

Talkcast Summaries (from Episode 66)

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.effiles.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://tech.groups.yahoo.com/group/sharingswitchwords/>

(Private Switchwords discussion group)

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 94

Saturday, November 14, 2009

by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Discussion of Emotional Freedom vial session done with a listener during Episode 93 and his experiences after. Discussion of Switchwords for getting focus and completing tasks.

Discussion of utilizing the Switch and Switchpairs files linked to the Emotional Freedom (EF) vial to find and use Switchwords for specific desires without necessarily knowing which Switchwords are needed.

Discussion of Universal, Broad and Personal Switchwords.

Kat talks about how her grandson utilizes the Switchpair CONSIDER-CONTINUE to find solutions to toddler problems.

Kat discusses using Reversals, Release, Evolving Variations files linked to the Emotional Freedom vial to help clear recurring issues and how to use them. Discussion of utilizing the My Own File_____ and free-form running the EF vial. More information about the files linked to the Emotional Freedom vial is available at: <http://www.eff.ehdef> (list of files) and <http://www.effiles.ehdef.com> (expand list of files with descriptions of contents of files)

Discussion of techniques for helping clear Carpal Tunnel Syndrome. Discussion of nerve pain, sugar substitutes and low-fat diet.

Healing Energy Vibrations (HEV) vial techniques discussed, including Ho'oponopono Essence, 101 Facets of Ahuramazda, Sound Wave Healing Vibrations, Pulsars, Crystal Vibration Healing and TEST1 Energy Vial. Discussion of calling specific techniques and parts of techniques to the active foreground with the HEV vial.

Discussion of New Moon Abundance Checks, tools used to help increase abundance in your life.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 93
Saturday, November 7, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: A listener asks about the "1000 rounds of energetic EFT" run with the Emotional Freedom vial when run one time.

Kat discusses her introduction to energy vials and the origins of the EF vial and other ehdef.com energy vials.

Discussion of the origins of linking files of affirmations to the Emotional Freedom vial. The dynamic EF vial takes Borrowing Benefits to a whole new level.

Kat leads an EF vial session for a listener, opening access to the virtual EF vial to all live listeners. Emotional Freedom vial is at: <http://www.efvial.ehdef.com> Discussion of using the EFT Under Eye point to help find a SUDS (Subjective Units of Distress Scale) level. Kat discusses file content on several EF files that come up during the EF vial session. Switchword phrases that came up during vial session discussed.

Discussion of Reversals, Release, Evolving Variations and Reveal the Core EF files and using them with other files.

Discussion of the Creation Box and how to use the EF file, as well as create a physical Creation Box. Rhoda suggests making your Creation Box a round box.

Kat discusses developing and updating Emotional Freedom files with feedback from Emotional Freedom vial owners.

Kat gives a Switchphrase for enjoying the weekend.

Kat leaves the virtual Emotional Freedom vial open for people who listened live to access for an hour after the Talkcast.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 92

Saturday, October 31, 2009

by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Kat gives a listener a Switchphrase for using when taking his car in for servicing, to help make sure his car gets well taken care of.

Kat talks about how Weston A. Price, a dentist, in the 1930s found diet closely related to dental problems. Eating foods your ancestors ate can be very important for health. Kat discusses copper/zinc imbalance and how an overabundance of copper can be part of the problem in fibromyalgia. Kat lists the foods that help to bind with copper and pull it from the body. Read more at: <http://www.hm.ehdef.com> and <http://www.westonaprice.org/moderndiseases/copper-zinc-imbalance.html>

Kat gives a list of Switchwords and Switchphrases to help deal with encounters with specific astrological signs, elements and imbalances. Kat gives Switchwords to help a listener focus and complete tasks.

Discussion of REACH, WATCH, CONSIDER and CONTINUE and how children innately use those Switchword actions. Kat talks about an experience with TRICKLE for sharing. Kat talks about a post Rhoda wrote at Switchwordsgroup about "Drinking Switchwords" for specific times of day and situations. Discussion of the Broad Switchword QUENCH. Kat leads an EFT tapping round tapping ELATE-WITH-LOVE through 14 points of the EFT Basic Recipe Sequence and Gamut point, repeating the Switchphrase twice on each point, for a total of 28 repeats without counting. Broad Switchword TRUST discussed and tapped through EFT.

Kat talks about the Vibrational Balancing Images and using them to clear mental fatigue, physical fatigue and a toothache. Discussion of some of the differences between VBI and Sanjeevini, and mixing and matching the two together. You can use the Passive Modifications file linked to the Emotional Freedom vial to access VBI, Sanjeevini and other techniques. The Passive Modifications file can call other EF files. Email Kat at ehdef.com@gmail.com if you would like a free PDF with the Vibrational Balancing Images.

