

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

Web pages frequently mentioned:

Kat's Website - "Energy Health Dynamics & Emotional Freedom" <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)
<http://www.eftbyworkshop.cc> (Directory of EFT & Other Energy Psychology Workshops & Seminars)

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/talkandtapteams/> (Help yourself by helping others)
<http://health.groups.yahoo.com/group/AncientWisdomHealings/> (Healing Arts Group)

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 52
Saturday, January 10, 2009
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchword PHASE discussed. Switchpair DIVINE-ON discussed. How are you feeling when you are saying what you want? Focus is everything. Process of pivoting discussed. Excerpt from read from Money and the Law of Attraction written by Esther and Jerry Hicks about focusing on wellbeing. Using your Emotional Guidance System to navigate your life.

Discussion of the file linked to the Emotional Freedom vial called Reversals, which has been updated to Reversals, Pivoting & Focus Transmutation.

Switchphrase for depression, job loss and relationship issues given. Switchwords CRYSTAL-HORSE, DEDICATE, POSTPONE, BLUFF and DEDICATE discussed.

Virtual Emotional Freedom vial session with Borrowed Benefits done for one of the Talkcast listeners. The Emotional Freedom vial is available at: <http://www.efvial.ehdef.com/>

Discussion of files linked to the Emotional Freedom vial:

Joy, Love, Friendship, Gratitude and Peace

Grief, Dying and Acceptance

Butterfly Effect, Modified Organisms & Phased Debris

AHDH, Dyslexia & Enhanced Learning

I Am...

I Feel...

Inner Child

Inner Light

Master Switchword TOGETHER discussed and tapped through EFT to repeat 28 times. See quick reference to EFT at: <http://www.efvial.ehdef.com/>

Stop fighting against what you do now want. Take your focus away from what you do not want. Put your focus on what you do want. Questions to ask help pivot from the negative and get your focus to the positive.

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussions of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 51
Saturday, December 13, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Why we tend to manifest in our lives the things we want the most and the things we do not want the most. Ways to transmute negatives to positives. Switchword LISTEN discussed. Broad Switchword PROUD discussed. Switchword CHANGE discussed. Combining Switchwords with the Emotional Freedom Technique. Using EFT to repeat a Switchword 28 times easily without having to count. Quick reference to EFT available at:

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

Switchwords HO and TOGETHER discussed and tapped through EFT sequence to repeat it 28 times. Brief discussion of Switchword BEAM.

Rescue! Energy Vial and Rescue! Energy Pillow discussed. These are available at:

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

Whatever Energy Vial discussed. The Whatever Energy Vial is available at:

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

Discussion of what an energy vial is and history of ehdef.com vials.

Emotional Freedom vial discussed, including using reflex muscle testing to find Emotional Freedom files your body wants. New Emotional Freedom file called "My Own File _____" discussed. Emotional Freedom virtual vial session done.

Switchword CANCEL discussed. Defusing words from Ho'oponopono discussed.

Rescue! Energy Pillow discussed. Broad Switchword PROUD discussed. Switchphrase for helping make a family gathering enjoyable given. Switchphrase TINY-SWEET-BOW discussed. Switchpair to help make food outstanding when cooking.

Use the Law of Attraction to start creating by intent rather than by default. Use CANCEL to help stop creating by default. List of Universal Switchwords available at:

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

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussions of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 50
Saturday, December 6, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: You are the creator of your life experience. Take control of your life. Broad Switchword BEAM discussed. Using the Switchword CANCEL to help change from a negative focus to a positive focus. You are constantly creating your future.

Using an Energy Circle to help get rid of pests. Read about Cricket Abatement with an Energy Circle at: <http://www.aboutsw.ehdef.com>

Words have great impact. Discussion about "too much" and the Law of Attraction. Switchwords HALFWAY and STRETCH discussed.

