

A photograph of Gary Douglas, an older man with grey hair, smiling and standing with his hands on his hips next to a classic convertible car. The image is darkened to serve as a background for the text.

GARY DOUGLAS

on Not Using
His "Gut" and
Still Getting
It All

If nothing else, author and entrepreneur Gary Douglas is a testament to the power of tenacity. After multiple career changes that lead nowhere and losing it all – bankruptcy! – four separate times, Gary finally had an epiphany twenty years ago, at age fifty: He needed to change his attitude.



It was the mindset choice that led to the creation of his extremely successful business that is changing the lives of tens of thousands of people worldwide: Access

Consciousness®.

However, Gary's entrepreneurial yearnings started much further back:

"I grew up in 'White Bread,' USA," says Gary. And while Gary Douglas likens his middle-class upbringing to something you'd see in an early 1960s sitcom, he realized at a young age that he wanted something more. "I had one relative who had money," shares Gary. "And when I went to her house, she had fine China, she had sterling flatware, she had crystal glasses, and she listened to opera. My dad thought it was just ridiculous. My mother thought she was ostentatious. And I thought that looked like fun... I just knew I had to have more." And "more" is exactly what Gary has been seeking, creating and getting ever since.

"I started to create a different reality," he shares, and has done it by consciously choosing what he wants as well as believing that "the universe has got his back" when it comes to achieving it and receiving what he is asking for.

Sound like a pipe dream? Gary claims that everyone can do it: "Start out by looking at the things you want to have in your life."

However, Gary Douglas is not a fan of goal-setting. As a man who looks for the "true" definition of words – taking his term meanings from dictionaries written pre-1940s – Gary claims, "Whenever you make a goal, you jail yourself." (As the "real" meaning of the word goal is "jail").

But if Access Consciousness isn't targeted toward more intuitive goal-setting, what exactly is it? Gary says:

“The purpose of Access [Consciousness] is to empower people to know that they know, and the change you're seeking. For example, when you have points of view that you bought – often times from other people, is it really your point of view? No. But are you living by it? Yeah. And that's the thing that's gotta change. So Access [Consciousness] is a set of tools and techniques to get out of what you decided something is so you can choose something different.”



One of those tools is Access Consciousness' semi-famous “clearing statement,” a phrase that can be used to shift stuck energies when faced with a life choice: “Right and wrong. Good and bad. POD and POC. All nine. Shorts. Boys. And Beyond.”

If that sounds strange, feel free to check out a more in-depth explanation by Gary Douglas' right-hand-man and co-creator of Access Consciousness, Dr. Dain Heer, on the official Access Consciousness website. In the meantime, Gary told us that the Clearing Statement is what “makes it possible to go from reaction to action.” Which is a good thing considering that “living is an action not a completion.” And completion might not

always come when or how you'd expect it.

But even after asking all the right questions of your inner self – even after saying the Clearing Statement aloud – what does it take to make the correct choice? To gain access to the perfect possibility?

“Some people call it ‘gut’,” says Gary. “I consider it the innate capacity of awareness that we all have that we all try to learn to shut off.”

Or, to put it more simply: Choose what feels best for you.

“What if the purpose of life is to have fun? Because that's what's going to heal the earth,” concludes Gary.

