

Law of Attraction, Switchwords, EFT, etc. Talkcast Episodes 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 13: Saturday, March 1, 2008

00:00 Introduction

00:01 Switchwords book available at: <http://www.switchwords.com>

00:02 Universal Switchwords list available at: <http://www.sw.ehdef.com>

00:03 Law of Attraction discussed

00:07 Discussion of the Emotional Freedom Technique + Switchwords

00:09 Emotional Freedom vial discussed

00:10 Yahoo Switchwords group: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

00:13 Emotional Freedom vial at: <http://www.efvial.ehdef.com>

00:14 EF vial session putting all EF files in Evolving Variations file

00:25 Evolving Variations file discussed

00:29 New EF file: Transcend Emotions, Psychological Processes, Views and Influences

00:35 TEST1 vial updated with musical vibrations: <http://www.test1.ehdef.com>

00:39 Finding EF files to help a package stuck in Customs to be released

00:44 EF file sessions to release packages from Customs

00:47 Discussion of Switch and Switchpairs files

00:49 Universal Knowledge discussed

00:50 Switchword: CRYSTAL discussed for accessing Universal Knowledge

00:52 Common Knowledge discussed

00:59 TBM – <http://www.tbmseminars.com> and NH – <http://www.nhseminars.com> discussed

01:01 EFT and Emotional Freedom vial discussed: <http://www.efvial.ehdef.com>

01:05 EF vial versus TBM and NH

01:07 Testing and clearing allergies with EF vial

01:12 Kat talks about clearing her daughter's allergies with TBM and NH

01:21 Discussion of hiatal hernias

01:28 Discussion of clearing sore throat remotely

01:29 Flower Energies vial has been updated again

01:31 Energy Circle techniques discussed

01:37 Yahoo Switchwordsgroup where Kat is: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

01:40 Origins of Energy Circles discussed

01:44 Proxy versus remote energy work with Energy Circles and pictures

01:50 Creative ideas PDF for Energy Circles available at: <http://health.groups.yahoo.com/group/energy1/files/>

01:56 Reading of David's and Kat's Switchword Poems

02:02 Kat's Switchword Poem is being inserted into TEST1 vial

02:04 Recap and closing comments

Episode 12: Saturday, February 23, 2008

00:00 Introduction
00:01 Switchwords
00:02 Universal Switchwords list at: <http://www.sw.ehdef.com>
00:06 Emotional Freedom Technique, quick reference: <http://www.ref.ehdef.com>
00:07 Origins of EF (Emotional Freedom) vial: <http://www.efvial.ehdef.com>
00:08 EF file list: <http://www.eff.ehdef.com>
00:11 Flower Energies versus Flower Essences: <http://www.fv.ehdef.com>
00:13 Discussion of doing all EF files in a single session
00:15 Water and salt discussed
00:16 SOLE (salt water solution) for healing: <http://www.himalayancrystalsalt.com/wellness/sole.html>
00:19 What is Happy Water?
00:21 Why not eat refined salt?
00:23 Chocolate craving: Body is asking for magnesium – eat deep green leafy vegetables
00:24 Heat destroys enzymes in food
00:25 Natural Healing: <http://www.nhseminars.com> TBM: <http://www.tbmseminars.com>
00:26 Kat's daughter's multichemical sensitivity cleared with NH and TBM in minutes
00:28 Microwave dangers: <http://www.mercola.com/article/microwave/hazards2.htm>
00:32 Switchpair: CRYSTAL-REACH
00:33 Switchwords work on their own, you don't need the EF vial, the EF vial SUPERcharges Switchwords
00:35 Kat's introduction to Switchwords
00:36 Switchwords with the Emotional Freedom Technique
00:39 Kat's website updated: <http://www.ehdef.com>
00:42 New EF file: Negative Emotional Button Deactivation
00:43 Yahoo Energy1 group: <http://health.groups.yahoo.com/group/energy1/>
00:45 Discussion of Matrix Energetics: <http://matrixenergetics.com>
00:48 Kat's introduction to energy vials
00:51 Development of Flower Energies vial: <http://www.fv.ehdef.com>
01:03 Rescue Remedy energy vial: <http://www.rr.ehdef.com>
01:13 Switchword POSTPONE and Switchpair: POSTPONE-CROWD discussed: <http://www.aboutsw.ehdef.com>
01:17 Do not use POSTPONE with the attractor Switchwords such as COUNT, LOVE, FIND, etc.
01:19 Switchpairs file for the EF vial discussed
01:23 PI Switchwords Forum: <http://powerfulintentions.com/forum/switchwords>
01:25 Remote work with energy vials; Surrogate vs Proxy
01:27 Switchwordsgroup on Yahoo: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
01:29 Energy Circles discussed
01:36 Most Common Flowers for specific issues list: <http://www.mcf.ehdef.com>
01:38 Muscle testing: <http://www.mt.ehdef.com>
01:40 Use violet bracelets to increase accuracy on muscle testing: <http://www.eb.ehdef.com>
01:43 Use the standing tilt muscle test to find allergies; using EF vial on allergies
01:48 If you absolutely hate something or absolutely love it, you may be allergic to it
01:54 Question about Chants, Mantras and Prayers EF file and Decrees to the Violet Flame
01:59 Short EF vial session with live listeners with positive files: <http://www.eff.ehdef.com>
02:03 Closing comments

