

## Instructions: Emotional Freedom (EF) Vial Technique 2

2.1 With two fingers tap the eyebrow (Point 1 on diagram, either side) while verbally or mentally saying a **maximum of 4 file names or keywords** (100+ files to choose from, see the established EF File list).

2.2 Place your index fingers under both eyes (Point 3 on diagram).

2.3 Close your eyes and say "*issues at hand*" (or anything that in your mind connects you to the topics you have just "tapped in").

2.4 Look for a number between 0 and 10.

0 = you totally agree with the statement, it causes no distress;

10 = intense or very high level of distress.

This gets you in touch with your subconscious mind.

2.5 Open your eyes.

2.6 Place this EF vial on your chest (near thymus).

2.7 Lay your left hand flat across the vial.

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

2.8 "Run" the vial.

"Running" the EF vial includes breathing and continuing from above, this means:

a) Put your right hand (sending hand) over your left hand (receiving hand)

b) Close your eyes

c) Take \_ deep breaths as determined in Step 2.4 (minimum 4 breaths)

d) While breathing deeply, close your eyes (no specific thoughts to think)

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

2.9 Open your eyes, remove this vial from thymus area, and repeat Steps 2.2 to 2.4.

2.10 If the number in Step 2.4 is not 0 to 2, then repeat Steps 2.5 to 2.8.

If you do not see a number (feel a number or a number doesn't come to mind) or if you cannot get the number to go below 1 or 2, then your body is probably looking for you to clear additional topics. Consider running additional files or addressing other topics. Once you get a zero on a topic, then other topics you were addressing will probably also turn to zero for you.

Examples for running this EF vial, say:

"*Accidents, Injuries and Pain*" tap-tap-tap (EF file name)

"*Arthritis*" tap-tap-tap (this uses an EF keyword, not the full file name)

"*Inner Child*"

"*Inner Light*"

2.9 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 1 & 3 at <http://www.aboutef.ehdef.com> for different ways to use the vial.

