

Health Issues

December 8, 2013 at 11:50pm

HEALTH ISSUES

(Alphabetical order)

Look for the feelings that resonate with you and use the associated Switchphrases.

BE-ALONE/ALONE-BE: a very powerful healing phrase.

DIVINE-TOGETHER-ALONE-BE.

CHANGE-ADJUST.

Dispel pain and create balance.

CHANGE-ADJUST-LIMIT-BE.

Dispel pain, handle the discomfort, create balance, control it, get healthy and peaceful.

General Healing Phrases

QUIET-SWEET-CALM-TRUST-KEEP-BE.

BE-CRYSTAL-JESUS-721348192-DEDICATE-BLUFF.

DIVINE -LIGHT-BE-ALONE-TRUST-CRYSTAL-JESUS.

CHANGE-ADJUST-BE-DIPOLE.

FORGIVE-BE-LOVE-BENEVOLENT-PEACE-BRING.

KEEP-938179-1888948-ALLOW-JESUS-BEGIN-BE.

QUENCH-HALFWAY-ARISE-CALM.

Become satiated, make a long distance seem short, and bring into being stability.

Acidity

REACH-PRAISE-AROUND-OIL.

SWEET-CALM-LOVE.

SLOW CALM LOVE:

Switch Words

Allergies

CHANGE-ADJUST-LIMIT-RELEASE-RESTORE-BE.

Anemia

Feeling: Angry at self for inability to control things

CLEAR-RESTORE-WOMB-BE-WITH-OIL-LOVE.

Feeling: Feeling life is not going the way I want

REVERSE-RESTORE-JUDGE-WITH-LOVE-BE.

Feeling: Feelings of "I'm not good enough"

CRYSTAL-HORSE-BE-WITH-LOVE.

Feeling: Not loving yourself

CRYSTAL-WOMB-LOVE.

Feeling: Manipulative but resentful of being manipulated.

RESTORE-FLOW-HO-SLOW-SHOW-WOMB-LOVE.

Feeling: Devoted/possessive of someone else

POSTPONE-FORGIVE-REJOICE-WITH-LOVE.

Feeling: Feels there is no joy

DIVINE-LIGHT-BE-UP-WITH-LOVE.

Feeling: Lack of order in life

DivineORDER-JUDGE-RESTORE-NOW.

Feeling: "Yes-but" attitude

REVERSE-PURGE-MAGNANIMITY-NUTSHELL-CUT.

Feeling: Fear of life

TRUST-RESTORE-BLUFF-COVER-SERENE.

938179 and 721348192.

DIVINE-JESUS-CRYSTAL-ALONE-BE-LOVE.

Asthma

Switch Words

Feeling: Reliving childhood fears

Switchphrase: DEDICATE-BLUFF-POSTPONE-COVER-BE-OPEN-WITH-LOVE.

Feeling: Need for dependence

Switchphrase: CRYSTAL-HORSE-RESTORE-BE.

Feeling: Chronic anxiety and fear

Switchphrase: BE-COVER-BE-BLUFF-CRYSTAL-BLUFF-BE.

Feeling: Unconscious dependency wishes

Switchphrase: RESTORE-TOGETHER-WITH-LOVE.

Feeling: Feeling dominated by a parent

Switchphrase: DIVINE-LIMIT-RESTORE-REVERSE-FORGIVE-BE.

Feeling: Wanting to protest, but unable

Switchphrase: RESTORE-OPEN-LOVE.

Feeling: Being oversensitive

Switchphrase: DUCK-WITH-LOVE.

Feeling: Suppressed sorrow or crying

Switchphrase: FORGIVE-RESTORE-REJOICE-FOREVER-BE.

Feeling: Feelings of being stifled

Switchphrase: OPEN-UP-NOW-BE.

Feeling: Not satisfied with yourself

Switchphrase: RESTORE-CRYSTAL-HORSE-WITH-WOMB-BE.

Feeling: Smother love

Switchphrase: MAGNANIMITY-ADJUST-GO-THANKS.

Feeling: Inability to breathe for oneself

Switchphrase: OPEN-BE.

In Babies or Children

Feeling: Fear of life

Switchphrase: RESTORE-ELATE-GUARD-BLUFF-PERFECT.

Feeling: Not wanting to be here

Switchphrase: CLIMB-JUDGE-ADJUST-KEP-SHUT.

Bladder Problems

Repressed sexual feelings

REJOICE-MAGNANIMITY-RESTORE-OPEN-LIGHT.

Feeling: Inharmonious male and female emotional relationships

REVERSE-WITH-LOVE-TOGETHER.

Feeling: Sexual identity going unexpressed

RESTORE-LIGHT-WOMB-WITH-LOVE.

Feeling: Unable to release things or ideas no longer needed

DEDICATE-MAGNANIMITY-OPEN-LISTEN.

Feeling: Feels over concerned with survival issues money, job, health

RESTORE-ACT-BE.

Feeling: Lack of order or obsessed with order

OPEN-BE-DEDICATE-MAGNANIMITY-DivineORDER-BE.

Feeling: Yearning

BE-WITH-WOMB.

Cancer

Feeling: A form of self-destruction

CRYSTAL-RESTORE-UP-LIGHT-WOMB-JUDGE-TRUST-CLIMB-BE.

CRYSTAL-RESTORE-UP-LIGHT-WOMB-JUDGE-TRUST-CLIMB-BE.

RESTORE DIVINE LOVE.

QUIET TINY MOVE.

PASSION-FOR-FLOWER.

Cold, cough, throat problems:

CRYSTAL-CLEAR.

ADJUST-EASE-CRYSTAL-CLEAR-WITH-1999999.

LIMIT-GUARD.

BEAM-NOW-DONE.

FORGIVE-CLEAR-ADJUST-CHANGE.

CRYSTAL-CLEAR-CHANGE-1999999-DONE.

Carpal Tunnel

Feeling: Feeling that life isn't fair

RESTORE-FOREVER-FORGIVE-MAGNANIMITY.

Feeling: Inability to claim one's own power

DIVINE-CRYSTAL-HORSE-TAKE.

Feeling: Feeling justice is never served in your behalf

JUDGE-DIVINE-FORGIVE-RESTORE.

Chikangunia

OIL-WITH-LOVE-TOGETHER-ADJUST-CLEAR-CRYSTAL-CHANGE-BE.

Cholesterol

Feeling: Belief that "I'm not supposed to be happy"

ALLOW-PIVOT-DANCE-WITH-JOY-TOGETHER.

Feeling: Denying self joy

Switch Words

ALLOW-PIVOT-DANCE-WITH-JOY-TOGETHER.

Dental caries

ANCHOR-GUARD-5148584-BE. This code is dental caries- 5148584.

Diabetes

Feeling: Judging self or others severely

DIVINE-LIGHT-JUDGE-CLIMB-UP-SHUT.

Feeling: Disappointed in life

LEARN-JUDGE-UP.

Feeling: Ongoing feelings of sorrow

THANKS-REJOICE-FORGIVE.

THANKS-JOY-UP-FORGIVE.

WOMB-UP-BE-OPEN-ADJUST-Cherries-SPARK.

Feeling: Emotional shock

WOMB-UP-BE-OPEN-ADJUST.

Feeling: Joy of life is gone

BE-UP-LIGHT-DIVINE.

Feeling: Feeling "It should have been different"

DEDICATE-REJOICE-FORGIVE-THANKS.

Feeling: Obsessed with wanting to control

OPEN-BE-CUT-FORGIVE-MAGNANIMITY.

Feeling: Ashamed of something you did in the past

ELATE-THANKS-BE-GO-REJOICE-GIVE.

Curry-Butterfly-PURR-ABRAHAM LINCOLN-CENTER-SUPREME.

Epilepsy

Feeling: Feeling a need to persecute self
RESTORE-FORGIVE-BE.

Feeling: An inability to accept how you do things
ALLOW-REVERSE-OPEN-BE.

Feeling: Wanting to reject life
RESTORE-ALLOW-WOMB-ADJUST-BE-FLOW.

Feeling: Violence against the self
CLEAR-CONCEDE-CONFESS-REVERSE-BE.
Female Problems

Feeling: Emotional block where own sexuality is concerned
ADJUST-WOMB-RELEASE-FLOW-PEACE.

Feeling: Feeling inadequate in sexual role
CRYSTAL-POINT-WOMB-CHLORINE-ROOT-BE.

Feeling: Feelings of fear or guilt about sex
BLUFF-REJOICE-REVERSE-BE-WOMB-CONCEDE.

Feeling: Refusing to “let go” of the past
POSTPONE-REVERSE-RESTORE-BE.

Feeling: Rejecting feminine nature
REVERSE-WOMB-BE.

Switch Words

Feeling: Emotional block where mate is concerned

RESTORE-ALLOW-LOVE-DIVINE-TOGETHER-BE.

Fever

ADJUST-BE-EASE-WITH-ICECUBE.

Flatulence

HO-FLOW-GRACE.

Hypertension (High Blood Pressure)

Feeling: Feels a strong need to be in control of everything

RESTORE-FLOW-EASE-PHASE-OPEN-ALLOW.

Feeling: Allowing people or situations to bother you

OVER-WITH-MAGNANIMITY-BENEVOLENT-PEACE-BE.

Feeling: Letting your emotions and reactions rule you

FORGIVE-ALIGN-OFF-RESTORE-REVERSE-BE.

Feeling: Not minding your own business/interfering with others

RESTORE-SWEET-TINY-BE-UNCLE-MAGNANIMITY-TAKE.

Hypoglycemia

Feeling: Feelings of overwhelmed burdens

RESTORE-REVERSE-ADJUST-LIGHT-WITH-MAGNANIMITY.

