

## Descriptions & File Names: Emotional Freedom (EF) Vial

SUPERcharge EFT with this EF vial: Gary Craig the founder of EFT (Emotional Freedom Techniques) has said many times, "*We are on the ground floor of the healing high-rise.*" Well ladies and gentlemen the second floor of the healing high-rise is NOW here! Discover how you can SUPERcharge EFT with this EF vial:

Standard EF vial



Pendant EF vial



<http://www.efvial.ehdef.com>

Below are many file names linked to your EF (Emotional Freedom) vial. Each file contains positive affirmations. These affirmations are "run" through your EF vial to help you remove energy blocks, which can cause emotional distress and physical issues. Your EF vial helps in opening up your body's communication system to help your body heal itself.

### Instructions:

1. Place Emotional Freedom (EF) vial on your chest (near thymus).
2. Lay your left hand flat across the vial.
3. Say a **maximum of 4 files** (say the file name or a keyword in the file name).
4. Place right hand over left hand, close eyes and take 4 to 10 breaths (in and out).

For those who are unable to follow instructions, like infants, children, or pets:

1. Place EF vial on their chest (near thymus).
2. Say a **maximum of 4 files** for them (say the file name or a keyword in the file name).
3. Keep EF vial on their chest for at least 40 seconds.

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**Do not open the Emotional Freedom vial. Once opened the energy escapes and the vial becomes inert. As long as the vial is never opened, even if the water evaporates, the energy remains within the vial and available to work for you.**

**Important Notice:** Although the Emotional Freedom vial has produced anecdotal results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. While its developer, Kat Miller, is a certified Total Body Modification and Natural Healing practitioner, she is not a licensed medical doctor. This vial was developed simply as a tool to help clear blocks in the body's energy, allowing the body to return itself to health. If you have a medical condition, please consult your physician or qualified health care provider.

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**Abdomen**

This file helps to deal with issues/problems in the abdomen, including abdominal organs, pains, etc.

This Abdomen file contains over 57 affirmations, and below are 3 samples:

Even though I have this pain in my gut, I accept myself.

Even though I have this pain in my gut, I deeply and completely love and accept myself.

Even though I have this gut pain I can take a great deal of pleasure in just the freedom to be able to acknowledge this.

**Abundance, Success, Financial Freedom and Goal Setting**

This file helps remove energy blocks and emotions keeping you from achieving success, financial freedom and abundance. Also use this file for helping you to open up to the goals you want to achieve, and to find the goals that you want to set. If you have a goal you wish to set, state it when running this file. If you do not know specifics of the goal, tapping this file will help to bring focus to you. *See also [Creation Box for ideas on supercharging Goal Setting](#).*

Examples for [Goal Setting](#), say:

"[Goal Setting](#)" "*get a new job*"

"[Goal Setting](#)" "*qualify for the tournament*"

"[Goal Setting](#)" "*family reunion at my place*"

*Regardless of how many Goals you work on at one time, they count as one (1) file, and you can still do three (3) more files, for a total of four (4) files, before "running" the vial.*

**Accidents, Injuries and Pain**

This file helps to deal with pains from accidents and injuries, as well as pain of unknown origin. It also helps deal with forgiving yourself for injuries and releasing the emotions that tend to make one accident prone.

**Acknowledge, Accept, Allow and Grow**

This file helps you to acknowledge what is going on around you (good or bad), address, accept, and allow it. This can be a very useful file for one who feels the need to be in control of others around them, and has been unwilling to allow them to be as they choose to be. It also is for helping you to allow yourself to have the things you want in life. It is to help you grow beyond your current limitations and allow yourself and others just to be.

**Acne, Rashes, Burns and Skin Problems**

This file is for help in work with all kinds of skin problems. You may also want to use the [Bladder, Kidney and Urinary Issues](#) file if you have problems with dry skin, as the *kidneys are responsible for water and dry skin is a water issue*.

**ADHD, Dyslexia and Enhanced Learning**

This file helps to deal with Attention Deficit Hyperactivity Disorder (as well as Attention Deficit Disorder), behavioral problems and learning issues. It also deals with helping to increase learning abilities, including reading comprehension and retention, so it is not just for those with learning problems.

## Alcohol and Addiction

This file helps in dealing with all kinds of addictions, including alcohol, sexual, drug, food, etc. Call out the file name and addiction (if other than alcohol).

Examples, say:

"Addiction" "sweets"

"Addiction" "chocolate"

"Addiction" "TV show at 5 PM"

*Regardless of how many addictions you say at one time, it all counts as one (1) file and, you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

## Allergies, Cancer and Terminal Illnesses

This file works with these seemingly unconnected issues, but a lot of the emotional roots are the same. If there are foods you really dislike, there's a good chance you have an allergy to those foods. Same with feeling addicted to a food – it could be an allergy to that food. Of note, **Allergies** can be run on a broad category (dairy, nuts), but may also need to be done on some of the specific foods (butter, chicken).

You can work with specific allergies, say:

"Allergies" "eggs" (Replace "eggs" with the allergy you wish to clear.)

"Allergies" "dairy" (Replace "dairy" with the allergy you wish to clear.)

"Allergies" "plastic"

"Allergies" "peanut butter"

*Regardless of how many allergies you work on at one time, they count as one (1) file, and you can still do three (3) more files, for a total of four (4) files, before "running" the vial.*

If you still seem to be having problems with an allergy after running this file, try running the file with **Reversals**:

"Reversals" "Allergies" "eggs"

"Reversals" "Allergies" "wheat"

"Reversals" "Allergies" "pollen"

"Reversals" "Allergies" "almonds"

"Reversals" "Allergies" "perfume"

*Regardless of how many reversals you work on at one time, they count as one (1) file, and you can still do three (3) more files, for a total of four (4) files, before "running" the vial.*

*Regarding the above nine (9) topic example, we have done two (2) EF files called "Allergies" and "Reversals". You can still do two (2) more files, for a total of four (4) files, before "running" the vial.*

## Alzheimer's, Dementia and Parkinson's

This file helps work with memory loss, tremors, rigidity, impaired balance, and other things relating to the listed conditions and "aging" problems.

**Animal Behavior Issues**

This file helps to get to the bottom of animal behavior issues to help clear them. This file may also be useful for a *person* who has a problem with a particular animal's behavior. *Most pets have been abandoned - abandoned by their Mother, because one clue is that the animal was in an animal shelter.* Do EF vial proxy for animals or put EF vial near animal's chest and call out file. *You can use any and all EF files on animals.*

**Ankylosing Spondylitis, Scoliosis and Other Back Issues**

This file helps when dealing with back problems and pains. *Not drinking enough water and/or eating enough protein may be part of the issue.*

**Aortic Regurgitation/Bicuspid Aortic Valve**

This file works with anomalies in the heart.

**Arthritis, Joint Pain, Inflammation and Swelling**

This file works with joint and bone issues and pain. *Not drinking enough water and/or eating enough protein may be part of the issue.*

**Astrological Imbalances, Karmic Patterns and Bad Luck**

This file helps quell issues brought on by movements of the astrological elements and karmic patterns, including overcoming karmic debt, cause and effect from the past, repentance and forgiveness. It also works to help change bad luck.

**Bladder, Kidney and Urinary Issues**

This file works with bladder, kidney and urinary issues. If you have *dry skin*, it may be a kidney issue.

