

Talkcast Summaries (from Episode 101)

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

Read chat from Talkcast Episodes: <http://www.marketing-ideas.org/talkchat-fetcher/> (Talkcast ID 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.aboutsw.ehdef.com>

(Articles about Switchwords)

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)

<http://www.epworkshops.com/>

(Energy Psychology Workshops Directory)

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

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

(Emotional Freedom vial)

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

(List of files linked to EF vial)

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

(Descriptions of files linked to EF vial)

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

(EF vial use for heavy metal toxicity)

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

(Chants, Mantras, Meditations & Prayers EF file additional information)

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

(Passive Modifications, Remediation & Soothing EF file additional info)

HEV (Healing Energy Vibrations vial: <http://www.abouthev.ehdef.com>

Healing Cards (Vibrational Balancing and Sanjeevini: <http://www.hc.ehdef.com>

Vibrational Balancing and Sanjeevini Ease Programs: <http://www.ss.ehdef.com/>

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)

Bracelets:

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

(Energy Clearing Bracelets)

<http://complaintfreeworld.biz/purple-complaint-free-bracelet.html> (Violet bracelets)

Yahoo Groups Kat frequently reads and posts at:

<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/vibrationalhealingcards/>

(Private Healing Cards discussion group)

http://health.groups.yahoo.com/group/sanjeevinis_international/ (Sanjeevini Healing Fragrances group)

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 113

Saturday, April 17, 2010

by Kat Miller

<http://www.ehdef.com>

Listen to Talkcast at:

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

Discussion today included: Kat reviews several Broad Switchwords recently defined, including CORONA, FIFTY FIVE, SEVENTY THREE, SHAKE and SHUFFLE. Kat leads a quick EFT tapping session with SHAKE. Kat talks about physical versus energetic EFT.

Kat discusses how to use the Emotional Freedom vial and activating the Emotional Freedom vial mentally. Kat discusses EF files to use when a problem keeps returning or does not clear. Current list of files linked to the Emotional Freedom vial read over, with short discussion of applications for some of the files. See list of files linked to the Emotional Freedom vial at: <http://www.eff.ehdef.com> and expanded list of files with descriptions of the files at <http://www.effiles.ehdef.com> for more information.

Kat discusses newly introduced Light Support Energies. Light Support Energies are always available. Calling the Light Support Energies by their names (not their color) will bring their support to you. Light Support Energies can be used to support any other energies or on their own. Some Flower Energy Blends include Light Support Energies which are automatically added in when the Blends are called.

Kat discusses what her perception of Flower Energies is. There are over 200 Flower Energies in the Flower Energies vial. Discussion of accessing flowers through the Emotional Freedom vial with the Passive Modifications EF file. Advantages of using the Flower Energies vial to call the flowers versus EF vial discussed.

Kat briefly discusses her introduction to alternative health care, when her daughter had multi-chemical sensitivity and had her allergies healed in a matter of minutes in 2002, and how healthy she is now, living a normal life. Kat talks about how she takes "the work out of the work," simplifying complexities to make it easy to access much in very little time.

Kat gives Switchphrases for the two transits coming up this week and reviews the Switchphrase for the Sun transit into Aires that happened on April 14.

Kat is Switchwords on Twitter and generally Tweets with Switchwords and Switchphrases a couple of times a day. Search for Switchwords on Twitter to find and follow her. There is also a link to Switchwords on Twitter at <http://www.ehdef.com>

Join discussions about Switchwords at: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

Join us for discussion of energy healing techniques at: <http://health.groups.yahoo.com/group/energy1/>

Join discussions about Healing Cards at: <http://health.groups.yahoo.com/group/vibrationalhealingcards/>

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 109

Saturday, March 20, 2010

by Kat Miller

<http://www.ehdef.com>

Listen to Talkcast at:

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

Discussion today included: Discussion of recent Switchword successes. Kat discusses recent changes and updates to the Flower Energies vial and Flower Energy Blends. Equinoxes and Solstices and Flower Blends for them discussed. Kat opens the Flower Energies vial for all live listeners to run the Verdant Green Flower Blend for the Spring Equinox. Kat discusses a number of new Flower Energy Blends available for use with the Flower Energies vial. A PDF with the Flower Energy Blends will soon be available at:

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

Kat talks about how she finds Flower Energy Blends and other things in her work, and about always wearing unbroken violet around both wrists when doing muscle testing, working around sick people or in areas where there is a lot of negative energy.

