

Defusing Words

by Kat Miller

Defusing Words help to defuse situations, emotions, etc. A number of Defusing Words are found in the Hawaiian healing technique Ho'oponopono. Defusing Words are also part of the Ho'oponopono Essence Technique in the Healing Energy Vibrations vial available at: <http://www.hev.ehdef.com>

Defusing Words can be mixed and matched with Switchwords.

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Defusing Words List

Defusing Word	Effects/Use
Blue Bonnet	Blue Bonnet is about defusing illness and healing with grace and ease. Blue Bonnet is about removing difficulties and awkwardness felt during times of struggle, returning one effortlessly to wellness.
Blue Iris	Blue Iris is about defusing and clearing communication channels with Source. Blue is the color of communication. Iris is for connection with higher realms. Blue Iris therefore is about clearing and opening lines of communication to Source and Spiritual communication.
Butterfly	Butterfly is about defusing and shedding old beliefs that no longer serve us, allowing us to smoothly transition as we journey through life. Butterfly is about transforming from seeing life as a mundane daily drudge to soaring to new heights and gaining a wider perspective.
Cedar Pine Chips	Cedar Pine Chips help defuse and release tension, release the need to control life and the feeling that "I am not enough." In turn this helps increase immunity and speed recovery from disease and/or surgery. Cedar Pine Chips help increase brilliance, intellect, love and prosperity. Cedar Pine Chips also help in reconnection and harmonization with Mother Nature.
Chocolate	Chocolate is about defusing and erasing violent tendencies and creating miracles. Chocolate is about reminding us to look for the miracles in everyday life. Chocolate is about finding a golden nugget, something miraculous in even the worst of situations. Chocolate can be helpful in defusing and removing depression because depression is brought on by focusing on the negative things in life and Chocolate is about finding a golden nugget in every situation.

Defusing Word	Effects/Use
Curry	Curry is about defusing pain and inflammation. Curry is about reconnecting with joyful memories to help defuse and remove painful, invading thoughts and feelings. Curry is about letting go of inflammatory thoughts about ourselves and others. Curry is about allowing joyful movement through the life experience.
Dancing Cane	Dancing Cane is about catching the negative bits and pieces, sweeping them away and filling the spaces left behind with joy. Dancing Cane is about feeling uplifted and joyful. Dancing Cane is about releasing, letting go, and removing destructive thoughts. Use Dancing Cane to enjoy the current moment, the NOW.
Dewdrop	Use Dewdrop for defusing negative emotions. Use it to quell fear, anxiety, anger, frustration, etc. This can be used anywhere, anytime. Just focus on what you want to defuse and say Dewdrop.
Dove	Dove is about defusing self-loathing, letting go of mourning that which is in the past, allowing by-gones to be by-gones and releasing resentment, opening one for peace and serenity. The Dove has no gallbladder and as such is often seen to be at peace with the world, as it has no gall (bitterness of spirit). A Dove will always speak up for itself, making its voice heard. Use Dove to help you stand up and speak for yourself, rather than allowing others to speak for you.
Dragonfly	Dragonfly is for defusing friction and discord. Dragonfly is for creating prosperity and harmony. Dragonfly is for giving one inspiration, learning, and seeing light magic in our own lives and the lives of those around us. Dragonfly reminds us to consciously make an effort to express our hopes, dreams, needs and wishes. Dragonfly is light magic.
Encore	Encore is for defusing anxiety, pressure and stress. An Encore allows you sit back and relax a little longer. An Encore extends the time away from the hustle, bustle and pressures of everyday life. An Encore gives you more time to just be in the now.
Fade	Fade is for defusing and releasing worries, negative emotions or anything you wish to remove from your current experience. Fade removes unwanted thoughts, feelings, experiences, etc., from your current focus.
Flypaper	Use Flypaper for defusing relationship issues. When negative energy enters love, family or any other personal relationship, call Flypaper to defuse it and allow it to dissipate. Call Flypaper to release it from the relationship. Flypaper holds onto things, and does not release them. Flypaper helps to take the negatives away from you.
Green Maple Leaf	Green Maple Leaf is for defusing deep depression, feeling unloved, unappreciated, uncared for, and feelings of wanting to give up on life. Green Maple Leaf helps give a sense of fulfillment, love and appreciation.
Healing Fern	Healing Fern is for releasing worries, frustrations, anger and anxiety festering, causing ulcers and irritations in our bodies and our lives.

