

SWITCHWORDS



**EASILY GIVE TO YOU
WHATEVER YOU WANT
IN LIFE**

Shunyam Nirav

**CREATE LOVE, MONEY, HEALTH,
SOLUTIONS TO PROBLEMS, BEAUTY, PEACE,
MIRACLES, NEW IDEAS, PROTECTION,
YOUTHFULNESS, ATTRACTIVENESS,
SELF-TOGETHERNESS, AND MUCH MORE...**



***SIMPLY SAY, DECLARE, AFFIRM,
CHANT, SING, OR EVEN JUST THINK
A ONE-WORD "SWITCHWORD"
AND WATCH RESULTS SHOW UP!***

***PROVEN TO WORK BY MANY PEOPLE WORLDWIDE
FOR OVER 40 YEARS***

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*Profound thanks be to
James T. Mangan,
discoverer and researcher
of switchwords,
who shared his findings in
The Secret of Perfect Living.*



*Thanks also to all the many friends,
beloveds, teachers, and masters who have
contributed to the creation of this book.*

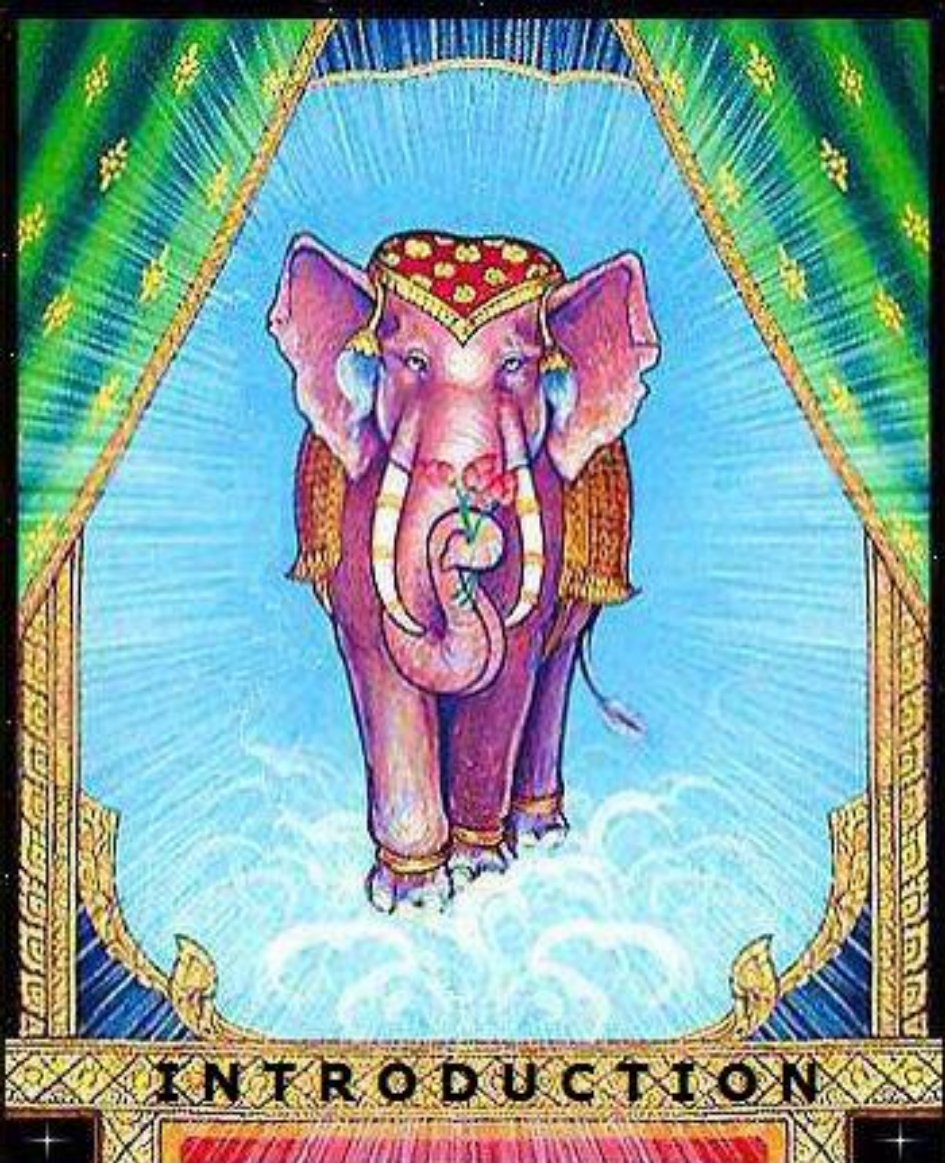
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Dear friends,

Wouldn't it be great to have a magic wand that you could just wave at any situation or creative project, and have it turn out beneficially just as you wish?

