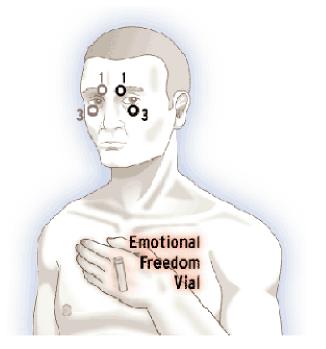
## Instructions: Emotional Freedom (EF) Vial Technique 2

- 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 <u>http://www.aboutef.ehdef.com</u> for different ways to use the vial.