Feeling: Feeling a lack of joy in life

RESTORE-ADD-UP-JOY-WITH-CONSIDER-LIGHT.

Feeling: Feeling unsuccessful so pressure yourself to be successful

Switch Words

RESTORE-PERSONAL-CRYSTAL-HORSE-BE-SIMPLE-HO-SLOW.
Digestive Tract Issues

Over vigilant
KEEP-DEDICATE-FORGIVE-THANKS-FLOW.

Control freak
FLOW-PEACE-PERFECT-BE.

Self critical
RESTORE-SHOW-CLIMB-DIPOLE-CONCEDE.

Fertility issues
PERFECT-COPY.

Gallstones

Feeling: Feelings of bitterness
DIVINE-FORGIVE-RESTORE-LOVE-WITH-OIL.

Feeling: Feelings of condemnation
JUDGE-WITH-LOVE-MAGNANIMITY-BE.

Feeling: Being unyielding
RESTORE-OIL-OPEN-ADJUST-BE.

Feeling: Feelings of pride
UNMASK-LOVE-WITH-WOMB.

Feeling: Refusing to forgive
FORGIVE-WITH-LOVE-ADJUST-BE-WITH-WOMB.

Kidney stones would have similar feelings, perhaps with fear added (BLUFF-CANCEL).

Gastritis

Feeling: Feelings of uncertainty
CRYSTAL-SAGE-ANCHOR-ROOT-PHASE.

Feeling: Feelings of anxiety
CRYSTAL-COVER-QUIET-BE.

Flatulence
HO-FLOW-GRACE.

For grief over the loss of a loved one
REVERSE-ALLOW-CALM-SERENE-BENEVOLENT-BE.

Feet problems

Feeling: Not liking the direction you are going
PHASE-ALIGN-BE-ELATE-LISTEN-POINT-TAKE-FIFTY THREE.

Feeling: Fear of the future
RESTORE-BLUFF-COVER-BE-CRYSTAL-LISTEN-JUDGE.

Feeling: Fear of stepping forward in life
DEDICATE-BLUFF-POSTPONE-COVER-GO-ON-MOVE-BE.

Hands

Feeling: Has to do with ability to grasp or let go of ideas
OPEN-JUDGE-BE.

Left

Feeling: Receiving or being passive
ADJUST-BE-RESTORE-JUDGE-REVERSE-TINY-BOW.

Right

Switch Words

Feeling: Giving, reaching out or acting aggressively
HELP-RESTORE-GO-PHASE-CONFESS-LOVE-ACT.

Feeling: Fearing new ideas
BLUFF-OPEN-WOMB.

Feeling: Fearing lack of opportunities
BLUFF-COVER-CLIMB-JUDGE-BUBBLE-UP-OPEN-POINT-RESTORE-GIVE.

Feeling: Hands have the ability to give or grab; explore or push away; hold on or let go; caress or punch
GIVE-RESTORE-OPEN-POSTPONE-FORGIVE-SWEET-ON-LOVE.

Headaches

Tension Headache

DIVINE-LIGHT-CHANGE-HO
(Tension headaches usually begin in the base of the skull.)

Hormone Headache

WITH-WOMB-HO-ADJUST
(Hormone headaches usually begin in the top of the head and spread to the whole head)

Digestive Headache

GUARD-LIMIT-DUCK-ADJUST
(Digestive headaches usually begin in the forehead)

Sinus Headache

(Refer to Hormone Headache, generally same cause)

Migraine Headache

CLEAR-ADJUST-LIGHT-BE-HO
(migraine headaches generally stem from liver, anger goes to liver, CLEAR may be very important for ending a migraine headache)

Switch Words

Headache Behind Eyes/Side of Head

LIMIT-DUCK-CUT-sugar-PRAISE

(headaches behind the eyes or on the side of the head usually are related to sugar, this)

Switchphrase is to help limit the effects of sugar as well as help one cut consumption of sugar

For healing, especially if someone has been hospitalized

DIVINE-LIGHT-BE-ALONE-WITH-CRYSTAL-JESUS-NOW.

CHANGE-ADJUST-ICECUBE

CHANGE is to dispel pain.

ADJUST is to handle uncomfortable or unpleasant conditions

ICE CUBE is to numb pain.

For healing wounds

XERO-JESUS.

Dry it up to create a healing focus.

Insomnia

OFF-WITH-Sweet Violets

HO-HO-HO

DUCK-OFF-NOW

Parkinson's Disease

Feeling: Not understanding a fear you have, which stops you from believing in what you do and say

JUDGE-BLUFF-CRYSTAL-HORSE-BE-DIVINE-ACT.

Feeling: Lack of inner communication

BETWEEN-CRYSTAL-HORSE-LISTEN.

Feeling: Wanting full control

DEDICATE-REVERSE.

Feeling: Fears not being able to control

DEDICATE-BLUFF-REVERSE.

Kidney Problems

Feeling: Extension of bladder but more severe (Preface any Switchphrases listed under Bladder Problems with TOGETHER-DIVINE)

Feeling: Insensitive to situations where caring and concern should be exhibited
RESTORE-SWEET-TINY-ACT-LOVE.

Feeling: Trying to control life
DIVINE-ACT-BE-WOMB.

Feeling: Being disloyal to self
RESTORE-LISTEN-BETWEEN-WOMB-TOGETHER-BE.

Feeling: Being over judgmental
TINY-BOW-RESTORE-SWEET-BE.

Feeling: Feeling emotional confusion
Switchphrase: RESTORE-LIGHT-UP-WITH-LOVE.

Feeling: Deep subconscious resentments toward people and experiences of the past
DEDICATE-CLEAR-REVERSE-FORGIVE-BE-TINY-LOVE.

Feeling: Unfounded criticism of others
REJOICE-RESTORE-WITH-OIL.

Feeling: Repressed emotions
DEDICATE-CLEAR-CONCEDE-CONFESS-BOW-TINY-LIGHT.

Feeling: Don't have a good relationship with yourself
TOGETHER-DIVINE-LOVE-BE.

Feeling: Leaving your self out to please someone else
TOGETHER-DIVINE-TOGETHER-BE-RESTORE-WOMB-LOVE.
DEDICATE-BLUFF-BEGIN-EASE-938179-FLOW-CALM-HO.
8218882 , 721348192 and 8941254.

Kidney Stones

Feeling: Hardened anger

RESTORE-REVERSE-DEDICATE-CLEAR.

Feeling: Poor relationship with self and others

RESTORE-CIRCULATE-DIVINE-LOVE-WITH-OIL.

Knee Problems

Knees are about flexibility.

Feeling: Unable to be flexible

TAP-OPEN

Feeling: Not wanting to bend, usually to authority

LISTEN-PRAISE-CROWD

Feeling: Ego gets in the way

QUIET-GIGGLE

Feeling: Pride gets in the way

AROUND-MAGNANIMITY-RESTORE

Feeling: Stubborn - wanting own way

OPEN-ACT-TINY-BOW

Left Knee

Feeling: Need to be more receptive to events

OPEN-ELATE-PRAISE

Feeling: Feelings of insecurity

WOMB-MASK-FORGIVE

Feeling: Experiencing unresolved stress

LIGHT-HO-OPEN

Right Knee

Feeling: Need to be more assertive

CRYSTAL-HORSE-ACT

Feeling: Not wanting to give in to authority

LIMIT-DIVINE-WITH-AROUND

For dealing with Menopause

Cherries-JEWEL-PERFECT-BE.

For knee replacement surgery

CLEAR-ALONE-BE-LIGHT-on my feet-LEARN-ADJUST-NOW-DONE.

Set intention to do proxy and chant.

A Green Energy Circle with name and the Switchphrase inside can be set up too.

Neck Problems

Feeling: Moving under pressure

CRYSTAL-HO-ADJUST-BE.

Feeling: Want to let feelings out but don't dare

CRYSTAL-CLEAR-RESTORE-WOMB-BE-HORSE.

Feeling: Inflexible state of mind

CONSIDER-OPEN-BE.

Feeling: Not wanting to yield to opinions you think are wrong

OPEN-JUDGE-BE.

Feeling: Non-acceptance and rejection of others

MAGNANIMITY-TOGETHER-WITH-REVERSE-RESTORE-BE.

Nerves

Feeling: Influenced by thoughts and feelings

Switch Words

Switchphrase: CLEAR-FORGIVE-RESTORE-BE.

Feeling: How the body communicates within
TOGETHER-LISTEN-BETWEEN-ACT-BE-ALONE-NOW.

Parasympathetic:

(Holding onto things or people of the past that need releasing
DEDICATE-FORGIVE-RESTORE-FOREVER.

Feeling: Need to be congruent in your communication with self
DivineORDER-TOGETHER-LISTEN-BETWEEN-ACT-RESTORE-FORGIVE-NOW.

Lungs

Feeling: Feelings of grief
FORGIVE-RESTORE-LIGHT-UP.

Feeling: Not feeling approval
RESTORE-CRYSTAL-HORSE-JUDGE-OPEN-WOMB.

Feeling: Hurts where love is concerned
ADJUST-WITH-LOVE-BE.

Feeling: Feels life is monotonous
BUBBLE-CLIMB-UP-MOVE-POINT-PHASE.

Feeling: Not being able to do things your way
OPEN-WITH-ADJUST-LISTEN-MAGNANIMITY.

Negative mind body connection:
REVERSE-RESTORE-CANCEL-CLEAR-TRUST-SERENE-CHOOSE-PERFECT.

Overcoming fatigue

UP-MOVE.