Actually, we all have such a wand! However, most of us have not been aware of it, and have never received an instruction manual for its use. This book is an instruction manual for its use!

Your word is your wand — one-word "switchwords" that are each the essence of a particular life experience or desired result. Declare, affirm, chant, sing, or even just mentally "intend" the switchword, and like turning on an electric lamp with a switch, the desired result reliably appears!

Here are switchwords for

**locating misplaced objects and
reaching solutions for problems
(REACH.)*

**being wise (SLOW.)*

**creating beauty (CURVE.)*

**eliminating negativity or unwanted
conditions (CANCEL.)*

**being in peace and good health (BE.)*

and many more!

*The greatest treasure, though,
is the master switchword
for a life of heaven on Earth
and mastery of any task at hand:*

T O G E T H E R .

*Each switchword is the one-word
essence of a particular experience,
condition, or result in life. Declaring,
affirming, chanting, singing, or
intending only that single word
allows your creativity to focus
totally and easily in this moment of
now. Your intended experience,
condition, or result then easily and
reliably manifests.*

*The original source of switch-
words was a multi-talented genius
named James T. Mangan (1896-
1970). (For more information about
him, see the www.switchwords.com
Questions & Answers [FAQ] section.)
He researched what he called
"switchwords" over a period of 50
years, and published his findings in a
book, now long out of print and rare,
called *The Secret of Perfect Living*
(Prentice-Hall, 1963).*

I was very fortunate to find a copy of it in 1975 in a California bookshop, and I've used switchwords as basic life-living "equipment" ever since. I've found switchwords to be tremendously useful and valuable tools in any kind of creative project, including the greater creative project of my whole life. I've experimented with them in hundreds of life situations since 1975, and have observed again and again that switchwords do reliably produce results.

I have participated in many spiritual, metaphysical, and transformational activities throughout my life, and switchwords naturally have come up in many conversations with friends over the years. James Mangan's book was written in a sensational early-60's self-improve-

ment style likely to get in the way for many of the people I knew; plus it had become out of print, rare, and difficult to find. Rather than continue verbally sharing the same information about switchwords with friends again and again, I am now sharing all that I know and have learned about switchwords from my own experience, through this e-book.

Thank you, James Mangan, wherever you are! I regard these word-tools as so practically useful and universally valuable in everyday life that every human being ought to know them! "Switchwords" essentially comprise a new improved operating system for our creative biocomputer human minds!

I say it's much too valuable a discovery and breakthrough to remain

hidden and forgotten. So I have taken on this e-book project to make James Mangan's pioneering discovery of switchwords universally available and widely used all over the world, as well as to contribute my own insights and experiences from using switchwords for over 30 years in daily life.

I invite you to join me in this project of giving these very useful and beneficial switchwords to everyone, through this e-book! Please feel free to copy and share this e-book file. The first 43 pages of this 178-page e-book contain the basic switchwords information, and are open and free for anyone to read. If you like and benefit from the free part, please buy and unlock the entire e-book, which includes:

***the complete list of over 100 known and tested switchwords for producing beneficial results in any kind of specific life situation**

***detailed information about the 40 most commonly used switchwords, along with Nirav's stories from using them in daily life since 1975**

advanced techniques such as combining switchwords, using names as switchwords, and switchwords *feng shui

***40 beautiful, colorful, original artworks by Nirav which illustrate the energies and action of each of the 40 most useful switchwords**

***capability of printing on paper**

To buy and unlock the entire e-book, simply click on any locked page (44-178) and proceed through the "Software Delivery Wizard," while

online (price US\$21.95 or equivalent, major credit cards accepted; also PayPal, see website FAQ). When you unlock it, the e-book is then registered to your computer; when the e-book file is copied to another computer, it reverts to the locked state (first 43 pages free). Windows required (apologies to Mac users).

