

For EF vial owners (EF = Emotional Freedom)  
To Help You Clear Blocks and move forward, Consider:

- What is the EF (Emotional Freedom) vial? <http://www.about.ehdef.com/>
- Buy Standard Emotional Freedom vial <http://www.efvial.ehdef.com/>
- 1 Page File List: Emotional Freedom vial: <http://www.ffmpegnames.ehdef.com/>
- 20 plus pages Descriptions & File Names: <http://www.ffmpegnames.ehdef.com/>

Situation / Problem:

You have been dealing with an issue for a long time. It’s permeating your life and energy. Like a death in the family "**John Doe**" (placeholder name [http://en.wikipedia.org/wiki/John\\_Doe](http://en.wikipedia.org/wiki/John_Doe)) OR Infertility or a Traumatic experience (car accident) OR a Chronic illness (diabetes, Alzheimer's, chronic fatigue, etc.) OR Loss of a job or Family relations (Mom, Dad, an aunt/uncle, cousin, "**John**") OR Loss of a love relationship (use lover's name "**John**", or "lost love" or "lost loves").

Below is a creative procedure or algorithm. You can use this information as a stepping-stone to create your own procedure. It is something to consider and see what comes of it.

Creative Idea #1:

1. Drink water
2. Put yourself in a calm relaxed state. Do breathing or meditation or etc.
3. Put your EF vial on your chest near your thymus (your energy center)
4. Say: **"Reversals - \_ - John"** ..... see Note 1 and Note 2
5. Run Vial see Note 3
6. Say: **"Release - \_ - John"** ..... see Note 4
7. Run Vial see Note 3
8. Say: **"Reversals Release - \_ - John"** ..... see Note 5
9. Run Vial see Note 3
10. Say: **"Release Reversals - \_ - John"** ..... see Note 6
11. Run Vial see Note 3
12. Say: **"\_ - John"** ..... see Note 7
13. Run Vial see Note 3
14. Say:
  - I Am...
  - I Feel...
  - Inner Child
  - Inner Light
15. Run Vial see Note 3
16. End.

Note 1:

- \_ - = most current EF vial list,

107 files on 18-October-2007 <http://www.ffmpegnames.ehdef.com/>

Note 2:

What does "**Reversals - \_ - John**" mean?

With EF vial on your thymus and

Left hand on EF vial

Say all files, currently we have 107 files.

Start from bottom of list.

Why start at list bottom?

To incorporate a new pattern, if you wish to, do what you need to do to keep it fresh.

Say:

Reversals - Writing on My Walls - John

Reversals - Weight Issues - John

Reversals - Vision Correction - John

Reversals - Tinnitus & Hearing Loss - John

Reversals - Taking Responsibility, Reclaiming Own Power & Releasing Blame - John

Reversals - Switchpairs - John

Reversals - Switch - John

Reversals - Success, Financial Freedom & Goal Setting - John

Reversals - Sore Throat, Sinusitis, Flu & Infections - John

Reversals - Smoking Cessation - John

Reversals - Side Effects - John

Reversals - Severing Negative Ties, Cutting Cords & Releasing Me - John

Reversals - Segment Intending - John

Reversals - Screaming Baby - John

Reversals - Road Rage, Traffic Trauma & Self-Abuse - John

Reversals - Reversals - John

Reversals - Respect, Forgiveness - John

Reversals - Release - John

Reversals - Rape, Invasion, Abuse - John

Reversals - Quieting Your Inner Critic - John

Reversals - Procrastination - John

Reversals - Presentations, Breaking Barriers & Moving On - John

Reversals - Posttraumatic Stress Disorder (PTSD) - John

Reversals - Positive Vibrations to Troubled Beings & Earth Trauma - John

Reversals - Poisons & Toxins - John

Reversals - One with Myself - John

Reversals - Obsessive Compulsive Disorder (OCD) - John

Reversals - My Core, My Journey, My Destiny, My Protection & Me - John

Reversals - Muscles, Cramps & Musculoskeletal Issues - John

Reversals - MS, Seizures, Neurological & Neuromuscular Disorders - John  
Reversals - Morning Sickness, Pregnancy, Infertility & Miscarriages - John  
Reversals - Molds, Yeasts & Other Organisms - John  
Reversals - Miscellaneous Annoyances - John  
Reversals - Metabolism Issues, Water, Mineral & Nutrient Utilization - John  
Reversals - Mental Illness & Disturbances - John  
Reversals - Menstrual Cramps, PMS, Female Issues & Menopause - John  
Reversals - Medical Trauma & Invasion - John  
Reversals - Medical Interference - John  
Reversals - Medical Buy-In, External Influences & Limiting Views - John  
Reversals - Love Relationships - John  
Reversals - Lost, Forgotten, Need to Remember & How to Find - John  
Reversals - Liver, Gallbladder, Pancreas & Spleen - John  
Reversals - Lactation Issues - John  
Reversals - Labor & Delivery - John  
Reversals - Joy, Love, Gratitude, Friendship & Peace - John  
Reversals - Jealousy, Insecurity, Rejection & Feeling Unloved - John  
Reversals - Irritable Bowel, Inflammatory Bowel, Crohn's & Bowel Problems - John  
Reversals - Insomnia - John  
Reversals - Inner Light - John  
Reversals - Inner Child - John  
Reversals - Information Overload, Decision Making & Improving Insight - John  
Reversals - Increasing Energy Flow - John  
Reversals - Improving Writing, Typing, Sales & Other Skills - John  
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Reversals - Grief, Dying & Acceptance - John  
Reversals - Grass is Greener, Aging & Life - John  
Reversals - Get Things Done, Increase Focus & Life Transformations - John  
Reversals - Gastrointestinal Issues, Nausea, Vomiting & Diarrhea - John  
Reversals - Frustration, Pessimism, Irritation & Impatience - John

Reversals - Flying, Altitude Changes, Jet Lag & Timing Issues - John  
Reversals - Fixing Electronics, Inanimate Objects & Things - John  
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Reversals - Allergies, Cancer & Terminal Illnesses - John  
Reversals - Alcohol & Addiction - John  
Reversals - ADHD, Dyslexia & Enhanced Learning - John  
Reversals - Acne, Rashes & Skin Problems - John  
Reversals - Acknowledge, Accept, Allow & Grow - John  
Reversals - Accidents, Injuries & Pain - John  
Reversals - Abdomen - John

Note 3:

Run EF vial:

Put EF vial on your thymus

Left hand on EF vial

Right hand on top of left hand

Close eyes

Breathe deeply ten times.

For more details about running your Vial see <http://www.vialuse.ehdef.com/>

Note 4:

What does "**Release - \_ - John**" mean?

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Note 5:

What does "**Reversals Release - \_ - John**" mean?

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Note 6:

What does "**Release Reversals - \_ - John**" mean?

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Left hand on EF vial

Say all files, currently we have 107 files.

For most part say files in groups of 4 then Run Vial

[except with Chants, Mantras & Prayers (run separate, counts as 4 files)]

Start from top of list, if you wish.

Say:

Abdomen - John

Accidents, Injuries & Pain - John

Acknowledge, Accept, Allow & Grow - John

Acne, Rashes & Skin Problems - John

Run Vial, see Note 3.

ADHD, Dyslexia & Enhanced Learning - John

Alcohol & Addiction - John

Allergies, Cancer & Terminal Illnesses - John

Alzheimer's, Dementia & Parkinson's - John

Run Vial, see Note 3.

Animal Behavior Issues - John

Ankylosing Spondylitis, Scoliosis & Other Back Issues - John

Aortic Regurgitation/Bicuspid Aortic Valve - John

Arthritis, Joint Pain & Inflammation - John

Run Vial, see Note 3.

Astrological Imbalances, Karmic Problems & Bad Luck - John

Bladder, Kidney & Urinary Issues - John

Bones, Teeth, Gums & Dental Caries - John

Chakra Balancing & Clearing Energy Meridian Blocks - John

Run Vial, see Note 3.

Changing Unwanted Behaviors & Habits - John

Run Vial, see Note 3.

Chants, Mantras & Prayers (run separate, counts as 4 files) - John

Run Vial, see Note 3.

Clearing Negative Energy & Improving Self Image - John

Constricted Breathing, Asthma, Cough & Respiratory Issues - John

Run Vial, see Note 3.

Correct Self-Destruct - John

Creation Box - John

Depression, Anger, Stress & Anxiety - John

Dreams - John

Run Vial, see Note 3.

Eating Disorders - John

Endocrine, Lymphatic & Sensory Problems - John

Enhancing Meditation, Relaxation & Enlightenment - John

Environmental Elements - John

Run Vial, see Note 3.

Erectile Dysfunction, Premature Ejaculation & Male Problems - John

Evolving Variations - John

Extremities - John

Family, Friends & Social Situations - John

Run Vial, see Note 3.

Fear & Phobias - John

Fear of Disease, Hypochondria - John

Fibromyalgia, Chronic Fatigue & Chronic Pain - John

Fixing Electronics, Inanimate Objects & Things - John

Run Vial, see Note 3.

Flying, Altitude Changes, Jet Lag & Timing Issues - John

Frustration, Pessimism, Irritation & Impatience - John

Gastrointestinal Issues, Nausea, Vomiting & Diarrhea - John

Get Things Done, Increase Focus & Life Transformations - John

Run Vial, see Note 3.

Grass is Greener, Aging & Life - John

Grief, Dying & Acceptance - John

Growths & Tumors - John

Head, Neck & Brain - John

Run Vial, see Note 3.

