



### Healing Energy Vibrations (HEV) Vial

This HEV vial is available in two formats. Below is a table showing advantages of each format:

HEV Vial Types	Dolphin Pendant HEV Vial	Standard HEV Vial
		
"Autoruns" when in your energy field	Yes	Yes
Conveniently hangs near your thymus	Yes	No
Easy to share with others	No	Yes
Set it and forget it	Yes	Yes
Can set focus on a technique	Yes	Yes
Can set focus on part of a technique	Yes	Yes
Where to buy this vial?	<a href="http://www.hevp.blueiris.biz/">http://www.hevp.blueiris.biz/</a>	<a href="http://www.hev.blueiris.biz/">http://www.hev.blueiris.biz/</a>

*If you don't want to worry about where your HEV vial is and don't want to have to remember to put it in your pocket (or take it out of your pocket), then the Dolphin Pendant HEV is for you.*

*If you want to easily share your HEV vial with others, then the Standard HEV vial is for you.*

Important Notice: Although the Healing Energy Vibrations vial has produced anecdotal results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. While its developer, Kat Miller, is a certified Total Body Modification and Natural Healing practitioner, she is not a licensed medical doctor. This vial was developed simply as a tool to help clear blocks in the body's energy, allowing the body to return itself to health. If you have a medical condition, please consult your physician or qualified health care provider.

### Techniques in Your HEV Vial

1. Ho'oponopono Essence
2. 101 Healing Facets of Ahuramazda from Zoroastrianism
3. Sound Wave Healing Vibrations
4. Pulsars
5. Gemstone+Crystal Vibration Healing
6. TEST1 Energy Vial

## 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 actively running technique.
- d) To stop HEV from automatically running, simply set your intent for it not to, and it will not run.

## HEV Technique 1: Ho'oponopono Essence

Ho'oponopono is a Hawaiian healing technique. The word Ho'oponopono means to make right, to rectify an error. Ho'oponopono, a process of repentance, forgiveness and transmutations, is a petition to Love to void and replace toxic energies within oneself. The core of Ho'oponopono Essence is the person with the vial energetically saying,

*"I'm sorry. Please forgive me. Thank you. I love you."*

Ho'oponopono Essence is the first technique this HEV vial runs. When using this HEV vial you may not feel a lot of change with Ho'oponopono, but you may notice people in your life beginning to shift positively, both emotionally and physically. This may include family, friends, coworkers, neighbors, etc., as previously soured emotional reactions are forgiven, released and replaced with love. Ho'oponopono works on interpersonal relationships, smoothing the rough edges, thereby beginning the physical and emotional healing process.

According to Ho'oponopono, the world is a reflection of what is happening inside you. When you experience upset or imbalance, look inside yourself, not outside yourself, for the cause of your problem. Every stress, imbalance or illness in your world can be corrected just by working on yourself.

See also <http://www.dw.ehdef.com> for a list of Defusing Words that are also part of the Ho'oponopono Essence technique in the Healing Energy Vibrations vial.

**Technical Tip: Say "Ho'oponopono" to activate Ho'oponopono Essence**

Saying "Ho'oponopono" with intent to bring Ho'oponopono Essence online and make it the currently active technique will stop any other HEV technique currently running and start Ho'oponopono. Once Ho'oponopono completes running, this HEV vial will then continue to run through each technique.

## HEV Technique 2: 101 Facets of Ahuramazda

101 Facets of Ahuramazda are 101 different energies which can be called upon to help with life, physical, mental and/or emotional issues. Ahura is associated with "ah," which means "being" or "existence" and "angh" which means life. This is probably why *Ahura* is translated as "Lord of Life." The word "Mazda" means "super-intellect" or "supreme wisdom." Mazda can also mean "great" or "maximum knowledge," as well as "great" or "maximum giver."

Following is a list of the 101 Facets of Ahuramazda with some applications for each. Because the facet (name) may be difficult for people unfamiliar with Ahuramazda to pronounce or remember, the facets are numbered. The HEV vial associates each facet of Ahuramazda with the number on this list. If you wish to work with a specific energy facet of the Ahuramazda, with the HEV vial you can call the individual energy by the number, facet name or even by stating the issue you wish to address.