When one EFT point is huge for a specific person, the root problem may relate to the specific emotions swallowed to that meridian. Descriptions of EFT points/feelings/meridians at: <http://www.pd.ehdef.com>

Discussion of people rejecting "new sun," as the sun is perceived by the body differently since the December 26, 2004 tsunami as being part of many health problems, including loss of control of calcium and spleen, and self-love and self-worth. Switchword ELATE is about finding the golden nugget in every situation. Universal Switchwords list is available at: <http://www.sw.ehdef.com>

Kat discusses Switchwords for helping children with transition back to school with a listener.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 91
Saturday, October 17, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Look for the positives in your current experience to bring to you more positive to you. Kat talks about using the Chat Fetcher to see chat from any Talkshoe episode:

<http://www.marketing-ideas.org/talkchat-fetcher/>

Astrological Switchwords discussed. Switchwords never work for your detriment. Switchword POSTPONE (to let go) discussed, including using it in combination with other Switchwords.

Discussion regarding how to use Switchwords effectively throughout the day. Kat talks about experiences with her grandson and the Switchword TRICKLE (to share), as well as CONTINUE-CONSIDER. When you do not know what Switchword or Switchphrase you need for a situation, you can use the Emotional Freedom vial to call it from the Switch or Switchpair file simply by stating what you want (Example: Switch – increase focus).

An Emotional Freedom virtual vial session is done with borrowing benefits for a listener with a cough. Kat discusses utilizing reflex muscle testing to find the most appropriate EF files for a given situation. Kat discusses a way to get a SUDS (Subjective Units of Distress Scale) level from the subconscious mind. A goal-setting technique is discussed. As files come up during the Emotional Freedom vial session, several are discussed. A listener talks about having a headache clear while doing the virtual vial session for another listener.

Kat discusses the dynamic Emotional Freedom vial. All EF vial owners have immediate access to updates as soon as they are available.

Discussion of the Vibrational Balancing Images and Vibrational Balancing program for charging water with the VBIs for healing. Email Kat if you would like a free PDF with the Vibrational Balancing Images.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 90

Saturday, October 10, 2009

by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Kat talks about how one needs to LISTEN for messages from their Inner Being/other than conscious mind, especially when you are working with Switchwords and Law of Attraction. Kat talks about an experience this week when her granddaughter had an insect bite her on her wrist and using Vibrational Balancing Images to help clear the reaction. Kat talks about putting the Sanjeevini Whole Body healing card under your bed to help keep you overall feeling good.

Kat discusses utilizing unbroken violet around both wrists to help protect you from absorbing negative energy, especially when you visit hospitals and doctor offices. Violet bracelets also can help improve accuracy in muscle testing. A listener gives a Switchphrase for helping clear anxiety over health issues.

When you are focused on the problem, you are increasing the problem. Focus on the cure. Focus on wellness and wholeness. Discussion about breast cancer and organizations named after diseases.

Kat talks about negative energy from others, especially in hospitals and medical facilities affecting you and ways to help protect yourself from that negative energy. Kat and Alan discuss "should have" versus "could have." Discussion regarding ways to change focus regarding an experience and listening to Inner Guidance. Kat discusses how children interpret words, and how they tend to recognize the Switchword definition before they recognize proper English definitions.

Discussion with Alan about an experience of a string of coincidences set in motion by his focus. Discussion of networking on the internet and how our world has changed. Kat talks about feeling the energy behind words in chat programs when chatting with people, how you can very often feel the emotions behind the written words.

Switchphrase given for the astrological transit of Venus moving into Virgo.

Des and Kat discuss pains often reflecting issues on the opposite side of the body. Discussion of knee pain and other joint problems relating to gallbladder. Connect the joint having problems with the gallbladder and balance the gallbladder.

The Vibrational Balancing Image VB78 Tired Feet can be very helpful for many situations, especially after any illness. Discussion of omega 3, sunshine, sunscreen and vitamin D.

Broad Switchword TRUST defined.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 86
Saturday, September 5, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Utilize the Law of Attraction to your advantage by reminiscing about things you enjoy and focusing on the positive things in any relationship you wish to enhance. Discussion of the differences between utilizing an individual Sanjeevini card versus Sanjeevini card Combinations for healing. Sanjeevinis are available for free download, including a manual to learn to work with Sanjeevinis is available at: <http://www.saisanjeevini.org/frames.htm>

Discussion of accessing Sanjeevini healing through the Passive Modifications file linked to the Emotional Freedom vial, as well as using cards to charge water for dosing Sanjeevinis. Kat discusses utilizing the Sanjeevini Multiplication and Broadcast card to copy the energy from a Combination of Sanjeevini cards quickly for dosing.

Discussion of development of Sanjeevini Ease computer program which simplifies and automates charging of Sanjeevini doses. Kat reads a message from a Sanjeevini Ease program owner discussing advantages of using the Sanjeevini Ease program. Sanjeevini Ease is available at: <http://www.ss.ehdef.com>

Discussion of activating the Healing Energy Vibrations vial and techniques in the vial, including Ho'oponopono Essence, 101 Facets of Ahuramazda, Sound Wave Healing Vibrations, Pulsars, Crystal Vibration Healing and TEST1 Energy Vial. Kat discusses using Energy Circles with the HEV vial. HEV vial is a set it and forget it vial. If you wish to just have a vial work for you, without you needing to interact with it, HEV may be very good for you. HEV is available at <http://www.hev.ehdef.com>

Kat has a Switchwords Crossword Puzzle available at <http://www.aboutsw.ehdef.com> This crossword puzzle can be a useful and fun tool for helping one to get more familiar with Universal and Broad Switchwords.

