

Switchwords Testimonials

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July 8, 2010

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/19521>

Hi All:

My sister had lost her laptop yesterday while returning from office. She stays in the United States. When she entered her building, she was checking her mails in the mailroom, and left her laptop bag lying outside the mailroom. And then returned to her flat leaving the laptop there.. She later on realised leaving the laptop near the mailroom, and then on made many enquiries in the apt with the security etc. Many people saw the laptop lying there.. but no one has seen anyone picking it up.. She was very worried since the laptop has been given by her company and losing a company asset may look very careless attitude.. We were consistently praying to find the laptop. This was in the night. Next day she had to go to office and she couldn't possibly go without the laptop. So we were on tight deadline to find it.

After couple of hours, in the US morning time, she called me up to say she was very tensed. I mailed to Kat as I was also feeling very tensed. And right after mailing her, I felt like searching the database for lost items. There were 4-5 posts which I pasted in a mail and sent to my sister.. I guess she liked a post from Rhoda, where she mentioned chanting RESTORE-QUIET-CRYSTAL-REACH. She began chanting and in some time one lady from her apartment called her to return it, the lady saw it lying outside, she had taken it home the day before as it was lying there idly.. the laptop had my sister's business card, but she had just changed to a new flat, so the phone number and the flat number was of the old flat. Guess she called the security to find the new details..

Thanks Kat for the group, Thanks Rhoda for your posts and Thanks Lakshmi for diligently updating the database.. .More power to you
TOGETHER UP BE MOVE CHARM ON
Susmita

March 20, 2010

Put these in an EC
CRYSTAL-GUIDE
RESTORE-CLEAR-GIVE-LEARN
FORGIVE-Pillar of the Peace of I
To help a friend who was offended and angry with someone!
For the person who offended this friend I put in an EC
SATYAM -TOGETHER
DIVINE-LIGHT-TINY-BOW-BENEVOLENT-RESTORE-PEACE
Took 3days to bring them both TOGETHER and back to normal!
RR

These days I am at the swimming pool every morning, using BE-TOGETHER-WITH-DIVINE-LOVE-CHARM-WATCH-HO-CONTINUE-BLUFF-SWING-NOW-DONE-THANKS...and I am able to learn it so easily. For the other pool mates I tell them one or two words that they can remember and use in an instance and it works like miracle.

I discover that when practising to learn or swim in water, the mind is riddled with countless fears. These switchwords just replace the fearful thoughts with a single word that breeds confidence, helps the mind to watch, continue to swim, relax (which is the main ingredient for good swimming), be fearless and have courage and Bingo! Switchwords are making me popular at the pool (even without saying RIDICULOUS!)
SS

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/18396>

March 14, 2010

Greetings to all my SW family. I have some great news to share. After receiving feedback from Rhoda and Kat regarding my question about using Restore-On to expedite repairs to my vehicle, I changed the phrase as suggested to divine Order-Restore-On-Now-Done. I chanted the phrase a few times on Wednesday. Within an hour of chanting it, I called the police station and they said that my report was ready to pick up (I had been told that it would be Friday before it was ready). Armed with the contact information for the at fault driver, I contacted her insurance company this morning at 9 a.m. By 10:30 a.m., they had towed away my vehicle, and scheduled a rental vehicle for me. The repair shop has called and told me that the vehicle is repairable and will proceed with restoring the vehicle with no out of pocket costs for me.

I am so very elated by this. If my insurance company had to fix it, it would have cost me a high deductible.

I am very grateful and wanted to share this all of you. SW can do wonders!!!!

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/18365>

March 6, 2010

Dear Kat, Rhoda and all,

My neighbour was having health issues, high BP a fast heart beat. Spoke about his case to Rhoda. She had suggested HO-SLOW, ADJUST-TOGETHER, ALIGN-ADJUST. For high BP she had asked him to write down Rauwolfia serpentina.,,asked him to keep(write) on the body and watch out. I had written the SW on a sticker and as said by Rhoda pasted the same on his chair.

This happened a month back.

Today morning, my neighbour came over and said the switchwords have worked and hes not been having the BP tablets since few days. in 20 days he just had to take it once. It was a miracle. I was totally shocked !

