



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?	http://www.hevp.ehdef.com/	http://www.hev.ehdef.com/

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. 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.

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 or facet name.

#	Facet	Applications, common uses
1	Yazad	anger; headaches; liver/gallbladder; feel well-being; help find lost things
2	Harvesp tavān	grief; asthma; lung problems; family relationships; strength to carry heavy loads
3	Harvesp âgâh	social angst; hyperventilation; queazy stomach
4	Harvesp khudâ	heart; joy; love relationships; improve comprehension
5	Abadah	hormones; parent/child & student/teacher relationships; guilt
6	Abî-anjām	heart; forgiveness
7	Bûneshtêh	jealousy
8	Frâkhtan-têh	triple heater (thyroid); loneliness
9	Chamag	kidneys; fear; desperation; small intestines
10	Parjatarah	arrogance
11	Tum-afik	insomnia; irritability; depression
12	Abarvand	thyroid; confusion; instability; travel protection (especially flying)
13	Parvandâ	hypochondria; negative attention; self-pity
14	An-aiyâfah	life transformations; adjustments
15	Ham-aiyâfah	future focus
16	Âdarô	relieve panic; think clearly
17	Gîrâ	sexual relationships; male/female interactions
18	A-chem	obsessive compulsive disorder; break bad habits
19	Chamanâ	dyslexia; learning disabled
20	Safnâ	immune system; for financial problems
21	Afazâ	large intestine; withholding; stubborn
22	Nâshâ	gallbladder; gallstones; resentment
23	Parvarâ	vulnerable
24	Iyânah	kidney problems; fear; insecurity; fear of the future
25	Âin-âênah	increase energy; draw on reserves
26	Ân-âinah	traumatic stress
27	Khrôshîdtum	erectile dysfunction; for boss
28	Mînôtum	self-destruct
29	Vâsnâ	reversals; small intestine; general digestive issues
30	Harvastum	release loneliness; open your heart to the Divine
31	Hu-sepâs	heart; compassion
#	Facet	Applications, common uses

#	Facet	Applications, common uses
32	Har-hamîd	repressed emotions; unexpressed desires
33	Har-nek-farêh	trauma; bladder/urinary problems; lost
34	Bêsh-tarnâ	improve sense of smell; clear pains; remove affliction
35	Tarônîsh	clear negative energy; vision distortion; going before a proud person
36	An-aoshak	rejuvenate; feel youthful; uplift your spirits
37	Farsak	clear pains; improve comprehension & understanding; listen
38	Pajôh-dahad	balance body & emotions; contentment; ease
39	Khvâfar	peacefulness; clear disharmony
40	Avakshhiâyâ	thoughtlessness; increase generosity; balance of power
41	Abarzâ	joyous giving & receiving
42	A-satôh	rage; regain control
43	Rakhôh	clear pain; security
44	Varûn	fractures; accident prone
45	A-farefah	liberate; let go of unwanted baggage; get out of problems
46	Bê-farêfah	clear strife; strengthen relationships; strengthen gums and teeth
47	A-duî	rejection; feeling unloved
48	Kâmêrad	sadness
49	Farmân-kâm	bad luck; stop downward spiral
50	Âekh-tan	creativity; increase productivity; improve business
51	A-farmôsh	compassionate understanding
52	Hamârnâ	lack of discernment; melancholy
53	Sanâêâ	clairvoyance; psychic awareness
54	A-tars	dental pains; bones and teeth; jaw problems
55	A-bîsh	trapped; confused
56	Afrâzdum	indecisiveness; enlightenment; all good wishes
57	Ham-chûn	stomach; clear pain; craving; addiction; judgmental
58	Mînô-stîh-gar	acceptance of self; softening
59	Amînô-gar	connection with others; social engagement
60	Mînô nahab	personal power; circulation; sex
61	Âdar-bâd-gar	warmth; inner strength
62	Âdar-nam-gar	liver; inhibited; anger; unhappiness; to keep a cool head; control temper
63	Bâd-âdar-gar	growths; warts; tumors
64	Bâd-nam-gar	circulatory problems
65	Bâd-gêl-gar	weight issues; nutrient utilization
66	Bâd-gerad-tum	increase focus; vision improvement
67	Âdar-Kîbarît-tum	endocrine disorders; diabetes; for intelligence; for brain power
68	Bâd-gar-jâê	lost love; emotional lability
69	Âb-tum	social instability; isolation; for boss
70	Gêl-âdar-gar	deep healing; regeneration
71	Gêl-vâd-gar	abandonment; dependency; helplessness
72	Gêl-nam-gar	arthritis; joint problems; movement problems
73	Gar-gar	radiculitis; nerve problems; financial problems
74	Gar-ô-gar	clear pains; strengthen connections; strengthen roots
75	Gar-â-gar	infertility; procrastination
76	Gar-â-gar-gar	growth and creativity; imagination enhancement
77	Agarâ gar	harmonization; balance
78	Agarâgar-gar	astrological issues; worries
79	A-gûmãn	honesty; fidelity
#	Facet	Applications, common uses