After learning some of the switchwords and finding out that they work, most people naturally enthusiastically want to share the switchwords with their friends and family, or anyone they meet! You can do that and make money too – register as a SWITCHWORDS e-book marketing affiliate (it's free). You'll be provided with your own affiliate-coded e-book file and website (the address will look like www.switchwords.com/yourname).

Send people to your affiliate website to download the e-book file, or give it to others on CD. Whenever someone purchases and unlocks one of your affiliate e-book files, you'll earn the 40% retail commission (approx. US\$9/€7). You can also enroll and register new affiliates, and earn an additional 5%. Please visit www.switchwords.com for more information and to get started.

Enjoy, and thanks for receiving this information and empowering yourself for TOGETHER works, a TOGETHER life, and a TOGETHER world with these simple, easy, and effective word-tools!

*Thanks, blessings,
peace, and love,*

Nirav



2. WHAT IS A "SWITCHWORD?"

"Your word is your wand."

-Florence Scovel Shinn

A *switchword* is the essence of an experience, condition, or desired result, expressed as a single word.

By deliberately declaring, affirming, chanting, singing, writing, saying, or even just intentionally thinking that single word, you can then manifest the corresponding experience, condition, or desired result in your life.

Using a single word to create with, instead of a long sentence (as in conventional affirmations or creative declarations), brings a greatly increased laser-like focus of your creative energy in this single moment of now.

For example... **CANCEL.**

—to eliminate, erase, or discreate
any kind of negativity,
or any unwanted thought or condition.

Perhaps you are already familiar with this little technique of saying **CANCEL-CANCEL** to eliminate an unwanted thought or condition. It has been known and used by many people for many years (and it may have, in fact, originated with James Mangan).

Did you know that many other similar useful words of this type exist?

One of the most practically useful ones is:

REACH.

— to find anything you're looking for, such as:

*misplaced items in the physical world (keys, papers, tools, etc.);

*forgotten ideas or information in your mind or memory (names, numbers, etc);

*solutions to problems.

Whenever you misplace something, or are looking for something, or want to solve a problem, just persistently declare or chant, silently or aloud, "**REACH.**" Then watch yourself go directly to what you are looking for! Some aspect of your being knows where it is, and "**REACH**" reliably makes the connection!

Try it ... it really works!

Very useful in everyday life!

Similarly...

*whenever you want to sell something, say: **GIVE.**

*whenever you want to make money: **COUNT.**

*or whenever you want to make something beautiful: **CURVE.**

*for good health, and/or for peace: **BE.**

*to work miracles, or for extraordinary accomplishment: **DIVINE.**

And about 90 more for other specific purposes!

A *switchword* is a one-word speech act — a creative action you make with your speaking — not just talking *about* something, but declaring something into existence through the natural power of your word.

A switchword can also be called a "one-word creative declaration," a "one-word affirmation," a "mantra," or a "mantraword." Whatever the name, you can easily and reliably bring into existence many different specific desired conditions or results in your life by using switchwords.

It's much easier and more effective to bring into being desired conditions or manifestations using a switchword, rather than a conventional declaration or affirmation consisting of a multi-word

sentence. When you use a switchword, your creative energy remains focused in only this single moment of now, rather than spreading over the 3-10 seconds it typically takes to say a sentence. Using a switchword is like flipping a switch to bring about electric lighting, and it's just as easy and reliable.



In more modern terms, switchwords are software commands for our human biocomputer minds — actually, more than that: a whole new improved operating system!

Using switchwords, you can easily enjoy increased creative power, effectiveness, accomplishment, fun, prosperity, aliveness, togetherness, life mastery, and life satisfaction!

3. HOW DO SWITCHWORDS WORK?



Actually, there's no "how," switchwords just do observably work and that's the way it is.

But James Mangan used this analogy: imagine this... your subconscious mind is like an efficient experience-creating factory, and you're the owner-operator of it. The factory manufactures experiences, conditions and results in your life according to your requests, and it contains over 100 different machines for creating various specific experiences, conditions, or results.