**Bones, Teeth, Gums and Dental Caries**

This file works with the bones, teeth, dental caries (cavities), and any dental/mouth issues, including gums. Being indecisive can also have an effect on bones and teeth, so other files that may be useful to work with when dealing with bones and teeth include [Information Overload, Decision Making & Improving Insight](#); [Taking Responsibility, Reclaiming Own Power & Releasing Blame](#); and as Saturn rules bones, teeth, joints and old age, [Astrological Imbalances, Karmic Problems & Bad Luck](#).

**Butterfly Effect, Modified Organisms and Fazed Debris**

The butterfly effect refers to sometimes very tiny, seemingly insignificant or unrelated events and circumstances contributing to enormous changes in outcomes. Modified organisms include foods which have been genetically altered, refined foods which have had elements removed and/or added, etc., which are foreign to the body. Fazed debris are elements that may be affecting your health such as dust from meteorites and space particles, as well as other things that your body might be reacting to in your environment such as flotsam and jetsam. This file is to help you deal with daily encounters with the butterfly effect, modified organisms and fazed debris.

**Chakra Balancing and Clearing Aura and Energy Meridian Blocks**

Use this file when you aren't sure what is wrong, you just feel things are not quite right. It is to help work to balance your chakras and clear blocks in your energy meridians. It may be a good idea to follow this file with the [Increasing Energy Flow](#) file.

## Changing Unwanted Behaviors and Habits

Use this file to help break habits and behaviors you don't want to continue with. Say the behavior/habit you wish to change, and if you wish to, replace with another, positive behavior or habit you would like to have. A positive replacement is not required, but can be helpful.

Examples, say:

"*Changing Unwanted Behaviors*" "*eating too many sweets*"

"*Changing Unwanted Behaviors*" "*slumping posture*" "*standing proud and tall*"

"*Changing Unwanted Habits*" "*sleeping late every morning*" "*awakening early with energy and enthusiasm, ready to start my day*"

*Regardless of how many behaviors/habits you work on at one time, they count as one (1) file, and, you can do three (3) more files, for a total of four (4) files, before "running" the vial (in the above examples the second quote is the undesired behavior/habit, for example "sleeping in late" and third quote is the corresponding preferred habit/behavior, for example "awakening early with energy and enthusiasm...", " not file names).*

## Chants, Mantras, Meditations and Prayers

By itself *this single file counts as 4 files* and should be run alone, separate from other files. Use this file to put any Chant, Mantra, Meditation or Prayer you want into your energy field. The default is one round, exactly 108 times. To run this file, say the file name (or part of the file name unique to this file), followed by number of rounds you wish to have run (optional), and number of times you wish the Chant, Mantra, Meditation or Prayer to be repeated per round (optional), then the Chant, Mantra, Meditation or Prayer you wish to run.

Examples say:

"*Chants, Mantras, Meditations & Prayers*" (has minimal benefits as no Chant, Mantra or Prayer is called)

(Run vial)

"*Chants*" "*Creator*"

(runs Chant of the primal vibration from which all creativity flows, defaults to running 108 times)

(Run vial)

"*Mantras*" "*3 rounds*" "*Mantra for wealth*" (runs Mantra for wealth 324 times = 108 times per round x 3 rounds)

(Run vial)

"*Chants, Mantras, Meditations & Prayers*" "*500 rounds*" "*100 times per round*" "*Spiritual Cleansing Prayer*"

(Runs Spiritual Cleansing Prayer 50,000 times = 500 rounds x 100 times per round)

(Run vial)

You can also recite a custom or existing Chant, Mantra, Meditation or Prayer once, then run the vial to have it repeated for you.

For example, say:

"*Mantras*" "*20 rounds*" "*SO-HUM*"

(Runs the Soham Mantra of "SO-HUM" 2160 times = 20 rounds x 108 times per round)

(Run vial)

*Note: In the above examples, the Chants, Mantras, Meditations & Prayers file was run a total of five (5) times. The vial was also run five (5) times. The vial was run after calling each Chant, Mantra or Prayer.*

*For more detailed instructions on doing custom Chants, Mantras and Prayers, and a predefined list of Chants, Mantras and Prayers see <http://www.cmp.ehdef.com>.*

### **Clearing Negative Energy and Improving Self Image**

This file works with negative feelings you have about yourself and others, life, anything, and also works with helping improve your self image. It also helps keep you from feeling and reacting to the negative energies put off by others.

### **Constricted Breathing, Asthma, Cough and Respiratory Issues**

This file deals with breathing issues, including asthma, anxiety, chest feeling tight, shock, impaired lung capacity, etc. It also works with life constrictions such as helping to clear blocks that are holding you back, inhibiting you and narrowing your choices.

### **Correct Self-Destruct, Suicidal Thoughts and Self-Rejection**

Use this file to help release emotions and experiences bringing about self-destructive behaviors and habits, help release suicidal thoughts, and to rejection of self.

### **Creation Box**

Your Creation Box is an "energy box." It's full of the specific things you want - like health, wealth and happiness. It's full of things you are creating and want to have in your life. Embrace the things that thrill you, the things that you give praise to and, the things you really appreciate in your life. Fill your "energy Creation Box" by running this file while: thinking about things, or looking at pictures, or other representations you want to manifest in your life. In addition, to an "energy Creation Box" you can augment (grow, increase) this file by having a "physical Creation Box", like a banker's box with a cover, in which you put pictures, doodles, scribbles, words, brochures, tickets, symbols, images from a magazine, and representations you are wanting to manifest in your life. Watch how the universe unfolds in front of you by orchestrating the ideal rendezvous between yourself and your desires. You can combine the file "[Creation Box](#)" with other files by putting other files into the "Creation Box." In particular I have found that you can combine the file "[Creation Box](#)" with the file "[Goal Setting](#)."

A one topic example, you say:

"[Creation Box](#)" "[Goal Setting](#)" "*I now weigh \_ pounds*" and then you have the option to put something into your "physical Creation Box," then run the vial.

A multiple topic example, you say:

"[Creation Box](#)" "[Goal Setting](#)" "*My life is meaningful*" (and put picture in box)

"[Creation Box](#)" "[Goal Setting](#)" "*Now I have \_ and it feels fabulous*" (and put image in box)

"[Creation Box](#)" "[Goal Setting](#)" "*I now have \$ \_*" (and check written to self in box)

"[Creation Box](#)" "[Goal Setting](#)" "*I create a safe zone, an inner paradigm, to effectively navigate the currents of modern society*" (and put scribbles in box)

"[Creation Box](#)" "[Goal Setting](#)" "*I transform my experience of society by reclaiming ownership of my sense of: validation, meaningfulness, & personal values*" (and put doodles in box)

"[Creation Box](#)" "[Goal Setting](#)" "*I now do delicious things for myself as a means to cultivate more of my time and reflect upon nature's beauty*" (and put image in box)

"[Creation Box](#)" "[Goal Setting](#)" "*Now I am more productive, stronger, healthier physically, psychologically and mentally & this feels fantastic, my life is meaningful*" (and put memo in box)

*So in the above multiple-topic example, we have done one (1) EF file called "Creation Box" with seven (7) different topics. You can still do three (3) more files, for a total of four (4) files, before "running" the vial.*

**Depression, Anger, Stress and Anxiety**

This file addresses the emotions stated and physical states associated.

**Dreams, Positive Spiritual Awakening**

This file is to help deal with dreams and nightmares. It is to help release the emotions causing nightmares, and help you to interpret your dreams. This file is also to help reconnect you with your Inner Being, awaken your spirituality and get in touch with who-you-really-are.