A quick easy way to repeat Switchword TOGETHER 28 times. Graphic reference for EFT points available at: <http://www.ref.ehdef.com>

A Switchphrase to help push beyond perceived limitations is given. Switchwords discussion group: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

The Emotional Freedom vial SUPERcharges EFT and Switchwords with energetic EFT. More about EF vial at <http://www.about.ehdef.com>

SUDS (subjective units of distress scale) level discussed. EFT session done with a listener who had a frozen left shoulder, including a Switchphrase for helping release the frozen shoulder. With two rounds of EFT, SUDS level drops from 6 to 3-4 on the frozen shoulder. One set of files run through the virtual Emotional Freedom vial brings SUDS level down to 2. Emotional Freedom vial at: <http://www.efvial.ehdef.com>

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

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussions of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 49
Saturday, November 22, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchword OVER to help clear frustration discussed. An easy way to invoke a Switchword 28 times, to increase its power without having to count. Master Switchword TOGETHER discussed and repeated 28 times using this technique.

Discussion of a post on an EFT weight loss forum and how to evaluate and use Switchwords to help release issues.

The new file called "My Own File ____" linked to the Emotional Freedom vial discussed.

A virtual Emotional Freedom vial session is done with some positive Law of Attraction. A list of Universal and Broad Switchwords specific for working with Law of Attraction given.

Several Switchwords and Switchpairs discussed for use when dealing with children.

A few ways to help clear insomnia discussed including Switchwords, Flower Energies and other techniques.

Discussion of ways to help flush the heavy metals from the body. For list of sources of exposure and nutritional support that may help flush heavy metals from the body see article at:
<http://www.hm.ehdef.com>

Brief discussion of SOLE (completely saturated salt water solution), Blue Solar Water and Happy Water.

Ear pulling is discussed for a number of issues, including ear, vision or eye, jaw and hip problems.

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussions of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 48
Saturday, November 15, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Discussion of using violet to help separate you from your testing when doing reflex muscle testing, and to help keep you from absorbing others' negative energy. Wait and respond rather than reacting in the moment in anger. React when you are in a positive emotional state to escalate the positive situation. Switchwords and Diffusing Words to help clear negative situations discussed.

Emotional Freedom vial session done with borrowing benefits for a call participant. Emotional Freedom vial information is available at: <http://www.about.ehdef.com>

A unique way of getting a SUDS (subjective units of distress scale) level discussed.

Discussion of why anger and resentment relate to arthritis.

Switchphrase to help clear depression discussed.

Broad Switchword SURRENDER discussed. A list of some of the top-end Broad Switchwords is available at: <http://www.aboutsw.ehdef.com>

Ways to transmute negative thoughts to positive, to help build a positive future.

Blue Solar water briefly discussed.

A Switchphrase is given for well-being, happiness, health and overall higher vibration given. This Switchphrase has also been added to the file Health and Wellness linked to the Emotional Freedom vial.

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussion of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 47
Saturday, November 8, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Techniques to help make Switchwords work for you. Broad Switchword BEAM discussed. YouTube video on BEAM: <http://www.youtube.com/watch?v=2bQFdKGtDAo>

A way to help you sleep in the vibration of appreciation discussed. Interesting applications for Energy Circles to help change focus and vibration. Stop creating by default. Align yourself vibrationally with what you want. Set it and forget it with Energy Circles. Articles about Energy Circles can be found at: <http://www.aboutsw.ehdef.com/>

Defusing Words discussed. Article about Defusing Words also available at: <http://www.aboutsw.ehdef.com/>

Communicate with your children even before they are born. Children are a reflection of their environment.

Instead of reeling against organs in your body that are causing trouble, give your body and organs love and appreciation as well. Give forgiveness to yourself and your body.

If you do not like what is going on, stop telling that story and tell the story of where you want to be.

Some statements in the files called "I Am..." and "I Feel..." linked to the Emotional Freedom vial read while participants tapped the Karate Chop point of EFT. Emotional Freedom vial is available at: <http://www.efvial.ehdef.com/>

Feedback regarding the new file linked to the Emotional Freedom vial called Passive Modifications, Remediation and Soothing and how it helped clear a long-time shoulder pain.

