

## *What are Switchwords?*

Switchwords are powerful poignant words used to connect directly to the subconscious mind, giving it direction for drawing the essence of the Switchword to you. The more a Switchword is repeated, the more it affects your energy. The more it affects your energy, the more you draw the experience, condition or response the Switchword represents to you.

A great way to work with Switchwords is to first get to a positive emotional state. Next set your intention for what it is you want, and say, sing, chant, think or even intend a Switchword. Then spend the next 20 to 30 minutes doing something that keeps you in a positive emotional state.

## *How do Switchwords work?*

The subconscious mind records and files away everything going on around you on every level, 24 hours a day 7 days a week, for future reference. As it observes similar experiences, conditions or responses associated with a word or action over and over again, the subconscious mind begins to anticipate and even look for (attract) these experiences, conditions or responses. These actions or words become Switchwords – switches for bringing about the specific experiences, conditions or responses associated with the words or actions. Switchwords bypass the conscious mind and activate switches in the subconscious mind.

For example, your subconscious mind recognizes that almost every encounter with money involves counting. Thus COUNT is the Switchword for attracting money. The subconscious mind hears COUNT and it looks for ways to find money to COUNT.

In *The Secret of Perfect Living*, James T. Mangan introduced us to Switchwords. As part of his research he studied, learned, compiled and documented many Switchwords.

Switchwords do not work with the conscious mind.  
Switchwords work with the subconscious mind and its interpretations.

There are Switchwords that are Switchwords for individual people.  
There are Switchwords that are Switchwords for most people (more than 50%).  
There are Switchwords that are Switchwords for virtually all people.

WINDOW may be a Personal Switchword for some.  
GUIDE is a Broad Switchword for most people  
HOLE is a Universal Switchword for all.

Do not try to put your conscious analytical mind into the reasoning for the Switchwords. Leave it to the subconscious mind. Switchwords are very specific and flip specific switches. Substituting what you see as a good alternative may sabotage your intent.

Switchwords can be used to put you into action to create what you desire (TINY will throw a switch which if you just relax and let it will prompt you to do a very polite and kind act for someone), begin attracting to you the things you want (such as love, money), help you to stop or change things that are causing you distress (such as aggression - CONFESS; anger - CLEAR; arguments - CONCEDE), and a multitude of other applications.

HOLE is to be attractive, appealing. To the conscious mind that is not what HOLE is about but when you analyze it, as the subconscious mind does, you do see that a HOLE always attracts the eye. A HOLE is the first thing you see when you look at anything with a HOLE in it. A black HOLE is the ultimate in attraction. For the attraction of a black HOLE is so strong that even light cannot escape it. This is why HOLE is the Switchword for attraction.

GIVE may be a bit more obvious as a Switchword to sell. Whenever a sale is made, you always see each side of the transaction is giving something to the other side. Even in the conscious mind it makes quick and easy sense.

What does your conscious mind see with CRISP? Perhaps potato chips, perhaps fresh carrots. Perhaps it looks at the early morning and the CRISPness in the air. But then, what does the subconscious mind see?

What happens when one is fatigued? One is "softer," feels kind of "spongy," definitely not CRISP. Can you be soft and spongy if you are CRISP? A rubbery soft carrot is definitely not CRISP. Now look at a potato chip. Definitely very CRISP. What happened to make that potato chip so CRISP? Now a potato alone might be somewhat CRISP, but it does not even compare to a potato chip. So what happened? It was made CRISP by "enhancing" it, changing it.

The Switchword CRISP is to dispel fatigue; feel refreshed; revitalize; enhance; rejuvenate; brighten. Each CRISP Switchword definition comes from a subconscious experience with the word CRISP, which is why it throws those switches to do those things.

Each Switchword has a different thing represents and a different way that it works.

Using reflex muscle testing to find Switchphrases:

1. Test for access (yes/no)
2. Test which letter for start of first Switchword
3. Test Switchwords starting with that letter
4. Once you find the first Switchword, verify it is correct
5. Ask if more Switchwords for Switchphrase
6. Repeat steps 2 through 5 until Switchphrase is complete
7. Confirm that Switchphrase is correct and complete for the current situation

In muscle testing for Switchphrases. I generally set my intent for weakness to mean the Switchword is needed.