Kat gives Switchphrases to make it a beautiful, wonderful weekend, and for dealing with Mercury Retrograde period, and leads a session of tapping the Switchword through the Emotional Freedom Technique. For tapping points see Quick Reference for EFT at: <http://www.ref.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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 85
Saturday, August 29, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Kat talks about ways of working with the Law of Attraction and Switchwords. Kat discusses tapping Switchwords through the Emotional Freedom Technique.

Discussion of Switchwords and mental EFT for insomnia. Using EFT to repeat Switchwords 28 times without counting. Quick reference to EFT available at: <http://www.ref.ehdef.com>

Ways to cleanse houses of negative energy and then help shield from future intrusion of negative energies discussed. Kat reads the Natural Healing Stress Calming Technique for clearing negative energy from oneself and shielding oneself from negative energies. An MP3 with Stress Calming is available free through Natural Healing Seminars: <http://nhseminars.com/Downloads.htm>

Remember to use Switchwords and the power of your thinking to keep yourself in a positive environment once you have cleansed your environment. Discussion of also utilizing a mental Violet Energy Circle around your property to help separate your property from negative energies. Learn more about Energy Circles at: <http://www.aboutehdef.com>

Discussion of Energy Bracelets and utilizing violet around both wrists to help protect oneself from negative energy from others. Read about Energy Bracelets at: <http://www.addinfo.ehdef.com>

Discussion of joints, gallbladder and liver, and the feelings swallowed that often are at the core of joint problems including arthritis.

Kat talks about her history with energy healing techniques, including her introduction to energy healing because of multichemical sensitivity and allergies her daughter had in 2002. Kat talks about six organs most likely to be involved in allergies. Kat discusses utilizing EFT for healing allergies, and how the Emotional Freedom vial works with energetic EFT, SUPERcharging EFT.

Kat talks about maintaining wellness once one heals issues.

Kat talks briefly about Sanjeevini Healing Card and water crystals work done by Dr. Emoto. Read more about the water crystals and messages from water at: <http://www.hado.net>

Discussion of Switchwords and kids. Kat creates a Switchphrase for a listener to find a professional camera for her daughter and be able to afford it. Switchphrase given for helping deal with astrological effects of Mercury in retrograde.

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 84
Saturday, August 22, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Kat talks about the Rescue! Energy Pillow and using it as a first aid kit. Discussion of Depleted Uranium, how you are exposed to it and ways to help release it from your body, including binding agent and nutritional support.

Discussion of Segment Intending as brought to us by Abraham and with the Emotional Freedom vial. More information on Segment Intending with the Emotional Freedom vial available at:

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

Discussion of using My Own File_____ with Segment Intending while working with the Emotional Freedom vial.

Kat discusses the origins of the Emotional Freedom vial as an easy fast way to supercharge the Emotional Freedom Technique. Kat discusses her first experiences with the Emotional Freedom vial and watching the SUDS scale drop on knee pain drop from 7 to 0 when running the vial one time.

Kat discusses her introduction to energy vials and energy healing.

Discussion of fastpencil.com as a writing tool.

Discussion about how an Emotional Freedom vial owner is utilizing My Own File_____ in her work. More information regarding working with the My Own File_____ available at: <http://www.aboutef.ehdef.com>

Discussion of Sanjeevini Healing Cards and utilizing them with the Passive Modifications file linked to the Emotional Freedom vial. Kat talks about utilizing the Passive Modifications file to help enhance other energy healing techniques.

Discussion of Sanjeevini Ease program and using it for creating and charging Sanjeevini Healing Combinations. Discussion of charging Energy Circles with Sanjeevini Combinations for broadcasting Sanjeevini Healing. Discussion of a Sanjeevini Combination for Sun Poisoning and Radiation Illness. Discussion of radiation exposure from flying, medical tests, procedures and treatments, etc.

Talkcast Episode 83 discusses Sanjeevini more in-depth.

Yahoo Sanjeevini group: http://health.groups.yahoo.com/group/sanjeevinis_international/

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 83
Sunday, August 16, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Focus on Sanjeevini Healing Fragrances (Cards). Sanjeevini cards are graphical representations of concentrated prayers for healing specific body parts and diseases. The Sanjeevini Healing Cards, manual and information on Sanjeevini Healing are available for free at: <http://www.saisanjeevini.org/frames.htm>

It is good to use the SSC1 and SSC60 Sanjeevini Combinations in conjunction with any other cards related to the illness or disease you are working with. These two combinations are discussed. SSC59 Removal of and Protection From Negative Energy Combination discussed.

