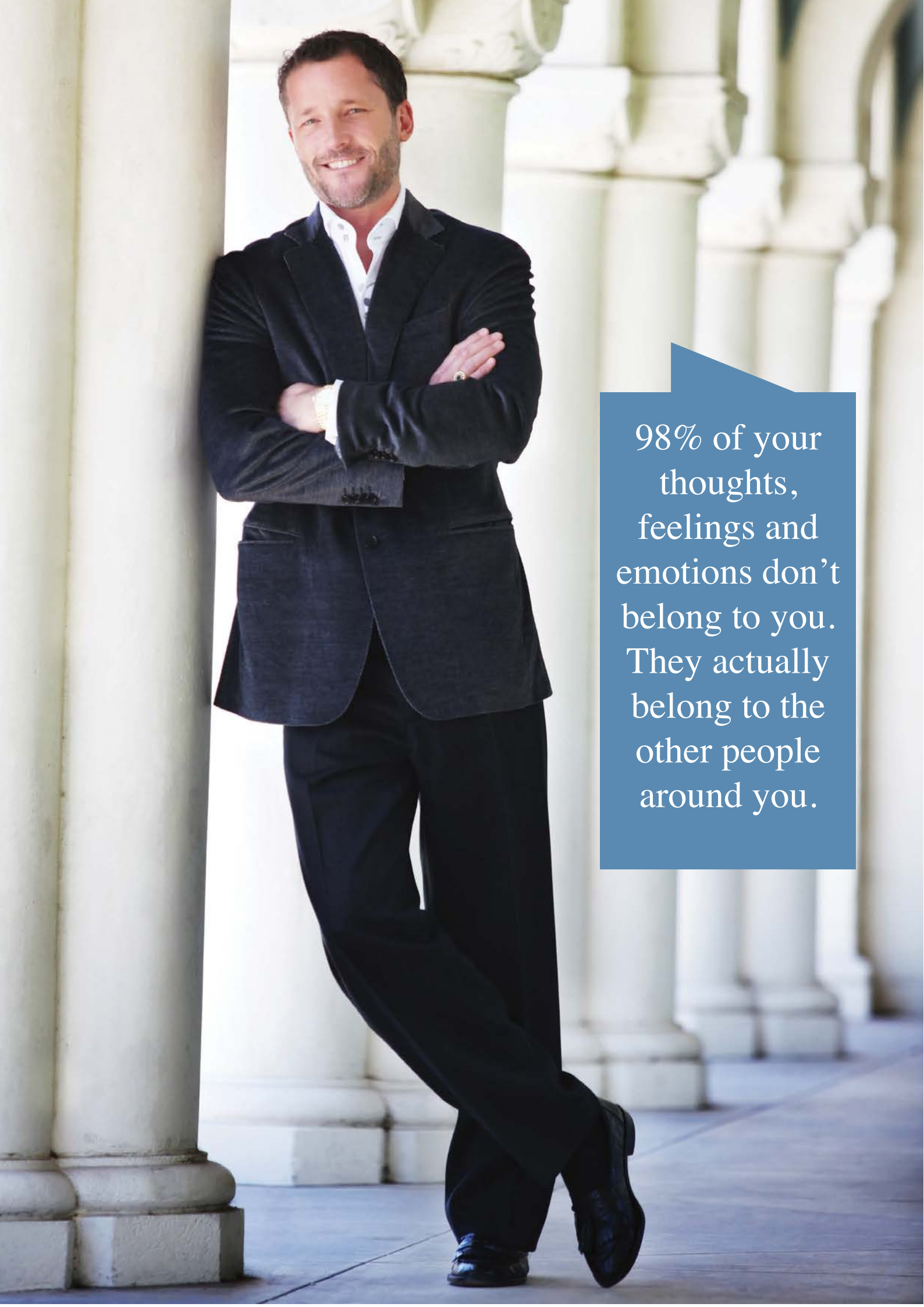




Access Your Consciousness.

Where everything exist,
and nothing is judged.



98% of your thoughts, feelings and emotions don't belong to you. They actually belong to the other people around you.

Dr. Dain Heer
Changing the world just
by being him.

