

Kat Testimonials

For consultation with Kat go to <http://www.consult.ehdef.com>

Email Kat at: ehdef.com@gmail.com

<http://tech.groups.yahoo.com/group/switchwordsgroup/message/19976>

August 8, 2010

Dear Kat and all,

Success again !! I am totally shocked...and very happy. Last year i was suffering from bad knee pain (Rheumatoid Arthritis) I put the below SW Phrase as advised and left it. I went through tests again last month for Rheumatoid Arthritis and its negative. Huurrayy !

Kat you are an Angel ! Its a miracle !

LOVE

Uma Devi

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(The information referred to above)

April 3, 2009

Hi Uma,

Gallbladder is responsible for joints, therefore knees. Resentment goes to gallbladder, and CLEAR is to dispel anger and resentment.

Water is very important for joint health.

Omega 3 is also very important for joint health.

Rescue Remedy from Bach or the Rescue! energy vial from my web site may be very useful to put over the knee.

A Switchphrase that comes up for you at this time is:

LISTEN-ADJUST-NEXT-ALONE-BE-GO-CHANGE

You may wish to use a Yellow Energy Circle with that Switchphrase inside it.

Please let me know if you have any additional questions or if there is anything else I can do for you.

FOREVER-BE.

Kat

 April 3, 2010

Good Morning Kat,

Just want to say your talkcasts are always INSPIRING. Sometimes I am unable to join but always listen later. Although I did not understand what you meant by digital, energy last week, I will relisten for clarification. I love hearing about the Flower Energies, are all the new additions posted? I'd love to see them.

I also want to say that is is truly a BLESSING to work with Switch words and EFT. I love my vials and keep all of them on my body all the time. That may take a new direction but it feels right, for now. I love VBSE and since I got glass bottles with lids it has made it soo much easier. I ran Ho'oponopono through sjv to broadcast for family members, I also made a few extra bottles. I cleared off my son's bed of the glass bottles, I had on it, He came home for the weekend and it is much neater.

I ordered and recieved SWITCHWORDS by Shunyam Nirav yesterday. I am so glad to have it. His writing is a hoot, very cool, a ZEN coloring Book. Just love it.

In the email that I'm unsure was sent to swgroup. I mentioned I experimented with REACH. Sitting in my car 15 minutes early to teach a painting class. I realized I didn't make photocopies of the pattern for students. Decided to use REACH and spend the 15 minutes in search of a copy center. Well of course it worked as I drove possible to the perfect place at the right amount of time to make copies and be back in time to teach the class. Wow what fun.

Believing it is possible to change SWITCH vibrations to ALLOW highest energy is life changing. I still call all the EF files with my vial. Haven't pared it down yet. Like the energy feeling. Also love the Flower Energies. They are so SOPHISTICATED.

ALIGN WITH DIVINE.
 BLESS YOU,
 TOGETHER-DIVINE
 M

 January 23, 2010

Hi Kat,

Remember I asked you for some switchphrases to help with my dearly loved sister Dawn. She had a massive brain haemorrhage/stroke in May 2007 and we didn't think she would survive. She has had numerous infections which meant she was in the cycle of being in the rest home for a couple of weeks, getting an infection and having to go to the hospital for a couple of weeks and then on to a recovery facility while she was on antibiotics until the infection cleared. This would happen to her over and over again so her progress was very slow.

You kindly gave me a couple of switchphrases for her and I added things like the name of flower essences, crystals and homeopathy inside energy circles which I have had in place for some time. Along with the Reiki distant healing symbol which I put inside an energy circle with her name at the top.

We have just received these photo's from my niece and we are over the moon about the progress she has made. I emailed you and told you that her health had stablised and she has been really good (since I put the energy circle in place).

My sister's name is really Patricia but she never really liked it so always calls herself Dawn which is her second name. Because Patricia is on all her documentation at the rest home, everyone calls her Patricia so when Teresa asked her to write her name with no prompting and she wrote Dawn is amazing.

The second name she wrote is her husbands name Danny, which means she remembers him. Danny died of a heart attack 2 weeks after I arrived in the States to visit with Dawn and the family in November 2007.

And of course the last name she wrote is her last name. The miracles don't stop there though as she is writing all this with her left hand and she is naturally right-handed but has paralysis down her right side. It is amazing that she also knows the spelling of her name.

I just wanted you to know just how wonderful and powerful switchwords can be and to let you know that the help that you give so kindly to people has incredible benefits to peoples lives.

Once again thank you so very much. We now realise that she is 'in there' and we just have to work towards helping her come out.

Bless You

L

December 29, 2009 (<http://tech.groups.yahoo.com/group/switchwordsgroup/message/17454>)

Hi All,

I was going to post about my goods travelling from the UK to New Zealand using switchwords in each of my 82 boxes, so now is a good time.

At Kat's suggestion I wrote:

DIVINE-GUARD
CRYSTAL-GUARD- MASK
BENEVOLENT-EASE

on an orange sticker on or in each box.

Well all my goods arrived in tact, even mirrors and pictures that had not been packed well by the packers, they glided through MAF and Customs without a question.