#	Facet	Meaning	Applications, common uses
1	Yazad	"Yaz" meaning worthy of being attuned; Praiseworthy	anger; headaches; liver/gallbladder; feel well-being; help find lost things
2	Harvesp tavãñ	Almighty	grief; asthma; lung problems; family relationships; strength to carry heavy loads
3	Harvesp âgâh	All-Knowing	social angst; hyperventilation; queazy stomach
4	Harvesp khudâ	Lord of All	heart; joy; love relationships; improve comprehension
5	Abadah	Without Beginning	hormones; parent/child & student/teacher relationships; guilt
6	Abî-anjãm	Without End	heart; forgiveness
7	Bûneshtêh	Root of Creation	Jealousy
8	Frâkhtan-têh	The End of All	triple heater (thyroid); loneliness
9	Chamag	Ancient Cause	kidneys; fear; desperation; small intestines
10	Parjatarah	More Noble	Arrogance
11	Tum-afik	Most Open (Innocent)	insomnia; irritability; depression
12	Abarvand	Separate from All	thyroid; confusion; instability; travel protection (especially flying)
13	Parvandâ	Connected with All	hypochondria; negative attention; self-pity
14	An-aiyâfah	Unreachable by anyone	life transformations; adjustments
15	Ham-aiyâfah	Who Can Reach All	future focus
16	Âdarô	Most straightforward; Truest of All	relieve panic; think clearly
17	Gîrâ	Who Holds Everyone	sexual relationships; male/female interactions
18	A-chem	Without Cause (Does not need a reason for existence)	obsessive compulsive disorder; break bad habits
19	Chamanâ	Reason of All Reasons	dyslexia; learning disabled
20	Safnâ	Creator of Progress	immune system; for financial problems
21	Afazâ	Creator of Growth	large intestine; withholding; stubborn
22	Nâshâ	Who Reaches Everyone Equally	gallbladder; gallstones; resentment
23	Parvarâ	Provider	Vulnerable
24	Iyânah	Protector of Creation	kidney problems; fear; insecurity; fear of the future
25	Âin-âênah	Not Different	increase energy; draw on reserves
#	Facet	Meaning	Applications, common uses

#	Facet	Meaning	Applications, common uses
26	Ân-âinah	Without Shape	traumatic stress
27	Khrôshîdtum	Most Determined	erectile dysfunction; for boss
28	Mînôtum	Most Invisible	self-destruct
29	Vâsnâ	Omnipresent	reversals; small intestine; general digestive issues
30	Harvastum	Most Complete	release loneliness; open your heart to the Divine
31	Hu-sepâs	Worthy of Thanksgiving	heart; compassion
32	Har-hamîd	Completely Good Natured	repressed emotions; unexpressed desires
33	Har-nek-farêh	Completely Good Noble Aura	trauma; bladder/urinary problems; lost
34	Bêsh-tarnâ	Remover of Suffering	improve sense of smell; clear pains; remove affliction
35	Tarônîsh	Mysterious	clear negative energy; vision distortion; going before a proud person
36	An-aoshak	Immortal	rejuvenate; feel youthful; uplift your spirits
37	Farsak	Grantor of Wishes	clear pains; improve comprehension & understanding; listen
38	Pajôh-dahad	Creator of Noble Nature	balance body & emotions; contentment; ease
39	Khvâfar	Generous with Justice	peacefulness; clear disharmony
40	Avakshhiâyâ	Grantor of Generosity	thoughtlessness; increase generosity; balance of power
41	Abarzâ	Most Abundant Provider	joyous giving & receiving
42	A-satôh	Who Does Not Get Angry	rage; regain control
43	Rakhôh	Independent; Without Worry	clear pain; security
44	Varûn	Protector from Evil	fractures; accident prone
45	A-farefah	Who Does Not Deceive	liberate; let go of unwanted baggage; get out of problems
46	Bê-farêfah	Who Cannot Be Deceived	clear strife; strengthen relationships; strengthen gums and teeth
47	A-duî	Without Duality	rejection; feeling unloved
48	Kâmêrad	Lord of Wishes	Sadness
49	Farmân-kâm	Wish Is His Command	bad luck; stop downward spiral
50	Âekh-tan	Without Body	creativity; increase productivity; improve business
51	A-farmôsh	Who Does Not Forget	compassionate understanding
52	Hamârnâ	Keeper of Accounts	lack of discernment; melancholy
53	Sanâêâ	Worthy of Knowing; All Knowing	clairvoyance; psychic awareness
54	A-tars	Fearless	dental pains; bones and teeth; jaw problems
55	A-bîsh	Without Suffering	trapped; confused
56	Afrâzdum	Most High	indecisiveness; enlightenment; all good wishes
57	Ham-chûn	Always the Same	stomach; clear pain; craving; addiction; judgmental
58	Mînô-stîh-gar	Creator of the Universe Invisibly	acceptance of self; softening
59	Amînô-gar	Creator of Much Invisible Creations	connection with others; social engagement
60	Mînônahab	Hidden in Invisible Creation	personal power; circulation; sex
61	Âdar-bâd-gar	Who Changes Fire Into Air	warmth; inner strength
62	Âdar-nam-gar	Who Changes Fire Into Water	liver; inhibited; anger; unhappiness; to keep a cool head; control temper
63	Bâd-âdar-gar	Who Changes Air Into Fire	growths; warts; tumors
64	Bâd-nam-gar	Who Changes Air Into Water	circulatory problems
#	Facet	Meaning	Applications, common uses