Author of “Being You, Changing the World” enlightens ML readers offering practical and empowering tools to create positive change. Once a Chiropractor, Dr. Heer now spends most of this time speaking and inspiring others to live a life with ease and create the things they want.

ML: What are you referring to when you speak of consciousness?

DAIN: Most people talk about consciousness but they have no idea what it is. From my point of view, and from the Access Consciousness point, it's where “everything exist, and nothing is judged.” If you could imagine everything about you, even all the things that you thought were wrong and bad, if that could exist without judgement, what other possibilities would there be in the world?

In that, you get to have this place where you get to be all of you and anybody else can be all of them, there's no need to make them wrong for what they're choosing. If we were to get that, we would have so many more possibilities open up in our lives and in our world because what most people do is limit their entire life based on judging themselves. And most people don't even know they're judging themselves. Let's put it this way, if you're unhappy, if you're feeling heavy or feeling wrong, or not enough, you're in judgement of you.

ML: How long have you been doing this for?

DAIN: For the last 12 years. Before that I was a chiropractor. Little before chiropractic school I was introduced to more of a spiritual way of looking at the world and it made so much sense to me because what they were talking about was stuff and other possibilities available. When everybody else was studying for finals, I was at a seminar. I got to a place 12 years ago where I had tried so many things to change my life. I was still waking up depressed and unhappy, I still struggled with money. I lived in paradise - Santa Barbara California. Everybody else called it “paradise.”

I had what looked like the perfect life outside, literally I was dying inside. I was waking up depressed and unhappy. I had all the beautiful things I was suppose to have, the beautiful girl, I was a doctor, I lived in paradise and the only thing I kept struggling with was money. And I woke up one day and I went “Universe, you got six months, either my life changes or I'm killing myself.” I don't care which it is, and I truly didn't. I was just as happy to be gone as I was as happy to be here and have things change.

A week later I saw an ad in the paper and it says “Access all of life's joy with ease and glory.” I'm not going to tell you the one finger expression that I did. But I learned long before that if you love something or hate it there's something there for you. So I called the girl and I said, “What do you do?”

“We do all kind of things.”

“What's the effect?” I asked.

“At worse, you'll feel like you've had a good massage, at best your life will change,” she replied.

What did I ask for two weeks before that? For my “whole life to change.”

I went and had a one hour session, and the girl was right.

Literally I laughed on this table, there's a real simple process of touching these points on the head, and it was weird but I didn't care. I've done a lot of weird stuff. And I was at the end of my rope, it wasn't actually that weird now that I think about, I was lying down on a massage table and having someone touch my head. The entire time that I was laying on the table, I giggled like a little kid. It was the first sense of peace I've had in almost three years.

And it was the first time I remember knowing, everything is okay - everything always had been and everything always would be. And I never contemplated killing myself again.

If you can look at any area of your life that you want different - what if there's a way to change it?

The thing I love about it is there's a way to change it. From my point of view, if you're not waking up and in a place of joy, a place of peace and you know that you can create the change or the things you want to create in life, it's time to change it. There's more available, let's have it now.

YOU'RE A BIG PSYCHIC RADIO RECEIVER

DAIN: I took one tool and I instigated it, and I urge people to use it. If you use it, it will start changing your world and it's really simple. Because it's so simple most people won't ever do it, they think “it's too easy.” Another thing that I found is that 98% of your thoughts, feelings and emotions don't belong to you.

They actually belong to the other people around you. You're just picking them up like a big psychic radio receiver. And if you'll ask these words, “who does this belong to?” to any thought, any feeling, any emotion, and judgement. Anytime you're feeling heavy, unhappy, depressed, wrong, sad - if it lightens up at all, it's not yours. You just perceive it from somewhere.

Literally, if 98% of the crap in your head wasn't there, how would your life be?

This work that I do has two aspects to it, one of which is the practical aspect of being able to have all of us wake up, be happy, and know that there are other possibilities available and create what we want. Because I figure if enough of us get there, then we'll change the face of the world. Right now, so many people are walking around with this unhappiness feeling like they can't change whatever it is, most people don't even want to acknowledge it.