Thanks Kat and i am proud to be a part of the switchwords WORLD ! LOVE THEM
Thanks to Rhoda too...for being there and helping me... ALWAYS !

love,
Uma

January 29, 2010

Dear Kat,

I have been chanting CANCEL-CLEAR-RESTORE-BE-NOW-CHARM, since the day you gave tem to me. And today my present boss, told me that she is willing to let me quite the job at march the 12, just as I asked for.

I am so surprised, happy and overwhelmed, how tings has progressed, with all the help from you and SW. I am going to post this on the forum and I do, do believe in SW.

This help I have been given, makes me continue with SW. Now I will concentrate on PERSONAL, so I can be a success on my new job. I will tell you more about this when I am there.

I also will work with DIVINEorder-COUNT-FIND-NOW -TOGETHER, a SW-string you gave me long ago.

A.

January 23, 2010

Hi Kat,

Remember I asked you for some switchphrases to help with my dearly loved sister Dawn. She had a massive brain haemorrhage/stroke in May 2007 and we didn't think she would survive. She has had numerous infections which meant she was in the cycle of being in the rest home for a couple of weeks, getting an infection and having to go to the hospital for a couple of weeks and then on to a recovery facility while she was on antibiotics until the infection cleared. This would happen to her over and over again so her progress was very slow.

You kindly gave me a couple of switchphrases for her and I added things like the name of flower essences, crystals and homeopathy inside energy circles which I have had in place for some time. Along with the Reiki distant healing symbol which I put inside an energy circle with her name at the top.

We have just received these photo's from my niece and we are over the moon about the progress she has made. I emailed you and told you that her health had stabilised and she has been really good (since I put the energy circle in place).

My sister's name is really Patricia but she never really liked it so always calls herself Dawn which is her second name. Because Patricia is on all her documentation at the rest home, everyone calls her Patricia so when Teresa asked her to write her name with no prompting and she wrote Dawn is amazing. The second name she wrote is her husbands name Danny, which means she remembers him. Danny died of a heart attack 2 weeks after I arrived in the States to visit with Dawn and the family in November 2007.

And of course the last name she wrote is her last name. The miracles don't stop there though as she is writing all this with her left hand and she is naturally right-handed but has paralysis down her right side. It is amazing that she also knows the spelling of her name.

I just wanted you to know just how wonderful and powerful switchwords can be and to let you know that the help that you give so kindly to people has incredible benefits to peoples lives.

Once again thank you so very much. We now realise that she is 'in there' and we just have to work towards helping her come out.

Bless You

L

December 29, 2009

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/17454>

Hi All,

I was going to post about my goods travelling from the UK to New Zealand using switchwords in each of my 82 boxes, so now is a good time.

At Kat's suggestion I wrote:

DIVINE-GUARD
CRYSTAL-GUARD- MASK
BENEVOLENT-EASE

on an orange sticker on or in each box.

Well all my goods arrived in tact, even mirrors and pictures that had not been packed well by the packers, they glided through MAF and Customs without a question.

My dinner service which had been forgotten and taken to the cargo people at a later date, requesting that they pack it all up securely, was actually sent in an open box without any packing material between the plates etc, with several inches of space at the top of the box, and the box not even taped up.....it arrived with one of the sides ripped open, and everything in the box was safe and in one piece WHAT!!!! can only be Kat's magic.

Thank you so much Kat.....our earth angel!

I would like to wish everyone on this wonderful group a HAPPY AND PROSPEROUS NEW YEAR.

With love Jacqui xxx
December 10, 2009

i was feeling sad today- used UP-BE-LIGHT-DIVINE from the depressiion list, feeling better. n thought that ive to get back to positive thinking.

THANKS
AJ

Today I had an amazing experience.

Yesterday while at work I realised that one of my gold earring has fallen off. I was quite disturbed by this as it is considered kind of a bad omen and with the gold prices risen so much now, I would not be able to buy a new one. Moreover, they were my favorite earrings.

I began chanting CRSYTAL-REACH. But my worry for the loss was making it impossible for me to think coherently and I was more occupied with the loosing feeling. Last year, I was robbed by my maid and that incident became so rife that I was convinced that I have to accept this loss too; just the way, I had to accept it last time (read Sadhe Saati). At such times chanting or remembering to chant and your belief system just goes for a toss.