Switch Words

DivineORDER-WOMB.

LISTEN-CHUCKLE-SHOW.

Osteoporosis

Feeling: Feeling totally unsupported in life

RESTORE-TOGETHER-WOMB-FOR-BE-OPEN-LOVE.

Pituitary Gland:

Switch-CRYSTAL-LIGHT- UP-NEXT.

Parkinson's Disease

Feeling: Not understanding a fear you have, which stops you from believing in what you do and say

JUDGE-BLUFF-CRYSTAL-HORSE-BE-DIVINE-ACT.

Feeling: Lack of inner communication

BETWEEN-CRYSTAL-HORSE-LISTEN.

Feeling: Wanting full control

DEDICATE-REVERSE.

Feeling: Fears not being able to control

DEDICATE-BLUFF-REVERSE.

Sinus Trouble

Feeling: Trying to call the shots in someone else's life

LIMIT-ALLOW.

Feeling: Dominating possessive

ALLOW-REJOICE-WITH.

Switch Words

Feeling: Being irritated by a person close to you
ADJUST-TOGETHER-REVERSE-LOVE.

Snoring
QUIET-SHUT-END-SHUT-NOW-DONE
ALLOW-CRYSTAL-CLEAR-BE.

Spine (has to do with ego)

Feeling: Ego getting carried away in pride
QUIET-MAGNANIMITY-BE-ADJUST-ALONE-NOW.

Feeling: Allowing your intellect to let you down
QUIET-JUDGE-ELATE-BE.

Feeling: Afraid to live in your feelings
BLUFF-WITH-LOVE-FORGIVE-RESTORE-BE.

Feeling: Feelings of shyness
BLUFF-COVER-CRYSTAL-HORSE-BE.

Feeling: Feelings of inferiority
BLUFF-UP-NOW-CHANGE.

Feeling: Not supporting or standing up for yourself

HORSE-WITH-WOMB-BE.

Stomachache

HO-SLOW-BE.

Stress, anxiety, depression
For clarity and major depression

Switch Words

CRYSTAL-CLEAR-POINT-BUBBLE-UP.

MONA LISA-GIGGLE-BUBBLE-UP.

BUBBLE-GIGGLE-CRYSTAL-HORSE-ACT.

FULL-UP-BUBBLE.

ENCHANTED-BUBBLE.

HORSESHOE-DONE-AMAZING-SHOW.

Strengthen the soul, keep a resolution, create miraculous endeavors by giving respect (maintaining integrity).

OPEN-BE.

Dispel inhibitions and be in peace and wellness.

Green Maple Leaf-LIGHTNING.

Flypaper-negative thoughts.

PIVOT-UP-BE.

For anxiety:

COVER-OVER.

DEDICATE-BLUFF –Dewdrop.

RESTORE-PEACE...CANCEL-CLEAR....Flypaper...TOGETHER-ACT....FORGIVE-NOW.....Pillar of the Peace of I.....HALFWAY-EASE.....ADJUST-WITH-1888948-BE...DIVINE-CARE-REACH. ATTENTION.

LOVE-ACT-WITH-Sweet Violets.

DIPOLE-LOVE.

CONTINUE-LOVE.

SIMPLE-LOVE.

Switch Words

DEEP-PASSION-SWING-FOR-PERSONAL.

Give focused attention, create a deep focus and have courage to promote success.

ROOT-LOVE-STRETCH-LOVE-GENIUS-CRYSTAL-LOVE.

Green Maple Leaf-LIGHTNING-1888948-71042-WOMB-HO-NOW.

Defuse deep depression, feeling unloved, unappreciated, uncared for, and feelings of wanting to give up on life. Gain a sense of fulfillment, love and appreciation, and brighten your domain.

For sleeping trouble due to depression:

DIVINE-LIGHT-Wolf-BRING-CALM-PEACE-White Chestnut-SOMEHOW.

LOVE-ALONE-BE.

TRUST-ALIGN-WITH-LOVE.

ELATE-WITH-LOVE.

LIGHT-UP.

For letting go of fear, anxiety and worries:

POSTPONE-CANCEL-HO-SLOW.

PURGE-CANCEL.....DEDICATE-BLUFF-Dewdrop

COVER-OVER for a specific fear.

QUIET-HO

Quiet the ego and relax.

GO-MOVE-DANCE.

Progress, clear inertia and feel joy.

Swelling

Feeling: Holding onto negative feelings

POSTPONE-REJOICE-POSTPONE-FORGIVE.

Teething problems

ADJUST-HALFWAY-EASE-ALONE-BE-SOMEHOW.

To breathe easy

Vanilla Bean Pod-EASE-NOW-DONE.

To enhance hair growth

PUT-HOLD-PRAISE-LEARN-ROOT

To get rid of constipation

SWIVEL-NOW or BEGIN-SWIVEL.

LISTEN-Hornbeam-MOVE-NOW.

To improve eyesight

POINT-ON-WOMB.

CRYSTAL-POINT/CRYSTAL-CLEAR-POINT.

ALONE POINT REACH WITH EASE.

To increase metabolism

ADD-MOVE-GO-EXCITED.

To lose weight

TINY-SWIVEL-GO.

TINY-LIGHT-CURVE.

RESTORE-QUITE RESTORE-CHISEL RETORE-CURVE RESTORE-CHOOSE.

CURVE-REACH-HALFWAY-NOW-DONE.

Switch Words

CURVE - create beauty

REACH - solve the problem

HALFWAY - make it work quickly

Perhaps adding NOW (without procrastination) DONE (create completion) would enhance it.

To overcome eating temptations:

CUT-SWEET-BE.

To recover faster after a surgery

LEARN-ALONE-CHANGE-ADJUST-BE.

To regain lost voice

Sonoras- RESTORE-ACT.

To release body pain and feeling energized

CHANGE-ADJUST-MOVE-BUBBLE-CORONA-DYNAMIC-YES!

CHANGE is the Switchword for helping let go of pain.

ADJUST is to find comfort.

MOVE helps increase energy.

BUBBLE is to get energized

CORONA is to fill with light energy

DYNAMIC is to update energy

YES! is to get energized.

To release toxins

SWIVEL-EASE.

To stop eating junk food

DIMINISH-CUT-BE-GUIDE-POINT.

To stop hairfall

PUT-WITH-HOLD-KEEP-ANCHOR.

Expand harmonization with character, feel cherished and stay firmly fastened.

SPEND-HORSESHOE-PHASE-hair-LIGHT.

Be beautiful, strengthen the soul, improve situation with the hair and be inspired.

To stop the habit of grinding one's teeth in one's sleep

ADJUST-HO. (Create balance and relax.)

To relax lock jaw and stop grinding teeth while asleep.

RESTORE-CLEAR-HO-SLOW-BE-CALM-PEACE. (Restore fairness and honesty, dispel anger and resentment, relax, be patient, be in peace and wellness, be at rest and reclaim stability.)

To stop toothache

VIBRANT-CRYSTAL-HORSE-CHANGE-ANCHOR-GUARD-SOMEHOW-BE.

Thyroid

Feeling: Conflict between the conscious and the subconscious
TOGETHER-ADJUST-NOW.

Feeling: Lack of love for Self
WOMB-DIVINE-LOVE.

Feeling: Fears self-expression
COVER-ACT.

Feeling: Deep sense of frustration/anxiety

POSTPONE-OVER.

Switch Words

Feeling: Lack of discernment
DIVINE-JUDGE-LISTEN.

Urinary Infections

Feeling: Putting blame on others for your problems
RESTORE-TAKE-FIFTY THREE-WITH-DIVINE-WOMB.

Feeling: Allowing another to irritate you
BE-WITH-CRYSTAL-HORSE-POSTPONE-GO.

8941254

Wrists

Feeling: Holding onto outmoded beliefs about life and self)
POSTPONE-PRAISE-ELATE-RESTORE-JUDGE-CLIMB-BE.

Feeling: Imbalanced in giving and/or receiving/doing over on one or the other
RESTORE-HORSESHOE-GIVE-COUNT-BE-GIGGLE-LIGHT.

Frequency and numbers

December 8, 2013 at 11:45pm

Itching - 1249812

Younger skin - 34672648366.

Fatigue elimination 48679778967

Life Boost 98476582279

Energy and endurance 37586748578

Energy and health stabilizer 99477867785

Live with intention- PASSION-POINT.

Walk to the edge - FULL-BUBBLE.

Listen Hard - DEEP-WHISPER.

Practice wellness - CONTINUE-BE.

Play with abandon - WHIMSICAL-DELICIOUS-FLOW.

Choose with no regret - CHOOSE-MOVE-ON.

Continue to learn - CRYSTAL-GENIUS-CONTINUE.

Appreciate your friends - BENEVOLENT-BLESSED-CIRCULATE-TOO.

Do what you love - GIGGLE-PASSION-TREASURE.

Live as if this is all there is - BE-PERFECT-DANCE.

General Women's Illness code 1854312...ADD to it 938179 and 721348192. DIVINE-LIGHT-BE-ALONE-PERSONAL-NOW-DONE-SOMEHOW. and ADJUST-EASE-QUENCH-WITH-Healing Fern-TOGETHER-FORGIVE.

Psoriasis- 999899181

Harmonise Current Situation - 71042

3396815 Provides an inner energy and massage to the body's organs and cells. Number Codes. When chanting the number, energy starts to move and radiates from the chest (3,3) down to the lower abdomen (9), across to the ribs (6), up through the navel area (8) to the throat (1), and back down to the stomach (5). Constantly Chanting 3396815 causes energy to flow through the main organs and systems of your body in a healthy condition.