#	Facet	Meaning	Applications, common uses
65	Bâd-gêl-gar	Who Changes Air Into Dust	weight issues; nutrient utilization
66	Bâd-gerad-tum	Who Changes Air Into Wind	increase focus; vision improvement
67	Âdar-Kîbarî-tum	Who Changes Fire Into Jewels	endocrine disorders; diabetes; for intelligence; for brain power
68	Bâd-gar-jâê	Who Creates Air In All Places	lost love; emotional lability
69	Âb-tum	Creator of Much Water	social instability; isolation; for boss
70	Gêl-âdar-gar	Who Changes Dust Into Fire	deep healing; regeneration
71	Gêl-vâd-gar	Who Changes Dust Into Air	abandonment; dependency; helplessness
72	Gêl-nam-gar	Who Changes Dust Into Water	arthritis; joint problems; movement problems
73	Gar-gar	Creator of Creators	radiculitis; nerve problems; financial problems
74	Gar-ô-gar	Fulfiller of Wishes	clear pains; strengthen connections; strengthen roots
75	Gar-â-gar	Creator of Mankind	infertility; procrastination
76	Gar-â-gar-gar	Creator of All Things	growth and creativity; imagination enhancement
77	Agarâ gar	Creator of 4 Elements	harmonization; balance
78	Agarâgar-gar	Creator of Stars	astrological issues; worries
79	A-gûmãn	Without Doubt	honesty; fidelity
80	A-zamãn	Timeless	spleen; self-worth; self-love; bone marrow; blood disorders
81	A-khuãn	Sleepless	peaceful relaxation; personal world harmony
82	Âmasht	Alert	improve thinking skills; creative writing
83	Fashûtanâ	Always Guarding & Progress Creator	clear pains; balance energy
84	Padmânî	Keeper of Limits	improve situational insight
85	Fîrôzgar	Victorious	heart; compassion
86	Khudâvand	Lord of Creation	synchronize events; create even flow; smooth events
87	Ahuramazd	Wise Lord	improve spiritual connections; increase psychic awareness
88	Abarîn-kuhan tavãn	Most Capable of Preserving Originality of Creations	increase awareness; balance effects of time; return youthful balance
89	Abarîn-nô-tavãn	Most Capable of Creating New Creations	fertility; hormone harmonization
90	Vaspãn	Who Can Reach All Creations	personal peace; acceptance of family; sibling rivalries
91	Vaspâr	Who Can Provide Everything	joyful surprise; warmth
92	Khâwar	Generous	mercy; compassion; allowance
93	Ahû	Lord of Existence	self-confidence; independence
94	Awakshîdâr	Forgiver	forgiveness; acceptance; for financial problems
95	Dâdâr	Creator of Justice	restore peace; balance universal energies
96	Rayômand	Full of Brightness	social introvert; double-minded; restless legs
97	Khôremand	Full of Aura, Light	inner knowing; increase intuition
98	Dâvar	Giver of True Justice	environmental sensitivity; poisonous thoughts
99	Kêrfêgar	Lord of Good Works	remorse; self-pity; open mind
100	Bôkhtâr	Giver of Freedom for Progress	allergies; self-improvement
101	Frashôgar	Refresher of the Soul with Progress	repressed emotions; gas pains, burping
#	Facet	Meaning	Applications, common uses

