

## Switchpairs (Switchword Pairs)

by Kat Miller

Supercharge Switchpairs (list follows) with this Emotional Freedom vial:

<http://www.efvial.ehdef.com>



Standard EF vial



Pendant EF vial

### Switchpairs

Use this file to run established Switchpairs for situations that arise. This file can be used when you do not remember the Switchpair(s) for the situation you are addressing. You can simply say what you want the Switchpair(s) to address, and the established Switchpair(s) for that situation it will run. When this file is invoked the Switchpair is copied 999 times before it is run through the EF vial, which in turns energetically runs each of the 999 copies through EFT 1000 times. In other words, using this file "Switchpairs" file with the EF (Emotional Freedom) vial energetically runs Switchpairs through EFT (Emotional Freedom Technique) 999,000 times. As of this writing there are at least 28 EFT points defined in this EF vial. This gives over 27 million energetically tapped points ( $28 \times 999,000 = 27,972,000$ ). For a list of established Switchpairs see Switchword Pairs article at <http://www.aboutsw.ehdef.com>

Say:

"Switchpairs"

(Switchpairs as picked by the body will run)

"Switchpairs" "claustrophobia"

(Switchpair FOREVER-BLUFF will run)

"Switchpairs" "insomnia"

(Switchpairs END-SHUT and QUIET-SHUT will run)

"Switchpairs" "TOGETHER-FIGHT"

(Switchpair for improving team sports performance)

"Switchpairs" "relaxation and sleep"

(Switchpairs REACH-HO, END-SHUT and QUIET-SHUT will run)

*Regardless of how many Switchpairs you work on at one time, they count as one (1) file, and you can do three (3) more files, for a total of four (4) files, before "running" the vial.*

Following is a list of Switchpairs (Switchword pairs) and applications for them.

| #  | Description/Application   | Switchpair           |
|----|---|----------------------|
| 1  | Accept and love something as it is  | MAGNANIMITY-FORGIVE  |
| 2  | Accept money  | LOVE-COUNT           |
| 3  | Acidity<br>(to help clear)  | CHANGE-HO            |
| 4  | Align your vibration with ongoing abundance   | SUFFER-HORSESHOE     |
| 5  | Allergies, help protect from  | GUARD-LIMIT          |
| 6  | Anal fissures<br>(to help clear)  | OPEN-LIGHT           |
| 7  | Avoid someone, keep them off your back  | WITH-LIMIT           |
| 8  | Back off & obey<br>(won't work on anyone considered equal to or above you such as sibling,<br>parent or boss) | LIMIT-CROWD          |
| 9  | Be bold and fearless when talking to people   | SWING-ACT            |
| 10 | be confident in the path, direction in which you are traveling  | ANCHOR-POINT         |
| 11 | Be in touch (with self and the universe) and in high spirits  | LISTEN-UP            |
| 12 | Bleeding, stop  | CHANGE-NOW           |
| 13 | Breathe easier  | CRYSTAL-CLEAR        |
| 14 | Breathe fresher   | CRYSTAL-CLEAR        |
| 15 | Bronchitis  | MAGNANIMITY-REVERSE  |
| 16 | Burn pain   | GUARD-WOMB           |
| 17 | Calm down & reset boundaries  | EASE-LIMIT           |
| 18 | Calmness and stability, maintain  | BENEVOLENT-PEACE     |
| 19 | Caring, soothing and loving (be or feel)  | SWEET-LOVE           |
| 20 | Cataracts, help dissolve  | CLEAR-CHANGE         |
| 21 | Cataracts, help stop from increasing in size  | OPEN-CLEAR           |
| 22 | Cellulite, reduce   | TINY-GO              |
| 23 | Chakra balancing  | DivineORDER-WOMB     |
| 24 | Claustrophobia  | FOREVER-BLUFF        |
| 25 | Claustrophobia  | UNCLE-TOGETHER       |
| 26 | Clear your mind & relax (especially for meditation)   | QUIET-CRYSTAL        |
| 27 | Close this segment & stop causing trouble   | END-SHUT             |
| 28 | Cold or flu (help clear faster)   | LIMIT-GUARD          |
| 29 | Come together in mind, body, spirit and soul  | GATHER-TOGETHER      |
| 30 | Complete a transition (or anything) faster  | HALFWAY-DONE         |
| 31 | Conversation, increase comprehension of   | LISTEN-BETWEEN       |
| 32 | Conversationalist, be an amazing  | DIVINE-ACT           |
| 33 | Cook tasty food   | CHARM-LIGHT          |
| 34 | Create beauty and attraction  | CURVE-HOLE           |
| 35 | Critical and jealous (stop being)   | PRAISE-REJOICE       |
| 36 | Criticism, let it roll off your back  | REJOICE-DUCK         |
| 37 | Criticism, not be affected by   | DUCK-ACT             |
| 38 | Curiosity, release  | QUIET-DOWN           |
| 39 | Dilemma, help clear   | DIVINE-HELP          |
| 40 | Dizzy spell   | DEDICATE-FIFTY THREE |
| 41 | Doubting Thomas (clear the negative ifs & buts)   | GO-DEDICATE          |
| 42 | Draw more fortune to you  | FIND-HOLE            |
| 43 | Draw more money to you  | COUNT-HOLE           |
| 44 | Dread   | LOVE-WOMB            |
| 45 | Dreams, retrieve (remember)   | CRYSTAL-NOW          |