Discussion of how to charge and dose Sanjeevinis, as well as using the Copy and Broadcast card to copy samples for dosing, without having to charge the entire combination again each time you want to create a dose. Discussion of the differences between a single Sanjeevini card for healing versus a Sanjeevini Combination for healing, and how the Combination helps to clear the core issue rather than just the current symptom. Kat discusses her experience with the DS63 Hiccups Sanjeevini card versus the Hiccups Combination.

Kat discusses the Sanjeevini Ease program, a computer program developed to simplify creation of Sanjeevini Combinations and charging the Combinations, substantially decreasing the time required for putting together Combinations and your time involved in charging the Combinations. Sanjeevini Ease program is available at: <http://www.ss.ehdef.com>

Des talks about charging Energy Circles with Sanjeevini Combinations utilizing the Sanjeevini Ease program. Learn more about Energy Circles at: <http://www.aboutec.ehdef.com> Des discusses sitting in front of the computer monitor and running Sanjeevini Combinations through the Sanjeevini Ease program and how powerfully it affects her. Kat talks about a Ho'oponopono Sanjeevini Combination she developed. Kat talks about the Astrological Hard Transits Sanjeevini Combination she created.

Utilize SSC55 Vaccine Antidote Combination to help clear problems that associated with vaccinations.

Sun Poisoning and Radiation Illness discussed, along with a Sanjeevini Combination Kat created for it.

SSC57 Soil Rejuvenation Combination use for chronic illnesses discussed. DS16 Blockages and DS143 SAFE Sanjeevinis discussed. Discussion of emotions relating to organs and using Sanjeevinis for those emotions to help in balancing those organs. Des talks about using Sanjeevini Combinations for feng shui.

Brief Emotional Freedom virtual vial session utilizing the Passive Modifications, Remediation and Soothing file to run Sanjeevini Ho'oponopono Combination done.

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 82
Saturday, August 15, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: A listener talks about one way she uses the Sanjeevini SAFE Healing Card. Discussion about microwaves versus teapots for heating water.

Kat talks about feedback regarding a healing Switchphrase given for someone who had had a stroke in 2007. The Switchphrase is broken down and discussed in detail. Discussion regarding feedback on a Switchphrase used for financial abundance. Kat breaks down the Switchphrase and discusses it in detail as well. Switchphrases These two Switchphrases have been added to the Database with proven effective Switchphrases at Switchwordsgroup on Yahoo. Additional databases regarding Switchwords available at Switchwordsgroup discussed.

The Switchphrase DIVINE-LIMIT-GUARD is discussed. Kat talks about recognizing and following messages coming to you from your Inner Being when using Switchwords. Universal, Broad and Personal Switchwords discussed.

Uranium and Depleted Uranium heavy metals briefly discussed, along with use of the Emotional Freedom file Poisons and Toxins and dietary measures to help draw Uranium and Depleted Uranium out of the body. More information on dietary support for removing heavy metals from your body at:
<http://www.hm.ehdef.com>

Switchphrase for helping remove negative focus and turn to a positive focus to align oneself with the Law of Attraction created. Energy Circles can be helpful to set it and forget it.

Some uses of the Sanjeevini Healing Cards DS16 Blockages and DS143 SAFE (Scars of Abuse, Fears Eradication) discussed. Discussion of the Emotional Freedom vial auto mode. We are creatures of contrast, often not recognizing the positive states we are in until we feel a contrasting, negative state.

Kat discusses Bliss and why she feels Bliss is not a Switchword. She reads an article she wrote regarding Bliss that can be found at: <http://www.aboutsw.ehdef.com>

Instead of setting expectations, set intentions and use the Switchword BE to help keep you from being affected by rejection, take down your defensive posture and allow you to have more clarity. Discussion about using the Emotional Freedom file My Own File_____ to create a personal file with Switchwords and Switchphrases for specific situations to make it easier to remember what you want to do and do it in times of stress.

Universal Switchwords list is available at: <http://www.sw.ehdef.com> and you can read more about Switchwords at: <http://www.aboutsw.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 81
Saturday, August 8, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Strong emotions draw more of whatever you are focused on to you. Switchwords versus positive affirmations. Tap Switchwords through EFT to supercharge both techniques and help align you with the Law of Attraction.

Kat talks about using the Switchword LOVE to help transform a toddler from a fit of anger to align with the Law of Attraction and clear the negative energy. Kat talks about using Switchwords to help toddlers learn, find ways to do new things, increase endurance. Kat talks about the Databases at the Yahoo Switchwordsgroup with Switchphrases proven effective, as well as Switchphrases for dispelling feelings relating to illnesses/diseases.

Kat discusses vaccinations. If you choose not to vaccinate your children, you may not wish to sign the forms given by schools and preschools for vaccination refusal. Instead write your own letter or take your own forms. A modified American Academy of Pediatrics Refusal of Vaccination Form is available at: <http://www.addinfo.ehdef.com> The website <http://poisonevercure.150m.com/> is a great source of informed about history regarding vaccinations, including vitamin K shots given to newborns. Every state has available exemptions from immunizations. You as a parent are responsible for the health of your child. Be informed. Often complications associated with vaccinations do not show up immediately. Sometimes it is years before the complications show up. Multiple allergies often may be related to vaccinations.