Episode 11: Saturday, February 9, 2008

- 00:00 Introduction
- 00:01 Discussion of water
- 00:03 Turning on your thirst mechanism for the day
- 00:04 Early signs of dehydration
- 00:07 Lymphatic system is waste system and needs water and movement
- 00:08 Bras compromise lymphatic system and cause back pain
- 00:11 Human body is as lazy as we are
- 00:13 Take supplements for only a week or two
- 00:14 A simple way to help relieve chronic morning back pain
- 00:16 Dr. Emoto's work with water crystals: <http://www.hado.net>
- 00:20 Writing messages on water vessels
- 00:27 How to get into Talkcast and be able to talk - Click on Talkshoe Pro
- 00:29 Increase unrefined salt intake as you increase water intake
- 00:33 Signs the body is rejecting you giving it more water than it can process at one time
- 00:35 Don't drink a lot of water right before you put your body under extreme stress
- 00:36 Copper may be the problem if you can't drink water or water tastes bad to you
- 00:37 Clearing allergies to copper with EF vial
- 00:38 Standing tilt test, reflex muscle testing techniques at: <http://www.mt.ehdef.com>
- 00:41 Flushing heavy metals with EF vial and nutritional support for flushing them: <http://www.hm.ehdef.com>
- 00:50 New EF file: Negative Emotional Button Deactivation
- 00:55 Clearing energy dysharmony between two people (or things)
- 01:04 Group EF vial session for remote healing, EF vial at: <http://www.efvial.ehdef.com>
- 01:10 Different way of doing SUDS (Subjective Units of Distress Scale) connecting with subconscious mind
- 01:17 "Round Robin" EF file session with three people
- 01:25 "Pop" muscle testing discussed
- 01:31 Discussion about Colin's novel introducing EFT more to the masses
- 01:38 More discussion on EF file: Negative Emotional Button Deactivation
- 01:50 Completing "Round Robin" EF file session
- 01:54 EF file Positive Vibrations to Troubled Beings & Earth Trauma can be run on many at one time
- 01:56 Summary
- 01:57 Switchpair: CRYSTAL-REACH
- 01:59 Switchphrase for a troubled love relationship: ACT-DIVINE-LIGHT-LOVE-WOMB-CURVE-NOW
- 02:00 Switchphrase for enhancing learning: WATCH-BUBBLE-CLIMB-JUDGE
- 02:01 Switchwords ebook: <http://www.switchwords.com>
- 02:02 The Secret of Perfect Living by James T. Mangan introduced Switchwords
- 02:03 List of Universal Switchwords at: <http://www.sw.ehdef.com>
- 02:04 Yahoo groups Kat is in: <http://tech.groups.yahoo.com/group/switchwordsgroup/> and <http://health.groups.yahoo.com/group/energy1/>
- 02:07 Switchwords: QUIET, BUBBLE, SWING, LEARN and SHUT discussed for stop buying into negative things
- 02:11 Louise Hay book "Life Reflections on Your Journey " recommended by a listener
- 02:12 Closing remarks – you can e-mail Kat at: ehdef.com@gmail.com