| #  | Description/Application   | Switchpair           |
|----|---|----------------------|
| 46 | Dry lips (help relieve)   | POSTPONE-MAGNANIMITY |
| 47 | Enhance intimacy  | BUBBLE-UP            |
| 48 | Enjoy writing and express yourself well   | GIGGLE-ACT           |
| 49 | Exaltation  | FOR-UP               |
| 50 | Expand a blissful time  | DIVINE-STRETCH       |
| 51 | Faintish hunger   | CLIMB-LIMIT          |
| 52 | False accusations (stop being on receiving end of)  | CRYSTAL-UNMASK       |
| 53 | Feel good physically  | DIVINE-CHANGE        |
| 54 | Find relaxation and calmness  | REACH-HO             |
| 55 | Find something that seems hopelessly lost   | CRYSTAL-REACH        |
| 56 | Flatulence, stop  | OFF-WASTE            |
| 57 | Focus, find and maintain  | REACH-POINT          |
| 58 | Food cravings, release  | DEDICATE-FORGIVE     |
| 59 | Forced to do something against your will  | HORSE-GUARD          |
| 60 | Forgiveness and love are the two greatest solvents  | FORGIVE-LOVE         |
| 61 | Get energized and move  | UP-MOVE              |
| 62 | Go to sleep even if not feeling tired   | QUIET-SHUT           |
| 63 | Goals, attain   | PERSONAL-WATCH       |
| 64 | Goals, set  | LISTEN-CARE          |
| 65 | Grinding teeth in sleep, stop   | HO-SLOW              |
| 66 | Grow rapidly & safely (spiritually, emotionally and/or physically)                                  | ROOT-HORSESHOE       |
| 67 | Have to use the toilet & no place suitable<br>(control that feeling of nervousness or anticipation) | ADJUST-SHUT          |
| 68 | Healthy, be   | PERSONAL-BE          |
| 69 | Hemorrhoids, reduce   | TINY-LIGHT           |
| 70 | Hiccups   | HO-WITH              |
| 71 | Hopeless, helpless feeling (help clear)   | ELATE-GIGGLE         |
| 72 | Hot flashes (help clear)  | TAP-CHANGE           |
| 73 | Humiliation (stop feeling)  | BOW-ELATE            |
| 74 | Improve perspective and adapt   | AROUND-TAP           |
| 75 | Improve relationship between two or more parties  | DIVINE-TOGETHER      |
| 76 | Improve relationship with yourself  | TOGETHER-DIVINE      |
| 77 | Improve study habits and retention  | DIVINE-CARE          |
| 78 | Improve team sports performance   | TOGETHER-FIGHT       |
| 79 | Increase ability to maintain emotional stability  | DIVINE-PEACE         |
| 80 | Increase energy   | LIGHT-MOVE           |
| 81 | Increase money (enlarge amount of money you make)   | ADD-COUNT            |
| 82 | Increase money<br>(transition money made from smaller to larger amounts)                            | ACT-COUNT            |
| 83 | Increase personal ability to make money   | DIVINE-COUNT         |
| 84 | Increase self-confidence & self-worth   | CRYSTAL-HORSE        |
| 85 | Inflammatory pain   | CHANGE-ADJUST        |
| 86 | Insomnia  | END-SHUT             |
| 87 | Insomnia<br>(especially if you wake up too soon and want to get back into deep sleep)               | HO-SLOW              |
| 88 | Insomnia (to relax, induce sleep and stop the mind chatter)   | HO-OFF               |
| 89 | Inspire lucid dreaming<br>(gain control of situations and characters while dreaming)                | GO-CRYSTAL           |
| 90 | Inspire lucid dreaming<br>(make dreams more vivid, symbolic & memorable)                            | CRYSTAL-WAIT         |

