

**Emotional Freedom Vial Testimonials**EF vial available at: <http://www.efvial.ehdef.com>

November 5, 2009

Hello Kat,

Just writing to share that I am very pleased with my acquisition of the EF vial.

I have mostly been working with the "Descriptions EF Filenames" pdf. That is the one I found most user friendly. I also have been putting into practice some of the magnificent tips that you share in your Talkcasts (<http://www.talkshoe.com/tc/72933>) --I download shows to listen to everyday while commuting.

So far, the most noticeable result is more peace of mind and more joy. And, for some reason it feels that my clothes fit looser. Now, I have been running the Weight Issues file and VBI but my diet habits have not changed much and I have not started exercising yet either...so, what gives?

Kat, I have to tell you that I have been using some of the VBIs with great results--I love Tired Feet, it gives me results every time--and some Sanjeevinis as well. My next product that I get from you is the Sanjeevini Ease program.

Did I hear you say on a show that all the EF files can be run under Passive Modifications? What's the best way to do it? I did not quite get it.

Lastly, would you explain how the Energy Consultation blocks work?

WITH DIVINE THANKS,

EV

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October 20, 2009 (<http://health.groups.yahoo.com/group/energy1/message/2435>)

Dear Kat,

Three days ago I accidentally banged the back of my hand on the bony protrusion of the index finger. I did not realize how badly it was bruised until sometime the next day when I happened to put some pressure on it and when I looked at it I was surprised to see that it was all black and blue and it was Very tender to the touch. I remember thinking this is going to look awful for at least a week.

By that time, I had already turned my computer off and didn't have my list of EF files handy. I just grabbed my EF vial and thought to myself there must be a Bruises file, so I called the Bruises file (and perhaps I remembered the Health & Wellness file as well) and went to bed. The next day I did the same and just forgot about it.

Today, I just happened to notice that the bruise is completely gone, and there is no pain! I am just completely astonished, especially when I picked up the EF file list and discovered there is no Bruises file!

I think this is just totally cool! Thank you, Kat!

Karen

July 7, 2009

Hi Kat:

Here I am a couple of weeks late, but I was sidetracked and now want to pass on some praise for the EF Vial I purchased for my husband, who's been having some anxiety issues. He had to travel cross-country for a two-day ten-hour job interview with about a dozen people, something that would make most people nervous, but, as the time for his trip grew closer was really increasing his anxiety. I created four "My Own Files" listing any files that caught my eye, had him read over the lists and then run each of the four files. He said it really helped him and was happy to have the vial. Off he (and his vial) went on his trip and he thinks he did really well. We're counting it as a big success whether he's offered the job or not (but an offer would be great).

I also have to thank you for the talkcasts (<http://www.talkshoe.com/tc/72933>) since I've really learned a lot of helpful information that we used in addition to the vial – energy circles, switchwords and Sanjiveeni water. He always brings several printed copies of his resume with him to interviews and I inserted switchwords that pertained to each section with a white font – we'll see how that works. I'll only do this for printed copies, however.

Thank you for everything,

MM

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April 17, 2009

Hi Kat,

Here's feedback on the EFT pendant and vial I received last week.

I'm extremely new to the idea of EFT tapping, but once I found out about it my subconscious mind took over and led me to you, your podcasts and your energy vials. I "impulsively" decided to order a pendant for myself but, once again, the old subconscious took over and I "accidentally" ended up ordering a pendant and vial (one for me and one for my husband).

I won't go into a long emotional history, but highlights include my husband's twin brother's lifelong problem with addictions, their widowed mother's lifelong problem with enabling, and, I think, my husband's and my lifelong problems with trying to fix things for everyone else.

In anticipation of receiving the vials, I printed out the file descriptions to check off which ones looked interesting and ended up with a check mark next to more than half of them! To make a long story short, both vials are now on autorun. My conscious mind wants to work on the alarming number of excess pounds that have appeared over the past few months and addiction to cigarettes, but my subconscious has other ideas. The two times I've consciously tried to run any files, I've fallen asleep afterwards (a 3 hour nap on Tuesday - I never take naps!!!) I decided to keep the pendant on (it's very pretty, by the way) and run only the positive files and only before sleep, increase my water and exercise and let my subconscious use the vial to take care of whatever it needs to.