The power of your thinking and the power of your feeling work toward or impede manifestation of what you are wanting. Switchwords can help you let go of and focus away from lack, turn and to align yourself with what you want. Change your focus during tasks you do not enjoy, GIGGLE and use music to enjoy it.

Discussion of uranium and depleted uranium, body organs affected by depleted uranium, foods for helping to support those organs and binding with the depleted uranium to remove it from the body.

Discussion of eggs and cholesterol. Link where doctor checked eggs and cholesterol on self Kat discusses: <http://health.ninemsn.com.au/whatsgoodforyou/theshow/693988/are-eggs-bad-for-your-heart>

Why does the body runs a fever when you get a virus or infection? How wise is it to treat a fever? Take responsibility for your own health. Enjoy the cherries and let the pits go.

Test your drinking water with your body, then make it Happy Water and test it again.

Universal Switchwords list is available at: <http://www.sw.ehdef.com> and you can read more about Switchwords at: <http://www.aboutsw.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/>

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 80

Saturday, August 1, 2009

by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Kat talks about the Broad Switchword ALLOW. Kat talks about an epiphany she had regarding the Switchword ALONE. Des talks about using CRYSTAL-REACH and following Inner Guidance to increase tips given in a tip jar.

Switchphrases Databases at Yahoo Switchwordsgroup discussed. Discussion of a Switchphrase used for taking tests that worked almost magically to bring the right answers up during tests. Des talks about how using the Switchphrase given for healing may be useful as well. Kat talks about using Yellow Energy Circles for students. More information about Energy Circles available at: <http://www.aboutec.ehdef.com>

The Emotional Freedom and Healing Energy Vibrations vials on sale through the summer:

<http://www.cs.ehdef.com> Des, an energy healer, talks about her experiences with ehdef.com energy vials, including the Rescue! Energy Pillow.

Discussion of Stevia and issues associated with it. Some information on dangers of Stevia is available at: http://safety.lovetoknow.com/Dangers_of_Stevia Kat discusses Rhoda having issues with severe fatigue associated with drinking tea with Stevia. Run all files linked to Emotional Freedom vial to help clear effects of Stevia previously eaten.

Discussion of aspartame and Splenda, which are found in many diet foods, gums and medications. You can use the Emotional Freedom vial to help clear issues aspartame and Splenda may have caused. A list of over-the-counter and prescription medications containing aspartame can be found at: <http://www.oasisadvancedwellness.com/learning/drugs-containing-aspartame.html>

Discussion of xylitol, a natural sugar alcohol that the human body actually makes itself and comes from fruits, berries, mushrooms, lettuce, hardwoods and corn cobs. Read more about xylitol at: <http://xylitol.org/>

Des talks about using organic blue agave as a natural sweetener.

Kat discusses how to use the Tilt Test or Swallow Test to see if foods are okay for you to eat, and the amounts that your body can handle. Des also suggests using the Tilt or Swallow Test when buying cosmetics. Kat talks about utilizing violet bracelets around the wrists when doing testing to help keep yourself and other energies out of the answers when doing muscle testing. Discussion about using muscle testing to determine the amount of a particular food your body can deal with.

Everyone is invited to join us at the yahoo group Energy 1:

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

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 76
Saturday, June 27, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Universal Switchwords List is available at: <http://www.sw.ehdef.com> Use Switchwords to help you flow with the Law of Attraction. A technique combining Switchwords with EFT discussed.

Kat discusses her perspective on marriage and Law of Attraction. Switchword ADJUST discussed. Kat reads an article she wrote about ADJUST called "It's Not About You. It's About Me." PDF with this article is available at: <http://www.aboutsw.ehdef.com>

Kat discusses Switchphrases to help improve interpersonal relationships, including settling conflicts and improving communication.

Kat talks about a new Database with Switchphrases that have been proven effective at the Yahoo Switchwordsgroup: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

Kat talks about Bible quotes about Law of Attraction. We are creatures of contrast. By knowing the negative, we recognize the positive.

Discussion of discovering Switchwords to affect the weather. Broad Switchwords HIDE, QUENCH and ICE CUBE discussed. PDF with Broad Switchwords available at: <http://www.aboutsw.ehdef.com>

Discussion of Sanjeevini Healing Fragrances (Cards), what they are and how to use them. Sanjeevini Healing can be accessed with the Passive Modifications file linked to the Emotional Freedom vial. Read more about the Sanjeevini Healing Cards at: <http://www.saisanjeevini.org/frames.htm>

Discussion of knee pain and possible root causes. Kat talks about grains and phytic acid. Discussion of protein utilization and a way to tell if vegetarian/vegan lifestyle is healthy for a specific person or not. Kat discusses a couple of ways to check with your body to see if it wants a food or not.