**Eating Disorders**

This file deals with bulimia, anorexia, and other eating disorders.

**Endocrine, Lymphatic and Sensory Problems**

This file works with the endocrine system, including glands like thyroid, parathyroid, thymus, pituitary, adrenals, etc., as well as hormones. It also works with lymphatic system, including the thymus, spleen, tonsils, lymph, lymph nodes, lymphatic vessels, lymphocytes, and bone marrow, and with sensory problems as well.

**Enhancing Meditation, Relaxation and Enlightenment**

Use this file to help increase your ability to visualize, meditate, relax and become more enlightened.

**Environmental Elements**

This file deals with issues related to your environment, including emotional and physical environment.

**Erectile Dysfunction, Premature Ejaculation and Male Problems**

This file deals with male reproductive issues, including problems listed above, male infertility, undescended testicles, etc.

## **Evolving Variations**

Use this file to help create Cognitive Shifts. If you're having difficulty getting results with files directly related to the issues at hand, and you've tried putting the files in the **Reversals** and/or with the **Release** file, use this file to help remove the emotional need to return to the state which brought on the conditions being addressed. This file can be run alone, with another file (or free-form issue) and/or with **Reversals** and/or with **Release**. Also use this file when the problem seems to be shifting, i.e., there was a headache and when that cleared pain in the chest began, and upon clearing that an earache started, etc.

A multiple topic example, say:

"**Evolving Variations**" (run the file alone)

"**Evolving Variations**" "**Headaches**" (put the **Headaches** file into the **Evolving Variations** file because of recurrent headaches)

"**Evolving Variations**" "**Allergies**" "**perfume**" (put the **Allergies** file into the **Evolving Variations** file)

"**Evolving Variations**" "**Reversals**" "**Allergies**" "**perfume**" (put the **Reversals** & **Allergies** files into the **Evolving Variations** file)

"**Evolving Variations**" "**Release**" "**Allergies**" "**perfume**" (put the **Release** & **Allergies** files into the **Evolving Variations** file)

*The above multiple topic example counts as 1 (one) EF file called "Evolving Variations" with 5 (five) different topics. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial. (See Tip 10 at end of document.)*

## **Extremities**

This file works with any problems in the extremities, including the arms, legs, shoulders, hips, hands, feet & joints.

## **Eyes, Vision Correction, Improving Insight and Perception**

Use this file to help clear eye, vision, insight and perception issues. It works with nearsightedness (near objects seen more clearly than distant objects), and farsightedness (distant objects seen more clearly than near objects). Use this file to help night blindness, color blindness and color saturation (how vibrant the colors are and distinguishing similar shades) issues, as well as perceptual problems. It works with many kinds of eye issues. When having difficulty getting good insight into a situation, use this file to help clarify things.

## **Family, Friends and Social Situations**

This file deals with emotions and situations related to family and friends, including relationships with siblings and parents, as well as social situations such as parties, work, etc.

## **Fear and Phobias**

This file deals with all kinds of fears and phobias.

## **Fear of Disease, Hypochondria**

This file deals with a person's fear of catching diseases and illnesses, as well as hypochondria.

## **Fibromyalgia, Chronic Fatigue and Chronic Pain**

This file deals with symptoms and problems relating to fibromyalgia and chronic fatigue, including malaise, decreased energy, body aches, etc.

### **Fixing Electronics, Inanimate Objects and Things**

Use this file when you're frustrated with something that is not working properly for you – your computer, radio, car, etc. It may help you diagnose the problem, or possibly even make the problem disappear on its own. This also may be helpful in cutting down/eliminating spam e-mail, junk mail and unwanted sales calls. One does not need to get complex and confused in their thinking with the vial (or even EFT), as the vial and body recognize what is negative and what is positive by vibration and handles things accordingly, releasing negatives and accepting positives. *Keep it simple – just speak as it comes to you & let the body deal with it.*

Examples for **Fixing Electronics**, say:

"Fixing Electronics" "TV is on the blink"

"Fixing Electronics" "this clock quit working"

"Fixing Electronics" "computer runs smoothly"

Examples for **Fixing Inanimate Objects**, say:

"Fixing Inanimate Objects" "car won't start"

"Fixing Inanimate Objects" "toilet is plugged up"

Examples for **Fixing Things**, say:

"Fixing Things" "I need help"

"Fixing Things" "communications" (you're not being understood or understanding someone)

"Fixing Things" "I am now being heard"

"Fixing Things" "coordinating this event"

*Regardless of how many electronics, inanimate objects and/or things you work on at one time, they count as one (1) file, and, you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

### **Flying, Altitude Changes, Jet Lag and Timing Issues**

This file is to help you adjust for time zone changes and anything else that has your inner clock out of kilter. It also deals with exposures one has when flying (radiation, recirculated air, crossing magnetic lines, etc.) and altitude changes.

### **Frustration, Pessimism, Irritation and Impatience**

This file is to help clear these and similar negative emotions and energy blocks causing problems throughout the body.

### **Gastrointestinal Issues, Nausea, Vomiting and Diarrhea**

Use this file to help deal with any gastrointestinal (digestive) issues you may have.

### **Get Things Done, Increase Focus and Life Transformations**

Is multi-tasking a problem? Do you need to get increased focus on tasks at hand? Do you need to make some major changes in your life? Use this file to help keep you focused on tasks at hand and find your way through life changes.

### **Grass is Greener, Aging and Life**

Use this file for help with aging issues, longing for things to be different and general life issues.

### **Grief, Dying and Acceptance**

This file is for helping people in times when they are touched by death, as well as helping those who are in the transitional stage of death. It also deals with acceptance of life and death, as well as acceptance of people, things, changes, etc., in life.

**Growths and Tumors**

This file is for helping clear issues causing growths and tumors.

**Head, Neck and Brain**

This file is for helping deal with issues in the head, neck and brain.

**Headaches**

This file can be helpful in clearing all types of headaches.

**Health and Wellness**

This file is to affirm your health and wellness. Use it to help attract health and wellness, as well as to maintain health and wellness.

**Heart, Cardiovascular, Circulatory and Blood Disorders**

This file can be helpful in dealing with anything relating to heart, circulation and blood.

**Herpes**

This file works with the emotional undertones and issues associated with herpes to help clear outbreaks.

**Hiatus Hernia, Acid Reflux Disease and Heartburn**

This file addresses dysfunctions of the gastrointestinal (digestive) tract.

**Holidays, Vacations and Stressful Times**

This file is to help ease the stresses of vacations, holidays, family gatherings, and other stressful times.

**Hypersensitivity**

This file addresses hypersensitivities, including your environment, emotions, etc. If you have to limit your exposure to certain things because you begin to feel ill or "yucky" with too much exposure, use this file.

Examples for focusing the file on a specific sensitivity, say:

"Hypersensitivity" "*rap music*"

"Hypersensitivity" "*diesel exhaust*"

"Hypersensitivity" "*mixing proteins*" (bacon and eggs)

"Hypersensitivity" "*work environment*"

"Hypersensitivity" "*Uncle Fred grates on me*"

*Regardless of how many hypersensitivities you work on at one time, they count as one (1) file, and, you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

**I Am...**

This file is purely positive. It reinforces positive things that you are. (Examples from the file: "I am love." "I am light." "I am significant." "I am included.") *A good file to run at the end of every session.*

**I Feel...**

This file is purely positive and uplifting. It helps to bring to you good and positive feelings (Examples from the file: "I feel good." "I feel wonderful." "I feel joy." "I feel peace." "I feel relaxed." "I feel healthy.") *A good file to run at the end of every session.*

**I Love...**

This file is chock-full of "I Love..." affirmations. (Examples from the file: "I love my life." "I love my body." "I love where I my life is taking me.") When you need to feel loved or need to give love, this file can be very helpful. Love is the ultimate positive, so when you are feeling down, disconnected, or any kind of negativity, you may find this file to be very soothing, calming, relaxing and uplifting.