My husband doesn't know that he has a vial. I put his on autorun by proxy and just put it in a violet energy circle on top of a bookshelf in his office. It seems to be working - after I convinced him to use the switchword "reach" to find a word he was looking for (it worked) he asked for something for anxiety over his family and not having a job (he's been unemployed since last August - yikes, more stress).

THANK YOU, for making so much help available. I'm still working my way through all of your podcasts and download new ones as soon as they are available. One of these days I hope to join in on one. I do apologize for the length of the feedback - it looks more like a novel!

Thanks again,

Michele

PS: FYI - your "cricket" energy circle also worked for a robin who was fighting with his reflection on our living room window.

(Talkcasts available for listening/download at: <http://www.talkshoe.com/tc/72933> )

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10/12/08

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/12202>

Hi everyone,

For anyone who wanted to know how I achieved such success with the SW, here it is:

Here are the SW that Kat and rhoda gave me...

(Kat) CRYSTAL-HORSE (to reclaim my power); LIMIT (to reset boundaries); BETWEEN (to get my friend to hear what I say) and (rhoda) HORSE-GUARD (which also helps).

My dear friend had been bugging me to no end- two and three phone calls a day, etc,. My friend was incredibly needy- and for awhile the overly-developed "helper" side of my personality was flattered..for awhile. I used the above SW to bolster my porous boundaries. I also knew that my friend's incredible neediness merely mirrored my own. I am not outwardly needy- but inwardly, there is a voice that is crying out. So, I looked at what I needed- was it time, love, attention, etc? I gave myself what I needed so badly, and interestingly enough my backbone also appeared... I keep a small notebook of SW from this site, and when I needed something I'd look here. I'd also been using using "The Great Little Book of Affirmations"(p'back) by Noah St. John and Denise Berard and I created 100's and 100's of 3x5 cards which I created and used constantly. That is a great book to use. Far, far better than regular affirmations. I used Kat's SW for reducing- and I no longer binge, nor do I eat sugar or carbs. I've reduced by almost three dress sizes now. Back to the main subject- I used EFT and asked myself what would be the downside of giving up my behavior? For me, it meant that my friend might leave me...just because I said the word "No." The fact that I was triggered so strongly by this issue meant that I was dealing with some old stuff, and clearing it away would mean clearing some major karma- and allowing the new to come in. That "new" thing was the job I have now. How'd I get it? Years ago, I had written down my dream job- in detail- salary, work environment, co-workers, etc and I kept making it bigger and bigger and better. It ran three type-written pages long! And then I put it aside because I knew no such job existed- it was pure fantasy. The same day I got the SW and started using them- I got an email from my very successful friend about something "exciting." The next day, she called me up- and offered me the job- exactly as I had written it years ago. It seemed like too much for me- so she literally dropped the job into my lap! She is also training me (at her expense). I am

being paid four times what I earned before for fulltime work for a part-time job. She said that Spirit (God) (she is also my minister) told her that I was the only one for the job, and that she waited for two years for me until I had "turned an important corner"- by handling the boundaries issue. And yes, the job really is mine. Using all of these tools has made a huge positive difference in my life- but when I need something to "anchor" me- I always use the SW's,- and I (important) use the EF vial, which really intensifies the use of SW. And the day before my friend/new employer had called, I was unemployed...!  
--Roxane

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9/19/08

Hi everyone,

I have been doing a lot of (heart) clearing lately, but I wanted a really intensive clearing of an old problem (lost love). I'd made a lot of progress- but I was ready to move on. So, I tried the Kat's Creative EF Vial Algorithm, since I am an EF vial owner. You can find it : <http://efvial.def.com> - although I usually go to [x-mission.com](http://x-mission.com). First off, if you haven't tried it, have a bottle of water on hand and drink before, during and after. Set aside enough time to do the entire procedure- I needed over an hour to do it all. Some files really stuck in my throat, such as "Acknowledge, Accept, Allow and Grow", "Grief, Dying and Acceptance" and "Severing Negative Ties, Cutting Cords and Releasing Me" (although this had been a wonderful relationship). Yes, it is a rather lengthy procedure, but it has been hours later, and I can't even remember that man's name! When I envision his face, I feel neutral. That old, aching pain is gone. I also believe that this relationship piggybacked onto losing my mother, so as I am healing one the other is also being healed. I did some muscle-testing afterward and all checks out fine. I know that I am finally ready to move on. A huge thank you!  
--Roxane

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2/13/2008

Hi Kat:

I came to see you in October to buy an EF vile from you and it has helped immensely. I was needing to overcome what seemed like panic attacks and fears and other strong emotions rising out of me and affecting my sales ability. I have since realized it was associated with my

Kundalini rising and awakening permanently. At the time mostly just the brow chakra was stuck on. So as Kundalini arises it seems to start shaking loose lots of lower emotions and stuff, and the EF Vial has made that process so much easier than it would have been otherwise. It also has helped immensely (maybe at a life and death level) as far as clearing blocked energy and balancing my chakras and the overpowering Kundalini energy stuff as this sometimes frightening process has progressed. Hopefully someday I will be able to repay this amazing gift you have shared. I am so much more balanced now!

In the meantime I have realized that the word Kundalini is not on your ehdef page as far as I can tell. Maybe if it was mentioned how amazingly comforting this thing is to have to people with Kundalini symptoms it might sell a few more more often? I dunno. But the thought came to me and I wanted to share it. It doesn't make this perfect, it still takes some focus at times, but it wouldn't have been possible to handle at all for me not knowing anything about Kundalini awakening or stuff like that before.

Thanks again for sharing your amazing healing gifts!

Sincerely,

Peter

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Hi Kat,

I did not write to you, as everything was going on fine. It looks like those food related problems of mine are now things of the past. If I feel something I just tap on that feeling or use the vial. Otherwise now I use the vial in the morning everyday and run it mainly on the files like 'clearing negative energy, headache, wt. Issues, inner child, insecurity, rejection (only 4 at a time). Not yet asked \_\_\_\_\_ to try it. Her exams are approaching, that may be the reason for the pimples to come up again.

Hope you are doing fine.

Best wishes

Vibha Gupta

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Wed, 23 Aug 2006 18:42:48 +0530

Hi Kat,

Interesting. Good to know that I was not alone, who did not want to spend so much time on doing the tapping. And we found you, rather forced you to do something for us. So, this is basically your own creation and you reached to this stage one step at a time, literally. Keep it up, you're doing a great service. Even now I run the vial without SUDS, I'm still not comfortable with it.

Now I remember, my formula of Bach flower finished about a week ago. But I take Wild oat and Gentian 1-2 times a day. Is there any formula required now? How do you judge? If you ask me about my health, it is much better. Physically, I've lost 15 lbs. of weight since March, I've started eating regular food, but not fried etc. Last week all those problems, bloating, pain in the liver area, came back on one morning suddenly. Later I realized it was all because of some forthcoming stressful events, so I sort of comforted myself and ran the vial 'inner child' and it was all gone. Professionally, I've started concentrating on writing next book, but still not completely satisfied. Hope that will also improve. All this improvement was because of your kind guidance.

Just be in touch and keep guiding people like me.  
Thanks

Vibha Gupta

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7/31/06

Kat,

I was referred a patient who had some upper back problems. She mentioned to me that she wanted to stop smoking. She smoked a pack a day. I ran the Emotional Freedom vial on her once using the Smoking Cessation file. She said that she only smoked 4 cigarettes a day after that – said that she "forgot to smoke." We then later ran the Smoking Cessation file from the Emotional Freedom vial on her twice more. I have not heard from her since, but I have had a number of patients referred to me from her for Smoking Cessation. One patient also said that he didn't care to quit smoking, but ran Smoking Cessation and said that the cigarettes tasted nasty to him after that.

I have had a number of clients who when I have used the Emotional Freedom vial have asked me what it was I was running, as it made them feel so energized and charged. They feel at ease and peaceful.

Yesterday, I went to lunch with a friend. I ran the Emotional Freedom vial on her, using the Inner Child file. She was amazed at how she felt afterward. Her eyes got big and she said "Wow, that's powerful."

I have a patient who has been oxygen on and has had to use inhalers to breathe. One day he was huffing and puffing and needed an inhaler – I handed him the Emotional Freedom vial and told him to run Constricted Breathing, and say a few other things about his breathing problems. After that he tossed his inhaler and said I don't need that!

Thanks for your work!

Bill Nielsen, D.C.

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9/5/06

kathy!! what a good feeling to see off the men in my life with a smiling face and no welling up of tears!! i must say the imbalance has been rectified!!

was thinking of you and the wonders of the EFT and FE!!!

thanks once again and i thank God , to make it so!!!!

hugs, love and gratitude!

Rhoda

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8/6/06

Just wanted to mention my experience this far.

