

## 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 (to help clear)	CHANGE-HO
4	Align your vibration with ongoing abundance	SUFFER-HORSESHOE
5	Allergies, help protect from	GUARD-LIMIT
6	Anal fissures (to help clear)	OPEN-LIGHT
7	Avoid someone, keep them off your back	WITH-LIMIT
8	Back off & obey (won't work on anyone considered equal to or above you such as sibling, 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 (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 (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 (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 (gain control of situations and characters while dreaming)	GO-CRYSTAL
90	Inspire lucid dreaming (make dreams more vivid, symbolic & memorable)	CRYSTAL-WAIT
91	Insult from someone	ELATE-ACT

#	Description/Application	Switchpair
	(be unaffected by it, like water beading off a duck's back or Gortex jacket)	
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 (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
139	Make yourself handsome &	PRAISE-DUCK

#	Description/Application	Switchpair
	dispel hypersensitivity over your looks	
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 (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	Reduce cravings for sugar and other substances	CUT-OFF
167	Regain control & change focus to caring	LIMIT-SWEET
168	Release fear & be peacefully accepting of the situation	BENEVOLENT-BLUFF
169	Release tension & relax	OIL-HO
170	Respond rather than react (take time to get beyond the initial emotional reaction before responding)	QUIET-SLOW
171	Retain in memory & increase comprehension	CARE-JUDGE
172	Save information for emergency recall	CARE-REACH
173	Scratch some place you cannot in public (feeling the need to scratch)	MOVE-ROOT
174	Sell things and/or services & make money	GIVE-COUNT
175	Sever ties and stop looking for trouble	CUT-SHUT
176	Shield from bad luck	ELATE-MASK
177	Snoring, decrease/stop	QUIET-CHANGE
178	Stop a fight	LIMIT-QUIET
179	Stop escalation of an argument	LIMIT-QUIET
180	Stop listening to other people's desires for you	LIMIT-SHUT
181	Stop panicking	QUIET-HO
182	Stop panicking(allows you to clear your mind to think)	QUIET-SLOW
183	Stop worrying about what others think of you	QUIET-MASK
184	Strengthen teeth & anchor into gums	ANCHOR-GUARD
185	Stretch your budget	DIVINE-STRETCH
186	Substantially increase endurance	DIVINE-CONTINUE

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