Kat discusses a current special featuring a FREE Rescue! Energy Vial (\$20 value) when one buys the Flower Energies and Rescue! Energy Pillow. Current special is available at <http://www.cs.ehdef.com>

A listener talks about awakening at 1:00 a.m. daily. Kat discusses the problem most likely relating to timing issues and works with the listener to help clear.

Discussion of techniques for helping healing past wounds by changing perspectives and filters. We do not listen to what people are saying. Choose your experiences, the way you experience what happens in your life. Defusing Word Chocolate discussed for helping find positive aspects in any experience.

Discussion of Switchpairs found in common everyday conversation, including CALM-DOWN, BE-OPEN, SLOW-DOWN, QUIET-DOWN, and several others.

Some questions regarding VBSE TOGETHER addressed with a listener.

Discussion of Flower Energies versus Flower Essences and how the Flower Energies work.

Kat gives Switchphrase for an astrological transit on March 27.

Kat is Switchwords on Twitter and generally Tweets with Switchwords and Switchphrases a couple of times a day. Search for Switchwords on Twitter to find and follow her. There is also a link to Switchwords on Twitter at <http://www.ehdef.com>

Join discussions about Switchwords at: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

Join us for discussion of energy healing techniques at: <http://health.groups.yahoo.com/group/energy1/>

Join discussions about Healing Cards at: <http://health.groups.yahoo.com/group/vibrationalhealingcards/>

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 101
Saturday, January 16, 2010
by Kat Miller

Listen to Talkcast at:
<http://www.talkshoe.com/tc/72933>

Discussion today included: A virtual Emotional Freedom vial session done for people affected by the earthquake in Haiti this week. Switchphrases developed for sending remote healing to Haiti. Discussion of creating Energy Circles for sending healing Switchphrases to Haiti. Discussion of charging Energy Circles and Vibrational Balancing Images for broadcasting Sanjeevini and/or Vibrational Balancing healing. Discussion of laminating Energy Circles and charging them.

Kat introduces two more newly defined Broad Switchwords. The action described by a Switchword can effectively be used instead of saying the Switchword.

Discussion of using Violet around both wrists while doing muscle testing and/or working with healing to help prevent interference and keep from absorbing negative energy. Violet Energy Cleansing Bracelets are available at <http://www.eb.ehdef.com>

Discussion of Switchwords and plants and animals. Animal wisdom of dolphins discussed. Discussion of the origins of the Healing Energy Vibrations vial including why it is shaped like a dolphin.

Emotional Freedom file Passive Modifications, Remediation and Soothing can be used to run the Sanjeevini healing card combination for Ho'oponopono. Kat discusses the cards in the Ho'oponopono Sanjeevini Combination. Sanjeevini Cards and Combination list are available for download at <http://www.hc.ehdef.com>

Discussion of Switchwords closely aligned with the teaching of Abraham and the Law of Attraction. To make Switchwords work set focus on what you want, then say the Switchword or Switchphrase and let it go. Energy Circles can be used to set up broadcasts of Switchwords, allowing you to set it and forget it.

Discussion of the Emotional Guidance Scale given to us by Abraham. Step outside yourself and look at the negative situation from another perspective. Find a positive focus in every situation.

Discussion about EFT and the Emotional Freedom vial, energetic EFT and its effectiveness. Read more about the Emotional Freedom vial at: <http://www.about.ehdef.com>

Additional support articles for the Emotional Freedom vial are available at: <http://www.aboutef.ehdef.com>

Join discussions about Switchwords at: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

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