Today morning, before going for my bath, I chanted CRYSTAL-REACH, very tauntingly and with the thoughts as to how it is not going to work for me only. After some time, suddenly, a Sanskrit mantra (grandma's remedies), to find lost things flashed in my mind and involuntarily switched over to that mantra and went for my bath. And voila ! there i saw my earring hanging in between the thin threads of my towel. It was as if somebody had put it there. Just sometime back, before going for my bath, I had placed the towel and I had not seen it then. (I was searching for it so madly that even things which were not my earrings, I was seeing it as my earrings. So, it was not that I could have missed it).

The sanskrit mantra is also not a very easy one to remember due to its pronunciation. But it flashed exactly as it is.

CRYSTAL-REACH, even though in my state of 'disbelief' aligned my vibrations and guided me thru the sanskrit mantra.

The sanskrit mantra is:

"kartaveeryarjuna naama raajabahu sahastravaan,
tasya smarena-matrenam, gaatam nashtamchya labhyatey"

(Meaning as I know or perceive : Kaarteveeryarjuna (is the name of a king) is a very, very great King. And when one just tries to remember or recalls his name, things will never-ever be lost"
Nat.

Hi Kat

I would just like to share with you my experience with using the amazing switchword CRYSTAL and how once you start using it, it brings to your awareness things that are totally unrelated to what you were using it for in the first place.

This is a little personal history so I hope you don't mind. All my life, even as a child (I am 54) I felt a really strong responsibility for my wonderful mother who passed away in 1990 at the age of 68. I have only just become AWARE that I am doing the very same thing with my brother who is 57. This brother has never really grown up and is always looking to be looked after. I now realize that this feeling of responsibility is stopping me from moving on and having a life of my own and in a sense stopping him from having to take responsibility for himself which in turn is stopping his growth!

Now that I am aware of this pattern that seems to be repeating itself in my life I want to heal it and release this need inside of me to feel responsible for others to the point where it stops me from living my own life.

Kat, can you suggest a switchphrase that will help me do this. I feel this is huge and yet I have only become aware of it since using CRYSTAL.

Be prepared for what the word CRYSTAL can shine a light on!!!!

Once again thank you so much for your help, it is so much appreciated.

LGG

July 8, 2009

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/15051>

Hello all,

I wanted to share an experience I had last week helping a friend who was in a lot of pain from carpal tunnel that travel up to his shoulder at this point. I used energy circles, and switchwords as an antidote to the underlying emotions that could be the reason for the dis-comfort from the book "Feelings buried alive never die" that Kat spoke about during one of her Saturday morning talkcast.

He did not know I was aware of his dis-comfort as the information was given to me by a mutual friend who called me and asked to do distant healing for him. Before I called him, I set everything in motion. I was guided to do two different energy circles. One pink with Ho'oponopono prayer inside it and switch phrases that had to do with invoking love. The second a green circle with the following switch phrases for Carpal Tunnel:

Feeling that life isn't fair - "Restore-forever-forgive-magnimity"

Inability to claim ones own power - "Divine-crystal-horse-take"

Feeling justice is never servered in your behalf - "Judge-Divine-forgive-restore"

And I also used the 5-C's Contain, cancel, clear, concede, confess.

I also placed the gemstones rose quartz and my new Lurmerian Seed Quartz Crystals in both circles. Later I remembered Kat had spoked about switchwords that generate the same vibration of certain gemstones but oh well. LOL

(Made a mental note to find that and put it my trusty Switch words for healing notebook)

Now the incredible thing is before I could call him, he called me and all I said upon answering the phone was "Can you feel it?"

He replied I knew it was you!!!! He could feel the energy immediatly and actually move his arm with less pain. Now both friends are very eager to learn switchwords, energy circles and both plan on purchasing the book Feelings buried alive never die. They asked me to do an actual class on switchwords and enrgy circles like tomorrow but I already have workshop schedule. I shall in the future. I have witness more times than I can tell you how successful switchwords are as an wonderful addition to the healing sessions I do. Kat, Rhoda, everyone from the talkcast that contributes and to those of you here in the group I thank you for all your contributions. As the words of my son and his friends "Switchwords Rock"!!!!