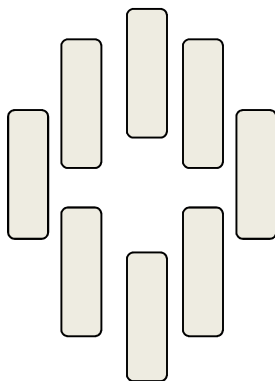
**Technical Tips:**

- a) Say "101 Facets" or "Ahuramazda" to activate 101 Facets of Ahuramazda. Saying "101 Facets" or "Ahuramazda" with intent to bring 101 Facets of Ahuramazda online and make it the currently active technique will stop any other HEV technique currently running and start 101 Facets of Ahuramazda. Once 101 Facets of Ahuramazda completes running, this HEV vial will then continue to run through each technique.
- b) To draw on specific facets the Ahuramazda energies, call each facet you wish to activate by number or name. Reflex Muscle Testing (RMT) can be used to find the number(s) of the specific energy facet(s) needed then call them from the HEV vial. See <http://www.mt.blueiris.org> to learn more about Reflex Muscle Testing.

Interestingly, when using RMT to find which of the 101 are needed, you may frequently see #43, Rakhôh (All-energetic) come up as one of the energies needed. One of the things this facet deals with is pain. Localizing a pain (touching the area in pain) and specifically calling on Rakhôh often quite effectively clears pain.



### HEV Technique 3: Sound Wave Healing Vibrations



Sound Wave Healing Vibrations technique combines healing sound wave vibrations from healing music, Tibetan Bowls and circles of stones like: at the foot of the Himalayan mountains, Stonehenge, Avebury, Glastonbury, Mesoamerica (from Mexico south to Guatemala and Honduras) and others around the world and beyond.

At times, the circles of stone vibrate at a very specific megahertz, producing inaudible sounds, but the vibration can be felt as a kind of magnetic pulse-wave that may reverberate at a below hearing range level into the surrounding areas. In ancient times stone circles were also utilized with instruments and vocal cords by individuals set up in specific positions within the circles to create very powerful sound reverberations, permitting opening of consciousness in the individuals participating in the process. Participants entered altered states which triggered cascading effects within all the participants, heightening their awareness and, permitting realignment of the physical organism. Incapacitated or ill individuals were brought to the altar to make them the focal point of sound vibration to realign the electromagnetic properties of their cellular structures to assist them in regaining their physical and psychological well being. When invoked simultaneously, the circles of stones can create an almost unimaginable link of energy between all of the circles around the Earth (and beyond).

Sound Wave Healing Vibrations from Tibetan Singing Bowls help reduce stress, alter consciousness and create a deep sense of peace, well-being and better health.

Healing music utilizes healing tones with frequencies based on Sacred Geometry and help balance body energy, creating peace in mind and heart.

Sound wave vibrations have the power to heal, awaken the spirit and open conscious awareness. Sound wave vibrations help to reunite us with the Divine harmonies and rhythms of the Universe.

#### Technical Tip: Say "Sound Wave" to activate Sound Wave Healing Vibrations

Saying "Sound Wave" with intent to bring Sound Wave Healing Vibrations online and make it the currently active technique will stop any other HEV technique currently running and start Sound Wave Healing Vibrations. Once Sound Wave Healing Vibrations completes running, this HEV vial will then continue to run through each technique.



## HEV Technique 4: Pulsars



Pulsars technique pulls negative energy and negative emotions from your body to spur healing. You may feel energy pulsations going through your body when the vial activates this Pulsars technique. This technique utilizes the vacuum gap of millisecond Pulsar clusters to do this.

