

## My Own File \_\_\_\_\_

These pages contain additional information specific to the My Own File \_\_\_\_\_ file linked to the Emotional Freedom vial. Learn more about the Emotional Freedom vial at: <http://www.aboutef.ehdef.com>

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### 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."

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

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

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

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

(Run vial)

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

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

"My Own File" "*Possessive Nature*" (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.*

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Below are some examples of how EF vial owners are utilizing My Own File \_\_\_\_\_:

Place EF vial on thymus gland. Place left hand over vial. State the following:

"My Own File" "**CORE**"

"My Own File" "**SWAG**"

"My Own File" "**OCD**"

"My Own File" "**FORGIVE & FORGET**"

(Place right hand over left and breath 4-10 times)

Place vial on thymus gland. Place left hand over vial. State the following:

"My Own File" "**FAMILY**"

"My Own File" "**PHYSICAL HEALING**"

"My Own File" "**GOAL SETTING**"

"My Own File" "**FINISH**"

(Place right hand over left and breath 4-10 times)

The following lists the contents of **CORE**, **SWAG**, **OCD**, **FORGIVE & FORGET**, **FAMILY**, **PHYSICAL HEALING**, **GOAL SETTING** and **FINISH**. All I did to create these was type and save them as separate word processing documents. But I did not print the documents onto paper. *(It is not important for the file be printed, nor for the client/patient to know the contents, if the person leading the session knows the contents.)*

#### "**CORE**"

My Core, My Journey, My Destiny, My Protection & Me (calls an EF file)

Dreams, Positive Spiritual Awakening (calls an EF file)

Enhancing Meditation, Relaxation & Enlightenment (calls an EF file)

Positive Vibrations to Troubled Beings & Earth Trauma (calls an EF file)

#### "**SWAG**"

Changing Unwanted Behaviors & Habits, **Self-Sabotage** (calls an EF file with a designated target)

Changing Unwanted Behaviors & Habits, **Apprehension** (calls an EF file with a designated target)

Changing Unwanted Behaviors & Habits, **Worry** (calls an EF file with a designated target)

Changing Unwanted Behaviors & Habits, **Guilt** (calls an EF file with a designated target)

Changing Unwanted Behaviors & Habits, **Fear** (calls an EF file with a designated target)

#### "**OCD**"

Obsessive Compulsive Disorder (calls an EF file)

One with Myself (calls an EF file)

Posttraumatic Stress Disorder (calls an EF file)

Passive Modifications, Sanjeevini SSC1 (calls a specific part of a specific technique in an EF file)

Passive Modifications, Sanjeevini SSC59 (calls a specific part of a specific technique in an EF file)

Passive Modifications, Sanjeevini SSC60 (calls a specific part of a specific technique in an EF file)

Passive Modifications, Sanjeevini DS143 (calls a specific part of a specific technique in an EF file)

Passive Modifications, Sanjeevini DS189 (calls a specific part of a specific technique in an EF file)

#### "**FORGIVE & FORGET**"

Forgiveness & Releasing Worries (calls an EF file)

Frustration, Pessimism, Irritation & Impatience (calls an EF file)

Negative Emotional Button Deactivation (calls an EF file)

Transcend Emotions, Psychological Processes, Views & Influences (calls an EF file)

"*FAMILY*"

Taking Responsibility, Reclaiming Own Power & Releasing Blame  
Acknowledge, Accept, Allow & Grow  
Family

(calls an EF file)  
(calls an EF file)  
(calls an EF file by keyword)

"*PHYSICAL HEALING*"

Metabolism Issues, Water, Mineral & Nutrient Utilization  
Weight Issues  
Muscles, Cramps & Musculoskeletal Issues  
Head, Neck & Brain

(calls an EF file)  
(calls an EF file)  
(calls an EF file)  
(calls an EF file)

"*GOAL SETTING*"

Goal Setting: *Ignite the Divine White Light within and surround myself with it, diffusing with Love all things that may interfere with my wellbeing.*

(calls an EF file with a designated target)

Goal Setting: *Broadcast Love, Appreciation and Patience to myself and to all that surrounds me.*

(calls an EF file with a designated target)

Goal Setting: *Feel appreciation for God's Divine White Light, which heals me on every level of my Being and protects me so I may emerge into an enlightened state of balance and radiant health.*

(calls an EF file with a designated target)

Goal Setting: *Turn toward the path of Unlimited Peace and Joy.*

(calls an EF file with a designated target)

Release: *Any contaminated energies that are no longer serving my highest good from all levels of my Being.*

(calls an EF file with a designated target)

Release: *Anything other than Peace, Love and Joy.*

(calls an EF file with a designated target)

Release: *Apprehension*

(calls an EF file with a designated target)

Release: *Worry*

(calls an EF file with a designated target)

Release: *Guilt*

(calls an EF file with a designated target)

Release: *Self-Sabotage*

(calls an EF file with a designated target)

Release: *Fear*

(calls an EF file with a designated target)

