

Instructions: Emotional Freedom (EF) Vial Technique 1

- 1.1 Put this Emotional Freedom (EF) vial on your chest (near thymus).

When this EF vial is near your thymus then it's in the center of your energy field. This EF vial can be placed on your skin near your thymus. Also, you can wear clothing (shirts, sweaters) and place this EF vial on top of your clothing, near your thymus. This EF vial works best when it is in the center of your energy field.

- 1.2 Lay your left hand flat across this EF vial.

This could be the palm of your left hand or your left hand fingers and this means your left hand (receiving hand) is touching up to 50% of the vial. *Do not* make a closed fist around the vial, because this will hide the vial's energy from your body.

- 1.3 Verbally say or mentally say a **maximum of 4 EF files**.

Refer to the established EF File list, say a "file name" or a "keyword" (part of a file name).

Example of 4 EF filenames:

"Headaches"

"Weight Issues"

"Inner Child"

"Inner Light"

- 1.4 "Run" the EF vial.

Recapping above, we have:

EF vial is near your thymus, see Step 1.1

Left hand is flat across this EF vial, see Step 1.2

You have said a maximum of 4 EF Files, see Step 1.3

"Running" the EF vial includes 4 steps:

- a) Put your right hand (sending hand) over your left hand (receiving hand)
- b) Close your eyes
- c) Take 10 (ten) deep breaths
- d) While breathing deeply, close your eyes and concentrate on this breathing sensation

Taking deep breaths increases the energy flow in your body, thus intensifying the vial's effect.

- 1.5 The end or, if desired back to Step 1 and repeat.

Notes:

- a) As long as the vial is never opened or broken, **even if the water evaporates**, it can be used indefinitely.
- b) See EF Techniques 2 & 3 at <http://www.aboutef.ehdef.com> for different ways to use the vial.