Not long after our correspondence, I felt a "shift" take place. It was a significant shift I've been waiting for for quite a while. I finally started getting some movement and was surprised.

I assumed this shift happened when you put my energy vile together as I didn't do anything to incite this shift myself. No EFT, no visualizations no, nothing. Again, I can only assume the shift was a result of your putting that vile together for me. As I have no way of knowing how you do that and you only mentioned muscle testing, I find it hard to believe that muscle testing is all you used. In any event you did something to elicit this shift whether you know it or not.

When I got my package I promptly popped the vile into my bra and went about my business for a couple of days. Didn't notice any changes other than getting my children to behave and making lists of the things they do that drive me nuts. So this morning I finally decided to read the directions and try it out.

I was sitting in my car and was EXTREMELY overwhelmed with the CD player not cooperating. Finally out of frustration I turned it off then turned to the vile. I half way did it right the first time, then tried again. I tapped on my frustration with the CD player. When I did the breathing on the second round, I opened my eyes and looked at the player and had no energy around it. I started laughing because this was completely unexpected as I had lost all confidence in the vile on the first round.

So I decided to use it on another issue. I felt a deep relaxed state in my entire body while doing that deep breathing both times. Unlike just sitting around and deep breathing. This was utterly peaceful and quit blissful. Issue was down to a zero, then I left my car and started for the gym.

I've been going to this gym for several months and so far have only had one conversation with one person. This sort of bothers me and I've been wanting to figure out how to meet more people, and hopefully find some people to come and tap with me as a volunteer until I can get some sort of EFT business off the ground.

Anyway, as I left my car this gentleman was standing there smiling. So I smiled back, mostly because someone was finally talking to me! He walked to the door with me and kept insisting he knew me. I kept ensuring him he didn't. In any event he turned out to be a mechanic, and was able to explain why my car is broke down at the moment. I was thrilled I found someone to tell me what was wrong with my car. Long story short, he asked what I did for a living and I

breifly told him about EFT and my work with the belief system. I didn't expect him to be interested yet he asked to come and see me.

I've been trying to figure out how to get a bloody customer for months!!!! Still don't know if he'll show up or not but the thing that intrigued me the most was his telling me he saw me there and his "conscious" was yelling at him to wait for me and talk to me. I thought the timing was rather interesting since I had just used your vile and tapped on a certain issue that seemed to have little to do with the man standing in front of me.

If you like I'll gladly keep you updated. In the meantime, I'd like to know more about the flower viles. Namely what you would recommend for me.

Thanks

Jude

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8/6/06

I would be honored if you used anything I say and you can use my name if you wish.

Girl, I don't know how long you have been doing this but you are definately on to somethinhg. I spoke with a friend today who is itching to get her hands on your vials. I intend on buying the flower vials and do some more experimenting. I don't have a flock of customers at the moment, but I think this relationship could lead to a beaufitul thing once I get my perferbial career shit together.

Your intention as you pack the vials is very powerful. Perhaps because you don't have any expectations. That's one of the reasons I want to know how long you have been doing this. As you packed it I too had no expectations, which is quite interesting. But things started moving in a HUGE way for me when you did that. In fact, I was thinking I was quite nuts for even considering paying \$75.00 for a few drops of water, and I must really be desperate to put the order through. Even if nothing else comes of using this vial, it was so worth the investment words cannot describe.

Still the most fond and intriguing thing so far with the EFT vial was the utter and unmistakable PEACE I felt during the breathing process. Again, words fail me.

With great admiration of your loving light,

Jude

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8/7/06

This is a little personal, but I really want to share this with you. If you wish to pass it on, be my guest.

For the last 25 years I have had these "attacks" with my bowls. No doctor has ever been able to even name what the problem is let alone suggest a treatment. Several years ago I went to an herbalist who knew exactly what was wrong with me and prescribed herbs to fix it. The herbs

did fix it but when I stopped taking them it came right back. I haven't taken any herbs for this problem in years, for various reasons, mostly economic and just plain forgetfulness.

These attacks start with a very sharp pain in my rectum. From there my blood pressure drops so low sometimes that I faint dead away. When I get this pain, the only place I can be to get any sort of relief is on the toilet, even though I NEVER have the urge to evacuate my bowels. Eventually when my bowels move just a little and the attack subsides. My herbalist said I was constipated and that's what was causing the pain, which made sense to me. However I usually associate constipation with some sort of warning sign as in cramping-which I've never experienced--or at least a feeling that you need to go but can't.