Episode 10: Saturday, February 2, 2008

00:00 Introduction
00:01 Law of Attraction mentioned in bible
00:02 What Switchwords are and how they work
00:03 Energy vials
00:05 Energy1 Yahoo group: <http://health.groups.yahoo.com/group/energy1/>
00:06 Remotely sending healing and Switchwords using violet circles
00:08 You can make violet bracelets to keep negative energy away from you
00:10 Always work on taking it to a higher level
00:11 Evolution of the Emotional Freedom vial
00:17 Put energy vials in circles with a person's name to send remote healing
00:19 Switchword: RESCIND discussed
00:27 Switchword: CRYSTAL discussed
00:28 Water important for lung issues
00:30 Omega 3 important for lungs
00:32 Organic beef versus conventional beef and omega 3/omega 6
00:34 Group proxy EF file session for a listener's son
00:44 Listener talks about Reversals and Medical Buy-In EF files
00:47 Wipe Macho to stop the "macho attitude"
00:53 Listener talks about healing the flu with EF vial
00:56 Switchword: REACH testimony from a listener
00:59 Fever is one of the body's first defenses against invasion
01:00 Using drugs to break fevers may extend illnesses
01:01 Simple way to get rid of achy feverish feeling without taking down the body's defense
01:05 Go to the cause of the problem, rather than treating symptoms to heal
01:06 Cholesterol discussion
01:15 Eat whole eggs to lower cholesterol
01:15 Read good articles on cholesterol at: http://www.westonaprice.org/splash_2.htm
01:19 One man's egg experiment: <http://health.ninemsn.com.au/article.aspx?id=108677>
01:20 Listener talks about diet change and losing weight, improving health
01:27 Dietary water recommendations discussed
01:30 Adult human body has between 10-15 gallons of water in it
01:31 Drinking water under extreme stress and hyponatremia
01:34 Drink water after physical exertion, rather than during or right before
01:35 Refined salt versus unrefined sea salt, Real Salt, Himalayan salt or Celtic salt
01:37 Fatigue after drinking water? Perhaps you need to increase salt intake.
01:41 Listener talks about some medications dehydrating the body
01:42 Writing words on water containers to make Happy Water
01:43 LOVE Mug and COUNT FIND Mug at: <http://www.cafepress.com/crazycami>
01:44 TINY LIGHT Mug and T-Shirts at: <http://www.cafepress.com/KatsSwitchWords>
01:52 Microwaves and water
01:55 Closing comments
01:56 James T. Mangan's book The Secret of Perfect Living introduced us to Switchwords
01:57 Shunyam Nirav's book Switchwords available at: <http://www.switchwords.com>
01:58 Yahoo Switchwordsgroup owned by Nirav: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
01:59 Yahoo group for energy healing, etc.: <http://health.groups.yahoo.com/group/energy1/>

Episode 8: Saturday, January 26, 2008

00:00 Introduction
00:05 Accept and Embrace it, then release it to change negatives
00:06 Emotional Freedom Technique
00:07 Quick reference to EFT: <http://www.ref.ehdef.com> ;
Gary Craig's EFT site: <http://www.emofree.com>
00:08 Energy vials: <http://www.ehdef.com>
00:09 EF file: Clearing Negative Energy and Improving Self Image
00:10 Violet bracelets help improve accuracy for reflex muscle testing
00:18 TEST1 technique vial: <http://www.test1.ehdef.com>
00:23 Compassion and Mercy are at the core of our being, but we suppress those things
00:24 Sympathetic nervous system; fight or flight mode
00:26 Parasympathetic nervous system; healing mode;
How to force the body into parasympathetic, healing mode
00:32 How to adjust your vibration to match the Earth's changing vibration
00:35 Switchpair: HO-SLOW – user feedback <http://www.aboutsw.ehdef.com>
00:42 Different ways to use Switchwords
00:45 Switchpair for urinary incontinence
00:48 Switchpair for meditation
00:51 Switchword products at: <http://www.cafepress.com/crazycami>
<http://www.cafepress.com/KatsSwitchWords>
00:53 TINY-LIGHT tee shirts for helping to reduce waist size;
Feedback: TINY-LIGHT helped shrink hemorrhoids
00:56 James T. Mangan introduced Switchwords in his book "The Secret of Perfect Living"
00:57 Shunyam Nirav wrote Switchwords book: <http://www.switchwords.com>
00:58 Yahoo Switchwordsgroup: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
00:59 Yahoo group Energy Interpreting Energy: <http://health.groups.yahoo.com/group/energy1/>
01:01 Another yahoo group Kat's at: <http://health.groups.yahoo.com/group/AncientWisdomHealings/>
01:03 Switchword: CONSIDER story
01:04 Switchphrase: DivineORDER-REACH story
01:05 EF file: Fixing Electronics, Inanimate Objects & Things
01:06 Reflex muscle testing: <http://www.mt.ehdef.com>
01:08 FREE downloads from ehdef.com: <http://www.fd.ehdef.com>
01:11 Distance work with energy vials
01:13 EF vial: Three files for allergies
01:18 Kat loses Talkcast; listeners take over
01:21 Des talks about using the EF vial instead of EFT tapping
01:24 Listeners start an EF vial session together using Virtual EF vial: Fixing Electronics, Inanimate
Objects & Things
01:26 Listeners talk about the power of group work with EF vial
01:29 Listeners run another set of 4 EF files
01:33 Kat returns
01:35 Discussion of the suggested final four files in an EF session and their effects when run alone
01:37 Five EF files with only positive statements in them
01:41 EF file Positive Vibrations to Troubled Beings and Earth Trauma may help increase gas mileage
01:43 Additional discussion regarding muscle testing, including self-muscle testing
01:52 Contacting the subconscious mind to get Subjective Units of Distress Scale (SUDS) level
01:57 Using SUDS level with EF vial
02:00 Closing comments