I believe muscle testing is a wonderful way to increase the efficacy of any and all healing and emotional balancing techniques.

## **Alphabetical order of switchwords, with a glossary of uses and notes.**

*--excerpt from "The Secret of Perfect Living" by James Mangan*

- ACT To become an orator.
- ADD To find percentage.
- ADJUST To handle anything unpleasant; To assume or carry a burden; To balance; To create.
- ALONE To heal a scab.
- AROUND To improve perspective.
- ATTENTION To avoid carelessness.
- BE To maintain good health; To banish lonesomeness; To achieve peace of conscience.
- BETWEEN To improve your mental telepathy.
- BLUFF To dispel conscious fear; To dispel nervousness.
- BOW To end arrogance.
- CANCEL To prevent a person or action from annoying one; To obliterate a negative thought; To dispel a worry; To avoid poverty or debt.
- CARE To remember, in the sense of memorization.
- CHANGE To dispel ache or pain in any part of body; To get something out of eye.
- CHUCKLE To turn on personality.
- CIRCULATE To end feeling of loneliness
- CLASSIC To appear cultured.
- CLEAR To dis-create anger.
- CONCEDE To stop arguing.
- CONFESS To end aggression.
- CONSIDER To be a good mechanic.
- CONTINUE To swim; To develop or increase endurance.
- COPY To acquire good taste.
- COUNT To reduce smoking; To make money.
- COVER To subdue inner excitement.
- CROWD To make your children obedient.
- CURVE To create beauty.
- CUT To achieve moderation in any field where tempted to excess.
- DIVINE To call forth extra personal ability; To work miracles; For extraordinary accomplishment.
- DOWN To reduce your bragging.
- DO To eliminate procrastination.
- DONE To meet a deadline; To keep a resolution; To build will power.

-DOWN To stop bragging.  
-DUCK To cure hypersensitivity.  
-ELATE To turn a setback into an uplift.  
-FIGHT To win in a competitive game; To upset an opponent in such a game.  
-FIND To build a fortune.  
-FOR To promote.  
-FOREVER To keep a secret.  
-GIGGLE To get in mood for writing.  
-GIVE To help others; To sell.  
-GUARD To preserve personal safety.  
-HELP To rid uncertainty  
-HO To sigh.  
-HOLD To build character.  
-LISTEN To read the future.  
-HALF/HALFWAY To increase endurance.  
-JUDGE To love to read.  
-LEARN To stay young and to look young immediately.  
-MAGNANIMITY To lose pettiness.  
-MOVE To display pep and sudden energy; To get rid of inertia.  
-NAME OF A KNOWN SMILER To smile.  
-NAME OF A KNOWN STRAIGHT-UP STANDER To stand up straight.  
-NAME OF A FAMILIAR ENTHUSIAST To enthuse.  
-NOW To act on good impulse; To relieve procrastination.  
-NEXT To complete a lot of detailed work.  
-OFF To get to sleep; To break a bad habit; to end revenge.  
-ON To create new ideas; To secure transportation; To nourish ambition; To build, produce.  
-OVER To dissipate frustration.  
-PERSONAL To publish a successful newspaper.  
-POSTPONE To prevent pouting streak.  
-PRAISE To stop faultfinding; To make yourself beautiful or handsome.  
-PUT To build.  
-QUIET To solve selfishness  
-REACH To remember something forgotten; To find lost or misplaced article; To solve a problem.; To invent.  
-RESTORE To restore fairness and honesty  
-REVERSE To bury your grudges.  
-REDICULOUS To secure publicity.  
-SAVE To stop drinking.  
-SCHEME To advertise; To design.  
-SHOW To be pious.  
-SHUT To banish complaining  
-SLOW To withstand impatience; To be wise.  
-SOPHISTICATE To publish a successful magazine.  
-SPEND To dress better.  
-STRETCH To retain good feeling or sense of well-being.