Physical and Energy Creation Boxes discussed. Emotional Freedom virtual vial session for helping a Talkcast participant sell her house is done. Energy Circles and Switchwords for selling the house also discussed. Using the EFT Under Eye point to get a SUDS level from the subconscious mind discussed.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 46

Saturday, November 1, 2008

by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: (Recording does cut out off and on during this Talkcast.) Change your thoughts, to change your path through life. Switchword ATTENTION discussed. There are 125 Universal Switchwords. A list is available at: <http://www.sw.ehdef.com>

Ideas for combining EFT and Switchwords. A quick easy way to repeat a Switchword 28 times without counting.

How you perceive your focus builds your world. Perceptions create interactions. Change your perception, change interactions, change your world. Follow inner guidance to enhance your life experiences. Physical, mental and energetic EFT discussed. Emotional Freedom vial and new file Passive Modifications, Remediation and Soothing discussed. Gallbladder responsible for joints; resentment swallowed to gallbladder.

Water, SOLE and Blue Solar water and Happy Water discussed.

Switchphrase for cricket, ant, mosquito, etc., abatement discussed.

Switchwords to help in dealing with unruly children discussed. Give your children positive tools to work with. Happiness never comes from without. Happiness always comes from within.

Discussion on allergies and diet.

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 45

Saturday, October 25, 2008

by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Pain is your Inner Being's megaphone trying to get your attention. Switchword CRYSTAL discussed. A healing crisis means the body is overloaded. Emotional Freedom file Dreams expanded to Dreams, Positive Spiritual Awakening. Switchwords SURRENDER, DEDICATE and POSTPONE discussed. Amazing results with CRYSTAL-REACH. How words become Switchwords. CRYSTAL-HORSE-COUNT, CIRCULATE and other Switchwords to help release things and allow abundance into your life discussed. Difference between focusing on lack and abundance discussed. Some ideas to help get to the mindset of abundance given. A way of helping to remember to give appreciation for the things you have in your life discussed. Put your microscope on the positive things in life to exaggerate them and bring more positive to you.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 44

Saturday, October 18, 2008

by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchword CLEAR discussed. Combining Switchwords with EFT. Appreciation versus gratitude discussed. Look for things to appreciate every day. Discussion about the Healing Energy Vibrations vial, including Ho'oponopono, 101 Facets of Ahuramazda, Sound Wave Healing Vibrations, Pulsars and Crystal Vibration Healing. TEST1 vial update with Orgonite discussed. Pulsars versus Orgonite discussed. TEST1 close to being added to HEV vial. Information on the techniques in HEV available at: <http://www.abouthv.ehdef.com>

Using the Universal Laws to change your life. Let life flow. By reeling against it, you are creating more of it. Diffusing words such as Ice Blue discussed. If you put a microscope on it you can make anything look big. Put your microscope on the positive. Take responsibility and take control of your life. Set your intention to find something to appreciate and you will find something to appreciate.

Reacting versus responding discussed. Look at conversations and you will see the Law of Attraction in action. Set your intention for where you want a conversation to go before you join the conversation. Change your point of attraction by changing your focus to a positive focus. Are you willing to change your focus to change your life?

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 43
Saturday, October 11, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Some ways to change focus from negative to positive to work with LOA discussed. Personal Switchword EVICT, Broad Switchword EXTINCT and Universal Switchword CANCEL discussed.

Water intake important for many illnesses. When increasing water intake, you may need to increase salt intake.

Discussion of why aspartame and diet sodas may increase carbohydrate cravings.

Discussion regarding SOLE and Blue Solar water.

Psoriasis discussed. Many skin issues may relate to water.

Switchwords POSTPONE and DEDICATE discussed for letting go.

Omega 3 and sources discussed.

Fear, resentment and lack attract more of same. Stop telling it the way it is, and start telling it the way you want it to be. REACH for the most positive feeling you have access to.

Bring affirmations into the present, rather than the future to manifest faster. Obstacles versus challenges.

Love relationships and why they sometimes fail discussed.

Switchword ADJUST discussed and article called "It's Not About You. It's About Me!" read. Article can be found at: <http://www.aboutsw.ehdef.com>

Switchwords SURRENDER and ALLOW discussed.

Switchphrase for helping get you to a positive outlook created.

Switchphrase for helping clear psoriasis created.