| #   | Description/Application   | Switchpair           |
|-----|---|----------------------|
| 91  | Insult from someone<br>(be unaffected by it, like water beading off a duck's back or Gortex jacket) | ELATE-ACT            |
| 92  | Irritability, decrease  | HO-LIGHT             |
| 93  | Itching all over your body  | FORGIVE-ADJUST       |
| 94  | Itching eyes or eyelids   | CHANGE-MOVE          |
| 95  | Keep someone off your back  | WITH-LIMIT           |
| 96  | Keep the secret of health and peace with you  | FOREVER-BE           |
| 97  | Let go of aggression  | POSTPONE-CONFESS     |
| 98  | Let go of alcohol   | POSTPONE-SAVE        |
| 99  | Let go of anger & resentment  | POSTPONE-CLEAR       |
| 100 | Let go of being separated, untogetherness or apartness  | POSTPONE-UNCLE       |
| 101 | Let go of blues & inferiority complex   | POSTPONE-UP          |
| 102 | Let go of bragging  | POSTPONE-DOWN        |
| 103 | Let go of clinging  | POSTPONE-DEDICATE    |
| 104 | Let go of constipation  | POSTPONE-SWIVEL      |
| 105 | Let go of desire for revenge  | POSTPONE-FORGIVE     |
| 106 | Let go of diarrhea  | POSTPONE-SWIVEL      |
| 107 | Let go of disobedience  | POSTPONE-CROWD       |
| 108 | Let go of emotional & physical pain   | POSTPONE-CHANGE      |
| 109 | Let go of emotional distress  | POSTPONE-CANCER      |
| 110 | Let go of evil  | POSTPONE-SAGE        |
| 111 | Let go of fear or nervousness   | POSTPONE-BLUFF       |
| 112 | Let go of frustration   | POSTPONE-OVER        |
| 113 | Let go of greed   | POSTPONE-OFFER       |
| 114 | Let go of grudges   | POSTPONE-REVERSE     |
| 115 | Let go of hate & envy   | POSTPONE-MONA LISA   |
| 116 | Let go of hypersensitivity  | POSTPONE-DUCK        |
| 117 | Let go of indecision or uncertainty   | POSTPONE-HELP        |
| 118 | Let go of inhibitions   | POSTPONE-OPEN        |
| 119 | Let go of jealousy  | POSTPONE-REJOICE     |
| 120 | Let go of laziness  | POSTPONE-GO          |
| 121 | Let go of looking for trouble   | POSTPONE-SHUT        |
| 122 | Let go of negativity or unwanted conditions   | POSTPONE-CANCEL      |
| 123 | Let go of nervousness or inner excitement   | POSTPONE-COVER       |
| 124 | Let go of pettiness   | POSTPONE-MAGNANIMITY |
| 125 | Let go of procrastination   | POSTPONE-DO          |
| 126 | Let go of regrets and guilt   | POSTPONE-THANKS      |
| 127 | Let go of remorse   | POSTPONE-FORGIVE     |
| 128 | Let go of remorse and sorrow  | POSTPONE-TOMORROW    |
| 129 | Let go of tension & resistance  | POSTPONE-OIL         |
| 130 | Let go of unwanted habits   | POSTPONE-SAVE        |
| 131 | Let go of your ego  | POSTPONE-QUIET       |
| 132 | Lighten mood and be in high spirits<br>(helps you to be willing to let go of depression)            | LIGHT-UP             |
| 133 | Lockjaw (relax it)  | ADJUST-HO            |
| 134 | Look to the future & maintain protection  | CRYSTAL-GUARD        |
| 135 | Make a transformation with extraordinary ability  | DIVINE-ACT           |
| 136 | Make immediate clear decision & act on it   | CRYSTAL-NOW          |
| 137 | Make imperfections not noticed by others  | DIVINE-MASK          |
| 138 | Make the first move with boldness & courage   | GO-SWING             |

