

How to Initialize Your HEV Vial

There are two ways to initialize your HEV vial. Procedure 1 is the simplest, but takes a little longer to initialize. Procedure 2 is a little more involved, but initialization is completed quicker.

Procedure 1:

To automatically initialize this HEV vial simply place this HEV vial in your energy field for about 20 minutes.

The center of your energy field is on your chest near your thymus and your energy field also extends into your pant pocket, as well as at least an inch or two outside your body from your head to your toes.

Procedure 2:

To have this HEV vial work sooner for you, manually initialize it:

1. Put this Healing Energy Vibrations (HEV) vial on your chest (near thymus).
When this HEV vial is near your thymus then it's in the center of your energy field. This HEV vial can be placed on your skin near your thymus. Also, you can wear clothing (shirts, sweaters) and place this HEV vial on top of your clothing, near your thymus. This HEV vial works best when it is in the center of your energy field.
2. Lay your left hand flat across this HEV vial.
This could be the palm of your left hand or your left hand fingers and this means your left hand (receiving hand) is touching up to 50% of the vial. *Do not* make a closed fist around the vial, because this will hide the vial's energy from your body.
3. Put your right hand (sending hand) over your left hand (receiving hand)
4. Close your eyes
5. Take 10 (ten) deep breaths
While breathing deeply, close your eyes and concentrate on this breathing sensation
Taking deep breaths increases the energy flow in your body, thus intensifying the vial's effect.

Once initialized, this HEV will run automatically anytime you place it in your energy field. Whether the HEV vial is on your chest or in a pocket, as long as it is near your body, it will be actively running for you.

Notes:

- a) As long as this HEV vial is never opened or broken, even if the water evaporates, it can be used indefinitely.
- b) Once initialized, whenever the HEV vial is in your energy field, it is working for you.
- c) Should you desire, you can call any of the individual techniques or parts thereof. There is no need to "run" the vial. Just call the energy you desire to bring it to the foreground, making it the currently active running technique.
- d) If you don't wish to have HEV automatically run while in your energy, simply set your intent for it not to, and it will not.