When I get these attacks it comes out of the blue, in other words no signs of problems other than the initial warning sign of the sharp pain in my rectum. Then the excruciating pain sets in and within 60 seconds I am drenched in sweat and very frightened. These attacks can last HOURS.

Since I've been Using EFT which is only about four months, I have gotten these attacks to clear up completely within about 15 to 20 minutes. This was a great feat considering how long these attacks usually last.

Today on my morning walk in the gym, I noticed the pain was starting up again. I thought, "Oh, God no, not now!" So I put my fingers on my bones under my eyes and started reciting "even though I have this pain in my rectum...." By the time I used the vile something very unusual happened. I felt an enormous pressure, as if I "had to go" but I thought THAT CAN'T BE! It must be some sort of odd mistake as this NEVER HAPPENS when I get these attacks. So I walked as quickly as I could to the toilet and low and behold the bowels starting moving, I mean really moving! This also has never happened. The pain again became extremely intense and the sweating started, then the terror. During this time it was quite difficult to take the deep breaths so I held the vile to my chest and concentrated on all those files energies passing through the vile into my chest.

In 25 years I have never had the experience of my bowels moving so abundantly during one of these attacks. I didn't call out, constipation, but I did ever so briefly have that thought as I was trying to stay conscious and keep the vial in my hand. Also, the terror was yet a small thought - but not affirmed adamantly or loudly. You must understand, when I'm having one of these attacks, it is extremely difficult to have any thoughts or focus. Usually it's just a lot of confused grappling trying to figure out which word I need to use to get this over with.

As I was trying to work the vile, I remember three brief thoughts but not all at the same time, they were, terror, constipation, and pain. Again, they were fleeting thoughts and not focused on any affirmation. It seems as though the vile was listening intently and only needed me to have one brief thought and it knew exactly what to do. It basically did the work for me.

The miraculous part is this attack only lasted about two minutes, and I only had to run the vile three times. Once, when I was not in a lot of pain yet, and twice while in pain--then I just held the vile to my chest until it passed.

Another thing I noticed which is extremely odd was that when the attack was over--it was over--in other words, no pain left in the rectum, usually the sweating and fatigue linger for quite a while. This time when the pain passed, I COMPLETELY STOPPED SWEATING AND HAD NO FATIGUE! This was so odd to me that I stood around waiting, as I usually do for the my blood pressure to even out and stop sweating. Yet, this time there was nothing to wait for. Only my disbelief held me in the same spot for a few minutes before I ventured back out into the gym.

I am somewhat convinced, that there may be circumstances where going through the steps to get the vial to work are unnecessary. As it seems when I was no longer able to do the steps and just held the vial to my chest and concentrated on the energies in the vial passing through to me was when the attack stopped--completely.

Hope you don't mind my writing you about all these things. Just glad I have someone to share these experiences with.

Your friend,

Jude

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Wed, 23 Aug 2006 18:42:48 +0530

Hi Kat,

Interesting. Good to know that I was not alone, who did not want to spend so much time on doing the tapping. And we found you, rather forced you to do something for us. So, this is basically your own creation and you reached to this stage one step at a time, literally. Keep it up, you're doing a great service. Even now I run the vial without SUDS, I'm still not comfortable with it.

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Just be in touch and keep guiding people like me.  
Thanks

Vibha Gupta

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Dear Aunt Kat,

Thank you so much for all that you have done to help me improve my health. I suffered silently for so long without any real help from the medical community. When they told me I had Lupus, I thought I wouldn't live to 30 I felt so ill at the time. Then when they told me it was fibromyalgia, and irritable bowel I knew I wouldn't improve using meds, and when they told me they thought it was Cushings I was ready to blow them all off.

The only thing that has helped me get through all of this is EFT. I have gone to barely being able to take care of myself, and my children to being able to be a healthy active person again. I run this on my kids when they are ill, and they get better so quickly. Julia's insulin requirements are so small the endo cannot believe it. This is all due to you, and EFT.

Kathy, you truly are such an amazing person, to help everyone, just because you want them to feel better, and not have to go through all of the pain, and suffering of taking in meds that can make them more ill than they currently are. It really takes a special person to do all that you do.

Thank you again, so much, from the bottom of my heart for all that you do for us.  
Jamie Birchfield