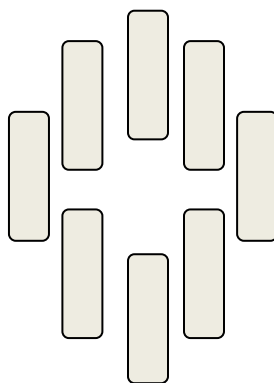
#	Facet	Applications, common uses
80	A-zamân	spleen; self-worth; self-love; bone marrow; blood disorders
81	A-khuân	peaceful relaxation; personal world harmony
82	Âmasht	improve thinking skills; creative writing
83	Fashûtanâ	clear pains; balance energy
84	Padmânî	improve situational insight
85	Fîrôzgar	heart; compassion
86	Khudâvand	synchronize events; create even flow; smooth events
87	Ahuramazd	improve spiritual connections; increase psychic awareness
88	Abarîn-kuhan tavân	increase awareness; balance effects of time; return youthful balance
89	Abarîn-nô-tavân	fertility; hormone harmonization
90	Vaspân	personal peace; acceptance of family; sibling rivalries
91	Vaspâr	joyful surprise; warmth
92	Khâwar	mercy; compassion; allowance
93	Ahû	self-confidence; independence
94	Awakshîdâr	forgiveness; acceptance; for financial problems
95	Dâdâr	restore peace; balance universal energies
96	Rayômand	social introvert; double-minded; restless legs
97	Khôremand	inner knowing; increase intuition
98	Dâvar	environmental sensitivity; poisonous thoughts
99	Kêrfêgar	remorse; self-pity; open mind
100	Bôkhtâr	allergies; self-improvement
101	Frashôgar	repressed emotions; gas pains, burping

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.ehdef.com> 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 circles of stones like: at the foot of the Himalayan mountains, Stonehenge, Avebury, Glastonbury, also Mesoamerica (from Mexico south to Guatemala and Honduras) and many others around the world and beyond. At times, the stones 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 the 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 stone circles can create an almost unimaginable link of energy between all of the circles around the Earth (and beyond).

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: Crystal Vibration Healing

Crystal Vibration Healing technique utilizes the healing energy vibrations from the crystals listed below. Some vibrational effects for each crystal are also listed. Crystal Healing Vibrations are activated as required.

Crystal	Effects/Uses
Amethyst	for contentment, peace & strength; opens Crown Chakra
Aquamarine	for courage and protection; stimulates intellect
Black Tourmaline	protects against negativity; opens Root Chakra
Blue Sapphire	for communication; opens Throat Chakra
Blue Tourmaline	psychic awareness; opens Third-Eye Chakra
Emerald	domestic bliss; harmony; loyalty; opens Solar Plexus Chakra
Enhydro Quartz	assists in transformations; inspires compassion; opens Throat Chakra
Garnet	for commitment, devotion & passion; stone of health
Green Tourmaline	helps creativity; enhances cooperation in healing; opens Heart Chakra
Harlequin Quartz	boost vitality; stimulate loving consciousness; help with spirituality
Iolite	used in Shamanic healing; helps harmonize relationships
Paraiba Tourmaline	bring patience & inspiration; open to joy of giving; open Heart Chakra
Pink Tourmaline	peace & understanding; opens Heart & Crown Chakras
Red Spinel Crystal	to stimulate strength & physical vitality; opens Root Chakra
Rubellite Tourmaline	love & devotion; opens Root & Heart Chakras
Ruby	purity; knowledge; wealth; spiritual wisdom; opens Third-Eye Chakra
Sapphire	beauty; intuition; helps satisfy dreams and desires
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
Tourmaline	for inspiration, understanding & confidence; help balance the mind
Vanadinite	allows deep state of meditation; opens Root & Sacral Chakras
Watermelon Tourmaline	helps parent/child relationships; opens Heart Chakra
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 "Crystal" to activate Crystal Vibration Healing
 Saying "Crystal" with intent to bring Crystal Vibration Healing online and make it the currently active technique will stop any other HEV technique currently running and start Crystal Vibration Healing. Once Crystal Vibration Healing completes running, this HEV vial will then continue to run through each technique.
- b) To draw on specific Crystal Vibration(s), call each Crystal you wish to activate by name.
 Reflex Muscle Testing (RMT) can be used to find the name(s) of the specific Crystal Vibration(s) needed then call them from the HEV vial. See <http://www.mt.ehdef.com> 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.

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.