~Des~

6/8/09

...have been using the switchphrases you gave me and it's been fabulous to watch the client's response. Have just allowed my intuition to guide me in which ones to use so different clients have had different phrases. What generally happens is that I silently chant the phrase and I can see their body start to relax, things start popping into their mind and off they go :-) It's just a delight to see.

Thanks again Kat - I shall pay your generosity forward.

3/9/09

Here is an update on the situation, a beautiful resolution. Some time ago I asked for advice on dealing with a noisy and disruptive person who chose to anchor his boat next to mine. Kat suggested that I use the phrase LIGHT ADJUST to improve my perception of the situation and the phrase QUIET SWEET TINY BOW to restore peace to the neighborhood. I chanted these whenever my neighbor began shouting, which he often did to the thin air. I also put them in a black energy circle along with the phrase ELATE PEACE NOW, which came to me when I was meditating on the situation. It took a couple of weeks, but one day I came home and found that he had moved his boat all the way across the channel to a part of the anchorage where he really would not disturb anyone else. A day later, when I was rowing to shore, he passed by in his dinghy and actually smiled and made a joke about how he would not be bothering me any more. Thanks again, Kat.

Madeline

02/01/09 (Regarding Switchword DAZZLE definition)

Thank you Kat for your loving kindness. You're absolutely correct because when I used it for the first time while travelling in a bus I was surrounded by brilliant white light of blinding radiance. Now your interpretation confirms my experience. God bless you Kat for what you are and what you will be.
Yours in SW solidarity,
Santha

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/12202>

10/12/08

Hi everyone,

For anyone who wanted to know how I achieved such success with the SW, here it is:

Here are the SW that Kat and rhoda gave me...

(Kat) CRYSTAL-HORSE (to reclaim my power); LIMIT (to reset boundaries); BETWEEN (to get my friend to hear what I say) and (rhoda) HORSE-GUARD (which also helps).

My dear friend had been bugging me to no end- two and three phone calls a day, etc,. My friend was incredibly needy- and for awhile the overly-developed "helper" side of my personality was flattered..for awhile. I used the above SW to bolster my porous boundaries. I also knew that my friend's incredible neediness merely mirrored my own. I am not outwardly needy- but inwardly, there is a voice that is crying out. So, I looked at what I needed- was it time, love, attention, etc? I gave myself what I needed so badly, and interestingly enough my backbone also appeared... I keep a small notebook of SW from this site, and when I needed something I'd look here. I'd also been using using "The Great Little Book of Affirmations"(p'back) by Noah St. John and Denise Berard and I created 100's and 100's of 3x5 cards which I created and used constantly. That is a great book to use. Far, far better than regular affirmations. I used Kat's SW for reducing- and I no longer binge, nor do I eat sugar or carbs. I've reduced by almost three dress sizes now. Back to the main subject- I used EFT and asked myself what would be the downside of giving up my behavior? For me, it meant that my friend might leave me...just because I said the word "No." The fact that I was triggered so strongly by this issue meant that I was dealing with some old stuff, and clearing it away would mean clearing some major karma- and allowing the new to come in. That "new" thing was the job I have now. How'd I get it? Years ago, I had written down my dream job- in detail- salary, work environment, co-workers, etc and I kept making it bigger and bigger and better. It ran three type-written pages long! And then I put it aside because I knew no such job existed- it was pure fantasy. The same day I got the SW and started using them- I got an email from my very successful friend about something "exciting." The next day, she called me up- and offered me the job- exactly as I had written it years ago. It seemed like too much for me- so she literally dropped the job into my lap! She is also training me (at her expense). I am being paid four times what I earned before for fulltime work for a part-time job. She said that Spirit (God) (she is also my minister) told her that I was the only one for the job, and that she waited for two years for me until I had "turned an important corner"- by handling the boundaries issue. And yes, the job really is mine. Using all of these tools has made a huge positive difference in my life- but when I need something to "anchor" me- I always use the SW's,- and I (important) use the EF vial, which really intensifies the use of SW. And the day before my friend/new employer had called, I was unemployed...!

