



A QUICK GUIDE TO START USING THE TOOLS OF ACCESS CONSCIOUSNESS

BY THE ACCESS CONSCIOUSNESS TEAM

When people first start out with the tools of Access, they often try to use the tools, the questions and the clearing statement (Poc & Pod) as an answer to their problems or as a weapon against all the things they think are wrong or negative in their lives. For most of us, creating change means getting rid of the things we don't want and don't like.

However, the target of Access Consciousness is **oneness** – where everything is included and nothing is judged. This means all the “bad” and “negative” things too. By wanting to get rid of something, you are refusing the awareness and possibility that could be available from looking at it with allowance. It is only from the space of allowance (no judgment) that change can actually occur.

Of course, it takes some practice to get into allowance, which is why we have all these tools and questions for you to use.

Tool #1: HEAVY AND LIGHT

This is a simple tool to use that can show you what is true for you and give you

some awareness of your infinite knowing. **That which is true will feel light and that which feels heavy is a lie.**

When something feels light there is a sense of space, possibility and expansion; when something feels heavy, there is a sense of finality, conclusion and contraction. Use this tool with every question you ask. It sometimes doesn't make logical sense and that's OK. Don't try to figure it out. Play with this tool and learn to trust the energy. This is a video clip of Dain talking about this tool and how to use it: <http://vimeo.com/31498004>

Tool #2: WHO DOES THIS BELONG TO?

A key concept to get is that 98% of your thoughts, feelings and emotions don't belong to you. Asking "**Who does it belong to?**" for every thought, feeling, emotion and sensation you have, every time you have it, for 3 days will show you this to be true. This is an awesome tool and the first one to use in every situation.

Here is a short video about using this tool:

<http://www.youtube.com/watch?v=zbQfLTvmn30&feature=youtu.be>

When you ask *Who does it belong to?* and it feels light, it means it isn't yours. Return it to sender!

However, don't ask *Who does it belong to?* from a place of wanting to get rid of something because if you have that energy there when you ask the question, you have already bought it as yours. In that case, run this clearing:

Everything I have bought as mine that isn't and everything I have locked into my body and everything I have created based on it, I destroy and uncreate it all. Right and wrong, good and bad, POD & POC, all 9 shorts boys and beyonds.

(What are all those weird words? That is called the Access Consciousness™ Clearing Statement. You can read more about it here:

<http://drdainheer.com/free-stuff/the-clearing-statement>)

Tool #3: MAKING IT INFINITE

Take all that energy, all those feelings of negativity, and expand out and make it all bigger than the universe. What happens when you do that is that you put space into the situation.

It's like taking a deep breath, stepping away from it and looking at what is occurring from a distance. When you do that, your body will feel more peaceful and all the lies that are sticking you will disappear. When you make something infinite, you can see what is true and you will know what questions to ask to change something. This is a video clip of Dain explaining this tool and how to use it. <http://www.youtube.com/watch?v=Wbul1RAPya4&feature=related>

Tool #4: INTERESTING POINT OF VIEW

This is the key to freedom if you can do it. It is how to get to total allowance. Here is a video clip of Dain explaining how to use this tool... Enjoy!

<http://www.youtube.com/drdainheer#p/c/E5FEF6B0DF20056E/18/F-0uVyohLmc>