Short Energy Circle discussion. Find Energy Circles information at: <http://www.aboutsw.ehdef.com>

List of files for helping psoriasis with the Emotional Freedom vial given.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 42
Saturday, October 4, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchphrases for dealing with Mercury in retrograde. New file for the Emotional Freedom vial introduced and discussed: Passive Modifications, Remediation and Soothing. The Passive Modifications, Remediation and Soothing file works with the Law of Similars and miasm. The Law of Similars states that like things produce like things, or that an effect resembles its cause. Miasm is derangement of the vital force of the body. This file takes the vibration of the issue needing resolution, puts it into your energy field, awakening awareness of the problem in your body and allowing your body to heal itself.

Discussion of omega 3 and water for helping lung and breathing issues.

Localized drought in the body may often be the source of pain. Make your water "happy water."

Discussion of Dr. Batmanghelidj and "Water Cure." Testimonials on how water has helped healed many people from many different diseases at:

<http://www.watercure2.org/>

Indigos, universal and common knowledge conversation.

A virtual Emotional Freedom vial session done on two young adults, one with motivational issues and one with anorexia.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 41
Saturday, September 27, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Feedback regarding the child that we did a group remote virtual vial session done for during Episode 39. Disassociate yourself from illnesses and diseases you are experiencing.

Uses for the Broad Switchwords SURRENDER and ALLOW. Switchphrase for pelvic prolapse discussed.

Reflex muscle testing techniques for finding Switchwords. Free PDF instructions for muscle testing available at: <http://www.aboutmt.ehdef.com>

Using Standing Tilt Test to help check for food allergies and for supplements, including amounts the body can use.

Using the EF (Emotional Freedom) vial to help clear allergies. EF vial is available at:

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

File list for Emotional Freedom vial available at: <http://www.eff.ehdef.com>

List of recommended EF files to use for clearing allergies is given.

Switchphrase given for obstipation (severe constipation).

Success with TINY-LIGHT-BOW-NOW for immediately relieving a swollen lip.

See post 12094 at <http://tech.groups.yahoo.com/group/switchwordsgroup/>

Switchphrase created for clearing negatives from previous love relationships and finding a new love relationship using reflex muscle testing.

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

Switchpairs EF file discussed. For more information on Switchpairs see: <http://www.aboutsw.ehdef.com>

One way to easily repeat a Switchword or Switchphrase 28 times without losing count (a recommendation for TOGETHER from James T. Mangan in his book "The Secret of Perfect Living" which introduced us to Switchwords).

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 39

Saturday, September 13, 2008

by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: ON Switchword uses. Use reflex muscle testing to find the right Switchwords for a specific situation. See Reflex Muscle Testing Techniques at <http://www.mt.ehdef.com> for a few different ways to do muscle testing.

A unique way to keep energy vials in the energy of a child or other unable to follow directions. Rescue Remedy Energy Vial and flower essences versus Flower Energies discussed.

Use unbroken violet around both wrists to help separate you from other people's energy and keep your mind out of a question when using reflex muscle testing. Violet energy bracelets available at:

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

Group proxy virtual HEV (Healing Energy Vibrations) and EF (Emotional Freedom) energy virtual vial session done to help a young child with questionable diagnosis of cystic fibrosis. HEV and EF vials at:

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

Ho'oponopono and Diffusing Words from Ho'oponopono and their uses discussed.

It is suggested to run Chakra Balancing & Clearing Aura & Energy Meridians EF file with Increasing Energy Flow EF file to help keep the Chakras open and allow healing.

Happy Water and water crystals discussed. See <http://www.hado.com> for Dr. Emoto's work.

Discussion on making SOLE and Blue Solar water.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 38
Saturday, September 6, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Cholesterol and Switchwords. Order of Switchwords in a Switchphrase can be important in some cases. Be specific in intent when using Switchwords and Law of Attraction without being limiting. Try CRYSTAL-REACH when REACH alone does not seem to be finding what you are looking for.

Karma is the power of our thinking. Positive thinking, positive karma. Negative thinking, negative karma. Change your thinking to change your life.

