

Switchwords for Students

by Kat Miller

Following is a list of Switchwords students may find helpful for studying. Say, chant, sing, think or intend a Switchword to access its power and help bring the essence of the experience it represents.

All of the following Switchwords and Switchphrases are also linked to the Emotional Freedom vial through the file ADHD, Dyslexia and Enhanced Learning file. Learn more about the Emotional Freedom vial at: <http://www.about.ehdef.com>

ACT - be a good orator (for help in expressing oneself well)

ADJUST - assume or carry a burden; handle uncomfortable or unpleasant conditions (for those having difficulty with school environment)

AROUND - gain or improve perspective (may be good for dyslexia)

ATTENTION - do detailed work; avoid carelessness (for those who do sloppy work)

BLUFF - dispel fear or nervousness (for those who have difficulty working under pressure, who fear tests)

BUBBLE - expand beyond perceived limitations (for those who feel they cannot do it)

CARE - memorize; remember; retain (to enhance learning)

CLIMB - enhance your view point (to allow one to see beyond the words)

CONTINUE - create or increase endurance (for those who don't seem to complete anything)

COVER - reduce nervousness; subdue inner excitement (may be helpful at test times)

CROWD - dispel disobedience in children, pets or subordinates (good one for teachers to know)

DivineORDER - be efficient (to help organize school work)

DO - eliminate procrastination (to start the work)

DONE - create completion; meet a deadline (to complete the work)

DUCK - dispel hypersensitivity (help stop worrying about failure and how parents, teachers and others will react)

ELATE - transform a setback into an uplift or benefit (to help recover from any previous failings)

FIFTY THREE - pay primary concern; take responsibility (to be responsible for self and work)

FULL - optimum level; go beyond; expand capacity (to help expand skills)

GIGGLE - get in the mood for writing; enjoy the task at hand (to begin to enjoy school)

GO - end laziness; begin; progress (to get moving on projects)

HALFWAY - make a long distance seem short (to help get through school work quickly)

HELP - increase focus (to help keep focus on school work)

JUDGE - love to read; increase comprehension (to help improve reading and studying skills)

NEXT - finish lots of meticulous work (to complete projects)

NOW - end procrastination (to do the work now)

ON - nourish ambition; build; produce (to want to learn)

OVER - end frustration (to help release frustration over failures and lacks)

PERSONAL - be a success (to be successful in school)

POINT - improve focus (to help focus in class)

QUIET - quiet the ego (so one can learn)

REACH - remember, recall; retrieve (to do well on tests and in general to be able to recall what has been taught)

SLOW - be wise; have patience (may be good for the hyperactive)

TOGETHER - become single-minded (to help them focus)

WAIT - learn a secret (to help listen and learn)

WATCH - learn a skill; perfect a skill (to help watch and learn)

A few Switchphrases that also may be useful for students include:

CARE-JUDGE – retain in memory and increase comprehension

CARE-REACH (or REACH-CARE) – to save things for emergency recall, or to recall when under pressure (such as during testing)

CRYSTAL-HORSE – increase self-confidence

CRYSTAL-HORSE-QUIET-PERSONAL-REACH – help quiet the mind and improve test-taking skills.

CRYSTAL-REACH – find something when REACH alone does not seem to be working for you

DIVINE-CARE – improve study habits and retention

ELATE-GIGGLE – uplift and enjoy the task at hand (turn studying and school work from a task to an enjoyment)

FIFTY THREE-TOGETHER – take responsibility for mastering your world

HALFWAY-DONE – complete the task at hand quickly (especially good for timed activities)

LISTEN-BETWEEN-JUDGE – understand more fully what is being taught

QUIET-CRYSTAL – clear your mind, relax and connect to your knowledge base (good for helping you stay relaxed and calm during testing)

REACH-POINT – find and maintain focus (good for listening to lectures)

SLOW-JUDGE – attain wisdom

BE-TOGETHER-WITH-DIVINE-LOVE-CHARM-WATCH-HO-CONTINUE-BLUFF-SWING-NOW-DONE-THANKS. (to make whatever you are doing/learning easy)

RESTORE-JUDGE-RESTORE-GIGGLE-RESTORE-BUBBLE-RESTORE-ATTENTION-ON-RESTORE-FULL-ON. (to help motivate to study and learn)

RESTORE-JUDGE-REACH-CARE-BE-GIGGLE-CONSIDER-WHET- POSTPONE-SAGE. (when one is feeling overworked and needs motivation to do something; can be useful in a Brown Energy Circle)

For Exam/Testing Time:

TOGETHER-DivineORDER-CONSIDER-SAGE-NOW-DONE (get your conscious and subconscious minds together and focused, allow information to flow in a smooth and organized manner, easily find appropriate responses, release any negativity around you, and complete the testing quickly)

DIVINE-CRYSTAL-REACH-ACT-BETWEEN-LISTEN-NOW (with extraordinary ability clarify things, find the answers you need, express yourself well, increase awareness, and be in touch with yourself – now)

TOGETHER-DivineORDER -CRYSTAL-REACH-ACT-BETWEEN-LISTEN-CONSIDER-SAGE-NOW (get your conscious and subconscious minds together and focused, allow information to flow, clarify them, find the answers you need, express yourself well, increase awareness, be in touch with yourself, find the appropriate responses, release negative energy around you – now) (There has been wonderful feedback from using this Switchphrase in a Yellow Energy Circle at testing time.)

BE-TOGETHER-WITH-DIVINE-LOVE-CHARM-WATCH-HO-CONTINUE-BLUFF-SWING-NOW-DONE-THANKS (to help one get past any fear they have regarding learning something new, be able to concentrate and learn quickly and easily.)

--

Student Switchwords/Switchphrases may also be put into a Yellow Energy Circle with the student's name to help sustain the flow of energy to the Student. This may be especially beneficial during times of testing. More information on creating and using Energy Circles can be found at:

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

This article is available for free on PDF at: <http://www.aboutsw.ehdef.com>