

**Law of Attraction, Switchwords, EFT, etc.  
Talkcast Episode 22 Index**

Talkcast Episodes available to listen or download at: <http://www.talkshoe.com/tc/72933>

Web pages frequently mentioned:

Kat's Website - "Energy Health Defenses" <http://www.ehdef.com>

Law of Attraction: "That which is like unto itself is drawn" <http://abraham-hicks.com/>

Switchwords: "Poignant words that draw their essence to you"

<http://www.sw.ehdef.com> (Universal Switchwords list)  
<http://www.switchwords.com> (Switchwords e-book)  
<http://www.aboutsw.ehdef.com> (Articles about Switchwords)  
<http://www.cafepress.com/crazycami> (Products with Switchwords on them)  
<http://www.cafepress.com/KatsSwitchWords> (Products with Switchwords on them)

EFT (Emotional Freedom Technique): "Use EFT to Erase and then Replace"

<http://www.emofree.com> (Gary Craig's site, free EFT manual, newsletter, etc.)  
<http://www.ref.ehdef.com> (Quick reference to EFT tapping technique and points)  
<http://www.pd.ehdef.com> (List of EFT tapping points with meridians and emotions)

EF (Emotional Freedom) vial: "SUPERcharge EFT and Switchwords"

<http://www.efvial.ehdef.com> (Emotional Freedom vial)  
<http://www.ffmpegnames.ehdef.com> (List of files linked to EF vial)  
<http://www.effiles.ehdef.com> (Descriptions of files linked to EF vial)  
<http://www.hm.ehdef.com> (EF vial use for heavy metal toxicity)

Flower Energies: "Enhance & strengthen positive qualities; help correct patterns of imbalance"

<http://www.fv.ehdef.com> (Flower Energies vial)  
<http://www.rr.ehdef.com> (Rescue Remedy vial)  
<http://www.fes.ehdef.com> (Flower Energies patterns of imbalance & positive qualities)  
<http://www.mcf.ehdef.com> (List of flower formulas for common issues/situations)

FREE Downloads (articles): <http://www.fd.ehdef.com>

RMT (Reflex Muscle Testing): <http://www.mt.ehdef.com> (How to muscle test)

Energy Clearing Bracelets:

<http://www.eb.ehdef.com> (Energy Clearing Bracelets)  
<http://complaintfreeworld.biz/purple-complaint-free-bracelet.html> (Violet bracelets)

Yahoo Groups Kat reads and posts on:

<http://health.groups.yahoo.com/group/energy1/> (Energy interpreting Energy)  
<http://tech.groups.yahoo.com/group/switchwordsgroup/> (Switchwords discussion group)  
<http://health.groups.yahoo.com/group/talkandtaptteams/> (Help yourself by helping others)  
<http://health.groups.yahoo.com/group/AncientWisdomHealings/> (Healing Arts Group)

## Episode 22: Saturday, May 10, 2008

Past Episodes can be listened to at: <http://www.talkshoe.com/tc/72933>

00:00 Introduction  
00:03 Law of Attraction discussed  
00:07 Look at your focus to see why you are having experiences you are having  
00:09 "Set it and forget it" to leave lack mentality when wanting to manifest something you need  
00:10 CIRCULATE-COUNT discussed  
00:15 Universal Switchwords discussed, list at: <http://www.sw.ehdef.com>  
00:17 Muscle testing discussed PDF: <http://www.mt.ehdef.com>  
00:18 Increasing accuracy of muscle testing  
00:19 TruTester briefly talked about for muscle testing: <http://www.trutester.com>  
00:23 SURRENDER and ALLOW Broad Switchwords discussed  
00:25 Law of Attraction book by Esther and Jerry Hicks discussed  
00:27 Creative Workshop for Deliberate Creation of your future discussed  
00:34 Creation Box discussed  
00:36 Put Switchwords and Energy Circles in your Creation Box  
00:40 Art of Allowing discussed  
00:47 Use CLEAR and FORGIVE as Switchwords to help you to allow  
00:48 Suggestions on how to make your focus positive  
00:51 Posting leading questions and statements on Energy1: <http://groups.yahoo.com/group/energy1>  
00:54 Emotional Freedom file Tinnitus, Ear Problems and Hearing Loss discussed  
00:55 Tone in your ear may mean you need to make an immediate change in what you are doing  
01:02 Energy Circles discussed  
01:12 Energy Circles and Switchwords for interpersonal relationships discussed  
01:16 Switchphrase CANCEL-CLEAR-CONCEDE-CONFESS in a Pink Energy Circle for fighting siblings  
01:19 Switchphrase DIVINE-LOVE-TOGETHER-WITH-WOMB to help smooth family relationships  
01:20 Switchphrase REVERSE-FORGIVE-RESTORE-REJOICE-LIGHT –help release negatives in relationships  
01:24 JUDGE, CLIMB, ALLOW and SURRENDER discussed for helping clear conflicts  
01:28 Discussion wearing violet around wrists while muscle testing  
01:35 PDF with Colored Energy Circles at: <http://www.addinfo.ehdef.com>  
01:36 What each Energy Circle color is used for  
01:44 Green Energy Circle for fertility discussion  
01:47 COPY Switchword for helping increase fertility  
01:49 Emotional Freedom vial use with Energy Circle for fertility discussed  
01:53 Feelings that may cause miscarriage discussed (from book "Feelings Buried Alive Never Die...")  
01:54 List of Chants, Mantras and Prayers EF file at: <http://www.cmp.ehdef.com>  
01:55 Maximum 40 Emotional Freedom files in an Energy Circle for running EF vial  
01:57 Closing comments