398 - test taking, improving skills;

5555555 (correct processing of the information)

5893240--memory improvement

520 - helps with miraculous windfall of money.

sedative effect 2.5 Hz sleep (induce deeper) 4.9 Hz

5189912 - Runny nose (rhinitis)Fast resultsand now hold back tears

1999999, 12Hz- (is for sore throat)

9187948181 (self assembly of our bodies)

5189912 for sneezing

1888948 (transforming something negative into something positive)

514248538 - Sleep Disorders

28555901 (harmonious relationships within family)

148721091 (harmonization of the future)

Switch Words

71042 (harmonization of the present)
7819019425 (harmonization of the past)
8142543 - OCD
3.6 and 6.3 Hz have been reported as being able to keep a person from becoming angry
81Hz - For inflammation
Stimulate Normal Liver Function 751 Hz
Stimulate Normal Kidney Function 625 Hz
Stimulate Normal Heart Function 696 Hz

Rife Frequencies for...

Allergies 3 Hz 20 Hz 125 Hz 727 Hz 787 Hz 880 Hz 5000 Hz 10000 Hz
Asthma 727 Hz 787 Hz 880 Hz 1234 Hz 3672 Hz 7344 Hz 5000 Hz 10000 Hz
Nose, Disorders 20 Hz, 440 Hz, 727 Hz, 787 Hz, 880 Hz
Anosmia (no smell) 20 Hz 10kHz
6.8 Hz Possible use for muscle spasms.
6.3 Hz Anger and irritability.
6.0 Hz Here's a good one--Unwillingness to work.
5.8 Hz Fear, absentmindedness, dizziness.
4.9 Hz Induce relaxation, meditation & deeper sleep.
3.9 Hz Unsociable behaviour.
3.6 Hz Anger and irritability.
3.5 Hz Depression & Anxiety.
6.0 Hz good for Procrastination and Saturn obstructions I guess.
6.3 Hz Anger and irritability.
12 Hz To stimulate mental clarity.
3.9 Hz Unsociable behaviour.
Healing and regeneration - 2720 Hz
528 - the frequency of LOVE
7.83Hz - Relaxing, "window frequencies" that appear to have a wide range of beneficial effects on human beings ranging from reports of enhanced healing to accelerated learning.
160Hz - headache
480Hz - Magnesium
835 Hz - immune system function, stimulate/normalize
2720 Hz - Bone regeneration- Frequency
1234, 3672, 7344 - Breathing, deep
Rose (*Rosa damascena*).....320 MHz
Lavender (*Lavendula angustifolia*).....118 MHz
Myrrh (*Commiphora myrrha*).....105 MHz
Blue Chamomile (*Matricaria recutita*).....105 MHz
Juniper (*Juniperus osteosperma*).....98 MHz
Aloes/Sandalwood (*Santalum album*).....96 MHz
Angelica (*Angelica archangelica*).....85 MHz
Peppermint (*Mentha peperita*).....78 MHz

Switch Words

Galbanum (Ferula gummosa).....56 MHz

Basil (Ocimum basilicum).....52 MHz

The measured frequencies of essential oils begin at 52 MHz, the frequency of basil oil, and go as high as 320 MHz — the frequency of rose oil. For comparison, fresh produce has a frequency up to 15 MHz, dry herbs from 12 to 22 MHz, and fresh herbs from 20 to 27 MHz. Processed and canned foods have no measurable frequency whatsoever.

Constipation - 5484548

7819019425 - Harmonize with the past

68476739287 - for losing weight

721348192 and 938179 - Pain relief; 95Hz and 3040Hz.

8819977 - Diabetes

48454322 - Hypoglycemia

2145432 - Regeneration

2213445 - Regrowth

721348192 - Self-healing

9187948181 - Self assembly of the body

4141255 - Vit C Code

5184314 - conjunctivitis-

1600Hz and 751Hz - irritation of eyes

4321511 - EXTERNAL BLEEDING (from injury)

91371985 (neutralization of negative info from the past the future or the present)

942161942 (control of events)

706 - forgiveness

28555901 (harmonious relationships within family)

91371985 (neutralization of negative info from the past the future or the present)

148721091 (harmonization of the future)

304Hz 6130Hz - Anxiety

835 Hz - Stimulate Immune System Function

5555555 - (correct processing of the information)

285 Hz Extended Solfeggio Frequency (Quantum Cognition)

396 Hz Base (First) Chakra (Liberating Guilt and Fear)

417 Hz Sacral (Second) Chakra (Undoing Situations and Facilitating Change)

528 Hz Solar Plexus (Third) Chakra (Transformation and Miracles (DNA Repair)(also frequency of LOVE)

639 Hz Heart (Fourth) Chakra (Connecting/Relationships)

741 Hz Throat (Fifth) Chakra (Awakening Intuition)

852 Hz Brow (Sixth) Chakra (Returning to Spiritual Order)

960 Hz Crown (Seventh) Chakra (Heal Mind, Body and Soul)

174 Hz Extended Solfeggio Frequency (Foundation)

728Hz --- cataract; 728 Hz WITH-CRYSTAL-CLEAR-POINT

51843218 - Multiple Sclerosis

4814489 - pneumonia

555142198110--Animal Code.

Switch Words

12370744 - Connection with Spirit.
141111963 - Ideal working environment
1823451 - Endocrine
537 Hz - endocrine system function, normalize
212309909 - stability in business
212585212 - focus for children wanting to learn
3582295 - for mental contact
4815812 - Brain state
5148912 - wounds
5189912 - fast result
71427321893 - abundance, prosperity
5148385 - Boils
4831421 - Migraine
37586748578 - Energy and Endurance
15Hz - normalize blood pressure
Emotion : 664Hz 764Hz --- Very beneficial for emotional ties to diseases. 664 has apparently caused people to giggle especially in a group exposure setting.
Blood pressure, high --- 10K Blood pressure, low --- 20Hz.
Menstrual Cramps-26Hz
cancer frequencies (use all) 2127 Hz 2008 Hz 880 Hz 787 Hz 727 Hz 690 Hz 666 Hz
hiccups 20Hz , 10,000Hz
5481543 - rheumatism
4567891 - acute gastritis
145421 - VOMITING
123145 - shoulder dislocation
7776551 - Code for fracture
54811421 - parkinson's
5421891 - joint corrections
2 Hz - is associated with nerve regeneration,
7 Hz - with bone growth,
10 Hz - with ligament healing,
15, 20, and 72 Hz - with stimulation of capillary formation,
25 and 50 Hz - with synergistic effects with nerve growth factor.
1458421 - iron deficiency
48145488 - respiratory infections
33Hz-Christ Consciousness
47Hz - Lipoma
20Hz - for numerous issues
45 Hz to 67 Hz - Mosquito Repeller Frequencies
28Hz - Spondylitis
1488513 - Tinnitus
3.59 Hz - Insomnia
6000Hz - Calming

Switch Words

480 Hz - magnesium
635 Hz - Stimulate Normal Colon Function
763 Hz - -Stimulate Normal Thyroid Function
654 Hz - Stimulate Normal Pancreas Function
751 Hz - Stimulate Normal Liver Function
625 Hz - Stimulate Normal Kidney Function
696 Hz - Stimulate Normal Heart Function
5.35 Hz - lungs
1.05 Hz - hair, regain color/grow
126.22 Hz - Frequency of Sun
1112223 - for digestion
52 MHz - good to use for colds and coughs.
8191111 - prevents scarring from burns
Normalization of Household Events-- 137 142 133 914
7,776,551 - for broken bones
2,145,432 and 2,213,445 - for rejuvenation and regrowth
9988676258834372--Release all negativity from the body.
Cells and Tissues-829 3791 429 841.
Cells-319 078 121 942.
Tissue-898 314 988 889
Epithelial Tissue- 891 389 426 319.
Connective Tissue-719 317 918 517.
Muscle Tissue-514 312 814 312.
Nervous Tissue-718 412 518 914.
Nervous System-219 317 819 298.
Central Nervous System-291 384 074 217.
Spinal Cord-314 218 814 719.
Brain-814 729 318 818.
Stye-514854249.

Defusing Words List

December 8, 2013 at 11:37pm

Defusing Words help to defuse situations, emotions, etc.

A number of Defusing Words are found in the Hawaiian healing technique Ho'oponopono. Defusing Words are also part of the Ho'oponopono Essence Technique in the Healing Energy Vibrations vial available at: <http://www.hev.ehdef.com/>

Defusing Words can be mixed and matched with Switchwords.

I give much appreciation and many thanks to all the beautiful, sharing, caring people at the Yahoo and Facebook Switchwords groups for leading me on this ever more intriguing journey of discovery, for you have helped in development of this dynamic and growing Defusing Words list.

Current Defusing Words list, always updated with latest is always available at:<http://dw.blueiris.org>

Amoeba

Amoeba defuses over-stepping boundaries. No matter what our motivation is for “helping” others, when we take on their responsibilities it diminishes them and ourselves. Improve trust and be a better support by encouraging others as they learn to manage what is theirs. In return, we improve our own circumstances by using our energies to be our best selves.

Ashoka

Ashoka defuses stalemate. Brings new perspective to that which seems at an impasse resulting in a more fulfilling, meaningful outcome.

Blue Bonnet

Blue Bonnet is about defusing illness and healing with grace and ease. Blue Bonnet is about removing difficulties and awkwardness felt during times of struggle, returning one effortlessly to wellness.

Blue Goo

Switch Words

Blue Goo is for defusing and removing contrary and uninvited energies from relationships. At times outside and contrary energies may enter into the space of a relationship. Use Blue Goo to surround and engulf these unwanted energies and remove them from the relationship, leaving only energies which belong in the relationship.