Everyone is invited to join us at the yahoo group Energy 1:

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

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 75
Saturday, June 20, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: (After introduction Kat loses connection for several minutes, coming back around 11-12 minutes into recording.) Kat talks about clearing severe knee pain by balancing Gallbladder while connected to knees during the week. Discussion about how Gallbladder is responsible for joints, and how balancing the Gallbladder helps clear issues with joints. Discussion of emotions swallowed that go to Gallbladder. See emotions swallowed to organs list at: <http://www.pd.ehdef.com> Discussion of using Switchwords to help dispel emotions that may be causing gallbladder and knee problems. Discussion of differences between Switchwords POSTPONE and DEDICATE. Discussion of Switchwords for helping release emotions swallowed to Liver.

Discussion of names on Universal Switchwords list and using names as Switchwords.

Switchphrases for helping curb binging and for encouraging exercise given to a listener. Changing Unwanted Habits and Behaviors file linked to the Emotional Freedom vial discussed. Discussion of allergies being often related to additions. Eight files linked to the Emotional Freedom vial recommended for allergies discussed.

Discussion of Sanjeevini cards including cards for the energy of Ho'oponopono. Sanjeevini Ease program for creating and charging samples of Sanjeevini Healing Combinations discussed. The original Sanjeevini website is at: <http://www.saisanjeevini.org/frames.htm>

Switchphrase developed and given for a dog with behavioral problems and fear of people.

Discussion of use of Rays in conjunction with Energy Circles. Read more about Energy Circles at: <http://www.aboutec.ehdef.com>

A couple of techniques for helping with digestive issues discussed.

Discussion about working with Quantum K and other techniques through the Emotional Freedom vial with the Passive Modifications file.

Virtual Emotional Freedom vial session done for a friend of a listener with all live participants working proxy for the friend. Virtual Emotional Freedom vial access is left open to live participants for an hour after the Talkcast.

Everyone is invited to join us at the yahoo group Energy 1:

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

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 74
Saturday, June 13, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Listener talks about Ho'oponopono and how it has helped enhance their sales. Switchwords for helping with perseverance and their use discussed.

Discussion about Sanjeevini Healing and using the Passive Modifications, Remediation and Soothing file linked to the Emotional Freedom vial to access Sanjeevini Healing. Sanjeevini Ease, a program created to charge Sanjeevini samples, creating PDFs with Sanjeevini Combinations and easily sharing between people discussed. Learn more about Sanjeevini Healing at: <http://www.saisanjeevini.org/frames.htm>

Discussion of Abundance Checks and a listener's experience. Discussion of feeling abundance and appreciation to increase abundance.

Discussion of blue glass bottles for making Blue Solar Water, how to make Blue Solar Water and places to obtain blue glass bottles. Discussion about pendulum testing on energy of Blue Solar Water, including putting the Blue Solar Water in a microwave. (Note: After Talkcast Kat and Rhoda got together to learn more about energy in Blue Solar Water when microwaved. According to their testing, even though Blue Solar Water maintains high energy even when microwaved, Kat and Rhoda discovered that that energy was not accessible by the body, because the water was no longer recognized as water by the body.)

Discussion of wearing Violet a clearing, cleansing color around your wrists when you are dowsing, to help keep yourself separate from your testing. Energy Cleansing Bracelets are available at: <http://www.eb.ehdef.com>

Des talks more about using Ho'oponopono for businesses. Des also talks about increasing her business with a Gold Energy Circle, Ho'oponopono and Emotional Freedom vial with EF files.

Kat discusses and reads the Prayer of Forgiveness, which can be found at <http://www.aboutef.ehdef.com> The Prayer of Forgiveness is also in the Emotional Freedom file Chants, Mantras and Prayers and can be called from that file if you have the Emotional Freedom vial. The Emotional Freedom vial is available at: <http://www.efvial.ehdef.com>

Virtual Emotional Freedom vial session done for a friend of one of the listeners. Switchphrase given for general healing. Yellow is always a good color for an Energy Circle for healing.

Switchphrases which may be helpful for Healers in use with clients and healing sessions discussed.

Everyone is invited to join us at the yahoo group Energy 1:
<http://health.groups.yahoo.com/group/energy1/>

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast

Episode 73

Saturday, June 6, 2009

by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Feedback on New Moon Abundance Checks.

Discussion of the Luck Factor by Dr. Richard Wiseman and lucky people versus unlucky people.

Kat discusses her daughter's illness with multichemical sensitivity, her allergies being cleared in a matter of minutes, and how it became a turning point in Kat's life. Kat discusses how this experience changed her focus so substantially she transformed her focus to becoming a natural health care practitioner working with numerous energy healing techniques. Discussion of signs of energy healing at work.

Discussion of broadcasting remote healing, including Sanjeevini Healing. Kat discusses a particular situation she used a Sanjeevini Healing Broadcast with positive results. Read more about Sanjeevinis at <http://www.saisanjeevini.org/frames.htm>

Discussion of family members and their acceptance of a healer in the family and why their perceptions often interfere with acceptance.

Switchphrases SWEET-CALM-LOVE and ELATE-WITH-LOVE discussed.

Discussion of Sanjeevini cards and Sanjeevini Ease program for charging Sanjeevini Combinations with the computer, and ways of copying Sanjeevini Combination samples. Kat discusses her experiences with the Sanjeevini Hiccup Card and Combination.