**Immune System**

This file is to help address imbalances in the immune system. *You may want to run this file after visiting sick people, or especially after you spend time (30 minutes) at the hospital or in a courthouse.*

**Improving Writing, Typing, Sales, Sports and Other Skills**

This file was originally created to help improve typing speed and accuracy, but has grown to include enhancing skills needed for sales, sports, anything you wish to improve performance and become more accomplished at.

**Increasing Energy Flow**

This file is to help increase energy flow in general or to a specific area. Itching, numbness or decreased temperature in an area, may mean that your body has withdrawn energy from there.

**Information Overload, Decision Making and Improving Insight**

This file is to help you get a handle on things when there is too much to do, help you prioritize your work, make decisions and improve your insight into problems and dilemmas.

**Inner Child**

This file is used to help in healing the inner child. It addresses emotions relating to situations a child encounters from the time of conception through to the teen years (and some beyond). It can be a very calming and relaxing file. *A good file to run at the end of every session.*

**Inner Light**

This file is purely positive. It is designed to give peace of mind, relaxation and security with yourself, and to help you see your inner light and show it to those around you. This file can have a profoundly calming and relaxing effect. *A good file to run at the end of every session.*

**Insomnia and Other Sleep Disorders**

This file is to help clear the thoughts and different issues that prevent quality sleep, including sleep onset, sleep interruption and shortened sleep cycle. When run other than at the time you intend to sleep, any parts of the file that bring on sleep are delayed until you are ready to sleep.

**Inspiration for Levity, Humor and Lighthearted Fun**

Feeling down, stressed, need a break? Use this file to help release all the worries of the day and bring on a lighthearted feeling of enjoyment.

**Irritable Bowel, Inflammatory Bowel, Crohn's & Other Bowel Problems**

This file is for helping deal with colon and bowel problems.

**Jealousy, Insecurity, Rejection and Feeling Unloved**

This file is to help release the negative emotions listed, as well as other similar emotions.

**Joy, Love, Gratitude, Friendship and Peace**

This purely positive file has only warm positive affirmations to bring a sense of peace and love.

**Labor and Delivery**

This file is to help make labor and delivery easier to deal with (for both mother and baby). It may help with adults who have emotional issues stretching back to birth as well. *Also may be useful for the father-to-be and other family members.*

**Lactation Issues, Parent and Child Relationships**

This file is to help with nursing and nurturing problems. *May be useful for men who did not have a good nurturing relationship as a child with their mothers, or who do not have a good nurturing relationship with their children.*

**Liver, Gallbladder, Pancreas and Spleen**

This file is for helping release emotions causing problems with these and associated organs.

**Lost, Forgotten, Need to Remember and How to Find**

This file is to help find things you've lost, say:

"Lost" "*my keys*"

"Lost" "*my old friend, John*"

"Lost" "*which way do I turn*"

Remember things you have forgotten, say:

"Forgotten" "*what's their name*"

"Forgotten" "*the title of that book I read last week*"

"Forgotten" "*that actor's real name and stage name*"

"Forgotten" "*the instructions for that assignment the teacher gave me*"

Help you remember things you are learning and special events, say:

"Need to Remember" "*my wife's birthday*" (celebration days)

"Need to Remember" "*equations I'm studying*" (help you remember things you are learning)

"Need to Remember" "*party at Mom's on Saturday, get ready at 5:00 pm & party at 6:00 pm*"

And, when you don't know how to find who or what you need, utilize this file, say:

"How to Find" "*the ideal dress*"

"How to Find" "*Grandma's broach*"

"How to Find" "*like-minded people*"

"How to Find" "*a great new salesperson to market my wares*"

*Utilizing any and/or all of the parts of this file counts as one (1) file, and, regardless of how many things you do with this file at one time, it all counts as one (1) file and, you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

**Love Relationships, Intimacy and Honesty**

This file is to help enhance your current love relationship, open you up to and help you find a new love relationship, and/or release and recover from lost love relationships. It also is to help with intimacy issues and to keep the relationship open and honest.

**Medical Buy-In, External Influences and Limiting Views**

This file is to help you release supporting beliefs (buy-in beliefs) that you accept from an external source, like the medical society. Examples: They say: "Your future looks grim." "You'll never walk again." "You can't beat them; they are the champions." "The planets are against you."

**Medical Interference**

This file is to help release anger, frustration and other emotions related to interference felt from the medical society, helping allow you to release them from your experience.

**Medical Trauma and Invasion**

This file is to help release emotions relating to the medical community and anything you or your body has seen as a trauma from them or invasion by them (surgeries, shots, and/or activity restrictions, etc.).

**Menstrual Cramps, PMS, Hormone Issues and Menopause**

This file is to help with all kinds of female issues.

**Mental Illness, Psychological Problems and Disturbances**

This file is to help with psychological and mental problems and disturbances.

**Metabolism Issues, Water, Mineral and Nutrient Utilization**

This file is to help remove energy blocks preventing healthy metabolism, and utilization of water, minerals and nutrients.

**Miscellaneous Annoyances**

This file is to help clear all kinds of miscellaneous annoyances, such as minor itches, twitches, hiccups, uncontrolled burping, flatus (gas), irritating habits of others (help make it so that they don't bother you anymore), etc.

**Molds, Yeasts, Viruses, Parasites and Other Organisms**

This file is to help release and clear the things listed.

**Morning Sickness, Pregnancy, Infertility and Miscarriages**

This file is to help with these issues, releasing emotions that can cause the problems.

**MS, Seizures, Neurological & Neuromuscular Disorders**

This file is to help with these issues, releasing emotions that can cause the problems.

**Muscles, Cramps and Musculoskeletal Issues**

This file is to help release emotions and energy blocks causing muscular problems, cramping and musculoskeletal issues.

**My Core, My Journey, My Destiny, My Protection and Me**

This file is to help connect you with your core, find proper direction in your journey through life, align you with your destiny, set up protection you need, release protection you do not need, and just be you.

**My Own File \_\_\_\_\_**

This file opens up the ability for you to create your own Emotional Freedom files and quickly and easily run them through the Emotional Freedom vial. You can also put standard files linked to the Emotional Freedom vial into your own files (see samples below). Up to 25 files from the Emotional Freedom File List can be added to any one of your own files called by "My Own File." *See also file named [ef\\_my\\_own\\_file.pdf](http://www.abouteffiles.ehdef.com) at <http://www.abouteffiles.ehdef.com> for more information regarding this file and its use.*

To run your own files through the Emotional Freedom vial with this file:

1. Create and name a file with affirmations and/or up to 25 file names from the Emotional Freedom Files List you wish to run through the EF vial.
2. Save that file either on a computer or on paper with the name you have chosen.
3. Call your file with this file.