Episode 7: Saturday, January 19, 2008

00:00 Introduction
00:01 Switchwords
00:02 Switchword: TINY
00:03 Switchphrase: CANCEL-CLEAR-CONCEDE-CONFESS
00:04 Using EFT (Emotional Freedom Technique) with Switchwords
00:05 Energy vials
00:07 Switchwords paper book available through Amazon has extra chapters and testimonies
00:08 Universal Switchwords: <http://www.sw.ehdef.com>
00:10 Switchwords work with subconscious mind
00:11 Broad Switchwords and Personal Switchwords defined
00:16 Switchpair: HO-SLOW
00:17 Switchwords products: <http://www.cafepress.com/crazycami>
00:19 Switchpair for "tummy tuck" and shrinking hemorrhoids
00:21 About Switchpairs: <http://www.aboutsw.ehdef.com>
00:22 Switchpairs for waking up energized and rejuvenated
00:25 Using RMT (Reflex Muscle Testing) to find Switchwords, etc.: <http://www.mt.ehdef.com>
00:27 Yahoo Switchwordsgroup: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
00:33 Yahoo Energy1: <http://health.groups.yahoo.com/group/energy1/>
00:34 Using EF (Emotional Freedom) vial with files and Switchwords
00:37 Dyslexia discussion
00:40 ADHD, Dyslexia and Enhanced Learning EF file
00:42 Switchwords for Dyslexia – SLOW, FIGHT, CARE, REACH, DivineORDER
00:44 My introduction to Switchwords
00:47 Additional Switchwords for Dyslexia: TOGETHER, UNCLE, CRYSTAL
00:51 Combining Switchwords into Switchphrases
00:55 Switchword: DivineORDER for Dyslexia
00:57 How often do EF files?
00:59 Run all EF files in one vial session
01:00 Avoiding healing crises
01:03 Body may lie when muscle testing when biocomputer is full
01:07 Bringing a person out of a healing crisis
01:09 ehdef vials are aware of when the body is full and do not push into a healing crisis
01:10 Talkcast lost for a few minutes, silent up to about 01:16:30
01:16 Switchphrase for Dyslexia: DivineORDER-GIGGLE-LISTEN-OIL-FIFTY THREE-JUDGE-CHUCKLE
01:19 Using EF pendant vial for dowsing
01:21 Listener's EF vial autoran when I mentioned TOGETHER-UNCLE
01:22 Discussion of the Switchwords for Dyslexia
01:28 Broad Switchword: EASE
01:30 How to remember Switchwords
01:31 Crystal Indigo kids - <http://www.metagifted.org/>
01:34 Violet circles for proxy work info in files at: <http://health.groups.yahoo.com/group/energy1/>
01:36 Energy speakers
01:36 Kris Radio, Thursdays 7:00 p.m. EST: <http://thatradio.com> and <http://www.krischronicles.com>
01:39 Beta Testing TEST1 vial: <http://www.test1.ehdef.com>
01:42 TEST1 written on canvas of Mercy and Compassion for self to allow healing
01:44 COMPASSION is a Broad Switchword, yet to be defined
01:46 Dolphin Pendant (HEV) vial techniques: <http://www.abouthev.ehdef.com>
01:50 Proxy versus Surrogate
01:51 Closing comments