Most will recognize the benefits of the nearest star -- the sun. From a scientific view Pulsars are highly magnetized rotating neutron stars. Even though Pulsars are much farther away, we can still use them to our advantage just as we naturally use the sun to our advantage.

How?

From a healing view a Pulsar draws negative energy to itself. It's great to send Pulsars our negative energy including but not limited to our negative emotional energy. Pulsars love it (our negative energy). Though we may feel guilty about dumping our negative emotions and negative energy on someone else, we can feel free of this guilt about sending negative energy to pulsars.

Why?

Because pulsars are part of the process, part of the balancing process.

Analogy:

Just like trees and plants thrive on the carbon dioxide we breathe out, the pulsars thrive on the negative energy and negative emotions we "breathe" on to them or send to them. Trees and plants help to balance. Carbon dioxide in, Oxygen out. Pulsars help to balance. Negative energy in, positive energy and light out.

**Technical Tip: Say "Pulsars" to activate Pulsars**

Saying "Pulsars" with intent to bring Pulsars online and make it the currently active technique will stop any other HEV technique currently running and start Pulsars. Once Pulsars completes running, this HEV vial will then continue to run through each technique.

## HEV Technique 5: Gemstone+Crystal Vibration Healing

Gemstone+Crystal Vibration Healing technique utilizes the healing energy vibrations from the Gemstones/Crystals listed below. Some vibrational effects for each Gemstone/Crystal are also listed. Gemstone+Crystal Healing Vibrations are activated as required.

Additional information about Gemstone+Crystal Vibration Healing (including Switchwords which are activated with the Gemstones/Crystals) is available at: <http://gemstones.blueiris.org>

Crystal	Effects/Uses
Agate	balancing yin/yang energies; courage; protection; strength; harmony; calming; healing; enhances creativity and strengthens the intellect
Amazonite	improves self-worth
Amber	lift heaviness; amber is great at lifting the heaviness of burdens—allowing happiness to come through
Amethyst	for contentment, peace & strength; opens Crown Chakra; enhances meditation; spiritual upliftment; calms and focuses overactive mind; deepens understanding of underlying issues; soothes and eases emotional exhaustion; eases addictions and addictive traits within personality; wide spectrum of healing energies; neutralizes pain; this is also the present carrier of the Purple Ray
Angelite	used for conscious connection to angelic realms; brings inner peace, tranquility, calm and focus to highest realms of heavenly light; combats fear of speaking the truth; enhances kindness and gives social consciousness and emotional depth; instills wisdom and counteracts cruelty and brutality; unblocks meridians and swiftly clears any energy blockages; teaches acceptance of self; grounds you in the present moment; allows you to releases all that no longer serves your higher good; enhances telepathy skills allows interaction at higher emotional levels; balances thyroid
Apatite	communication; wear this stone when there has been a misunderstanding; it is also helpful for fighting viruses
Aquamarine	for courage and protection; stimulates intellect; protection from devil, dream about aquamarine meet new friends; gives freedom from impressions and influence of others; filters out discordant and conflicting energies; enhance communication with angels also enhance psychic skills; calms and focuses the mind; soothes emotions; sharpens intellect; clarifies perception; helps identify underlying behavior patterns that need to be released to move forward in life; releases energy blocks; alleviates grief and sorrow; remind one of the ocean of love and mercy; helps one understand difficult situations from a love-filled viewpoint.
Azeztulite	brings about shifts in consciousness as well as interdimensional travel; activates ascension points; causes quantum leap in mental processes (note: should only be used after completion of cleansing of mental body, deprogramming self of mental clutter, energetic implants, past life & ancestral miasms); dissolves negative emotional when you feel the time is right for your ascension into cosmic awareness and enlightenment; brings light and healing energy to ever cell in the body; used for physical ailment that requires structured repatterning of the body
Black Obsidian	grounding stone; gaining insight into a problem; increase comprehension
Black Onyx	feel more grounded; good for manifesting goals and intentions; helps one to change bad habits; a great grounding stone
Black Opal	see self as soul; great for helping one see the possibilities of how one can be all they can be; strengthens bones.