For example, say:

"My Own File" "*Health Issues*" (where "Health Issues" is the name of a file you have created)

*Each file you call with "My Own File \_\_\_\_\_" counts as 1 (one) EF file. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

*Or you can say up to 4 (four) of your own files utilizing this file, before "running" the vial.*

For example, say:

"My Own File" " <i>Health Issues</i> "	(where "Health Issues" is the name of a file you have created)
"My Own File" " <i>Childhood Traumas</i> "	(where "Childhood Traumas" is the name of a file you have created)
"My Own File" " <i>Sisters</i> "	(where "Sisters" is the name of a file you have created)
"My Own File" " <i>Work</i> "	(where "Work" is the name of a file you have created)

(Run vial)

"My Own File" " <i>Sexual Difficulties</i> "	(where "Sexual Difficulties" is the name of a file you have created)
"My Own File" " <i>Privacy Issues</i> "	(where "Privacy Issues" is the name of a file you have created)
"My Own File" " <i>Possessive Nature</i> "	(where "Possessive Nature" is the name of a file you have created)

(Run vial or say up to 1 [one] more file, then Run vial)

*In the above example 7 (seven) files were run. After saying 4 (four) files, the vial was run, then 3 (three) more files were said and then the vial was run.*

**Negative Emotional Button Deactivation**

Negative emotional buttons are emotionally charged triggers that exist within you. A trigger is an act that sets in motion some course of events. Each button, each trigger is linked to a memory of an unresolved matter, which might be a: fuss, unmet need, disagreement, miscommunication, argument, conflict, rejection, contention, difficulty, resentment, quarrel, hurt, fear, anger, feud, etc., usually related to what our emotional truth was at a younger age. This file is to help deactivate these negative emotional buttons and release the negative reactionary effect and emotions.

**Obsessive Compulsive Disorder (OCD)**

This file is to help with this issue and other similar problems, including excessive worry and concerns, or excess with anything.

## One with Myself

This file is to help stop the war within; the war between the conscious and subconscious minds. It is to help you align your conscious thoughts and goals with your Inner Being.

## Passive Modifications, Remediation and Soothing

This file works with the Law of Similars and miasm. The Law of Similars states that like things produce like things, or that an effect resembles its cause. Miasm is derangement of the vital force of the body. This file takes the vibration of the issue needing resolution, puts it into your energy field, awakening awareness of the problem in your body and allowing your body to heal itself. *See also <http://www.pm.ehdef.com> for more information regarding this file & its use.*

Call this file, then state the problem(s) to be attended. If another Emotional Freedom file(s) is appropriate for the problem(s), *Passive Modifications* may access it on its own. (For example, you may not know that your rash might be caused by an emotional issue such as irritation, but your body knows, and *Passive Modifications* will run any files, such as *Frustration, Pessimism, Irritation and Impatience*, as needed.)

Other files can also be specifically put into this file.

A one topic example, say:

"Passive Modifications" "*this headache*" (a specific symptom, not a file name) (note use "this" instead of "my" to help distance you from the symptom or disease)

A multiple topic example, say:

"Passive Modifications" "*Bladder, Kidney & Urinary Issues*"

"Passive Modifications" "*this family relationship*" (a specific situation, not a file name)

"Passive Modifications" "*Allergies*" "*almonds*" (a file name with a specific target)

"Passive Modifications" "*money*" (a specific thing, not a file name)

"Passive Modifications" "*Poisons and Toxins*"

"Passive Modifications" "*Fear & Phobias*"

For insomnia, you could say:

"Passive Modifications" "*insomnia*" (a specific situation, not a file name)

Or you could call the energy vibration of specific things that may be useful for insomnia:

"Passive Modifications" "*chamomile*" (an herb which can often be helpful for sleep)

"Passive Modifications" "*hops*" (an herb)

"Passive Modifications" "*B6*" (a vitamin that often can be helpful for sleep)

"Passive Modifications" "*calcium*" (a mineral)

*The above multiple topic example counts as 1 (one) EF file called "Passive Modifications, Remediation and Soothing" with 12 (twelve) different topics. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

## Poisons and Toxins

This file uses positive affirmations to get the body to release poisons and toxins, as well as poisonous and toxic emotions and thoughts. This includes helping to clear heavy metals from your body as well. *Be sure to drink plenty of clean (filtered) water with no additives (not even a lemon slice) to help your body flush poisons and toxins. See also <http://www.hm.ehdef.com> for information regarding this file and heavy metals.*

**Positive Vibrations to Troubled Beings and Earth Trauma**

Use this file to send out positive thoughts, vibrations and love to help heal other beings in emotional trouble, as well as to help heal Mother Earth from trauma. *This file can be accessed and run by anyone anytime through the virtual Emotional Freedom vial, whether one owns the Emotional Freedom vial or not.*

**Posttraumatic Stress Disorder (PTSD)**

This file is to help release emotions from past traumas.

**Presentations, Breaking Barriers and Moving On**

This file is to help with presentations, stage fright, dealing with situations you dread, facing people that make you nervous (bosses for instance), getting past problems that have held you back, and moving on to do what you want to and were meant to do.

**Procrastination**

This file is to help stop procrastination, gets you on track doing things you mean/need to do and quit putting them off.

**Quieting Your Inner Critic**

This file is to help silence that inner voice that says to you "you can't do that," "you idiot," "you should know better," "you're useless," etc., shutting off the negative self-talk, and allowing you to feel good about yourself.

**Rape, Invasion, Abuse, Renewal and Rejuvenation**

This file is to help release the emotions and other issues related to all types of invasion and abuse suffered currently or in the past. As the emotions and issues are released, this file also opens the areas affected for renewal and rejuvenation. This file can be useful in helping heal injuries that need regrowth and rejuvenation of tissue.

**Release**

This file is to help release all negative emotions and bad feelings currently stored in the body. Whenever you feel heaviness and need a release, use this file. If you're having difficulty getting issues to clear run this file with the problems. It can be run by itself for general releases, on a specific problem, or with specific files. Whenever you have difficulty getting results with an EF file(s), try combining **Release** with them, putting that/those file(s) into the Release file.

A one topic example, say:

"Release" "*my scratchy throat*" (a specific symptom, not a file name)

A multiple topic example, say:

"Release" "*Lactation Issues*"

"Release" "*Goal Setting*" "*I now weigh \_ pounds*"

"Release" "*Creation Box*" "*Get my book published*"

"Release" "*Changing Unwanted Behaviors and Habits*" "*poor posture*" "*I stand tall and proud*"

(the last two quotes are the problem and the corresponding preferred behavior, not file names)

Release" "*Poisons and Toxins*"

"Release" "*Love Relationships*"

"Release" "*Writing on My Walls*" "*I am no good*"

"Release" "*Writing on My Walls*" "*I'll never amount to anything*"

*The above multiple topic example counts as 1 (one) EF file called "Release" with 8 (eight) different releases. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial. (See Tip 9 at end of this document.)*

**Respect, Forgiveness and Releasing Worries**

This file helps you forgive others. How? By thanking them for this experience. Yes, this experience you had with them caused you all kinds of grief, hardship and problems, but you have decided to move forward and release this historical experience. You forgive and forget. This means you thank them (you forgive them) for this experience and you dismiss (forget) getting revenge. Example: You choose to dismiss getting revenge on them because you dismiss saying a toxic remark to them. You feel respect and appreciation for what they have taught you. This file also helps you release worries and anxiety about past and future events.

**Reveal the Core, Distinguish the Racket and Unleash Your Power**

This file is to help find core issues that may be causing problems. When you have run files that seem appropriate and something is still preventing progress, run this file and listen to your Inner Being. You may soon find yourself thinking about something that seems totally unrelated to your problems. Focus on it, whatever it is, and run the vial.