Each human being has a master control panel for their factory, which includes the switches for all of the various machines. To produce the intended experience, condition, or result, you just flip the switch for that machine.

In real life, those switches are the switchwords, which you can use easily and beneficially in everyday situations. Declare or chant a switchword, silently or aloud, and one of your subconscious experience / condition / result-creating machines immediately goes to work and manufactures what you want.

You could instead use a more modern metaphor, and say that when you declare or chant a switchword, silently or aloud, you thereby give a specific software command to your experience/condition/result-creating biocomputer, which then computes and manifests the intended result.

Or, you could say that when you use a switchword, your mind and being work together harmoniously

to produce a desired result: your mind holds a word in place, providing a form for the wordless creative power of your inner being to pour through into the physical universe.

Or... you could say that a switchword creates a new context for a situation, and circumstances then inevitably move into agreement with that new context.

Or... you could say:

"We are what we think.
All that we are arises
with our thoughts.

With our thoughts
we make the world."

—Gautam Buddha



"Owing to the vibratory power of words, whatever you decree — that you release within yourself and your world. The word 'utter' and the word 'outer' have the same root meaning. What you 'utter' literally becomes an 'outer' part of your world."

—Dr. Catherine Ponder



"You create the world you live in.
You create the body also you live in;
you create the mind also you live in.
You create with your ideas.
Whatever you think
sooner or later becomes a reality.
Every thought becomes a thing
finally, eventually."
(Yoga: The Alpha and the Omega Vol 8)

—Osho



"Thou shalt decree a thing
and it shall be established unto thee
and light shall shine upon thy ways."

(Job 22:28)

—*The Bible*



"Words saturated with sincerity,
conviction, faith, and intuition
are like highly explosive vibration bombs,
which, when set off,
shatter the rocks of difficulties
and create the change desired...
Sincere words or affirmations
repeated understandingly,
feelingly, and willingly
are sure to move the
Omnipresent Cosmic Vibratory Force
to render aid in your difficulty!"

—*Paramahansa Yogananda*



4. INSTRUCTIONS FOR USE



There are two basic approaches to easily and effectively using switch-words to create anything you want in any life situation: "SWITCH" style, or "MANTRA" style.

A) "SWITCH" STYLE:

- 1) Put your attention on what it is you want to happen.
- 2) Throw the "switch" by declaring the appropriate switchword (refer to list on following pages).
- 3) Then let go and trust; your subconscious creativity machinery goes into action and produces the result.

You may receive inner promptings by your subconscious mind to take specific actions, or you may just suddenly and even miraculously encounter your intended result while doing something else.

For example, you might be in a situation where you want a ride somewhere. Just think of and imagine what you want (a ride to your destination), throw the switch by saying "ON", then let go and watch what happens. Reliably, your subconscious experience machine goes to work, and in some way or another, a ride will indeed show up.

B) "MANTRA" STYLE:

- 1) Put your attention on your intended result or outcome.
- 2) Inwardly, silently, and continuously repeat the appropriate switchword until the intended result now shows up in the physical world.

The word "mantra" is usually used to mean a sacred word or phrase

deliberately chanted to bring forth an associated divine or sacred vibration. It has been little known (so far) that certain ordinary non-sacred words (the switch-words) can also be very effectively used like mantras, to reliably manifest mundane practical results in various life situations.

For example, if I've misplaced something, like keys, a tool, an important paper ... and I know it's here, but where??!! ... I'll repeat "REACH" over and over, silently or out loud. I let myself go "on automatic," and I'll follow whatever hunches or ideas come as I walk around saying "REACH." I always then come upon what I was looking for, if it is in fact there – or if not, suddenly some new solution for the situation will pop up into my awareness. Some aspect of mind or being already knew the location of what I was looking for, and "REACH" allowed me to "reach" there.

"REACH" works for intangible things too, in the mind; if I can't remember someone's name, for instance, and I know I know it but can't think of it in the moment, I'll start silently repeating "REACH." Soon, my subconscious locating-machine has retrieved the data and brought it into my present awareness.