Des talks about using challenges to help us pivot and find what we want. When lucky people find themselves in a challenging situation they ELATE-WITH-LOVE. Take control by releasing your need to be in control.

Discussion of Wayne Dyer's book Excuses Be Gone and 18 excuses we give to ourselves and positive affirmations to help release them, as well as Switchphrases Kat created to help release them as well. See list at: <http://health.groups.yahoo.com/group/energy1/message/1850>

Kat discusses the 8 files linked to the Emotional Freedom vial recommended for allergies.

Brief discussion of letting go of your children and letting them make their own decisions as they become adults, even though you know they are making mistakes to preserve the relationship.

Everyone is invited to join us at the yahoo group Energy 1:

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

And Switchwordsgroup:

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 72
Saturday, May 30, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Switchphrase to help smooth astrological transit of Venus to Aires discussed. Listener discussed relationship issues and Switchwords. Discussion of swallowing emotions down to organs and releasing those emotions from the illness. What you focus on in your mate is what you wind up seeing more and more of in your relationship. Discussion on changing your focus to change the relationship. Use of the Broad Switchword CONTAIN discussed, along with the 5 Switchwords for stopping fights and conflicts.

Discussion about Yahoo Switchwordsgroup at <http://tech.groups.yahoo.com/group/switchwordsgroup>.

New Switchphrase created for helping soothe a love relationship, turning it to a more positive focus.

Using Energy Circles with Switchwords, Ho'oponopono and energy vials. Read more about Energy Circles at: <http://www.aboutec.ehdef.com>.

Listener talks about Concentric Energy Circles for Carpal Tunnel Syndrome. Discussion of the effects of diet soda on Carpal Tunnel Syndrome. Water and Omega 3 are important for joint health.

Discussion regarding Kat's daughter and clearing her multichemical sensitivity with Natural Healing and Total Body Modification and Kat's trek into natural health care alternatives.

Using Standing Tilt Test and Swallow Test to help discover allergies. Read more about muscle testing at: <http://www.mt.ehdef.com>

Discussion of files linked to the Emotional Freedom vial which help clear allergies. Allergies usually have liver involvement. Six organs that are the most commonly involved in allergies discussed.

Brief discussion of vials currently available through <http://www.ehdef.com>

Everyone is invited to join us at the yahoo group Energy 1:
<http://health.groups.yahoo.com/group/energy1/>

And Switchwordsgroup:

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 71
Saturday, May 23, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Discussion regarding accessing the power of Switchwords by integrating them into a web site. Switchphrase developed for a listener to address his specific needs. Discussion about increasing the speed of manifestation with Law of Attraction by feeling manifestation first.

Switchwords for increasing focus, endurance and completing projects discussed. The differences between the Switchwords PERSONAL and SOPHISTICATE and when to use each discussed. Switchphrase ELATE-WITH-LOVE discussed. Discussion of ways to use Switchwords to transmute negatives into positives.

Discussion of how EFT uses a positive to dispel negatives, as no negative can survive a positive. Utilizing Switchwords with EFT to enhance both.

Healing Switchwords discussed. Feelings that may relate to Carpal Tunnel Syndrome and Switchphrases to help dispel them discussed. Energy Circles discussed. Read more about Energy Circles available at: <http://www.ec.ehdef.com>

PDF with 8 Colored Energy Circles available at:

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

Discussion of Meningitis and feelings that may be associated, as well as Switchphrases and Emotional Freedom files which may help in dealing with it.

Brief report on success with Sanjeevini Cards used for helping to release an addiction. Read more about Sanjeevini Cards available at:

<http://www.saisanjeevini.org/frames.htm>

Everyone is invited to join us at the yahoo group Energy 1:

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

And Switchwordsgroup:

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 70
Saturday, May 16, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Switchwords poem called Peace and Serenity briefly talked about. The poem can be found at <http://www.aboutsw.ehdef.com>

Life is an ongoing process, which is never done. When you complete goals, set new goals. Brief discussion of Total Body Modification, a technique Kat uses in her healing work.

Listener Kevin talks about Law of Attraction and his use of it to help him become a Life Coach. What you are offering to others you are getting back yourself with the Law of Attraction. Turn downstream and flow with your abundance. Do not focus on problems. Focus on solutions.

No negative can survive a positive. You cannot be in hatred when you are in love. You cannot smile and feel hatred at the same time. MONA LISA is a Universal Switchword for bringing about a smile and dispelling hatred. Some affirmations read for balancing meridians and emotions.

Discussion on ways to work with children to help to teach them into working with the Law of Attraction, rather than teaching them out of working with LOA. The first six years of life are pivotal in shaping a child's world for life. Give the children security in their early years to give them a great focus for their entire lives.

Several Switchwords discussed for helping to increase focus and solve problems. CONSIDER-CONTINUE discussed. Broad Switchword SIMPLE discussed.

Several Gemstone healing properties discussed.

Discussion of Sanjeevini Healing Cards and their uses.