A "Racket" is a chronic way of being. It shows up as a chronic complaint, such as, "I always have too much work to do." A Racket is a complaint that hides what is going on behind the scenes (avoidance of responsibility). A Racket gives you a way to avoid responsibility for something. In the complaint you may be right and someone else wrong; you may be good and someone else bad; you may be justified and someone else may be invalid; you may be able to dominate and someone else is dominated, etc. Or you may be on the flip side (wrong, bad, invalid, dominated, etc.). In the Racket you also have unseen costs such as loss of self-expression, self-worth, alignment, love of self and others, fulfillment, satisfaction, etc.

This file is designed to help you distinguish your Rackets so you can let go of them and Unleash Your Power, opening yourself up to love, fulfillment, satisfaction, self-expression, etc.

### Reversals, Pivoting and Focus Transmutation

This file is to help clear reversals, pivot your focus from what you do not want and transmute it to what you do want. If you are having difficulty getting issues to clear run this file with the problems. This file can be run by itself to clear general reversals, on a specific problem, or with specific files. Whenever you have difficulty getting results with an EF file(s), try combining [Reversals, Pivoting, and Focus Transmutation](#) with them, putting that/those file(s) into the [Reversals, Pivoting, and Focus Transmutation](#) file.

A one topic example, say:

"[Reversals](#)" "[my itchy left pinky toe](#)" (a specific symptom, not a file name)

A multiple topic example, say:

"[Reversals](#)" "[Weight Issues](#)"

"[Reversals](#)" "[Creation Box](#)" "[Goal Setting](#)" "[I now weigh \\_ pounds](#)"

"[Reversals](#)" "[Vision Correction](#)"

"[Pivoting](#)" "[Constricted Breathing](#)"

"[Reversals](#)" "[Creation Box](#)" "[Goal Setting](#)" "[I become qualified for the promotion I want](#)"

"[Focus Transmutation](#)" "[Changing Unwanted Behaviors and Habits](#)" "[poor posture](#)" "[I stand tall and proud](#)" (the last two quotes are the problem and the corresponding preferred behavior, not file names)

"[Pivoting](#)" "[OCD](#)" "[I believe I'm going to go to jail](#)"

"[Reversals](#)" "[OCD](#)" "[everything is stacked against me for the trial](#)"

*The above multiple topic example counts as 1 (one) EF file called "[Reversals, Pivoting and Focus Transmutation](#)" with 8 (eight) different reversals. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial. (See Tip 8 at end of document.)*

### Road Rage, Traffic Trauma and Self-Abuse

Use this file to help calm you before and/or after driving in busy traffic or under stress. It also addresses the stresses of walking along busy roads and bike riding. It also is to help you deal more easily with aggressive drivers, and quell self-abuse behaviors.

### Screaming Baby, Soul Discomfort and Ancestral Attachments

When baby is fed, has a clean diaper, is comfortable and you see no reason for the baby to continue to cry, try this file. This file is especially good for caretakers. *Sometimes it is a helpful file for adults as well*, to clear insecurities due to emotional issues relating to parents and other adults and being left alone, etc., as an infant. This file also works to help release discomfort felt at the soul level which may relate to past life experiences, as well as thought patterns, emotional and physical experiences associated with life experiences of your ancestors. *Try using this file when you feel like screaming.*

**Segment Intending**

Use this file in the morning for a smooth and easy day. Defaults set in the file help make a smooth flow of activities. (Example: Driving/Travel Segment sets intent to have smooth travel, arriving at your destination safely and without interference, etc.) For a list of Segments in the Segment Intending file see the EF Segment Intending file at:

<http://www.aboutef.ehdef.com>

Use this file to set intent for unique activities as well. Call the file, name the segment and state your intentions (as many intentions as you desire for the segment).

For example say:

*"Segment Intending" "John's birthday party" "I intend for everything to unfold in a beautiful and fun way, for John to be surprised and happy with his gifts, and for everyone to get along well and have a great time."*

*"Segment Intending" "(whatever the activity is)" "(your intents for that activity)"*

*The above multiple topic example counts as 1 (one) EF file called "Segment Intending" with 2 (two) different topics. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

**Severing Negative Ties, Cutting Cords and Releasing Me**

Use this file to help remove the negative ties and cords others have attached to you. It helps you deal with others trying to control, intimidate and manipulate your life. They make conditions, attach strings and/or make self-serving comments. From their perspective, they are helping you. From your perspective it is constraining.

**Side Effects**

This file helps quell side effects from medications, surgeries, injuries (such as getting sore arms from using crutches for a broken leg), etc.

Examples, say:

*"Side Effects" "aspirin" (drug name)*

*"Side Effects" "Prozac" (drug name)*

*"Side Effects" "broken leg" (injury)*

*"Side Effects" "appendectomy" (surgery)*

*"Side Effects" "this relationship with my lover, Jane" (emotional situation)*

*Regardless of how many side effects you work on at one time, they count as one (1) file, and you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

## Smoking Cessation

This file helps to clear the emotional addictions causing physical addiction to tobacco/smoking. *This file addresses reversals, however, you may still need to run the Reversals file with it, say: "Reversals" "Smoking Cessation"*

If you're still having trouble becoming a nonsmoker (your mind set needs to be that you *are* a nonsmoker to *be* a nonsmoker), try saying this:  
*"Unwanted Habits" "Smoking Cessation"*

Or if you want a replacement action, say:

*"Unwanted Habits" "Smoking Cessation" "breathe deeply and relax"*  
*(Insert preferred behavior or habit you want to replace smoking, as desired.)*

## Sore Throat, Sinusitis, Flu and Infections

This file is to help with releasing emotions and energy blocks that may be causing these problems. Note that *hormone imbalances often will cause sore throats and/or sinus infections*. If those do not clear with this file, consider running *Menstrual Cramps, PMS, Female Issues and Menopause* and/or *Erectile Dysfunction, Premature Ejaculation & Male Problems*.

## Switch

This file is used to enhance Switchwords, Defusing Words and/or Switchphrases. When this file is invoked before saying a Switchword, Defusing Words and/or Switchphrase, the word or phrase is copied 999 times before it is run through the EF vial, which in turns energetically runs each of the 999 copies through EFT 1000 times. In other words, using this file with the EF vial energetically runs any Switchwords or Switchphrases you associate with the file energetically through EFT 999,000.

Switchwords are words that flip specific "switches" in the subconscious mind using the vibration of very poignant words. The more the words are repeated, the more they affect your energy. The more they affect your energy, the more you draw to you the things those words represent. For more information about Switchwords see Universal Switchwords List at <http://www.sw.ehdef.com> additional articles regarding Switchwords at <http://www.aboutsw.ehdef.com>, *Switchwords – Easily Give to You What You want in Life* by Shunyam Nirav and *The Secret of Perfect Living* by James T. Mangan.