Crystal	Effects/Uses
Black Tourmaline	protects against negativity; opens Root Chakra; grounding; purification rituals; deflects and repels negative energy; increases physical vitality; relieves stress; clears confusion; brings clarity; sense of purpose; helps protect against radiation  Black Tourmaline can give physical aid in treating: Dyslexia. Disorientation. Arthritis. Stress. Strengthens immune system. Stimulates and helps balance adrenal glands
Blue Aventurine	circulation; helps clear congestion
Blue Sapphire	for communication; opens Throat Chakra; beauty; intuition; helps satisfy dreams and desires; love; meditation; peace; healing; wealth; mental clarity; clear mental garbage; carrier of the Blue Ray
Blue Tourmaline	psychic awareness; opens Third-Eye Chakra
Cape Amethyst	inner alignment; balances the inner bodies (emotional, spiritual, etc.); provides more energy; good for arthritis
Carnelian	balance creativity and mental processes; wheezing from allergies; carnelian is the carrier of the Orange Ray
Celestite	brings inner peace, tranquility, calm and focus to highest realms of heavenly light; brings spiritual expansion and soul harmony; links strongly to celestial guardians; blessed with sunny, harmonious, joyful disposition; helps you to see clearly connection to angelic realms and everyday constant angelic communication; nullifies ego-led desires, creates new mental pathways especially where creativity is blocked; those who wear it are charming, amusing and wonderful to be with; enhances communication skills and brings visions of humanity in harmony and world peace; emotionally soothes and calms; helps people who suffer inner conflict from absorbing other people's emotional stress and discord; eases all nervous conditions; dissolves pains; eliminates toxins; eases fiery conditions
Citrine	upliftment; spinal alignment; encourages the Yellow Ray to support the body; helps process energy work.
Coral	emotional foundation protects and strengthens one's emotional foundation
Danburite	joyfully attunes to angelic realms; opens Heart and Crown Chakras; promotes lucid dreaming; brings light, clarity, purity to aura which means it is a "cure-all; guidance, spiritual awakening, soul purification, revelation, inspiration, insightful dreams, helps when starting new projects; pave way for releasing past; clears toxins
Diamond	peace; spirituality; courage; healing; reconciliation; strength; increase personal clarity; alignment with higher purpose
Emerald	domestic bliss; harmony; loyalty; opens Solar Plexus Chakra; physical and emotional healing; one of the strongest physical healing gemstones; carrier of the Green Ray.
Enhydro Quartz	assists in transformations; inspires compassion; opens Throat Chakra
Fluorite	helps normalize and balance all areas of life; absorbs and neutralizes negative energy and stress; purification, cleansing and stabilization of the aura; removes negativity; helps ground excessive mental, emotional and nervous energy; increases concentration, self-confidence and helps in decision-making; encourages positivity; aids in channeling; excellent for connecting with the Akashic records
Fresh Water Pearl	enable one to accept love; see the good parts of oneself so you can love yourself and others more
Frosted Quartz	balance; wonderfully soothing

