experience Access Energy!" -**Rebecca Kurta, 550 hr graduate**

"It was amazing to let things go and feel energized at the same time-like I wanted to run, jump, skip and dance. I have felt really different since the class. I have slept the entire night soundly and I am fully awake in the morning." -**Laurie McCarthy, SBBTI 550 grad**

"The class was really powerful and I am glad I took it. It helped me get to some deeper layers and emotions for my spiritual growth. A lot of anger came up for me that I'd been harboring and thought I'd dealt with in other types of therapy. It came up in a gentle way and now I have a greater awareness of what I need to work on. The techniques is so easy to administer and while giving I felt benefit being the conduit for facilitating healing as well as the one receiving." -**Erica Winston, Access Energy student, Massage Therapist, 800 hour graduate, Med Vance Institute Educating Hands**