Defusing Words help to defuse situations, emotions, etc. A number of Defusing Words are found in the Hawaiian healing technique Ho'oponopono. Defusing Words can be mixed and matched with Switchwords. Defusing Words List: <http://www.dw.ehdef.com>

Say:

<i>"Switch" "CONCEDE"</i>	(Switchword to stop arguing)
<i>"Switch" "SWIVEL"</i>	(for constipation or diarrhea)
<i>"Switch" "TOGETHER-FIGHT"</i>	(a good Switchphrase for team sports)
<i>"Switch" "DIVINE-BE-ALONE-NOW-DONE"</i>	(a powerful healing Switchphrase)
<i>"Switch" "DIVINE-my swollen leg-BE-ALONE-NOW-DONE"</i>	(targeted healing Switchphrase)
<i>"Switch" "GIGGLE-LISTEN-SCHEME-FIND-WITH-COUNT"</i>	(enhance ad-writing skills)
<i>"Switch" "CANCEL-FORGIVE-GIVE-SCHEME-BETWEEN-WAIT-COUNT-LOVE-PRAISE"</i>	(a Switchphrase in the <a href="#">Success, Financial Freedom and Goal Setting</a> file)

*Regardless of how many Switchwords and/or Switchphrases you work on at one time, they count as one (1) file, and you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

## Switchpairs

Use this file to run established Switchpairs for situations that arise. This file can be used when you do not remember the Switchpair(s) for the situation(s) you are addressing. You can simply say what you want the Switchpair(s) to address, and the established Switchpair(s) for that situation it will run. You can also just run the Switchpairs file and let the body pick the Switchpairs it wants. When this file is invoked the Switchpair is copied 999 times before it is run through the EF vial, which in turns energetically runs each of the 999 copies through EFT 1000 times. In other words, using this file "Switchpairs" file with the EF (Emotional Freedom) vial energetically runs Switchpairs through EFT (Emotional Freedom Technique) 999,000 times. As of this writing there are at least 28 EFT points defined in this EF vial. This gives over 27 million energetically tapped points. ( $28 \times 999,000 = 27,972,000$ ). For a list of established Switchpairs see Switchword Pairs article at <http://www.aboutsw.ehdef.com>

Say:

"Switchpairs"	(Switchpairs as picked by the body will run)
"Switchpairs" "claustrophobia"	(Switchpair FOREVER-BLUFF will run)
"Switchpairs" "insomnia"	(Switchpairs END-SHUT and QUIET-SHUT will run)
"Switchpairs" "TOGETHER-FIGHT"	(Switchpair for improving team sports performance)
"Switchpairs" "relaxation and sleep"	(Switchpairs REACH-HO, END-SHUT and QUIET-SHUT will run)

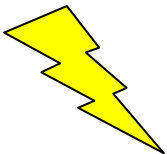
*Regardless of how many Switchpairs you work on at one time, they count as one (1) file, and you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

## Taking Responsibility, Reclaiming Own Power and Releasing Blame

Many of the social, emotional and physical problems in life relate to these issues. This file is to help one take responsibility for oneself, reclaim their own power and release the blame they have put upon themselves and others, freeing them from mental and physical anguish and pain.

## Tinnitus, Ear Problems and Hearing Loss

This file helps release the emotions that cause tinnitus (ringing in your ears) and hearing loss. This file can be used for any problems to do with ears or hearing. *This also deals with "I don't want to hear what All-That-Is (Universe, Spirit, Source) is saying to me."*



*Be aware that sometimes a sudden tone in your ear(s) is a message from your body prompting you to take immediate corrective action, like get off driving on the highway NOW because there is danger ahead. If the tone is in your left ear, there may be something you need to receive, see or understand coming from someone or something outside you. If the tone is in your right ear, there may be something you need to share with someone or something else.*

## Transcend Emotions, Psychological Processes, Views and Influences

Use this file to help overcome negative emotions such as humiliation, blame, despair, depression, sorrow, anxiety, insecurity, hate and scorn. Also use this file to help get beyond psychological processes such as elimination, destruction, abdication, despondency, withdrawal, enslavement and aggression. Use this file to move beyond views such as miserable, evil, hopeless, tragic, frightening, disappointing, antagonistic, demanding, despising, vindictive, condemning, disdainful, punitive, denying, vengeful and indifferent. Also use this file to help negate karmic influences.

## Weight Issues

This file is to help bring your body to a healthy weight, whether it is through weight loss or weight gain.

## Writing on My Walls

This file is to help erase negative "writing on your walls" and allow you to do your own positive writing on your walls. Writing on your walls consists of things you have been told which you have as "laws" or "truths" which may be far from that. One example: "You are too stupid to do that." If someone said that to you and you took that to be true, allowed them to "write on your wall," then when challenged, in your mind you may think to yourself, "I'm too stupid to do this" and so you fail, because you quit, believing you cannot do it (even though persistence may have proven you wrong in your assumption). Although many limiting beliefs you may have written on your walls are addressed specifically with this file, you may have additional writing that needs to be addressed specifically. This file can be used to erase/write specific statements as well.

Examples of how to Erase specific statements you have written on your walls (these examples are already in the file for you, just listed here to help you begin creating your own), say:

"Writing on My Walls" *Erase* "I failed"

"Writing on My Walls" *Erase* "life is hard"

"Writing on My Walls" *Erase* "my self-worth is low"

"Writing on My Walls" *Erase* "I don't accept myself"

"Writing on My Walls" *Erase* "I can't do anything right"

"Writing on My Walls" *Erase* "Deny" (unworthy, worthless, unlovable, unloved, failure, unaware)

"Writing on My Walls" *Erase* "Deny love" (Deny: courage, being heard, appreciation, being cared for)

"Writing on My Walls" *Erase* "I deny love" (Deny: health, happiness, success, respect, beauty, smarts, vitality)

"Writing on My Walls" *Erase* "I must deny myself love"

"Writing on My Walls" *Erase* "I deny myself what I hope"

"Writing on My Walls" *Erase* "I must deny myself what I hope for"

"Writing on My Walls" *Erase* "If I do something, then I should do it properly"

"Writing on My Walls" *Erase* "If I accept myself, then I will stop self-improving"

"Writing on My Walls" *Erase* "I feel anxious"

"Writing on My Walls" *Erase* "I'm feeling invalidated"

"Writing on My Walls" *Erase* "I feel validated when mail arrives" (regular mail & e-mail)

"Writing on My Walls" *Erase* "I validate myself via external things"

"Writing on My Walls" *Erase* "I play too many computer games & feel really down on myself"

"Writing on My Walls" *Erase* "I see self-deprecation as useful & self-acceptance as undesirable"

"Writing on My Walls" *Erase* "Their words condition my thoughts"

"Writing on My Walls" *Erase* "I must work hard before I get any pleasure in life"

"Writing on My Walls" *Erase* "But there is always something to do before I can relax"

"Writing on My Walls" *Erase* "If I don't act as others expect of me then my body punishes me"

"Writing on My Walls" *Erase* "I almost died giving birth to you, so be sure you do better in school"

Examples of how to Write specific positive statements on your walls (these examples are already in the file for you, just listed here to help you begin creating your own), say:

"Writing on My Walls" "Write" "*I am loved*" (cared for, appreciated, beautiful, smart)

"Writing on My Walls" "Write" "*I have stamina*" (vitality, courage, talent, intelligence)

"Writing on My Walls" "Write" "*I love being alive*" (heard, appreciated, cared for, smart)

"Writing on My Walls" "Write" "*I can do anything I set my mind to*"

"Writing on My Walls" "Write" "*I influence those around me in positive ways*"

"Writing on My Walls" "Write" "*I am capable of achieving my wildest dreams*"

"Writing on My Walls" "Write" "*I am renewed and revitalized by my surroundings*"

"Writing on My Walls" "Write" "*allow*" (encourage, feel, embrace, accept, learn)

"Writing on My Walls" "Write" "*allow love*" (creativity, illumination, insights, increase)

"Writing on My Walls" "Write" "*I allow love*" (individuality, friendship, growth, experience)

"Writing on My Walls" "Write" "*I allow myself love*" (happiness, wealth, peace, intellectual growth)