Crystal	Effects/Uses
Fulgurite	focuses and grounds power of angelic prayer; a catalyst for change, powerfully unlock Third Eye Chakra used to explore other realities and dimensions; balances psychic forces; creates environment that is creative, allowing for manifestation through higher mind/mental states; increases intuition; allows insight to formation of emotional turbulence; creates vortex of purified energy that raises users vibrational rate, thus power to improve all physical ailments; energizing, purifying & uplifting use when you want to make quantum leaps in healing any aspect of psyche
Garnet	for commitment, devotion & passion; stone of health
Green Aventurine	physical healing; overall healing support
Green Fluorite	hormone balance.; helpful with hormonal changes such as PMS and menopause
Green Tourmaline	helps creativity; enhances cooperation in healing; opens Heart Chakra
Grey Moonstone	helps one accept others' powers by cleansing blocks
Harlequin Quartz	boost vitality; stimulate loving consciousness; help with spirituality
Herkimer Diamond (Double Terminated Quartz)	<p>increases effects of other gems/crystals, increases their focus and potential; Herkimer Diamonds contain the crystal energy structure that aligns the natural energy of the crystal to the natural power of the human mind to find a way to new horizons and new capabilities; enhance efforts to change our situations, prospects, health, outlook or relationships; supports learning new skills and using gifts, assist to grow stronger, or become a better spouse or child</p> <p><i>Note: Because the Herkimer Diamond is so powerful, it is wise to limit the length of time it is used to 10-15 minutes for a session/use. Generally too strong for children and animals. Powerful as a booster for whatever purpose you would like to create.</i></p>
Hessonite	insatiable worldly desires and sense gratification; hedonistic tendencies. obsessive and convulsive influences; inertia, dullness, grossness, insensitivity, ignorance; in astrology good for afflicted Rahu; used on the Third Chakra, Hessonite will stimulate creativity on all levels; use this stone to encourage self-respect, respect of others, and spiritual growth; helps regulate hormone production stimulates metabolism; fortifies the immune system; encourages absorption of nutrients
Iolite	used in Shamanic healing; helps harmonize relationships; full psychic activation and integration, but only if the 5 lower Chakras are fully balanced; take recipient into heavenly realms; very important to have all 5 lower Chakras balanced; releases discord and codependency, overcome addictions; improves brain function
Jade	relaxation; works wonders on sore shoulder or back; reduces tension in life; calms
Kunzite	emotional support; helps emotions be in sync
Lapis Lazuli	enhances truth, wisdom, patience, inspiration, integrity, loyalty, revelation and contemplation; brings clarity and serenity; provides protection from lower entities and psychic attacks; harmonizes emotional conflict; stops vacillation, hesitation and uncertainty; understand the mind; expands your viewpoint; good for connecting the heart and the mind
Leopardskin Jasper	bring what one needs (not necessarily what you want); a wonderfully supporting stone
Mahogany Obsidian	decision making; helpful in healing gums
Malachite	Bring harmony into one's life; Good for meditation
Mexican Onyx	helps one sleep better
Moldavite	grounding stone; really puts one in their body; helps you talk to other sentient beings (humans and whales and dolphins)

Crystal	Effects/Uses
Moonstone	harmonizes female aspect of personality; accesses deep subconscious; increases psychic powers such as clairvoyance, clairsentience, clairaudience; opens mind to serendipity, hidden opportunities and intuition; soothing to mind and emotions. enhances positive energy flow; cools body and releases excess energy and agitation; soothes adrenals
Moss Agate	get in touch with nature; plant knowledge
Mother of Pearl	for healing abandonment and deep wounds created by unfulfilled needs; for the "missing mother" energy; protection; know mother's love; this stone is a great protective stone
Opal	strengthens willpower; renews the will to live; aids physical and spiritual sight and insight; very motivating, wonderful aid to visualization especially in healing; activates Soul Chakra; shows exactly what past mental states have caused present emotional imbalance; brings light to your darkness and alignment through movement; open doorways to wonderful healing; shows how to manifest miracles in life; cleanses and heals old wounds; heals hormonal imbalances; see possibilities; discover a broader view
Orange Moonstone	helps one accept others' help by comforting you
Paraiba Tourmaline	bring patience & inspiration; open to joy of giving; open Heart Chakra
Pearl	nurturing; love; luck; protection; mentally stabilizing
Peridot	brings the energies from in the aura to the physical body; useful after energy work
Pink Tourmaline	peace & understanding; opens Heart & Crown Chakras
Poppy Jasper	gain a positive outlook
Purple Rainbow Fluorite	change; helps one get out of ruts
Red Spinel Crystal	to stimulate strength & physical vitality; opens Root Chakra
Rhodochrosite	for treating low self-esteem; connects the mind and the Heart Chakra; change; gives one confidence while making desired changes; very supportive; one can make large changes very quickly with this stone
Rhodonite	emotional support; helps one take the next step emotionally
Rose Quartz	emotional balance; very good for expressing and soothing emotions
Rubellite Tourmaline	love & devotion; opens Root & Heart Chakras
Ruby	purity; knowledge; wealth; spiritual wisdom; opens Third-Eye Chakra; passion, life, courage, perseverance and positive leadership qualities; for pioneers those who must go first bravely into uncharted territory; releases the soul's true potential; removes inertia, procrastination, lethargy, fear, deep energy blocks, and survival issues; love; open the heart; allows one to overcome fear; carrier of the Red Ray
Ruby Rose	heals grief and a shut-down Heart Chakra
Seraphinite	healing stone brings yin-yang balance, stability to Heart Chakra and allows alignment with opening of Crown Chakra; aids discrimination of heart; helps you feel that it is good to be alive; helps you succeed without struggle by harmonizing desires of heart into perfect alignment with your soul's desires; removes imbedded thought forms with in mental body help those who feel disconnected or disoriented; dispel negative emotions; brings healing to all levels of body; purifies blood oxygenates blood; heals longstanding degraded physical conditions
Sodalite	protects from external negative energy; use it by computers to help reduce the damage from EMF
Spinel	helps rejuvenation; "stone of immortality"
Starbrary Quartz	to give you dreams and strength to live them
Sugilite	spiritual love; forgiveness of self & others; grounding & stabilization; revitalization
Sunstone	enhances contemplations; improves meditation; helps remember dreams more; use it for a few days in a row when you have not been remembering your dreams
Tanzanite	changes; uplifts and opens the heart
Topaz	boundaries; grounding; emotional stability; perception; acceptance