Headaches - John

Health & Wellness - John

Heart, Cardiovascular, Circulatory & Blood Disorders - John

Herpes - John

Run Vial, see Note 3.

Hiatus Hernia, Acid Reflux Disease & Heartburn - John

Holidays, Vacations & Stressful Times - John

Hypersensitivity - John

I Am... - John

Run Vial, see Note 3.

I Feel... - John

Immune System - John

Improving Writing, Typing, Sales & Other Skills - John

Increasing Energy Flow - John

Run Vial, see Note 3.

Information Overload, Decision Making & Improving Insight - John

Inner Child - John

Inner Light - John

Insomnia - John

Run Vial, see Note 3.

Irritable Bowel, Inflammatory Bowel, Crohn's & Bowel Problems - John

Jealousy, Insecurity, Rejection & Feeling Unloved - John

Joy, Love, Gratitude, Friendship & Peace - John

Labor & Delivery - John

Run Vial, see Note 3.

Lactation Issues - John

Liver, Gallbladder, Pancreas & Spleen - John

Lost, Forgotten, Need to Remember & How to Find - John

Love Relationships - John

[Run Vial, see Note 3.](#)

Medical Buy-In, External Influences & Limiting Views - John

Medical Interference - John

Medical Trauma & Invasion - John

Menstrual Cramps, PMS, Female Issues & Menopause - John

[Run Vial, see Note 3.](#)

Mental Illness & Disturbances - John

Metabolism Issues, Water, Mineral & Nutrient Utilization - John

Miscellaneous Annoyances - John

Molds, Yeasts & Other Organisms - John

[Run Vial, see Note 3.](#)

Morning Sickness, Pregnancy, Infertility & Miscarriages - John

MS, Seizures, Neurological & Neuromuscular Disorders - John

Muscles, Cramps & Musculoskeletal Issues - John

My Core, My Journey, My Destiny, My Protection & Me - John

[Run Vial, see Note 3.](#)

Obsessive Compulsive Disorder (OCD) - John

One with Myself - John

Poisons & Toxins - John

Positive Vibrations to Troubled Beings & Earth Trauma - John

[Run Vial, see Note 3.](#)

Posttraumatic Stress Disorder (PTSD) - John

Presentations, Breaking Barriers & Moving On - John

Procrastination - John

Quieting Your Inner Critic - John

[Run Vial, see Note 3.](#)

Rape, Invasion, Abuse - John

Release - John

Respect, Forgiveness & Releasing Worries - John

Reversals - John

[Run Vial, see Note 3.](#)

Road Rage, Traffic Trauma & Self-Abuse - John  
Screaming Baby - John  
Segment Intending - John  
Severing Negative Ties, Cutting Cords & Releasing Me - John  
[Run Vial, see Note 3.](#)

Side Effects - John  
Smoking Cessation - John  
Sore Throat, Sinusitis, Flu & Infections - John  
Success, Financial Freedom & Goal Setting - John  
[Run Vial, see Note 3.](#)

Switch - John  
Switchpairs - John  
Taking Responsibility, Reclaiming Own Power & Releasing Blame - John  
Tinnitus & Hearing Loss - John  
[Run Vial, see Note 3.](#)

Vision Correction - John  
Weight Issues - John  
Writing on My Walls - John  
[Run Vial, see Note 3.](#)

## Creative Idea #2:

## Background:

You have been taking a "Drug". This "Drug" is helping you but there are side effects. Etc.  
Muscle test if your body is ready for this energy...

or

Muscle test if "John Doe" is ready for this [Proxy](#) energy...

Say the response is YES.

Consider this and see what comes of it.

Emotional Freedom vial for yourself or set Emotional Freedom vial to [Proxy](#) to help another.

[Proxy](#) -- How? Your intention is "I am working for John Doe"

With EF vial on your chest, your thymus, and Left hand on EF vial

Say:

Reversals - Allergies - Drug

Reversals - Hypersensitivity - Drug

Reversals - Side Effects - Drug

Release - Allergies - Drug

Release - Hypersensitivity - Drug

Release - Side Effects - Drug

Reversals Release - Allergies - Drug

Reversals Release - Hypersensitivity - Drug

Reversals Release - Side Effects - Drug

Release Reversals - Allergies - Drug

Release Reversals - Hypersensitivity - Drug

Release Reversals - Side Effects - Drug

[Run Vial, see Note 3.](#)

Allergies - Drug

Hypersensitivity - Drug

Side Effects - Drug

[Run Vial, see Note 3.](#)

I Am...

I Feel...

Inner Child

Inner Light

[Run Vial, see Note 3.](#)

Total time is about 3 minutes.

Revealing:  
You take responsibility for your health.  
See a professional.

The Reverend David Wilson  
feelawesome : Skype  
[therev@cogeco.ca](mailto:therev@cogeco.ca)