--Roxane

October 2, 2008

Dear Kat,

Many thanks for the SW for my friend whose boss was picking at her and annoying her since quite some time. I got a call from her today saying things at work are sooo fine and the boss is behaving in just the opposite way.

I had used LIMIT-GUARD with my friends name in it with a blue EC.

LOVE,
Uma

09/25/08

Hi Kat,

Yes, you're perfectly welcome to share this story with others! Every time I looked in a mirror my upper lip was getting bigger and bigger. I placed a hot compress on it, only to find that not only had I burned my lip- but had also increased its size! I placed a cold compress on the lip- my lip was cold alright, and that had made it even worse. By then, I had decided that I was going to have to go to the emergency room- except by the time I tried to cover my lips with bandages (to avert stares of strangers) I was beginning to remind myself of the Elephant Man. Or I could go there without the bandages and look like Donatella Versace after fresh implants. There really had to be another way! I managed to calm myself down enough to hear the inner message "Wait." Okay. I decided to do some muscle testing to figure out if my swollen lip came from an allergy to something I'd eaten or from a sensitivity to a substance. No- it wasn't from anything I'd eaten. It was from something I'd put on my face- but not lipstick/gloss, etc. Then, I remembered that I had cleansed my lips with an eye makeup remover the night before- and that was the answer. Fine- but what to do about my ever-growing calamity? I went into another mini-panic remembering my upcoming speech, so I wrote to the SW group and asked for a switchword for "swollen lips." Then, I went to bed, woke up and found that nothing had changed. I went online to the group and used the SW you'd given me (TINY-LIGHT-BOW-NOW). I repeated the phrase a few times, and I felt a distinct "tingling" in my upper lip- which was very heartening. About half an hour later, I absentmindedly ran my tongue over my lip and it felt...normal! I was in shock when I grabbed my magnifying mirror to look- and I'd knocked over a huge stack of paperwork besides- but my lip was really back to normal! And how's this- the burn I'd gotten from the too-hot compress was gone, as well. Is that a success story, or what?!

A really big thank you!

--Roxane

12/6/07

Dear Kat,

First I want to thank you for introducing me to Switchwords. I read your posting on the AAMET group a few weeks ago and first dismissed it as so much Anyway a muscle test said this was valuable and serious stuff. So I went to your website and followed some of the links etc. I

am still at the beginning of my own learning and experimenting. I am reading the Mangan book and just ordered the hardcover from Nirav. anyway:

Thank you, tank you and thank you. Also, you are very generous providing much information freely on your website. This in itself is a valuable experience for me.

I am in the process to develop a business of using EFT for executive stress management and introducing it thus to businesses and organizations. My vision is that this will begin to spread it even faster worldwide.

Also, when I make some money doing this I am thinking of a foundation to spread EFT to communities and educational systems around the globe.

These are big visions and any specific suggestions to strengthen and accelerate their realization will be appreciated.

Love, Joy and Peace, Fred

Hello Kat,

I decided to use your approach on removing some small ants that moved in after the city had done some excavating work on the street. I had tried various approaches but nothing had worked so far.

I put your SwitchPhrase (QUIET SHUT MOVE SHUT NOW DONE) in a green energy circle along with "ants at my house" in my kitchen and, after a few hours, the ants were nowhere to be seen. I added more similar energy circles in other areas of the house where I had seen them and I had the same result. It has been a few days so far and I only see a few ants in areas where I haven't placed energy circles yet.

Congratulations on coming up with this great method of removing pests. It is simple and very effective.

Thanks,
Edward

My story now.....

Big black ants in the bathroom, as there is a tree just outside that area. I fix the energy circle for the ants to keep away. I leave home and get back after 4hours.

What ?? Where are the ants? Maybe Kat knows where they are!!! Hahahaha..She is the master mind behind this one!

I'M SORRY ants

PLEASE FORGIVE ME ants

I LOVE YOU ants

THANK YOU ants

DIVINE AMAZEMENT

Rhoda

Well, Kat, another success story. I read your article about crickets and what Rhoda said about ants. So, some ants had hitched a ride to my boat and made themselves at home. I put one of the circles up in the main cabin and another where I store my food, and I don't see any more ants! I hope they have found a happy home somewhere else!

Blessings, Madeline