It's time for us to have the tools to create the reality that is different, that we've desired for so long, and not let the status quo be the only thing that it is. Let's look for something else, let's find the tools to create it, and demand that it become our reality. If enough of us do, we will truly change what goes on here.

ML: How do you create a shift in a guy who wants to have a girlfriend?

DAIN: I would ask, is that what they truly desire? If they're not creating the relationship they say they want, it's because for some reason they don't necessarily desire it. The statistics are that 90% of people would rather have a bad relationship, than no relationship. But there's certain people that's gotten to the place where in their world they truly don't desire a relationship because they don't want to give up any part of themselves. This sort of makes sense because people divorce a huge part of them in a relationship. Or they've had a bad experience and they don't want to repeat that bad experience. I would say, "Do you truly desire to create this relationship?"

A question always empowers. An answer always disempowers. What most people are doing is that they're headed in that direction. Whenever you make a conclusion about something, nothing that doesn't match that conclusion can show up in your world. So for the person that is searching for the relationship and can't find one, you want to ask, "How many conclusions, how many decisions, and how many judgments do I have creating this?" And

the choices we made in the past, choices that we don't even remember making for the most part. This allows you to get to even those choices, without visualisation, without the years of therapy, you just say "POD and POC all that." The long form of that statement is "Right and Wrong, Good and Bad, POD and POC, All 9, Shorts, Boys and Beyonds." If you were to do this every day about a particular thing, within about three days to three weeks, you'd have a door open because you've just gotten out of your way energetically and allowed a different possibility to show up.

ML: What are three tips people can do to create change in their lives?

DAIN: The first one is please ask, "Who does this belong to?" to every thought, feeling and emotion, judgement, trauma and drama you have for three days, if it lightens up at all, it's not yours – return it to sender. And you will get lighter; you'll walk around wherever it is you live with a sense of space.

The second one is begin to ask, "How does it get any better than this?" whenever something good happens, or whenever something bad happens.

It's time for us to have the tools to create the reality that is different, that we've desired for so long, and not let the status quo be the only thing that it is.

then ask, "Will I now destroy and un-create it?" In other words, "Will I let it go?"

Most people think that the quality of their conclusion determines the quality of their life but that's not true. Your conclusion always leads to less, because nothing that doesn't match your conclusion can show up. So let's start asking wonderful open ended questions so we can actually have a better quality of life.

If you don't have something now, that you desire, there must be something in the way. Otherwise you'd already have it.

CREATING THE SHIFTS YOU WANT

DAIN: There's a clearing statement. It's basically when you can ask for anything, like if you think of a woman who's been looking for her soul mate for five years - that's got an energy to it. With this clearing statement, what you can do is start un-doing and whittling away at that energy so it doesn't come up anymore. Now she has the space to find what she's looking for. So what I would do in that case, I would say "Everything that gets in the way of me having this particular thing that I desire, I now destroy and uncreate it, POD and POC all that," which means I'm undoing what I got in my own way.