Blue Iris

Blue Iris is about defusing and clearing communication channels with Source. Blue is the color of communication. Iris is for connection with higher realms. Blue Iris therefore is about clearing and opening lines of communication to Source and Spiritual communication.

Bluebell

Bluebell is for defusing and releasing stagnant negative emotions, and old ways of thinking. Bluebell helps clear space for new ideas and positive focuses. In clearing the mind clutter, Bluebell helps open communication channels, including improved speech and hearing.

Butterfly

Butterfly is about defusing and shedding old beliefs that no longer serve us, allowing us to smoothly transition as we journey through life. Butterfly is about transforming from seeing life as a mundane daily drudge to soaring to new heights and gaining a wider perspective.

Bypass

Bypass is for defusing need to participate in unwelcome situations.

Carpe Diem

Carpe Diem (kahr-pey dee-uhm) is for defusing and releasing grief, despair and lackluster in the life experience. Carpe Diem reminds us to live in the moment, that the past is gone and the future is yet to arrive. Carpe Diem entices us to seize the day, the moment, and BE in the NOW.

Cedar Pine Chips

Cedar Pine Chips helps defuse and release tension, release the need to control life and the feeling that "I am not enough." In turn this helps increase immunity and speed recovery from disease and/or

Switch Words

surgery. Cedar Pine Chips helps increase brilliance, intellect, love and prosperity. Cedar Pine Chips also helps in reconnection and harmonization with Mother Nature.

Cherries

Cherries is for defusing the perspective of lack, victim, suspicion, and resistance. Cherries helps us see that experiences in life are simply that, experience. The positive or contra energies that arise from our experiences are by our choices in how we are willing to allow them affect us. Like cherries which can be tart or sweet, all experiences can be used for our good depending on what we do with it.

Chewing Gum

Chewing Gum is to defuse and release pressure, tension and stress. When one is feeling pressure, tension and stress, Chewing Gum gives a way to work through it and bring back peace of mind. One can use the word or the action of Chewing Gum to defuse and release.

Chocolate

Chocolate is about defusing and erasing violent tendencies and creating miracles. Chocolate is about reminding us to look for the miracles in everyday life. Chocolate is about finding a golden nugget, something miraculous in even the worst of situations. Chocolate can be helpful in defusing and removing depression because depression is brought on by focusing on the negative things in life and Chocolate is about finding a golden nugget in every situation.

Coconut Tree

Coconut Tree defuses lack of purpose. See life as a whole instead of individual parts. Realize that each thing you accomplish is significant as it contributes to the whole. None of the small daily essential things can be discarded as irrelevant. Success is doing many small acts daily and doing them well. Find satisfaction in keeping on with the keeping on.

Contact

Contact is for defusing loneliness and lack of communication. Contact brings two or more energies together. Contact opens one up to creating associations and bonds.

Curry

Curry is about defusing pain and inflammation. Curry is about reconnecting with joyful memories to help defuse and remove painful, invading thoughts and feelings. Curry is about letting go of inflammatory thoughts about ourselves and others. Curry is about allowing joyful movement through the life experience.

Dancing Cane

Dancing Cane is about catching the negative bits and pieces, sweeping them away and filling the spaces left behind with joy. Dancing Cane is about feeling uplifted and joyful. Dancing Cane is about releasing, letting go, and removing destructive thoughts. Use Dancing Cane to enjoy the current moment, the NOW.

Dewdrop

Use Dewdrop for defusing negative emotions. Use Dewdrop to quell fear, anxiety, anger, frustration, etc. This can be used anywhere, anytime. Just focus on what you want to defuse and say Dewdrop.

Dolphin

Dolphin is for accepting, defusing and releasing intense negative emotions. In holding onto intense negative emotions we create emotional and physical pain. The clicking sound a Dolphin makes while swimming with humans creates a sound vibration that encourages us to change our focus and release judgments against ourselves and others, which in turn begins to relax the spaces where we hold those emotions, opening us to healing the scars of the past. Dolphin entreats us to cleanse our perspectives, purify our hearts and connect to well-being.

Dove

Dove is about defusing self-loathing, letting go of mourning that which is in the past, allowing by-gones to be by-gones and releasing resentment, opening one for peace and serenity. The Dove has no gallbladder and as such is often seen to be at peace with the world, as it has no gall (bitterness of spirit). A Dove will always speak up for itself, making its voice heard. Use Dove to help you stand up and speak for yourself, rather than allowing others to speak for you.

Dragonfly

Switch Words

Dragonfly is for defusing friction and discord. Dragonfly is for creating prosperity and harmony. Dragonfly is for giving one inspiration, learning, and seeing light magic in our own lives and the lives of those around us. Dragonfly reminds us to consciously make an effort to express our hopes, dreams, needs and wishes. Dragonfly is light magic.

Encore

Encore is for defusing anxiety, pressure and stress. An Encore allows you to sit back and relax a little longer. An Encore extends the time away from the hustle, bustle and pressures of everyday life. An Encore gives you more time to just be in the now.

Fade

Fade is for defusing and releasing worries, negative emotions or anything you wish to remove from your current experience. Fade removes unwanted thoughts, feelings, experiences, etc., from your current focus.

Fleur-de-lis

Fleur-de-lis (pronounced "flur-duh-leez") is for defusing and releasing memories of bloodshed, of constant warfare and slavery to ideas, places, situations and beliefs that result in constant warfare. The three petals of the Fleur-de-lis represent faith, wisdom and chivalry. Fleur-de-lis also represents virtue and spirituality.

Flypaper

Use Flypaper for defusing relationship issues. When negative energy enters love, family or any other personal relationship, call Flypaper to defuse it and allow it to dissipate. Call Flypaper to release it from the relationship. Flypaper holds onto things, and does not release them. Flypaper helps to take the negatives away from you.

Fountain

Fountain is for defusing lack, opening one to abundance. Fountain helps one to connect to Source, as a Fountain has a continuous flow from Source. Fountain can also be uplifting; as water begins to flow from a Fountain it flows up and then out and spreads, engulfing, quenching, nurturing and nourishing. A Fountain is in continuous motion, refreshing, energizing, entrancing, relieving stress

Switch Words

and calming the spirit. Fountain brings faith in the future, trust in the life cycle and a knowing that all can be, is and ever will be well. Fountain reminds us that hope springs eternal.

Green Maple Leaf

Green Maple Leaf is for defusing deep depression, feeling unloved, unappreciated, uncared for, and feelings of wanting to give up on life. Green Maple Leaf helps give a sense of fulfillment, love and appreciation.

Healing Fern

Healing Fern is for defusing and releasing festering worries, frustrations, anger and anxiety, causing ulcers and irritations in our bodies and our lives.

Holy Basil (Tulsi)

Holy Basil is for defusing stress and fatigue. Holy Basil helps restore and balance the immune system. Holy Basil helps improve stamina, giving you a "second wind." Holy Basil helps flush away toxic energies. Holy Basil can be useful in removing toxic energies from relationships.

Home

Home is for defusing insecurity, loneliness, apartness, longing and fear. Home helps one center in peace, feel secure, safe and relaxed. When we are at Home we feel secure, let down our guards and feel free to be ourselves. When we feel at Home we stop worrying about how others see us, and we relax into just BEing.

Home is where the HEART is.

Honey

Honey is for defusing bitter anger and resentment. Honey softly surrounds, engulfs and permeates, sweetening all contacts it makes. Use Honey to help you let go of bitterness and replace it with soft, tender, sweetness.

Honeysuckle

Honeysuckle is for defusing anxiety. Anxiety comes from looking to the future through the filters of negative past experiences. Honeysuckle helps release attachments to negative past experiences, allowing one to gain perspective and giving one more clarity in thought processes.

Hu

Hu (pronounced "hue" or "who") is for defusing and releasing anxiety, stress, insomnia, and apartness. Hu helps defuse and release inner tensions and solve problems, bringing one to a calm, strong, centered space, and connecting one with Source. Hu literally takes one to a place of knowing that all is well.

Hu is the power of the spoken word, the power of creation. Hu is said to be in the first and the last breaths, and is interwoven into all languages, all sounds. Hu connects us to Oneness with the Universe, opening us to love, freedom, wisdom, and truth. Hu is the part of Human that connects us to the divinity within us. Hu helps one to connect to spiritual upliftment. Hu brings a feeling of peace, warmth, and comfort, and gives greater spiritual insights into one's daily life, bringing a broader understanding of the life one leads.

Hu can help you see your life from a higher viewpoint. Hu helps you to feel the world with love, and fill the world with love.

Humble

Humble is for defusing arrogance and false pride. Humble is for quieting the tyrannical ego, allowing for release of suffering and sorrow. When Humble, one is open to learning and gaining wisdom. Humble allows for self-understanding and awareness, openness, and perspective taking. Humble enhances effectiveness in leadership.

Ice Blue

Use Ice Blue for defusing pain. Whenever you are hurt - a cut, a burn, have any pain - think or say Ice Blue. You can also write it body parts to help defuse the pain.

Switch Words

Jelly

Jelly is for defusing rigid thinking and concrete thoughts. Jelly allows for shifting of ideas. Jelly helps give clarity of thought by removing clutter and large obstacles. Jelly helps one to see through a situation and get a feel for what is on the other side.

Kentucky Coffeetree

Kentucky Coffeetree is about defusing and releasing negative energy and judgment. The Kentucky Coffeetree is about shifting perspectives. The Kentucky Coffeetree is about returning life where death is apparent. The Kentucky Coffeetree can be deeply healing.