Everyone is invited to join us at the yahoo group Energy 1:

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

And Switchwordsgroup:

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

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 69
Saturday, May 9, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Universal law is all about vibration and aligning yourself with what you want.

Kat discusses her grandson's limping during last week's Talkcast and how within about 10 to 15 minutes she was able to clear his issues and get him back to walking normal. Discussion of how children are very reactive to the energy around them, and other people's emotions.

In-depth discussion of the Passive Modifications, Remediation and Soothing file linked to the Emotional Freedom (EF) vial.

Writing on My Walls file linked to the EF vial discussed.

Discussion about using the EF vial to help remove "neural nets." Discussion of Law of Attraction and Negative Emotional Button Deactivation and Transcend Emotions, Psychological Processes, Views & Influences EF files.

Replacing unwanted behaviors with desired behaviors discussion.

Utilizing the file My Own File_____ linked to the EF vial.

Setting the EF vial to auto run.

Brief discussion of the Whatever energy vial.

A new file called I Love... linked to the Emotional Freedom vial discussed. Short discussion of how EF file names are developed.

Everyone invited to the yahoo group Energy 1: <http://health.groups.yahoo.com/group/energy1/>
And Switchwordsgroup: <http://tech.groups.yahoo.com/group/switchwordsgroup/>

Broad Switchword SIMPLE defined and explained. CRYSTAL-CONSIDER-REACH Switchphrase discussed. Write Switchwords on your water vessels. Switchphrase that may help decrease body odor discussed.

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 68
Saturday, May 2, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: A listener talks about her experiences with Law of Attraction and how quickly she aligns with it. Discussion about aligning yourself with the Law of Attraction. Switchwords ALLOW and ALIGN discussed. Discussion of the YouTube video from Abraham-Hicks called MONEY AND THE LAW OF ATTRACTION: Aligning With Your Veritable Fortune.

Learning to laugh at yourself, and teaching children to laugh with those who are teasing them. How you receive and focus on what happens to you has a major effect on you flow into your future.

Brief discussion of the books The Secret of Perfect Living by James T. Mangan and Switchwords: Easily Give to You Whatever You Want in Life by Shunyam Nirav.

Listener Des discusses children and Switchwords. Switchwords can give you headway into discussions of Law of Attraction.

Talkcast is cut short as Kat's 18-month-old grandson was limping and Kat needed to leave check in on him. (He is fine now. Kat did some healing work on him and within minutes he was pretty much back to normal. Seeing him again the next day, he was walking normally, with no sign of a limp.)

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 67
Saturday, April 25, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Discussion of New Moon Abundance Checks. Discussion of using "Paid in Full" on an Abundance Check versus a specific amount versus "unlimited abundance" and why "Paid in Full" may be preferred. List of dates and times of new moons for the rest of 2009 given.

When you are in a place where you do not want to be, you are in a perfect position to PIVOT and look at what it is you DO want. Do not micromanage your life abundance. Set your intent for what it is you want, and then leave the details to the Universal Manager.

Discussion of intending abundance for others and how that helps to bring you abundance.

Discussion of hope versus trust, belief and knowing. The power of words discussed. A Switchphrase is created for helping a listener focus on and build a web page with focus specific to the audience he wants to address.

Discussion of putting the energy of Switchwords into water. Discussion of breaking the rules.

Universal Switchwords list is available at: <http://www.sw.ehdef.com> and you can read more about Switchwords at: <http://www.aboutsw.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/>

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

Law of Attraction, Switchwords, EFT, etc. Talkcast
Episode 66
Saturday, April 18, 2009
by Kat Miller

Listen to Talkcast at:

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

Discussion today included: Sanjeevini healing, including with Sanjeevini water as well as with the Passive Modifications, Remediation and Soothing file linked to the Emotional Freedom vial. Read more about Sanjeevini cards at: <http://www.saisanjeevini.org/welcome.htm> Desi talks about her experiences with Sanjeevini energy healing. Emotional Freedom file Rape, Invasion, Abuse, Renewal and Rejuvenation discussed.

Discussion about microwaves and a list of ten reasons to throw out your microwaves given. A simple way you can test microwaved water for yourself and see what your body says about it.

Discussion of using a swallow test to check allergies to foods. Kat discusses her daughter's previous experience with allergies and quick clearing of allergies with Natural Healing and Total Body Modification.

Discussion of chemicals (drugs/medicines) versus natural compounds. Technique discussed for clearing the "feverish feeling" while leaving the fever to do its job as the first line of defense against illness and disease.

Proxy virtual Emotional Freedom vial session done with listeners for a friend of one of the Talkcast listeners to help with grief over her mother's death.

Reflex muscle testing used to find a Switchphrase to help someone who is losing their job find a new job quickly and easily. Short discussion of using Concentric Colored Energy Circles with Switchwords. Read more about Energy Circles at: <http://www.ec.ehdef.com>

Universal Switchwords list is available at: <http://www.sw.ehdef.com> and you can read more about Switchwords at: <http://www.aboutsw.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/>

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