- SUFFER To handle success; To handle prosperity.
- SWEET To be soothing to others.
- SWING To develop courage.
- SWIVEL To relieve constipation.
- TAKE To develop leadership.
- TAP To convert another.
- THANKS To cease regretting.
- TINY To be kind; To turn on politeness or courtesy.
- TOGETHER To do anything.
- TOMORROW To destroy remorse.
- UNCLE To ward off apartness of the personality just as negative factor is entering.
- UP To dispel an attack of the blues; To lose inferiority complex.
- WAIT To learn a secret.
- WASTE To appear rich.
- WATCH To acquire a skill.
- WHOLE To create appeal; To be attractive.
- WITH To be compatible with others.

### ***By key category -***

#### **Wealth / Acquire Prosperity**

- ADD To find percentage.
- COUNT To reduce smoking; To make money.
- FIND To build a fortune.
- FOR To promote.
- REDICULOUS To secure publicity.
- SCHEME To advertise; To design.
- WASTE To appear rich.

#### **Health / Wellness**

- ALONE To heal a scab.
- BE To maintain good health; To banish lonesomeness; To achieve peace of conscience.
- CHANGE To dispel ache or pain in any part of body; To get something out of eye.
- CLEAR To dis-create anger.
- DUCK To cure hypersensitivity.
- GUARD To preserve personal safety.
- HO To sigh.
- LEARN To stay young and to look young immediately.
- SAVE To stop drinking.
- SWIVEL To relieve body irregularities.
- POSTPONE To prevent pouting streak.

#### **Well-Being / Ability**

- AROUND To improve perspective.
- ATTENTION To avoid carelessness.
- BETWEEN To improve your mental telepathy.

- BLUFF To dispel conscious fear; To dispel nervousness.
- BOW To end arrogance.
- CARE To remember, in the sense of memorization.
- CIRCULATE To end feeling of loneliness
- CHUCKLE To turn on personality.
- CLASSIC To appear cultured.
- CONSIDER To be a good mechanic.
- CONTINUE To swim; To develop or increase endurance.
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- JUDGE To love to read.
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- OFF To get to sleep; To break a bad habit.
- OVER To dissipate frustration.
- PRAISE To stop faultfinding; To make yourself beautiful or handsome.
- QUIET To solve selfishness
- RESTORE To restore fairness and honesty
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- STRETCH To retain good feeling or sense of well-being.
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- WAIT To learn a secret.
- WATCH To acquire a skill.
- WHOLE To create appeal; To be attractive.
- WITH To be compatible with others.

### **Success**

- ACT To become an orator.
- ADJUST To handle anything unpleasant; To assume or carry a burden; To balance; To create.
- CANCEL To prevent a person or action from annoying one; To obliterate a negative

thought; To dispel a worry; To avoid poverty or debt.  
 -CONCEDE To stop arguing.  
 -CONFESS To end aggression.  
 -CROWD To make your children obedient.  
 -CUT To achieve moderation in any field where tempted to excess.  
 -DO To eliminate procrastination.  
 -DONE To meet a deadline; To keep a resolution; To build will power.  
 -ELATE To turn a setback into an uplift.  
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 -GIVE To help others; To sell.  
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 -SHOW To be pious.  
 -SLOW To withstand impatience; To be wise.  
 -SOPHISTICATE To publish a successful magazine.  
 -SPEND To dress better.  
 -SUFFER To handle success; To handle prosperity.  
 -TAKE To develop leadership.  
 -TAP To convert another.  
 -TOGETHER To do anything.

### **How to find new switchwords:**

1. Chant "together" 28 times in a rhythm:  
 TOGETHER, TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER, TOGETHER,  
 TOGETHER, TOGETHER, TOGETHER.

Having the "want" for this to appear will make it so. Repeat chant as fast as possible until the switchword appears.

2. These steps:

Decide what you want.

Believe that it is already yours.

Visualize the complete concept of having it, with the largest positive feeling you can muster.

"REACH - TOGETHER", or "TOGETHER - REACH"

And then let go.

The switchword will appear intuitively.

3. A switch can be an action. Chant the "Together Song" above and follow your intuition on what to DO.

Also can be REACH in combination with TOGETHER and NOW. Then relax and let the body do the action.

4. An object can act like a switch. Use REACH, TOGETHER, DIVINE, plus any switchword for a particular ailment (if exists).