Lemon Drop

Use Lemon Drop for defusing and melting problems away. Just as when a candy Lemon Drop melts, its sourness and bitterness are released, Lemon Drop helps release sourness and bitterness which may be creating problems in your life (good for jealousy and envy).

Light Switch

Light Switch is about defusing negatives and turning on the positive. Consider the Light Switch as an illuminator. Use Light Switch with the desired state you wish to attain.

Feeling anger and resentment, need for revenge? Defuse those feelings with forgiveness. To achieve forgiveness, and defuse the anger, resentment and/or need for revenge say: Light Switch Forgiveness

This puts illumination on forgiveness, which in turn helps defuse anger, resentment and the need for revenge. It is important when using Light Switch that you focus on what you want, not what you do not want. Never use Light Switch with what you do not want. Always find a positive focus that will help defuse what you do not want and use Light Switch with that.

Manhattan

Manhattan is for defusing confusion, frustration and overwhelm in a chaotic and/or busy environment. Manhattan allows you to maintain focus and peaceful awareness wherever you are and whatever you are doing. Manhattan helps maintain equilibrium and balance.

Mercury

Mercury is for defusing fragmented feelings. Mercury, when fragmented pulls itself quickly and easily back together. Mercury also has an extremely low melting point (-37.89 F; -38.83 C) and very high boiling point (674.11 F; 356.73 C). Mercury encourages one to pull oneself back together when feeling segregated and separated. Mercury also encourages stability and fluidity, as Mercury maintains both through extreme changes in environmental temperament (temperature).

Merry Go Round

Merry Go Round is for defusing and releasing boredom and single perspectives. As a Merry Go Round turns, one has an ever-changing view of the world around them. Besides turning around, a Merry Go Round often has seats that move up and down, allowing one to see things from above and below. Watching a Merry Go Round, with its passengers going around and around, up and down can be entrancing. Watching as loved ones move past and around, disappearing then reappearing, we are reminded of life cycles, that change is inevitable. Merry Go Round reminds us to look for new outlooks, widen our horizons, and appreciate the cycle of life.

Mirrored Reflection

Mirrored Reflection is for defusing harsh judgment and criticism of others, which creates barriers between oneself and others, to avoid seeing self. Mirrored Reflection is for defusing rejection of self and others as they are. By defusing these things Mirrored Reflection reveals the truth of self on all levels, and opens one up to acceptance and love of all aspects of self, both light and dark, as valuable to the whole. This acceptance and love in turn allow one to accept and love those around them, as the world around us is always a reflection of our inner thoughts and feelings.

Oompa Loompa

Oompa Loompa is for defusing need for rigid adherence to conventional behavior. This opens one to having fun within established boundaries regardless of circumstances. Oompa Loompa supports being in the creative flow.

Ozone

Ozone is for defusing careless regard for Nature including wilderness and domestic living things. Ozone supports responsible stewardship of Earth, its creatures, waters, and flora. Awareness begins with gratitude for its bountiful gifts that nourish our senses, our wellness, and our enjoyment.

Pear

Pear is about defusing a sense of lack, allowing you to flow with abundance. Green Pears picked and kept cool will ripen over the course of a month, yet left at room temperature will ripen quickly, allowing for Pear abundance. Pear trees are hardy and most can withstand temperatures down to -40 degrees F/C, and as such are plentiful around the world. The seed chambers of the Pear are arranged in a five-point star pattern, which symbolize the five areas of abundance which Pear represents: Wellness, Interpersonal Relationships (family, friends, social, business), Spiritual, Intellectual and Financial.

Peppermint

Peppermint is for defusing anger, irritability, inflammation and pain. Peppermint is cooling and soothing. Peppermint is an antispasmodic. Peppermint is bursting with flavor and brings delight to our senses. Use Peppermint to help defuse anger, irritability, inflammation and pain, allowing you to bring flavor and delight into your life experience.

Peppermint also binds with heavy metals, helping to remove them from the body. Heavy metal toxicity can be a root cause of a variety of health concerns, especially including digestive issues, brain fog, memory loss, insomnia and headaches. Enhance the effects of the Defusing Word Peppermint, by adding Peppermint to your diet, including Peppermint tea, Peppermint leaves in salads, cooking with Peppermint, or even just chewing Peppermint leaves.

Phoenix

Phoenix is for defusing trauma, confusion, and overwhelm due to sudden, unexpected changes. Phoenix supports taking a deep breath, stepping back, and taking comfort before renewing forward motion.

Picnic Basket

Picnic Basket is for defusing the habit of having fun only when the work's all done. Picnic Basket supports varying activity as a way to renew and recharge. One may still be working, but mixing it up will reinvigorate effectiveness and interest clearing the way for fresh ideas and the ability to whistle while you work.

Pie Crust

Pie Crust is for defusing apartness, separatism, judgment. A Pie Crust often holds together many varying and opposing flavors (views), allowing them to merge, creating a whole that far exceeds the individual parts. Pie Crust protects and encourages mingling in a safe, secure environment. Pie Crust inspires stepping outside oneself to explore and merge with external values and views while maintaining protection. Pie Crust represents a Mother's love, protection and encouragement.

Piggy Bank

Piggy Bank is for defusing reckless spending, frittering and squandering, opening one to retaining reserves. Whether it is money, energy or emotions, Piggy Bank gives a space to accumulate surplus for later use. Piggy Bank helps keep spending in check.

Pillar of the Peace of I

Pillar of the Peace of I is about getting away from and defusing negative energy and finding balance and peace; reconnecting with Divinity. Whenever you feel out of sorts, unbalanced, irritated, call the Pillar of the Peace of I to bring Divine Light to you.

Popcorn

Popcorn is for defusing tense group situations. Popcorn supports releasing confrontation energy and creating cooperation in purpose and direction. Individuals shine as they contribute to the project at hand.

Praying Mantis

Praying Mantis is for defusing anger, stress, anxiety, fear, and all negative emotions. Praying Mantis is a symbol of meditation and contemplation. Praying Mantis is a sign of good fortune. Praying Mantis is about strengthening connection to Source, to actively and aggressively pursuing life aspirations and objectives along your intended life path.

Raindrops

Raindrops is about defusing suppressed toxic emotions, polluting thoughts and associated poor behavior patterns. "The solution to pollution is dilution." Just as Raindrops surround (dilute) toxins in

Switch Words

the air and rain them down to the ground where Mother Earth cleanses them with her earthen filter, leaving the air fresh and clean, the Defusing Word Raindrops is about surrounding and diluting toxic emotions with pure, clean, uplifting energy, helping wash away polluted thoughts, allowing renewal, and opening opportunities to release associated negative behaviors (such as eating disorders, antisocial behaviors, and unhealthy lifestyles).

Raspberry

Raspberry is for defusing unforgiveness, taking things personally and overreacting. Raspberry is for defusing insensitivity, lashing out, lack of understanding and bitterness. Raspberry opens one up to forgiveness, benevolence, and generosity. Raspberry helps one to let go of old wounds and take responsibility for one's actions.

Rock

Rock is about defusing social and racial bigotry, bias and prejudice. Rock is about bringing solidarity and unity in social relationships, as well as relationship with self. Rock incorporates many apparently disparate substances into one solid, cohesive mass, protective of the center. Rock can be very healing for skin conditions, as skin is the "Rock" of the body.

Roses

Roses is about defusing fear, apathy, resignation, apartness and imbalances with love, caring and beauty. Roses grow together as many and most often are given in bunches. Roses inspires courage, inner peace and tranquility. Roses helps reconnect with Source. Roses is about love energy.

Sandbox

Sandbox is for defusing frustrations and irritability when plans go awry. Sandbox supports seeing from different perspectives for a more solid foundation from which to make decisions. Sandbox helps keep creative juices flowing as new challenges and beneficial possibilities are discovered.

Santa Claus

Santa Claus is for defusing selfishness, thoughtlessness, self-centered, vain and egotistical behaviors. Santa Claus brings joy, creativity, love, a magical feeling, and a giving spirit. Santa Claus gives gifts in anonymity. Santa Claus opens one up to anonymous generosity.

Sei Hei Ki

Sei Hei Ki (pronunciation: say-hay-key) is for defusing and releasing addictions and negative energies. Sei Hei Ki cleanses, purifies, harmonizes and protects. SeiHei Ki helps stabilize traumatic situations by restoring emotional calm and confidence. Sei Hei Ki gives a helping hand for getting through life's difficulties.

Snowflake

Snowflake is for defusing and releasing the need to be like everyone else. Each Snowflake is uniquely original, just like you. Snowflake reminds you that it is your uniqueness that creates the beauty that is you.

Soup

Soup is for defusing dissatisfaction with current circumstances. There may not be enough to go around right now, but defusing contrary attitudes will make room for supportive change. Soup supports using what's available to create by yourself or with others something better, something nourishing, something delicious.

Stardust

Stardust is for defusing ignorance of the Universal Life Cycle and our interconnectedness with each other. Stardust reminds us that we come from the stars and the stars come from us. Stardust is produced in a supernova explosion during the cataclysmic end of a star's life. Stardust is ejected into space by the force of the massive explosion, where it is mixed with other matter and forms new stars and planets. The Earth is rich in heavy elements from Stardust. The iron in our blood and the calcium in our bones were forged from Stardust. We are made of Stardust, and in time we return to Stardust. Stardust reminds us we are all one. Each of us sees a reflection of ourselves in the way we experience those around us. Stardust reminds us to follow the Golden Rule - Do unto others as you would have others do unto you - because in the end you are doing it to yourself.

Strawberry

Strawberry is about dissolving and defusing love pain. A Strawberry is shaped very similar to a heart. Strawberry is a healer of the heart, helping to make it whole again.