Defusing Word	Effects/Use
Holy Basil (Tulsi)	Holy Basil is for defusing stress and fatigue. Holy Basil helps restore and balance the immune system. Holy Basil helps improve stamina, giving you a "second wind." Holy Basil helps flush away toxic energies. Holy Basil can be useful in removing toxic energies from relationships.
Honeysuckle	Honeysuckle is for defusing anxiety. Anxiety comes from looking to the future through the filters of negative past experiences. Honeysuckle helps release attachments to negative past experiences, allowing one to gain perspective and giving one more clarity in thought processes.
Ice Blue	Use Ice Blue for defusing pain. Whenever you are hurt - a cut, a burn, have any pain - think or say Ice Blue. You can also write it body parts to help defuse the pain.
Kentucky Coffeetree	Kentucky Coffeetree is about defusing and releasing negative energy and judgment. The Kentucky Coffeetree is about shifting perspectives. The Kentucky Coffeetree is about returning life where death is apparent. The Kentucky Coffeetree can be deeply healing.
Lemon Drop	Use Lemon Drop for defusing and melting problems away. Just as when a candy Lemon Drop melts, its sourness and bitterness are released, Lemon Drop helps release sourness and bitterness which may be creating problems in your life (good for jealousy and envy).
Light Switch	<p>Light Switch is about defusing negatives and turning on the positive. Consider the Light Switch as an illuminator. Use Light Switch with the desired state you wish to attain.</p> <p>Feeling anger and resentment, need for revenge? Defuse those feelings with forgiveness. To achieve forgiveness, and defuse the anger, resentment and/or need for revenge say: Light Switch Forgiveness</p> <p>This puts illumination on forgiveness, which in turn helps defuse anger, resentment and the need for revenge. It is important when using Light Switch that you focus on what you want, not what you do not want. Never use Light Switch with what you do not want. Always find a positive focus that will help defuse what you do not want and use Light Switch with that.</p>
Pear	Pear is about defusing a sense of lack, allowing you to flow with abundance. Green Pears picked and kept cool will ripen over the course of a month, yet left at room temperature will ripen quickly, allowing for Pear abundance. Pear trees are hardy and most can withstand temperatures down to -40°F/C, and as such are plentiful around the world. The seed chambers of the Pear are arranged in a five-point star pattern, which symbolize the five areas of abundance which Pear represents: Wellness, Interpersonal Relationships (family, friends, social, business), Spiritual, Intellectual and Financial.

Defusing Word	Effects/Use
Pie Crust	Pie Crust is for defusing apartness, separatism, judgment. A Pie Crust often holds together many varying and opposing flavors (views), allowing them to merge, creating a whole that far exceeds the individual parts. Pie Crust protects and encourages mingling in a safe, secure environment. Pie Crust inspires stepping outside oneself to explore and merge with external values and views while maintaining protection. Pie Crust represents a Mother's love, protection and encouragement.
Pillar of the Peace of I	Pillar of the Peace of I is about getting away from and defusing negative energy and finding balance and peace; reconnecting with Divinity. Whenever you feel out of sorts, unbalanced, irritated, call the Pillar of the Peace of I to bring Divine Light to you.
Praying Mantis	Praying Mantis is for defusing anger, stress, anxiety, fear, and all negative emotions. Praying Mantis is a symbol of meditation and contemplation. Praying Mantis is a sign of good fortune. Praying Mantis is about strengthening connection to Source, to actively and aggressively pursue aspirations and objectives along your intended life path.
Raindrops	Raindrops are about defusing suppressed toxic emotions, polluting thoughts and associated poor behavior patterns. "The solution to pollution is dilution." Just as Raindrops surround (dilute) toxins in the air and rain them down to the ground where Mother Earth cleanses them with her earthen filter, leaving the air fresh and clean, the Defusing Word Raindrops is about surround and diluting toxic emotions with pure, clean, uplifting energy, helping wash away polluted thoughts, allowing renewal, and opening opportunities to release associated negative behaviors (such as eating disorders, antisocial behaviors, and unhealthy lifestyles).
Rock	Rock is about defusing social and racial bigotry, bias and prejudice. Rock is about bringing solidarity and unity in social relationships, as well as relationship with self. Rock incorporates many apparently disparate substances into one solid, cohesive mass, protective of the center. Rock can be very healing for skin conditions, as skin is the "Rock" of the body.
Roses	Roses are about defusing fear, apathy, resignation, apartness and imbalances with love, caring and beauty. Roses grow together as many and most often are given in bunches. Roses inspire courage, inner peace and tranquility. Roses help reconnect with Source. Roses are about love energy.

Defusing Word	Effects/Use
Stardust	Stardust is for defusing ignorance of the Universal Life Cycle and our interconnectedness with each other. Stardust reminds us that we come from the stars and the stars come from us. Stardust is produced in a supernova explosion during the cataclysmic end of a star's life. Stardust is ejected into space by the force of the massive explosion, where it is mixed with other matter and forms new stars and planets. The Earth is rich in heavy elements from Stardust. The iron in our blood and the calcium in our bones were forged from Stardust. We are made of stardust, and in time we return to Stardust. Stardust reminds us we are all one. Each of us sees a reflection of ourselves in the way we experience those around us. Stardust reminds us to follow the Golden Rule - Do unto others as you would have others do unto you - because in the end you are doing it to yourself.
Strawberry	Strawberry is about dissolving and defusing love pain. A Strawberry is shaped very similar to a heart. Strawberry is a healer of the heart, helping to make it whole again.
Sunflower	Sunflower is about dissolving and defusing blocks created by past memories, beliefs and rules limiting our access to joy. Sunflower gently soothes irritations and disharmonies to lift spirits and allow us to harmonize with joy and happiness. Sunflower brings us to the now, releasing focus on past and future, allowing us to experience the now in joy and happiness.
Teapot Whistle	Teapot Whistle is about defusing and releasing stresses of the day. Teapot Whistle helps create a time of relaxation, soothing and bonding. Teapot Whistle signals time for calmness and peace. Teapot Whistle inspires joy and sharing wonderments of the day with family and friends in a comfortable, warm environment.
Tiger Lily	Tiger Lily helps defuse and release cravings and addictions. Tiger Lily helps with grounding, with seeing through illusions. Tiger Lily helps bring one to inner peace and harmony.
Vanilla Bean Pod	Vanilla Bean Pod helps defuse and release sexual tensions, allowing for freedom of expression. Vanilla Bean Pod helps release grief, to open airways and allow free breathing. Therefore, Vanilla Bean Pod may also be useful for colds and flus.
Warrior	Warrior helps defuse suppressed thoughts relating to victimhood and loss of self-worth. Warrior helps one to stand strong in the face of fear, suppression and domination. Warrior is about opening one up to freedom of self-expression.