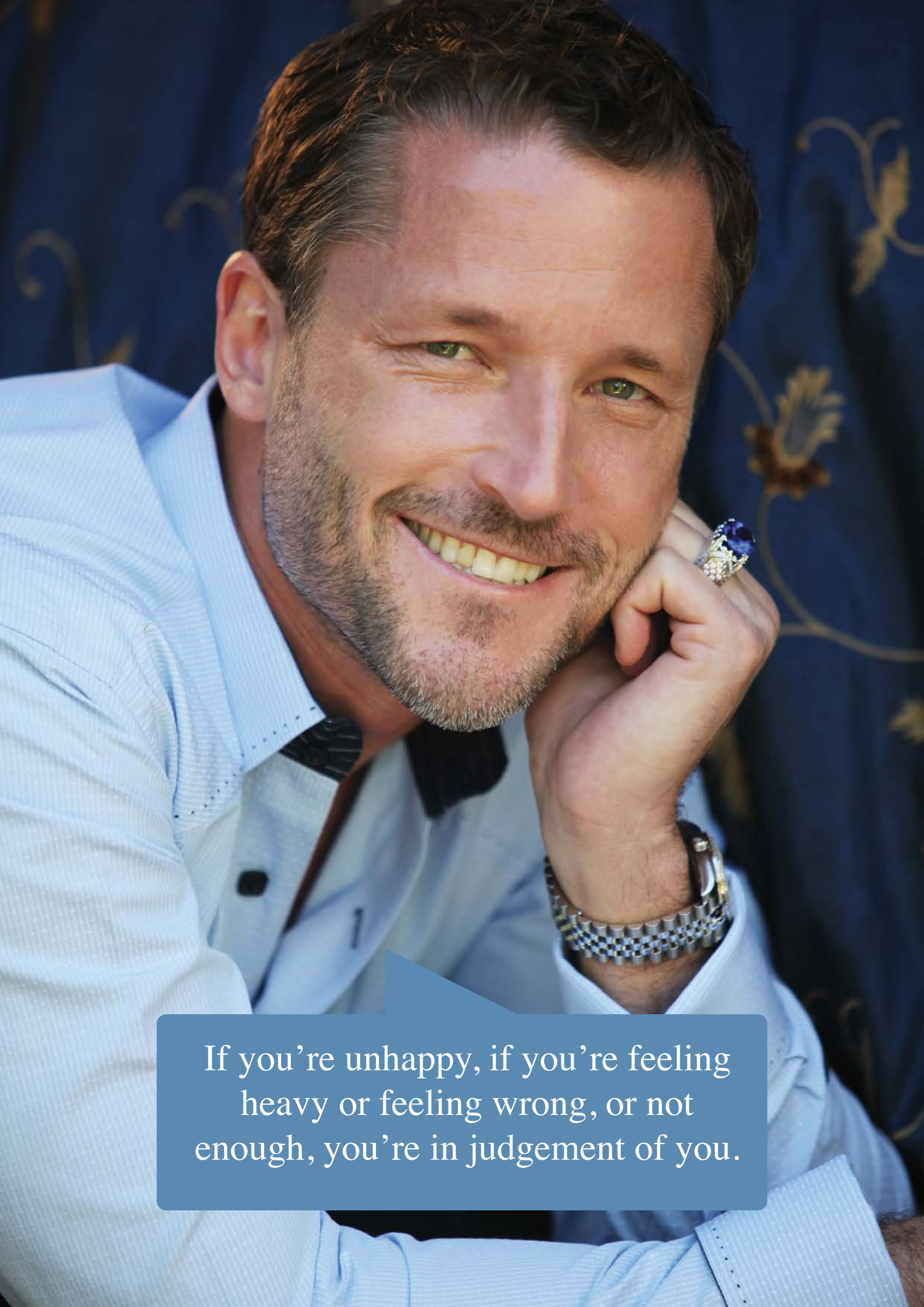
POC stands for the "Point of Creation" of the thoughts, the feelings, and the emotions immediately preceding your decision to lock this stupid thing in the first place, and to let it go. You're basically asking the consciousness of you, the energy that you are, to go back in time and undo your insanity. Because what is limiting most of us right now is

Thirdly, is a tool that will allow you to change the update and intrigue of any situation, and here's how it works. Take any upset that you've had that's still in your world, get the energy of it and just say these words, "Interesting point of view, I have this point of view."

Notice the energy usually shifts and changes. For most people between 3-15 times, the energy is totally changed. Even with a major upset that you've had with somebody that's just keeps coming back and eating at you. This is one dynamic tool for changing it where it just dissipates. And the reason is, when you're functioning from "interesting point of view" you're in total allowance. You're not aligning an agreement, you're not making something right - which is the positive polarity; you're not resisting or reacting or making it wrong - which is the negative polarity. You're actually like the rock in the stream, and all these thoughts and these feelings, and emotions come at you and they just go around you. You can be there with anything, when you have it as an interesting point of view, you don't get swallowed up by this stream, and you don't get taken away.

ML: What can we do to develop our own consciousness?

DAIN: Start asking questions instead of coming to conclusions. For example, say you get a really big bill, start asking "what else is possible here? What's it going to take to change this? What's right about this that I'm not getting?" So for every situation that you think is an upset, instead of getting upset, ask a question first. **ML**



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