Episode 6: Saturday, January 12, 2008

00:00 Introduction
00:05 Muscle testing: <http://www.mt.ehdef.com>
00:06 Using numbers for calling Ahuramazda of HEV
00:07 Ahuramazda for flights: #44 Varûn and #35 Tarônîsh
00:09 Emotional Freedom vial: <http://www.efvial.ehdef.com>
00:11 Discussion of EF files and how they are developed
00:19 Flower Energies: <http://www.fv.ehdef.com>
00:25 Garlic and comparison to CRYSTAL-HORSE
00:27 Switchphrase: CRYSTAL-HORSE-LIMIT
00:28 Flower Energy Peppermint vs Switchpair UP-MOVE
00:31 Flower Energy: Red Clover
00:33 Using Flower Energy Support
00:34 Mustard and Chestnut Bud can be run anytime
00:37 Canceling flower formulas
00:40 My first experience with Flower Energies vial
00:42 Call Mustard if you don't know what flower is needed
00:45 Creating the Flower Energies vial
00:49 Use every technique you have to clear a problem
00:52 Can you sleep with the Dolphin vial?
00:54 No Healing Crisis with ehdef vials
00:55 Dowsing for crystals
00:56 Pulsars
00:57 Violet to protect from negative energies
01:00 Yahoo Switchwordsgroup: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
01:02 Switchpair: TINY-LIGHT
01:04 Switchpairs EF file
01:05 Switchpairs to wake up bright and energized, easy and restored
01:10 Switchword: CRISP defined
01:13 Universal Switchwords list at <http://www.sw.ehdef.com>
01:14 Give Switchwords to people to help them
01:15 QUIET-REACH story
01:20 Using intuition, dowsing and muscle testing to find Switchwords
01:23 Energy1 yahoo group: <http://health.groups.yahoo.com/group/energy1/>
01:29 Heavy Metals, EF vial and nutritional support: <http://www.hm.ehdef.com>
01:33 Synthetic vitamins versus whole food vitamins
01:34 Lime cleanse <http://www.fd.ehdef.com>
01:35 Why three different techniques for EF vial?
01:41 Flower Energies update
01:42 PDF on Energy1 for Flower Energies
01:46 HEV vial proxy work
01:51 Recap

Episode 5: Saturday, January 5, 2008

00:00 Introduction
00:04 EFT (Emotional Freedom Technique)
00:06 Switchwords
00:09 EF (Emotional Freedom) vial: <http://www.efvial.ehdef.com>
00:10 HEV (Healing Energy Vibrations) vial: <http://www.hev.ehdef.com>
00:11 HEV technique Ho'oponopono Essence
00:14 HEV technique 101 Facets of Ahuramazda
00:15 HEV technique Sound Wave Healing Vibrations
00:17 HEV technique Pulsars
00:20 HEV technique Crystal Vibration Healing
00:21 TEST1 vial and Beta Testers: <http://www.test1.ehdef.com>
00:25 Rescue Remedy energy vial: <http://www.rr.ehdef.com>
00:29 Kiss it better
00:38 Vials working together and with other techniques
00:41 Switchwords for the dentist or doctor
00:42 Violet bracelets protection from negative energy: <http://www.eb.ehdef.com>
00:47 EF Clearing Negative Energy
00:48 Hospital Environment
00:49 Everyone has access to EF file Positive Vibrations to Troubled Beings and Earth Trauma
00:50 Putting love into your heart chakra
01:01 EF vial owner experiences
01:05 Clearing Energy of the Violet Bracelets
01:06 Energy1 yahoo group: <http://health.groups.yahoo.com/group/energy1/>
01:08 Switchwordsgroup on yahoo: <http://tech.groups.yahoo.com/group/switchwordsgroup/>
01:11 Switchpair: ELATE-GIGGLE
01:15 Switchpair: OFF-WASTE helping clear flatulence
01:16 EF Switchpairs file to SUPERcharge Switchpairs and give easier to access Switchpairs
01:17 Switchpair: HO-WITH – for hiccups
01:18 EF Miscellaneous Annoyances file also for hiccups and such
01:19 Nested files for the Emotional Freedom vial
01:21 Energetic EFT and subconscious mind
01:24 Distance healing
01:27 Files for creative distance healing at Energy1 yahoo group
01:28 Set Emotional Freedom vial to Autorun
01:30 Each vial generally works on one person at a time
01:32 Rescue Remedy in a circle with a person's name or on their picture for remote work
01:34 Flower Energies vial in circle with flowers to send to person with person's name
01:35 Switchword: QUIET
01:36 Flower Energies versus Flower Essences discussion
01:41 Power of Flower Energies and why only one formula a day
01:49 TEST1 vial Beta Testers
01:51 FREE Rescue Remedy energy vial (\$20 value) included with order for TEST1 as Thank You gift
01:52 Vials work for you indefinitely as long as vial is not open or broken
01:53 TEST1 vial written on a canvas of compassion and mercy to allow healing
01:54 Vials from ehdef survive intact radiation and x-rays
01:59 Rescue Remedy sale – buy 5 get 1 FREE <http://www.special.ehdef.com>
02:00 TEST1 technique will eventually be added to HEV vial
02:10 Teachings of Abraham set of books regarding Law of Attraction highly recommended
02:11 Yahoo groups talking about Switchwords and energy healing
02:12 Closing comments