

Blending Switchwords with EFT

by Kat Miller

What are Switchwords? Switchwords are words that flip specific "switches" in the subconscious mind using the vibration of very poignant words. The more the words are repeated, the more they affect your energy. The more they affect your energy, the more you draw to you the things those words represent.

One example of a Switchword is COUNT. The Switchword COUNT is "to make money." So, why is COUNT the Switchword for making money? Because COUNT is a condition that happens every time you come in contact with money. When you buy something, you count money to give the cashier. When you receive change back, it is counted for you. When you see a pile of money on the counter, you count it. When you check to see how much money you have on you, you count it.

I have found tapping through EFT using Switchphrases to be very useful and powerful.

To tap Switchwords and Switchphrases through EFT:

Determine a Switchword or Switchphrase that encompasses your goal for EFT. Perhaps you wish to decrease the size of your abdomen. The Switchword TINY is to decrease size.

Tap the Switchword or Switchphrase through EFT. You can use it as both the setup phrase and reminder phrase.

Or if you prefer you can make a longer Switchphrase to use for the setup, and tap individual Switchwords from the phrase as reminders on the EFT points.

For example, try daily tapping "TINY" through EFT with your attention on your abdomen for a while and see what happens. You could even tap "TINY-tummy" (or whatever you call your abdomen), if you prefer.

There are several Switchwords that may be useful for weight loss. Pick and choose the ones that seem to resonate with you:

ADJUST (create balance)

BE (be at peace and in good health; be unaffected by ridicule)

BOW (dispel arrogance) (a body part taking up more space than it should is arrogant, no?)

CURVE (create beauty)

CUT (for moderation if tempted to excess)

DO (eliminate procrastination)

DONE (keep a resolution)

FIFTY THREE (take responsibility)

GO (end laziness; begin; progress)

HOLE (be attractive, appealing)

OFF (quit an unwanted habit)

PRAISE (be beautiful; stop fault finding)

SAVE (stop drinking alcohol and other unwanted habits)

TINY (reduce size)

If there are other Switchwords that seem to fit what you need, use them. There are no fast, hard rules with Switchwords.

A few Switchphrases that some have found helpful for weight loss include:

 CURVE-PRAISE-HOLE-CHARM

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This Switchphrase means:

CURVE – Create beauty,
 PRAISE – be beautiful,
 HOLE – be attractive and
 CHARM – manifest your heart’s desires.

 ELATE-GIGGLE-TINY-LIGHT

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This Switchphrase means:

ELATE – Turn setbacks into uplifts
 GIGGLE – enjoy the task at hand,
 TINY – decrease size and
 LIGHT – lighten your load (lose weight)

 PRAISE-TINY

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This Switchphrase means:

PRAISE – Be beautiful and
 TINY – decrease size.

 DIVINE-LIGHT-CURVE-my body-CUT-LIMIT-GUARD-MAGNANIMITY-FORGIVE-LIGHT-NOW

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This Switchphrase means:

DIVINE-LIGHT – Brightly focus positivity,
 CURVE – create beauty with
 my body – my body,
 CUT – eat in moderation,
 LIMIT – regain control,
 GUARD – protect yourself,
 MAGNANIMITY – end pettiness,
 FORGIVE – eliminate remorse and
 LIGHT – lighten your load
 NOW – now.

 A few other handy Switchphrases that seem to carry great power are:

CRYSTAL-HORSE – for increasing self-confidence and making one feel good about oneself

CANCEL-CLEAR-CONCEDE-CONFESS – to help stop arguments and fights and clear the air

TOGETHER-FIGHT – great for team sports

DIVINE-BE-ALONE-NOW-DONE – a great phrase to help in healing

DIVINE-my swollen leg-BE-ALONE NOW-DONE – a targeted healing phrase

GIGGLE-LISTEN-SCHEME-FIND-WITH-COUNT – for enhancing ad-writing skills

Try it. Make up your own Switchphrases. Mix and match. Blend Switchwords with EFT and see what comes of it.

Additional articles regarding Switchwords available at: <http://www.aboutsw.ehdef.com>