Submit

Submit is for defusing and releasing need to push against your strengths. Submit is a choice fashioned of strength to create harmony of purpose by willingly putting others' priorities ahead of your own. Submit defuses ego's need to allow only one way to create desired outcomes.

Sunbeam

Sunbeam is for defusing dark cold feelings. Sunbeam brings light and warmth wherever it goes, defusing and removing darkness and cold.

Sunflower

Sunflower is about dissolving and defusing blocks created by past memories, beliefs and rules limiting our access to joy. Sunflower gently soothes irritations and disharmonies to lift spirits and allow us to harmonize with joy and happiness. Sunflower brings us to the now, releasing focus on past and future, allowing us to experience the now in joy and happiness.

Sweet Violets

Sweet Violets is for defusing insomnia, fear, worries, stress and anger. Sweet Violets helps one to let go of stress and relax into sleep. Sweet Violets have five petals, representing the five organs they help to balance - liver, gallbladder, heart and kidneys (two). Heart-shaped leaves grow in a rosette around the base of the sweet-smelling and sweet-tasting flowers, showing us that caring (the Switchword SWEET means to be soothing and caring) is in the center of our hearts.

Teapot Whistle

Teapot Whistle is about defusing and releasing stresses of the day. Teapot Whistle helps create a time of relaxation, soothing and bonding. Teapot Whistle signals time for calmness and peace. Teapot Whistle inspires joy and sharing wonderments of the day with family and friends in a comfortable, warm environment.

Tiger Lily

Tiger Lily helps defuse and release cravings and addictions. Tiger Lily helps with grounding, with seeing through illusions. Tiger Lily helps bring one to inner peace and harmony.

Umbrella

Umbrella is for defusing vulnerability and feeling exposed. An Umbrella protects one from unwanted exposure, adds protection beyond a hat and a coat. Use Umbrella to protect and limit exposure. Use Umbrella to allow negative energy to rain down around you without having it affect you.

Vanilla Bean Pod

Vanilla Bean Pod helps defuse and release sexual tensions, allowing for freedom of expression. Vanilla Bean Pod helps release grief, to open airways and allow free breathing. Therefore, Vanilla Bean Pod may also be useful for colds and flus.

Venus

Venus is for defusing disparity in love relationships, bringing back attraction, allowing for repair of the sex/love life. Venus also helps to defuse inhibitions and self-deprecation, allowing love, attraction, commitment and passion to grow in new relationships. Venus should always be used with the names of the two partners (or intention for two people) in the love relationship.

Warrior

Warrior helps defuse suppressed thoughts relating to victimhood and loss of self-worth. Warrior helps one to stand strong in the face of fear, suppression and domination. Warrior is about opening one up to freedom of self-expression.

Wisdom

Wisdom is for defusing anarchy and chaos. Wisdom brings order and appropriate action. Wisdom allows one to see methods for creating tranquility, stability and order where unruly chaos was.

Zeal

Zeal is for defusing apathy, indifference and lethargy. Zeal brings passion and enthusiasm into the current focus. Zeal creates a keen interest. Zeal gives diligence wherever it is applied, and increases focus and dedication.

Last Updated on Friday, 13 September 2013 16:48

Amoeba

Amoeba defuses over-stepping boundaries. No matter what our motivation is for “helping” others, when we take on their responsibilities it diminishes them and ourselves. Improve trust and be a better support by encouraging others as they learn to manage what is theirs. In return, we improve our own circumstances by using our energies to be our best selves.

Switch Words

December 8, 2013 at 11:36pm

Weight Lose:

DIMINISH-CUT-BE-GUIDE-POINT.

(Reduce, moderate when tempted to excess, be in peace and wellness, follow Inner Guidance and find direction.)

REVERSE-RESTORE -TINY-SWEET-CUR VE-WITH-CASCADE -DOWN.

Find Soul Mate Love:

DIVINE-Hu-PERFECT-life partner-NOW-SOMEHOW.

(Increase personal ability to feel the world with love, and fill the world with love, feel satisfied with a life partner now, release the details and let it be.)

Openup the partner:

OPEN-UP-CRYSTAL-HORSE-ACT-BETWEEN-DIVINE-TOGETHER-TRICKLE-TINY-SWEET-LOVE-BE

Getting Life Partner - Love:

Venus-BRING-PERFECT-LOVE-CHARM-NOW.

Osteoporosis:

Feeling: Feeling totally unsupported in life

Switchphrase: RESTORE-TOGETHER-WOMB-FOR-BE-OPEN-LOVE.

Healing After Surgery:

ALLOW-ALONE-BE-DONE-NOW-WITH-THANKS

ADJUST-CHANGE-BE-NOW-DONE.

1,814,321 Absolute standard of health. Health-absolute standard to the NORM of the Creator

QUIET-CRYSTAL-RESTORE-REACH-NOW-DONE-SOMEHOW.

(Quiet the ego, clarify the situation, restore fairness and honesty, find what you are looking for now, create completion, release the details and let it be.)

DIVINE-REACH.

(Increase personal ability to find what you are looking for.)

WOLF.

(Increase confidence.)

For labor/child birth

BRING-PERFECT-COPY-WITH-BENEVOLENT-EASE.

(Deliver the goods, be satisfied with the results of fertility (baby), harmonize well with being peacefully accepting, calm down and simplify the task at hand.)

TAP-TOUCH-LISTEN-BETWEEN-TENDER-RENDEZVOUS.

(Adapt, gather serenity and strength, create a supportive impact, connect with your Inner Being, increase psychic awareness, negotiate successfully, meeting of the minds to mutual benefit.)

To Get the desired Marks in Exam:

REACH-CARE-MAGIC-CHARM-PERFECT-GIGGLE-BE

Emotional Eating:

REVERSE-RESTORE-FORGIVE-ALLOW-SWEET-BE.

Birthday Joy:

ENCHANTED-MAGIC-HOLIDAY-JOY.

For a good maid:

DIVINE ORDER-ALLOW-BRING-PERFECT-CRYSTAL-MAGIC-MAID-NOW-DONE-WITH-THANKS.

8994991-Regeneration of Organs.

INTEND-PURIFY-ALIGN-WITH-DIVINE-ALONE-BE.

(Give a focus for attention, cleanse and harmonize energies, support harmonization with increased personal ability to heal and be in peace and wellness, unaffected by ridicule and negative or contrary energy.)

Breathe easier, dispel inferiority complex - To help improve lung function

CRYSTAL-CLEAR-OPEN-UP.

Knee Pain due to over weight:

ADJUST-CONSIDER-FLOW-WITH-EASE-FOR-CHANGE-ALONE.

8,345,444 Psychic illnesses 8,345,444 Mental illness 8,345,444 Emotional Issues

For success:

PERSONAL-GIVE-COUNT-PERFECT-WOLF-BE

Gemstones and Switchwords

March 6, 2014 at 11:43pm

Gemstones and Switchwords

February 2, 2009 at 12:08am

Switchwords and GemstonesBy Kat Miller

Following is a list of select gemstones, qualities enhanced by them and Switchphrases to help enhance those qualities with or without the gemstones:

Amethyst Qualities: Enhances meditation. Calms and focuses overactive mind. Deepens understanding of underlying issues. Soothes and eases emotional exhaustion. Eases addictions and addictive traits within personality. Wide spectrum of healing energies. Neutralizes pain.

Amethyst Switchphase: ACT-FOREVER-CLEAR-HO-GIVE-OIL-COVER-CONFESS-CHANGE

This Switchphrase means: Be a good orator, keep the secrets of your soul, release anger and resentment, help others, release tension, dispel anxiety, end aggression and dispel emotional and physical pain.

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Angelite Qualities: Used for conscious connection to Angelic Realms. Brings inner peace, tranquility, calm and focus to highest realms of heavenly light. Combats fear of speaking the truth. Enhances kindness and gives social consciousness and emotional depth. Instills wisdom and counteracts cruelty and brutality. Unblocks meridians and swiftly clears any energy blockages. Teaches acceptance of self. Grounds you in the present moment. Allows you to releases all that no longer serves your higher good. Enhances telepathy skills allows interaction at higher emotional levels. Balances thyroid.

Angelite Switchphrase: CRYSTAL-LIGHT-BE-FIFTY THREE-GO-TINY-BOW-SWEET-CLEAR

This Switchphrase means: Look to the future, be inspired toward health and peace, take responsibility for your life, progress, be courteous, dispel arrogance, be caring and release anger and resentment.

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Aquamarine Qualities: Protection from devil, dream about aquamarine meet new friends. Gives freedom from impressions and influence of others. Filters out discordant and conflicting energies. Enhance communication with angels also enhance psychic skills. Calms and Focuses the mind. Soothes emotions. Sharpens intellect. Clarifies perception. Helps identify underlying behavior

Switch Words

patterns that need to be released to move forward in life. Releases energy blocks. Alleviates grief and sorrow.

Aquamarine Switchphrase: ATTENTION-SAGE-CRYSTAL-PRAISE-GUARD.

This Switchphrase means: Avoid carelessness, dispel evil, purify, stop being critical and maintain protection.

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Azeztulite Qualities: Brings about shifts in consciousness as well as interdimensional travel. Activates ascension points. Causes quantum leap in mental processes ****should only be used after completion of cleansing of mental body, deprogramming self of mental clutter, energetic implants, past life & ancestral miasms.**** Dissolves negative emotional when you feel the time is right for your ascension into cosmic awareness and enlightenment. Brings light and healing energy to every cell in the body. Used for physical ailment that requires structured repatterning of the body.