Quick reference to the Emotional Freedom Technique at: <http://www.ref.ehdef.com> and videos on EFT at <http://www.tapping.com>

Tapping positive "I am..." statements from a file linked to the Emotional Freedom vial through EFT.

Reports about results of previous Emotional Freedom proxy sessions done with the Emotional Freedom vial on Talkshoe.

Four steps to take to improve manifestation with Law of Attraction and Switchwords.

Proxy virtual Emotional Freedom vial session done for the son of a listener.

Put LOVE into your water; make it happy water.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 37
Saturday, August 30, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchwordsgroup on yahoo for ongoing discussions of Switchwords:

<http://tech.groups.yahoo.com/group/switchwordsgroup>

A virtual Emotional Freedom vial session including a Switchword phrase used with intent to diminish the effects of hurricane Gustav (which can be used to help lessen trauma in other natural disasters as well). Virtual EF vial available to all for using the files in the vial session discussed to help diminish the effects of natural disasters anytime anyone wishes to.

A listener brings up the new Abraham-Hicks book "Money and the Law of Attractions." Origins of Emotional Freedom vial discussed. Switchwords have really helped increase power of the Emotional Freedom vial. Differences between physical, mental and energetic EFT and dynamics of the Emotional Freedom vial discussed. EF vial available at: <http://www.efvial.ehdef.com>

Origins of and uses for the HEV (Healing Energy Vibrations) vial, including discussion of Ho'oponopono Essence, 101 Facets of Ahuramazda, Sound Wave Healing Vibrations, Pulsars and Crystal Vibration Healing. Information regarding HEV vial available at: <http://www.abouthhev.ehdef.com>

Utilization of the Switchphrase GIGGLE-ACT-NOW-DONE by a friend helped him to write a book in 8 weeks.

Email questions or comments to Kat at ehdef.com@gmail.com

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 36
Saturday, August 23, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Dangerous Aspects, a novel by Colin Alldridge which weaves the Emotional Freedom Techniques into a dramatic suspense novel discussed. A great read. The novel is available at:

http://www.amazon.com/Dangerous-Aspects-Colin-Winston-Alldridge/dp/0755205057/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1220039906&sr=8-1

Using Energy Circles with symbols. Huna healing symbols discussed.

Huna symbols can be found at:

http://www.ancienthuna.com/symbols_pics.htm

Articles on Energy Circles and PDFs of Colored Energy Circles are available

At:

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

Rescue Remedy energy vial uses discussed. Rescue Remedy energy vial is available at:

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

Virtual Emotional Freedom vial session done with a listener, borrowing benefits from other listeners.

Emotional Freedom vial is available at:

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

SOLE (fully saturated saline solution touted as liquid sunshine) discussed. Making and using Blue Solar Water. Virtual Emotional Freedom vial session send borrowed benefits to a young child who just lost his father. Switchword SWEET discussed, and how craving sugars and sweets may be related to a need for soothing and caring. Is it the water within us that makes us feel the emotions we feel?

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Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 35
Saturday, August 16, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Utilizing Energy Circles and setting intents.

Articles and Energy Circles available at <http://www.aboutsw.ehdef.com>

Root causes of different types of headaches discussed, along with Switchphrases to help clear them.

An EFT session utilizing Switchwords to take pain in a participant's thumb from a pain level of 7 to 8 down to 0. Emotional Freedom vial information available at:

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

Emotional Freedom vial is available at:

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

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussion of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

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Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 34
Saturday, August 9, 2008
by Kat Miller

Listen to Talkcast at:

<http://www.talkshoe.com/tc/72933>

Discussion today included: Switchword HELP definition and its uses. Emotional Freedom vial virtual session done with a call participant for ear problems, including borrowing benefits. File contents discussed as vial run. New EF file: Butterfly Effect, Modified Organisms and Fazed Debris discussed. A different way of getting SUDS (subjective level of distress scale) levels, which accesses the subconscious mind. Switchword FORGIVE definition and application. How we create illness by default. Changing to creating by intent.

Join discussions about Switchwords at:

<http://tech.groups.yahoo.com/group/switchwordsgroup/>

and join us for discussion of energy healing techniques at:

<http://health.groups.yahoo.com/group/energy1/>

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