Relax and follow your instinct. The object should appear shortly, or will appear when doing something else.

## **Notes on "The Secret of Perfect Living":**

Mangan's key point is to get the conscious coordinating with the subconscious in order to get anything done. He also mentions that you have to submit to God. Through this, you can get all that you want done in life. Huna explains a great deal of how this works, as well as Haanel's Master Key System, not to mention Troward's lectures. Kim's lectures in Huna provide a very good base to understand this relationship between God, you and your subconscious. You are the coordination point. The subconscious is your link to the rest of the universe and all of God's power. The subconscious is also very powerful (it runs your body, for instance), but doesn't know what to do with all that power. So you have the delicate proposition of helping it to understand things. It will show you images and feelings when it thinks that these are appropriate to what you are doing. Your job is to evaluate these and sort through them for the lessons underneath. Certainly the switchword "CANCEL" is useful here as a quick way of getting some of this stuff out of your way. However, you can also look at why an old image was brought up and what associations are still connected with that image. You will learn, as you teach the subconscious with your learning.

The trick through all this is to do and pursue those things in life which bring you peace. When you are operating from the point of constant peace, you will have achieved what



Mangan calls "Perfect Living". Then you will achieve and acquire everything you want in life. Use of switchwords merely simplify and speed up the process.

None of the books and studies above developed switchwords - which are an intense shortcut to the subconscious, bypassing necessary meditation or prayer. Occam's razor applies in this case, as the fewer words you apply to a scene, the more effective the prayer or meditation. Switchwords can be a breakthrough if used as Mangan laid out.

Switchwords manifest more quickly as they go directly to the sub/pro-conscious and bypass the "objective" (conscious) mind and its rationalizations.

Applying the New Thought method (also found in "The Secret" DVD) of naming what you want, getting the feeling of it, then applying the switchword - or combinations of them - will get the most horsepower into this. You have to let go when done.

The other method of applying them would be to use them as a constant chant, a mantra of sorts.

One suggestion on this line, especially when using combinations of switchwords, would be to set them to a popular tune - so it then sets up on "automatic" in your mind and rolls on as you do other actions. Great use for this is when doing chores and don't have to use all your faculties. Do this when doing mundane activities such as cleaning, vacuuming, and sweeping - or hum to yourself while driving instead of turning on the radio.

Note that three of these switchwords are the names of people who set a good example in the field. This could be expanded - "Edison" might be used for invention, "Sherlock" for deductive activities, "Einstein" for advanced thought or mathematics. Anyone you know and respect might be a switchword for some trait you wish to emulate. It's what you feel, your concept - and what you want.

Languages other than English would have their own switchwords, which may or may not be translations of these.

Perhaps the most powerful switchwords would come from the most ancient languages. Max Freedom Long found new meanings by translating phrases from the Bible into Huna and then back into English. Older languages had more meanings available, using fewer words. Finding these would be through the above methods - chiefly would be in getting the "want" figured out exactly, then asking the sub/pro-conscious to deliver it. The switchwords from ancient languages might even be more powerful than those Mangan found in English.

The switchword "DIVINE" is barely mentioned in this book, given no illustrative example of use. However, you can see that this will connect you directly through the subconscious to the Universal, where all your wants are fulfilled. Use DIVINE in combination with REACH and TOGETHER, plus any particular switchword for the ability or talent you are working to acquire.

Another switchword -GRATEFUL To bring you peace.

## **Additional Notes on Use and Function of Switchwords**

Switchwords can be used as an assist in meditation. Most of us have a great deal of problem in keeping our mind focused, in keeping thoughts controlled enough so we can concentrate. Use of switchwords as a mantra help in this, much as some Eastern religious studies use them. Keep your attention on the concept of what you want to solve or improve and then repeat the switchword which could help you most (or combination) and keep this up for 15 minutes or longer - or until you get intuitive insight of something to do.

**That is the key point of switchwords - they enable inspiration into what action you should be taking. The trick is to instantly get into action, following your inspiration/intuition. Trust your inner vision and your intuition will improve. And you'll gain greater peace in your life and for those around you. (And wealth, health, personal power, etc.)**