Crystal	Effects/Uses
Tourmaline	for inspiration, understanding & confidence; help balance the mind
Tree Agate	introspection; helps one view themselves with more clarity and see the world through a broader viewpoint
Turquoise	tradition; sense of authentic self; guardian; gratitude; cooperation
Unikite	balances physical/emotions
Vanadinite	allows deep state of meditation; opens Root & Sacral Chakras
Watermelon Tourmaline	helps parent/child relationships; opens Heart Chakra
White Moonstone	helps one accept others' help through highlighting the others effects; when worn by itself is balances yin/yang
Yellow Sapphire	attracts wealth and brings prosperity to the home; stimulates intellect; improves focus; enhances wisdom. spreads warmth, peace and tranquility; stimulates lymphatic system and aids in eliminating impurities from the body; helps clear liver, gallbladder, spleen and stomach problems/disorders
Zeolite	to help remove toxins from body's energy field; inspires positivity
Zincite	helps remove energy blocks; helps increase mental clarity

#### Technical Tips:

- a) Say "Gemstone" or "Crystal" to activate Gemstone+Crystal Vibration Healing  
 Saying "Gemstone" or "Crystal" with intent to bring Gemstone+Crystal Vibration Healing online and make it the currently active technique will stop any other HEV technique currently running and start Gemstone+Crystal Vibration Healing. Once Gemstone+Crystal Vibration Healing completes running, this HEV vial will then continue to run through each technique.
- b) To draw on specific Gemstone or Crystal Vibration(s), call each Gemstone or Crystal you wish to activate by name.  
 Reflex Muscle Testing (RMT) can be used to find the name(s) of the specific Gemstone or Crystal Vibration(s) needed then call them from the HEV vial. See <http://www.mt.blueiris.org> to learn more about Reflex Muscle Testing.

## HEV Technique 6: TEST1 Energy Vial

The intention of this TEST1 Energy Vial is to Surround, Engulf and Permeate (SEaP) all energy within the HEV (Healing Energy Vibrations) vial, inspiring compassion, mercy, and healing to all who come in contact with it.

TEST1 Energy Vial combines multiple healing energies into a single technique, including work with Balancing Chakras, Central Nervous System, Energy Meridians, Body Consciousness, Universal Diamond, Sisters of Consciousness, Universal Triad, Universal Sphere, Bodies Affiliated, Chaos Theory, etc. TEST1 Energy Vial employs Orgonite-Pulsars Energy Transmutation to create positive where once there was negative and addresses Inter-Related Possibilities within any and all parts of the TEST1 Energy Vial technique.

**Technical Tip: Say "TEST1" to activate TEST1**

Saying "TEST1" with intent to bring TEST1 online and make it the currently active technique will stop any other HEV technique currently running and start TEST1. Once TEST1 completes running, this HEV vial will then continue to run through each technique.