"*FINISH*"

I Am... (calls an EF file)

I Feel... (calls an EF file)

Inner Child (calls an EF file)

Inner Light (calls an EF file)

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An example of a possible beginning of a file for wealth:

“Wealth”

Creation Box - Goal Setting - *I find new ways to create wealth* (calls an EF file with another EF file and a designated target)

Creation Box - Goal Setting - *I utilize the stock market to my greatest advantage* (calls an EF file with another EF file and a designated target)

Creation Box - *I am wealthy* (calls an EF file with a designated target)

Creation Box - *I own a brand new, beautiful, blue Lincoln Towncar* (calls an EF file with a designated target)

Goal Setting - *I know and create my perfect career path in DivineORDER* (calls an EF file with a designated target)

My Core (calls an EF file)

Get Things Done (calls an EF file)

Chants - *Gayatri Mantra* (calls an EF file with a designated target)

Chants - *Peace and Serenity* (calls an EF file with a designated target)

Chants - 1000 rounds - *Om Mani Padme Hum* (calls an EF file with a designated target)

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The above example is calling 5 files from the [Wealth](#) file. You can still add up to 20 more files, and as many of your own affirmations as you desire.

The 1000 rounds in the last line of Chants tells the vial to run 1000 rounds of the default of 108 repeats of the chant "*Om Mani Padme Hum*" which means it puts the vibration of "*Om Mani Padme Hum*" into your energy field a total of 108,000 times.

The other to Chants lines, because they do not define the number or rounds nor number of repeats per round, default to one round of 108 repeats, putting the Gayatri Mantra and the Switchwords poem Peace and Serenity each into your energy field 108 times.

There are currently over 150 Chants, Mantras, Meditations and Prayers linked to the [Chants, Mantras, Meditations and Prayers](#) file. You do not need to know the words if it is on that list, the vial has the information. If you know all the words of a Chant, Mantra, Meditation or Prayer that you wish to list in your own file, you can simply list it by name. However, if you do not know it, it is wise to put the entire Chant, Mantra, Meditation or Prayer into your file (as in the last line of the Chants example above).

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Below is one example of a file someone created for prosperity using colors and graphics:

Switch-DivineORDER-BRING-this purchase-NOW-DONE

Switch-GUARD-LIMIT

Switch-BRING

Switch-DivineORDER-BRING-this purchase-NOW-DONE

Switch-DIVINE-CHARM-BRING-TOGETHER-LOVE-NOW

Switch-PERSONAL;Switch-DivineORDER

Switch-COUNT

Switch-FULL-BUBBLE-ON

Switch-HALFWAY;Switch-DONE

Switch-DIVINE

Switch-DIVINE-TOGETHER-UNMASK-RESTORE

Switch-NOW

Switch-TOGETHER

Switch-TOGETHER-LOVE-COUNT-PLETHORA-NOW.

Switch-POINT

Switch-COPY

Switch-SCHEME

Switch-SPEND

Switch-TOGETHER-DIVINE-ADD-LOVE-COUNT-FIND-NOW

Switch-GIVE

Switch-FOREVER

Switch-CIRCULATE-WITH-SWEET-LOVE-CHLORINE-CHUCKLE-KEEP-ROOT

Switch-RIDICULOUS

Switch-HOLE

Switch-ACT

Switch-GO

Switch-REACH-CIRCULATE-TINY-LOVE-GUARD-DIVINE-SWING-OPEN

Abundance, Success, Financial Freedom and Goal Setting

Switch-CRYSTAL

Switch-ADD-CIRCULATE-CHLORINE-WITH-DIVINE-SWEET-MIX

Acknowledge, Accept, Allow and Grow

Switch-COUNT-\$200,000+

Switch-DIVINE-COUNT-TOGETHER

Astrological Imbalances, Karmic Problems and Bad Luck

Switch-DIVINE-EASE-COUNT

Switch-SWING-ACT

Bones, Teeth, Gums and Dental Caries

Switch-COUNT-WITH-EASE

Switch-QUIET-MOVE

Chakra Balancing and Clearing Aura and Energy Meridian Blocks

Switch-HALFWAY-CEDAR PINE CHIPS-CRYSTAL-MAGIC-COUNT-WITH-LOVE

Switch-DIVINE-LIGHT-MOVE-UP

Creation Box;

Switch-BRING-DIVINE-CHARM-my new home

Switch-CRISP MOVE

Get Things Done, Increase Focus and Life Transformations

Switch-TOGETHER-MAGIC-COUNT

Switch-FIND-HOLE

Joy, Love, Gratitude, Friendship and Peace

Switch-BRING-CHARM-COUNT-GIVE-GO-ADD-NOW

Switch-COUNT-HOLE

Love Relationships, Intimacy and Honesty

Switch-PLETHORA-FLOW-EASE

Switch-MAGNANIMITY-FORGIVE

Switch-DIVINE-MAGIC-CHARM-BRING-PERSONAL-NOW-BE

Switch-FIND-HOLE

Switch-PERSONAL-BE

Switch-COUNT-HOLE

Switch-CRYSTAL-CLEAR

Switch-DIVINE-LIGHT-CRYSTAL-REACH-FIND-COUNT-TOGETHER-NOW

Switch-REACH-GIVE-COUNT-FIND-DIVINE

Switch-CRYSTAL-CLEAR

Switch-Cedar Pine-Chips--BRING-FIND-new home-NOW:

Switch-ALLOW-DIVINE-ADD-COUNT-FIND-NOW

Switch-SWEET-LOVE

Switch-QUIET-Dragonfly-RESTORE

Switch-REACH-GIVE-COUNT-FIND-DIVINE

Switch-GIVE-NOW-DONE

Switch-ALLOW-DIVINE-ADD-COUNT-FIND-NOW

Switch-TOGETHER-DIVINE-ORDER-REACH-FIND-CHARM-NOW-DONE

Switch-COUNT

Switch-COUNT FIND

Switch-CHARM

Switch-Tummy tuck

Switch-ALONE-PIVOT-ALIGN-ALLOW-ADJUST-BE

Switch-PUT-HOLD-PRAISE-LEARN-ROOT



Switch-SWIVEL

Switch-RIDICULOUS

Switch-BENEVOLENT-BLUFF

Switch-ACT

Switch-CLEAR-CHANGE-OPEN-CLEAR

Chants: Abundance Prayer

Switch-BRING-DIVINE-CHARM-my new home

Chants: For abundance

Switch-TINY-LIGHT

Chants: For Prosperity

Switch-DIVINE-LIGHT-MOVE-UP

Chants: Ganesha Mantra

Switch-QUIET-SHUT-MOVE- SHUT-NOW-DONE-bed bugs at my home

Chants: For Respect, Riches and Loving Peaceful Relationships

Switch-POSTPONE-COVER ;Switch- FORGIVE-OVER

Chants: Gratitude/Miracle Prayer

Switch-PERSONAL-BE

Chants: Green Tara Mantra

Switch-PIVOT-RESTORE-REVERSE-CLEAR-OVER-GO-DivineORDER-GIGGLE-CHUCKLE-BE

Chants: Hanuman Chalisa Prayer

Switch-TINY-LIGHT-BOW-CHANGE-CURVE-PRAISE-WOMB-CUTE

Chants: Kleem Mantra with Kleem Seed Mantra

Switch-BE-TOGETHER

Chants: Kleem Seed Mantra

Gastrointestinal Issues, Nausea, Vomiting and Diarrhea

Chants: Lakshmi Mantra

Switch-BE

Chants: Living Water Prayer

Switch-DIVINE-ORDER-HALFWAY-EASE-TOGETHER-BE-DONE-NOW

Chants: Magic Mantra ,Chants: Magic Money Chant

Switch-BRING-DIVINE-CHARM-my new home

Chants: Maha Mrityunjaya/Mruthyunjaya Mantra

Switch-COUNT

Chants: Mantra for children's diseases

Switch-BE

Chants: Mantras for wealth

Switch-BRING-DIVINE-CHARM-my new home

Chants: Prayer for Prosperity

Switch-COUNT

Chants: Prosperity Mantra

Switch- FIND-COUNT-DIVINE-Citrine

Chants: Decrees to the Violet Flame

Switch-HALFWAY-Cedar Pine Chips-CRYSTAL-MAGIC-COUNT- WITH-LOVE

Chants: Thiru Neela Kantam

Switch-REACH-GIVE-FIND-DIVINE-COUNT-GO

Chants: Magic Money Chant

Switch-CHARM;Switch'BRING

Chants: Hanuman Chalisa Prayer

Switch-PERSONAL;Switch-DivineORDER

I Am...

Switch-HALFWAY;Switch-DONE

I Feel...

Switch-NOW ;Switch-POINT

I Love...

Switch-SCHEME;Switch-GIVE

Inner Light



A My Own File \_\_\_\_\_ success story:

I wish to acknowledge that with your suggestion below using the EF vial with the Creation Box for the stock Market: Creation Box - I utilize the stock market to my greatest advantage..... I have been successful in producing good gains and feel good and comfortable inside with my understanding of the stock market.

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Contents for **Wealth** file called from **My Own File\_\_\_\_**:

**Wealth** (file name)

**Creation Box - Goal Setting** - I find new ways to create wealth

**Creation Box - Goal Setting** - I utilize the stock market to my greatest advantage

**Creation Box** - I am wealthy

**Creation Box** - I own a brand new, beautiful, blue Lincoln Towncar

**Goal Setting** - I know and create my perfect career path in DivineORDER.

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

**Get Things Done, Increase Focus & Life Transformations**

**Chants, Mantras, Meditations & Prayers** - Gayatri Mantra

**Chants, Mantras, Meditations & Prayers** - Peace and Serenity

**Chants, Mantras, Meditations & Prayers** - 1000 rounds - Om Mani Padme Hum

...

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