

My Trip to and Through Switchwords

By Kat Miller

In 2002, my daughter, Camille was seriously ill with environmental illness (EI). For those of you unfamiliar with EI, it is a syndrome where a person develops many allergies. Their immune system seems to go hyperactive and they begin reacting to normal everyday exposures. Often it starts with a reaction to a chemical and cascades to where they begin to react to more and more things almost on a daily basis. The medical community was not able to do much for her. Any drugs they offered seemed to create more problems.

In November 2002 I found a naturopathic doctor who told me we could turn Camille's allergies around. I was desperate. I had to try. Anything. Any hope. Anything. Please help my daughter. This doctor indeed did turn Camille's allergies around. In a matter of minutes he cleared her allergies. He used energy vials. These energy vials had programs, instructions for the body to help clear energy blocks and allow the body to guide itself back to health.

Thus energy vials were my introduction to health care alternatives.

After watching how effective the energy vials were in helping return control to the body, I had to learn more. I proceeded in April 2003 to attend a Natural Healing (NH) seminar taught by the founder of Natural Healing, Dr. Randall Frank. I was now on my way to helping others reclaim their lives as my daughter had.

In December 2003 I attended my first Total Body Modification (TBM) seminar. Total Body Modification is the work of Dr. Victor Frank, a chiropractic doctor who built TBM out of old-time chiropractics. Victor Frank, George Goodheart (of Applied Kinesiology) and John Thie (of Touch for Health) were good friends and each developed their own techniques back in the 1970s. Each uses reflex muscle testing and each is unique in their approach.

After beginning to learn TBM and NH, my thirst for more health care alternatives grew. I began reading a lot. Searching and learning. In 2004, everywhere I turned I seemed to run into the Bach Flowers. So, I began to look at them, study them. The flowers show physical imbalances which can be recognized as emotional imbalances within us. Upon exposure to those imbalances, the body begins to recognize those emotional imbalances and rebalance them. I contemplated the possibility of taking the Flower Energies instead of the flower essences and putting them in a single energy vial where you could call out the individual flowers or flower formulas. I worked on that. I experimented. I found a way to do just that, and found the Flower Energies to be more potent than the flower essences, because the flower energies are drawn from live flowers, which are left intact, where the energy flows stronger. The process of creating the flower essences destroys the flowers.

I continued my quest. Always looking, always asking what more there is out there.

In 2005 I found the Emotional Freedom Techniques (EFT), developed by Gary Craig. EFT is a free self-help technique that utilizes positive affirmations and acupressure tapping to clear blocks along energy meridians, clearing emotional, mental and physical distress, allowing the body to regain control and guide itself back to health. EFT caught my eye because it was a tool a person could use on their own, or they could go to an EFT practitioner if they needed help and guidance. As I explored EFT, and worked with it introducing it to people, I found one drawback – time. So very often EFT did so much, but it took a lot of time to work with it. I found that people didn't want to do it in public,

couldn't find the time to do the tapping, or had another reason why they didn't use it. I began to wonder about putting EFT into an energy vial and seeing if we could improve the efficacy and decrease time. I did just that on November 18, 2005 and created the Emotional Freedom (EF) vial. And it did just what I had hoped. I soon began putting affirmations for EFT into files linked to the EF vial, to make it even more effective and simpler to use. The power was extraordinary. These energy vials were amazing!

Over the next year and a half I focused a lot on creating and updating and adding to EF files. Many friends contributed much to the work. It was amazing watching the vial grow into its power.

In early April 2007, a friend sent me a link to the Switchwords e-book. I was stunned. The definition of REACH nearly exactly matched the definition of the EF file "Lost, Forgotten, Need to Remember and How to Find." I read the first 43 pages of Switchwords. Wow. This is good stuff. Switchwords are a wonderful addition to the EF files! I buy the Switchwords book and go to work enhancing the EF files with Switchwords. Awesome!

I had read that "The Secret of Perfect Living" was out of print but decided I really wished to find a copy of it anyway. I did a search and discovered it went back into print in 2006. Of course I had to buy that book too. Both Nirav's and James' books, to my mind are absolute gold. They have substantially enhanced the work I do. I am forever grateful to both of them for what they have given to the world.

But life does not stop. It continues, as does my research, discovery and learning.

I asked about additional Switchwords and discovered three different categories of Switchwords:

Personal Switchwords: These are words that work for individual people. These words often are names of family members and close friends, as well as words that have been individual to their experiences in setting up the switches.

Broad Switchwords: These are words that work for most people (50-90% of people). There is a very large number of this type of Switchword. Many words that resonate with you, but are not listed in James' book, Nirav's book, or on the list of additional Switchwords fall into this category. There are thousands of Broad Switchwords.

Universal Switchwords: These are words that work for in 95-100% of people. The Switchwords given in a list by James Mangan his book, The Secret of Perfect Living and by Shunyam Nirav in his book, Switchwords – Easily Give You Whatever You Want in Life are all Universal Switchwords (though there are other Broad Switchwords which James mentions in passing throughout his book). In searching out additional Universal Switchwords, I saw that there were a finite number of such, 125, and a number of my friends and I sought to discover those not yet documented and did so.

It is through the Yahoo Switchwordsgroup that I met another now dear friend. He kept talking about adding Ho'oponopono into one of my EF files. I use reflex muscle testing in all my work. When I used that to check about adding Ho'oponopono into the EF files, the answer was no. But that was not the end of it. Ho'oponopono needed to be in a separate energy vial, which made sense, as it is desired that it not be destroyed by western medicine. However, as I contemplated Ho'oponopono and the creation of a vial with its essence, a friend in India suggested to me that perhaps I should add some of the 101 Facets of Ahuramazda into some of the EF files; the answer was no. However,

the 101 appeared to belong with Ho'oponopono. Suddenly I was aware that the new energy vial I was to create was to have energy from several different healing techniques around the world and beyond (whatever that meant). Eventually I found the Sound Wave Healing Vibrations, Pulsars and Crystal Vibration Healing to add to the new Healing Energy Vibrations vial.

So, life continues. I continue to research, read, glean, learn, etc., from sources that come to me and that I am led to. Everything is interconnected. Nothing is separate.

I come to the Switchwordsgroup to share gifts and knowledge that has been shared with me. Here I have met many new friends. Here I share new things coming into my life. Here I learn from others.

Most everything I share here is available to everyone here for free.

You can use the Switchwords, Switchpairs and Switchphrases which come up for me for different situations any way you choose and for free.

You can learn EFT and combine Switchwords with EFT for free. We often do that in the Skype talks we have. And it is free to join the Skype talks so you can interact with others and learn more about how others are utilizing the Switchwords.

The Law of Attraction is simply a Universal Law. There is no ownership of laws. The Law of Attraction states that that which is like unto itself is drawn. Switchwords utilize the Law of Attraction. They are simply another tool for helping to activate vibrations and energies within you to attract to you the things you desire.

This is why I do the Skype talks. To help people understand how these powerful tools can be combined to work together and enhance each other.

The Emotional Freedom vial is simply a tool that can be used to combine EFT and Switchwords. There is nothing it does that you cannot do on your own without it – it will just take longer, much longer. It simply simplifies and supercharges EFT and Switchwords. It would be grand if I could just give it to people for free, but there are thousands and thousands of hours and material costs involved in the EF vial. The EF vial is pertinent to Switchwords, because Switchwords are not an island. Switchwords are tools complimenting other tools and there are other tools complimenting Switchwords as well. This is why I focus a lot on Switchwords in my Skype talks and why many people have joined this group and bought Switchwords after attending a Skype talk, because Switchwords are a very large focus for me in my life and my work.