"Writing on My Walls" "Write" "*I allow myself what I hope*"

"Writing on My Walls" "Write" "*I allow myself what I hope for*"

"Writing on My Walls" "Write" "*I accept me!*"

"Writing on My Walls" "Write" "*I feel worthy*" (appreciated, loved, vitality, healthy, awareness)

"Writing on My Walls" "Write" "*my life is meaningful*"

"Writing on My Walls" "Write" "*I deal gently with the way I am*"

"Writing on My Walls" "Write" "*I fully and completely accept myself!*"

"Writing on My Walls" "Write" "*I realize the true power of self-acceptance*"

"Writing on My Walls" "Write" "*I take a great deal of pleasure in just the freedom to be able to acknowledge this situation*"

*You can Write and/or Erase as much as you want at one time. Regardless of how many statements are Written/Erased, it counts as just one (1) file – Writing on My Walls. So you can still do three (3) additional files, for a total of four (4) files, before "running" the vial.*

*If you do have specific statements that you use with this file that you think might benefit others, please feel free to e-mail them to [ehdef.com@gmail.com](mailto:ehdef.com@gmail.com) so that they can be added to the file and others may also benefit. Become part of the creation process - everybody helping everybody else.*

## Tips

1. If no color ink, try printing in black & white (Instructions: *Print, Properties, Black & White*)
2. What is the significance of and reasoning for how this EF vial is run? By placing the vial on your chest, you are putting it in the center of your body's energy field. Your left hand receives energy and your right hand sends energy. When you place your left hand over the vial your body begins to "read" the instructions in the vial. Saying the file names, keywords and/or free range statements while you have your left hand (receiving hand) over the vial on your chest allows that information to begin to flow from the vial into your energy field. When you place your right hand (sending hand) over your left hand, close your eyes and begin to take deep breaths, the energy flow in your body begins to increase and because you have your right hand (sending hand) touching your left hand, the flow of energy builds and intensifies the vials effect.
3. For children (or others, including animals) unable to follow instructions, hold the vial on their chest, say the EF files you wish to use, then keep the vial on or near their chest for at least 30 seconds.
4. Finish off your sessions with: **I Am...; I Feel...; Inner Child; Inner Light** (listen to your intuition to decide the order).
5. There are six (6) pure positive files: **I Am...; I Feel...; Inner Light; Joy, Love, Gratitude, Friendship and Peace; Positive Vibrations to Troubled Beings and Earth Trauma**
6. If you have specific things you want addressed with EF files, please feel free to e-mail them to [ehdef.com@gmail.com](mailto:ehdef.com@gmail.com) so that they can be added to the file and others may also benefit. Become part of the creation process - everybody helping everybody else.
7. Numerous combinations: Let intuition guide you. You can put any file(s) or file keyword(s) into any other file or keyword. Here is a real life example that a person needed, that was mind blowing, because the relationship was not automatic: For example you can say:

"Irritation" "Inner Light" which comes from 2 files:  
 "Irritation, Pessimism, Irritation and Impatience" and "Inner Light"

8. If reversals is an issue and your intuition is eager to do an exercise, try this: Say "Reversals" then say each file (currently there are 100+ files):

"Reversals" "Abdomen"  
 "Reversals" "Accidents Injuries and Pain"  
 "Reversals" "Acne, Rashes and Skin Problems"  
 "Reversals" ...  
 "Reversals" "Reversals"  
 "Reversals" "Road Rage, Traffic Trauma and Self-Abuse"  
 "Reversals" ...  
 "Reversals" "Writing on My Walls"

*The above multiple topic example counts as 1 (one) EF file called "Reversals" with 100+ different reversals. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

9. If release is an issue and your intuition is eager to do an exercise, try this: Say "Release" then say each file (currently there are 100+ files):

"Release" "Abdomen"  
 "Release" "Accidents Injuries and Pain"  
 "Release" "Acne, Rashes and Skin Problems"  
 "Release" ...  
 "Release" "Reversals"  
 "Release" "Road Rage, Traffic Trauma and Self-Abuse"  
 "Release" ...  
 "Release" "Writing on My Walls"

*The above multiple topic example counts as 1 (one) EF file called "Release" with 100+ different releases. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

10. If reversals is an issue and your intuition is eager to do an exercise, try this: Say "Evolving Variations" then say each file (currently there are 100+ files):

"Evolving Variations" "Abdomen"  
 "Evolving Variations" "Accidents Injuries and Pain"  
 "Evolving Variations" "Acne, Rashes and Skin Problems"  
 "Evolving Variations" ...  
 "Evolving Variations" "Reversals"  
 "Evolving Variations" "Road Rage, Traffic Trauma and Self-Abuse"  
 "Evolving Variations" ...  
 "Evolving Variations" "Writing on My Walls"

*The above multiple topic example counts as 1 (one) EF file called "Evolving Variations" with 100+ different evolving variations. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.*

11. If your intuition is eager to do a maintenance exercise, try this: In a single session, run all 100+ files, in groups of 4 files at a time. Say:

"Abdomen"  
 "Accidents, Injuries and Pain"  
 "Acne, Rashes and Skin Problems"  
 "ADHD, Dyslexia and Enhanced Learning"  
 (Run vial)  
 "Alcohol & Addiction"  
 "Allergies, Cancer & Terminal Illnesses"  
 "Alzheimer's, Dementia & Parkinson's"  
 "Animal Behavior Issues"  
 (Run vial)

## 12. When progress seems stalled or nonexistent:

Are you microwaving any of your food? If so STOP NOW! Microwave ovens reverse polarity in each water molecule over a million times a second (which is how a microwave heats food from the inside out), destroying virtually all nutritional value in the food.

Are you drinking enough water? Water is vital to health and energy work. Increase your water intake (plain water, not with a lemon slice in it, not tea, not soda, just plain water, a quart per 50 pounds of body weight plus a quart every day).

Is diet playing a role? If you are not eating enough protein and you are eating too many grains and processed carbohydrates (sweets, desserts, pastas, breads), you may be setting yourself up for failure.

Are you getting sunshine? The sun plays a very important role in preventing depression, resetting serotonin/melatonin cycle for sleep, and helping your body utilize calcium properly. You cannot absorb nutrients from the sun through sunscreen either.

Are you getting enough omega 3? Omega 3 (found in fish oil, cod liver oil, krill oil, shark liver oil, flaxseed oil, etc.) is very important in helping prevent sunburn from sun exposure, as well as helping absorb nutrients from the sun, including vitamin D, and dietary sources of vitamin D are far inferior to sunlight.

Try putting the problem into the [Reversals](#), [Release](#), and/or [Evolving Variations](#) file(s).

Consider possible hidden allergies. If you really love or really hate a food, chances are you are allergic to it, so you may want to run [Allergies](#).

Perhaps toxins, heavy metals or environmental elements are interfering. Consider running [Poisons and Toxins](#) & [Environmental Elements](#).

Check where and how you feel the issue in your body, and address from that point.

Check the emotions you have regarding the issue.

Pay attention to thoughts and memories that come up shortly after using the EF vial, they may be important things for running through the vial.

There may be a second issue that needs to be addressed to clear the first.

What is the benefit of keeping the issue?

Is there a blocking belief? [Writing on My Walls](#) may be a good file to run.

Deeper issues may be interfering. Consider having a therapist help find the core.

Additional ideas of what the blocks might be can be found here:

<http://www.emofree.com/Articles2/when-not-work.htm>