

Autorun Emotional Freedom (EF) vial

Often the Emotional Freedom vial will "run" on its own, but if you want specifically to request it, you can. How I would do that is:

1. Place the EF vial on your chest.
2. Place left hand over the EF vial.
3. Say, "I want the Emotional Freedom vial to automatically run for me anytime a negative problem or issue enters my conscious or subconscious mind, and I now give my body permission to run the vial, even when I do not expressly ask for it." (Wording does not need to be exact.)
4. Place right hand over the vial, close your eyes and take 10 breaths.

If the EF vial is not already auto running for you, this should open it up to do so. Often it starts to auto run on its own anyway, once your body understands what the vial is and what it is there for, but this may speed up the process.