| #   | Description/Application   | Switchpair       |
|-----|---|------------------|
| 139 | Make yourself handsome & dispel hypersensitivity over your looks  | PRAISE-DUCK      |
| 140 | Meditation (improve)  | BE-SLOW          |
| 141 | Meditation (improve concentration during)   | HO-SLOW          |
| 142 | Mosquitoes (leave you alone)  | CROWD-LIMIT      |
| 143 | Motivation, to get  | GO-MOVE          |
| 144 | Muscle cramp  | UNCLE-ADJUST     |
| 145 | Muscle pulled   | POSTPONE-UNCLE   |
| 146 | Need to know, release   | QUIET-OFF        |
| 147 | Nurture innocence and childlike nature inside oneself   | CHUCKLE-LEARN    |
| 148 | Obsessive Compulsive Disorder   | QUIET-GUARD      |
| 149 | Obstructions in path (of life, etc., help clear)  | CLIMB-HELP       |
| 150 | Pain, relax to clear  | CHANGE-HO        |
| 151 | Photo (relax & allow to be taken)   | CURVE-HO         |
| 152 | Premature Ejaculation   | FIGHT-FOREVER    |
| 153 | Produce extraordinary results   | DIVINE-ON        |
| 154 | Produce sleep   | ON-OFF           |
| 155 | Protect from exploitation   | BUFFER-GUARD     |
| 156 | Put love energy & protection into food  | LOVE-GUARD       |
| 157 | Queasiness, help relieve (from detoxing or other sources)   | ELATE-NOW        |
| 158 | Quiet your ego & allow yourself to become a success   | QUIET-PERSONAL   |
| 159 | Quiet your ego & release remorse & regrets  | QUIET-FORGIVE    |
| 160 | Quiet your mind & find what you have lost   | QUIET-REACH      |
| 161 | Quiet your mind & lighten your load   | QUIET-LIGHT      |
| 162 | Quiet your mind & move beyond an impasse<br>(physical, mental, emotional or spiritual)                  | QUIET-MOVE       |
| 163 | Quiet your mind & regain control  | QUIET-LIMIT      |
| 164 | Quiet your mind & sleep   | QUIET-OFF        |
| 165 | Quiet your mind so you can see true facts   | QUIET-UNMASK     |
| 166 | Reconnect with your inner begin and clear inertia<br>(get moving)                                       | LISTEN-MOVE      |
| 167 | Reduce cravings for sugar and other substances  | CUT-OFF          |
| 168 | Regain control & change focus to caring   | LIMIT-SWEET      |
| 169 | Rejuvenate and increase energy  | LEARN-MOVE       |
| 170 | Release fear & be peacefully accepting of the situation   | BENEVOLENT-BLUFF |
| 171 | Release tension & relax   | OIL-HO           |
| 172 | Respond rather than react<br>(take time to get beyond the initial emotional reaction before responding) | QUIET-SLOW       |
| 173 | Retain in memory & increase comprehension   | CARE-JUDGE       |
| 174 | Save information for emergency recall   | CARE-REACH       |
| 175 | Scratch some place you cannot in public<br>(feeling the need to scratch)                                | MOVE-ROOT        |
| 176 | Sell things and/or services & make money  | GIVE-COUNT       |
| 177 | Sever ties and stop looking for trouble   | CUT-SHUT         |
| 178 | Shield from bad luck  | ELATE-MASK       |
| 179 | Snoring, decrease/stop  | QUIET-CHANGE     |
| 180 | Stop a fight  | LIMIT-QUIET      |
| 181 | Stop escalation of an argument  | LIMIT-QUIET      |
| 182 | Stop listening to other people's desires for you  | LIMIT-SHUT       |
| 183 | Stop panicking  | QUIET-HO         |
| 184 | Stop panicking(allows you to clear your mind to think)  | QUIET-SLOW       |

| #   | Description/Application   | Switchpair             |
|-----|---|------------------------|
| 185 | Stop worrying about what others think of you  | QUIET-MASK             |
| 186 | Strengthen teeth & anchor into gums   | ANCHOR-GUARD           |
| 187 | Stretch your budget   | DIVINE-STRETCH         |
| 188 | Substantially increase endurance  | DIVINE-CONTINUE        |
| 189 | Sudden constriction in throat   | CHUCKLE-ADJUST         |
| 190 | Take responsibility for mastering your world  | FIFTY THREE-TOGETHER   |
| 191 | Take responsibility for your own safety   | FIFTY THREE-GUARD      |
| 192 | Tears welling up  | ELATE-GIGGLE           |
| 193 | Teeth, strengthen the root in the gums  | HORSE-ANCHOR           |
| 194 | Terrorized by someone   | UNMASK-FORGIVE         |
| 195 | Thumb sucking, help stop  | DIVINE-LOVE            |
| 196 | Thumb sucking, help stop  | LOVE-WOMB              |
| 197 | Tolerance, increase<br>(tolerate some one around you)                                   | REACH-LIGHT            |
| 198 | Transportation, get immediate   | DIVINE-ON              |
| 199 | Tummy tuck (get stomach to appear and grow smaller)                                     | TINY-LIGHT             |
| 200 | Unwanted thoughts about someone (John Doe)  | TOGETHER-DIVINE-(name) |
| 201 | Uplift & enjoy the task at hand   | ELATE-GIGGLE           |
| 202 | Urinary Incontinence  | FIGHT-FOREVER          |
| 203 | Vomiting, stop  | HO-SLOW                |
| 204 | Wake up bright and energized  | BUBBLE-MOVE            |
| 205 | Wake up easy and restored<br>(if you have to wake up sooner than you should or want to) | CRISP-MOVE             |
| 206 | Wart, decrease  | RESCIND-BUBBLE         |
| 207 | Wealth, attain  | FIND-COUNT             |
| 208 | Wisdom, attain  | SLOW-JUDGE             |