Azeztulite Switchphrase: CANCEL-CLEAR-CONFESS-CONCEDE-FORGIVE-DIVINE-LIGHT-ADJUST-UP.

This Switchphrase means: Stop negativity, clear resentment and anger, stop aggression and stop arguing, release remorse and desire for revenge, increase enlightenment, reclaim balance and be in high spirits.

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Black Onyx Qualities: Feel more grounded. Good for manifesting goals and intentions.

Switchphrase: BE-TOGETHER-AROUND-THANKS-LISTEN-ROOT.

This Switchphrase means: Be in good health and in peace, have it all together, improve perspective, stop regretting and release guilt, be in touch with self and nature and grow.

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Celestite Qualities: Brings inner peace, tranquillity, calm and focus to highest realms of heavenly light. Brings spiritual expansion and soul harmony. Links strongly to celestial guardians. Blessed with sunny, harmonious, joyful disposition. Helps you to see clearly connection to angelic realms and everyday constant angelic communication. Nullifies ego-led desires, creates new mental pathways especially where creativity is blocked. Those who wear it are charming, amusing and wonderful to be with. Enhances communication skills and brings visions of humanity in harmony and world peace. Emotionally soothes and calms. Helps people who suffer inner conflict from absorbing other

Switch Words

people's emotional stress and discord. Eases all nervous conditions. Dissolves pains. Eliminates toxins. Eases fiery conditions.

Celestite Switchphrase: DIVINE-LIGHT-HO-GUARD-WITH-CRYSTAL-BE-PRAISE-UP-LIGHT.

This Switchphrase means: Increase enlightenment, reduce tension, feel protected, harmonize well with others, stop being critical, be in high spirits and lighten your mood.

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Danburite Qualities: Joyfully attunes to angelic realms. Opens heart and crown chakras. Promotes lucid dreaming. Brings light, clarity, purity to aura which means it is a "cure-all". Guidance, spiritual awakening, soul purification, revelation, inspiration, insightful dreams, helps when starting new projects. Pave way for releasing past. Clears toxins

Danburite Switchphrase: LIGHT-UP-BETWEEN-CRYSTAL-HELP-HOLD-TOGETHER.

This Switchphrase means: Be inspired, be in high spirits, enhance psychic awareness, purify and improve clairvoyance, increase focus, build character and become master of your world.

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Diamond Qualities:Peace. Spirituality. Courage. Healing. Reconciliation. Strength.

Switchphrase:: BE-CRYSTAL-SWING-BE-TOGETHER-HORSE.

This Switchphrase means: Be at peace, look to the future, have courage, be in good health, master of your life and be strong.

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Emerald Qualities:Domestic bliss.Harmony.Loyalty.Opens Solar Plexus Chakra.

Emerald Switchphrase: TOGETHER-WITH-OIL-SHOW-OPEN-SWEET.

This Switchphrase means: Become a master at harmonizing well with others, releasing tension, giving respect, breathing easier and being caring.

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Fulgurite Qualities: Focuses and grounds power of angelic prayer. A catalyst for change, powerfully unlock third eye chakra used to explore other realities and dimensions. Balances psychic forces. Creates environment that is creative, allowing for manifestation through higher mind/mental

Switch Words

states. Increases Intuition. Allows insight to formation of emotional turbulence. Creates vortex of purified energy that raises users vibrational rate, thus power to improve all physical ailments. Energizing, purifying & uplifting use when you want to make quantum leaps in healing any aspect of psyche.

Fulgurite Switchphrase: ELATE-LISTEN-FULL-CRYSTAL-WOMB-BRING-BE.

This Switchphrase means: Turn setbacks into uplifts, be in touch with your higher self, expand capacity to access Universal Knowledge, reconnect with Source, and unite with wellness.

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Iolite Qualities: Full psychic Activation and Integration, but only if the 5 lower chakras are fully balanced. Take recipient into heavenly realms. Very important to have all 5 lower chakras balanced. Releases discord and codependency, overcome addictions. Improves brain function.

Iolite Switchphrase: ADJUST-CRYSTAL-JUDGE-MASK-WATCH-BETWEEN-MOVE-LISTEN.

This Switchphrase means: Create balance, improve clairvoyance, increase comprehension, shield yourself, learn to increase psychic awareness, clear inertia and be in touch with nature and yourself.

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Lapis Lazuli Qualities: Enhances truth, wisdom, patience, inspiration, integrity, loyalty, revelation and contemplation. Brings clarity and serenity. Provides protection from lower entities and psychic attacks. Harmonizes emotional conflict. Stops vacillation, hesitation and uncertainty.

Lapis Lazuli Switchphrase: RESTORE-SAGE-HORSESHOE-FORGIVE-ELATE-WITH-HO-LIGHT.

This Switchphrase means: Restore honesty, dispel evil, safely move rapidly ahead with sturdiness and balance, release remorse and desire for revenge, turn setbacks into uplifts, harmonize with relaxation and be inspired.

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Moonstone Qualities: Harmonizes female aspect of personality. Accesses deep subconscious. Increases psychic powers such as clairvoyance, clairsentience, clairaudience. Opens mind to serendipity, hidden opportunities and intuition. Soothing to mind and emotions. Enhances positive energy flow. Cools body and releases excess energy and agitation. Soothes adrenals.

Moonstone Switchphrase: CRYSTAL-ALONE-SWEET-FOR-DUCK-PUT-CRYSTAL-WOMB.

Switch Words

This Switchphrase means: Connect with Universal Knowledge to heal, care and promote ability to dispel hypersensitivity, expand clairvoyance and reconnect with Source.

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Mother of Pearl: For healing abandonment and deep wounds created by unfulfilled needs. For the "missing mother" energy

Switchphrase: DIVINE-WOMB-REACH-LOVE.

This Switchphrase means: Increase personal ability to connect with Source and find, accept and give love.

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Opal Qualities: Strengthens willpower. Renews the will to live. Aids physical and spiritual sight and insight. Very motivating, wonderful aid to visualization especially in healing. Activates Soul chakra. Shows exactly what past mental states have caused present emotional imbalance. Brings light to your darkness and alignment through movement. Open doorways to wonderful healing. Shows how to manifest miracles in life. Cleanses and heals old wounds. Heals hormonal imbalances.

Opal Switchphrase: CRYSTAL-HORSE-UP-JUDGE-GUARD-FORGIVE-BE-DIVINE-LIGHT.

This Switchphrase means: Improve self-worth and self-confidence, dispel inferiority complex, improve insight, maintain protection, release remorse and desire for revenge, be at peace and in good health, and increase enlightenment.

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Pearl Qualities: Nurturing. Love. Luck. Protection. Mentally stabilizing.

Switchphrase: DIVINE-WOMB-LOVE-CHARM-GUARD-BUBBLE-WITH-JUDGE.

This Switchphrase means: Increase personal ability to feel secure, accept, radiate and generate love, manifest your heart's desires, maintain protection, expand beyond perceived limitations, and harmonize with increased comprehension of your world.

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Rhodochrosite Qualities: For treating low self-esteem. Connects the mind and the heart chakra.

Switch Words

Switchphrase: MAGNANIMITY-FORGIVE-CRYSTAL-HORSE-SHOW-NEXT-LOVE-ELATE-CONSIDER-PUT.

This Switchphrase means: End pettiness, dispel resentments, renew self-confidence and self-worth, give respect at this time, generate, radiate and experience love, turn setbacks into uplifts, be a fixer of things and expand.

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Ruby Qualities: Passion, life, courage, perseverance and positive leadership qualities. For pioneers those who must go first bravely into uncharted territory. Releases the soul's true potential. Removes inertia, procrastination, lethargy, fear, deep energy blocks, and survival issues.

Ruby Switchphrase: ATTENTION-SWING-CONTINUE-TAKE-BUBBLE-HORSE-FIFTY THREE-OPEN-MOVE-OVER-BLUFF.

This Switchphrase means: Avoid carelessness, be bold, increase endurance, become a leader, expand beyond perceived limitations, take responsibility, allow inertia to clear, release frustrations and fears.

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Ruby Rose Qualities:Heals grief and a shut-down heart chakra.

Switchphrase: ALONE-BE-CRISP-FORGIVE-FIGHT-DUCK-HORSE-TOGETHER-LOVE.

This Switchphrase means: Heal and nurture, be in good health and at peace, rejuvenate, release anger and resentment, intensify intents, dispel hypersensitivity, gain power, become single-minded and generate, radiate and accept love.

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Sapphire Qualities: Beauty. Intuition. Helps satisfy dreams and desires. Love. Meditation. Peace. Healing. Wealth.

Switchphrase: CURVE-JUDGE-CRYSTAL-REJOICE-LOVE-HO-BE-UP-COUNT.

This Switchphrase means: Create beauty, increase comprehension, purify, release jealousy, embrace love, relax, be in peace and in good health, be in high spirits and generate money.

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Switch Words

Seraphinite Qualities: Healing stone brings yin-yang balance, stability to heart chakra and allows alignment with opening of crown chakra. Aids discrimination of heart. Helps you feel that it is good to be alive. Helps you succeed without struggle by harmonizing desires of heart into perfect alignment with your soul's desires. Removes imbedded thought forms with in mental body help those who feel disconnected or disoriented. Dispel negative emotions. Brings healing to all levels of body. Purifies blood oxygenates blood. Heals longstanding degraded physical conditions.

Seraphinite Switchphrase: DEDICATE-FORGIVE-FORGIVE-FORGIVE-ON-BE-QUIET-COVER

This Switchphrase means: Stop clinging to remorse and desire for revenge, nourish ambition, be in good health and in peace, quiet the ego and dispel anxiety.