My dinner service which had been forgotten and taken to the cargo people at a later date, requesting that they pack it all up securely, was actually sent in an open box without any packing material between the plates etc, with several inches of space at the top of the box, and the box not even taped up.....it arrived with one of the sides ripped open, and everything in the box was safe and in one piece WHAT!!!! can only be Kat's magic.

Thank you so much Kat.....our earth angel!

I would like to wish everyone on this wonderful group a HAPPY AND PROSPEROUS NEW YEAR.

With love Jacqui xxx

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November 21, 2009 (<http://tech.groups.yahoo.com/group/switchwordsgroup/message/16896>)

Hello Kat & Co.

I wanted to give you some feedback on my use of an energy circle along with Ho'oponopono:

I am the chairman of a non-profit group and IRS had charged us a significant penalty for a late tax return. I sent a letter to IRS asking for forgiveness and I also set up an energy circle with the name of my group and IRS in the circle along with Ho'onopono phrases (I am sorry, Thank you, I apologize, Please Forgive Me).

I was hoping for a reduction in the penalty but, instead they cancelled it altogether.

That's the power of energy circles & Ho'oponopono.

Best wishes,
Lucas

August 25, 2009

Hi Kat

I would just like to share with you my experience with using the amazing switchword CRYSTAL and how once you start using it, it brings to your awareness things that are totally unrelated to what you were using it for in the first place.

This is a little personal history so I hope you don't mind. All my life, even as a child (I am 54) I felt a really strong responsibility for my wonderful mother who passed away in 1990 at the age of 68. I have only just become AWARE that I am doing the very same thing with my brother who is 57. This brother has never really grown up and is always looking to be looked after. I now realize that this feeling of responsibility is stopping me from moving on and having a life of my own and in a sense stopping him from having to take responsibility for himself which in turn is stopping his growth!

Now that I am aware of this pattern that seems to be repeating itself in my life I want to heal it and release this need inside of me to feel responsible for others to the point where it stops me from living my own life.

Kat, can you suggest a switchphrase that will help me do this. I feel this is huge and yet I have only become aware of it since using CRYSTAL.

Be prepared for what the word CRYSTAL can shine a light on!!!!

Once again thank you so much for your help, it is so much appreciated.

LGG

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June 9, 2009

Dear Kat,

I just want to let you know what an amazing success my friend and I had today with all the suggestions you gave me about her frozen shoulder.

On my way to work meet her, I did a few rounds of tapping 28 times TOGETHER HO SLOW and DIVINE WOMB BE on her behalf and our work together.

The session with her was just amazing. All the information flowed so easily and she responded so quickly and completely that we were able to address several major issues and collapse them all really fast. Every file and the issues you pinpointed for her were exactly right on target in every case, including the past injury I had not known about which was to her right shoulder. As you had suspected, the pain was in the opposite shoulder, her left, which was related to family issues.

She is a very dear, sweet person and I am so grateful that she got such rapid and complete relief. It was really having a devastating effect on her.

Thank you so much, Kat, for your incredible generous sharing and selfless willingness to help relieve others of their pain and suffering.

Be Love, Be Joy, Be Peace,
Kiran

I have to say I am so grateful for a dear friend I had met on the Internet when I was in so much trouble physically in my life. I met kat when my body was completely shutting down from stress. I came across her website and kat helped me to get rid of fears and phobias, she helped me with my self-esteem and self-worth she helped me find things in my body I didn't even know was wrong like sugar imbalances and depression and anxiety. One night I was having a panic attack so bad she helped me through while speaking to me online and helping me through the panic with EFT. She has done a number of adjustments on me with my stomach issues and heart problems. We are also working on food allergies and chemical sensitivities. I adore the person that kat is. She never makes you feel stupid or unworthy she makes you feel like your life is worth living and she is such a wonderful healer. She is very intuitive and very knowledgeable with her healing. I would love to tell millions about what a wonderful healer she is. I am so pleased to know her and I am so glad she entered my life.

Claudia Enright

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OM Datta Guru

Kathy apart from being a miraculous healer is a very compassionate human being one of the top most requisites according to me for being a fantastic healer, true compassion itself heals quite a lot.

Kathy has done numerous helpful healing for me over a period of 11 months during the worst phase of my life re love, money, career & other issues.

Recently I approached her for the nagging knee pain which has intensified since months and now was unbearable. In just one session the pain from right knee is completely gone & from left knee it reduced by 70% by next morning, am sure within one or two more sessions maximum all will be healed.

I would recommend Kathy anytime.

Sunil John

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Thank you Kat for the wonderful talent you have shared with me in this really cool product! I am feeling SO much better and more balanced. You know a professional shrink could never have caused such a positive effect like that so quickly. I was feeling really emotional after as it seemed lots of pain was coming out of me and leaving, and partly due to how accepting you were of me. Your home has lots of love in it. I am not completely used to that. This afternoon was very good for me. Thank you very much. I will be feeling grateful for some time and telling everyone I know about this.

Have a great weekend!

Peter Manwaring