This is one of the most practical and useful switchwords! Next time you're looking for something misplaced (either physical or in your memory), simply chant **REACH**.

Another excellent switchword to use in "mantra" style is **"DIVINE-ORDER."** Anytime you have some organizing or cleaning to do, or packing for a trip, chant **"DIVINE-ORDER"** silently or aloud. Follow whatever impulses come, however surprising they might seem.

You'll predictably become an amazing whirlwind of efficient activity, resulting in all elements of the situation resting in a sublime, beautiful, and pleasing order.

Another example – I'm a musician, among other things, and often while playing music I'll set my mind to continuously and silently repeating "TOGETHER" or "TOGETHER-CURVE." I soon observe everyone present being included in producing unity, harmony, and beauty through the music. I do similarly when drawing or painting; it works in any art. (This e-book included!) 😊

Actually, "TOGETHER" is the most important of all the switchwords, the master key to every lock...

5. THE MASTER SWITCHWORD



James Mangan emphasized that the most universal and powerful switchword, which can always be declared or chanted in any situation of any kind to produce the most optimum result, is: **TOGETHER**. It is, in fact, what the title of his book refers to: "The Secret of Perfect Living!"

"TOGETHER" gives you awareness of the already-existing togetherness of all your aspects: spirit-intelligence-h e a r t-body; subconscious-conscious-s u p e r c o n s c i o u s mind; child-adult-parent; masculine-feminine; left-right brain. You also are together in harmony in your outer world with everyone and everything around you. The experiences and results that you generate from this ground of being are very satisfying, enjoyable, and *together!*

No aspect of your being is ignored or sacrificed to any other, no aspects of your being are conflicting or fighting with any other, internally or externally, and all are included in a great relaxed, peaceful, pleasing, prosperous, and joyful state where everything is turning out amazingly perfectly, moment by moment!

Take a moment right now and just contemplate the word **"TOGETHER."** Let your attention just rest on that word, that thought, that energy of **"TOGETHER."** and notice what you feel and experience.

Then try it out — while doing any kind of creative activity (playing music, creating art, working in business, playing sports, participating in a party, loving, shopping, writing, etc. — or even while doing

nothing), silently, intentionally, frequently, think or affirm "TOGETHER" and watch what happens. Typically, you'll experience much peace, satisfaction, love, effectiveness, intelligence, freedom, joy, and much more! Then try this experiment: occasionally chant "TOGETHER" silently or aloud, throughout an entire day, and watch what happens to your day!

James Mangan relates in his book that for many years he had searched for a one-word formula for living a totally optimum and perfect life. He had realized that if you could ask each of the billions of people who have ever lived on this planet what they most wanted in life — what their basic life-organizing principle was — the answers would fall into only fourteen categories:

1. Freedom
2. Love
3. Survival
4. Security
5. Health
6. Money
7. Art
8. Wisdom
9. Pleasure
10. Happiness
11. The life of action
12. Self-improvement
13. Service to humanity
14. God, religion, spirituality, and/or enlightenment

As a central theme of our energies in life, any single one of these is flawed. It may bring along a few of the others, but not necessarily all. For example, the life of art may bring pleasure, love, and a life of action, but doesn't necessarily bring money, service to humanity, health, or security. A money-oriented life may bring security, survival, action, pleasure, and service to humanity but not necessarily health, happiness, or love. James Mangan was looking for a new central theme for his energies in the game of life besides the traditional fourteen possibilities, a single one-word formula that would manifest all of them in perfect proportion. On March 10, 1951, he realized what was the one-word formula he was looking for: **TOGETHER**.

The **TOGETHER** Chant of 28

Use any time you're feeling particularly "untogether."
Say, sing, declare, affirm, and/or repeat:

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 within yourself, all fourteen basic life themes *together, together* in harmony with everyone and everything around you. Try it! **TOGETHER** does it all, it's the master key to any lock! 😊

6.

THE MASTER LIST OF SWITCHWORDS (A-Z)



In the following list you will find 122 various life situations and the appropriate switchword for each. There is more information and artwork for each of the 40 most commonly used switchwords, later in this book. To go there, click on the switchword in this list. To come back to this list, click on the small book icon you'll see on those top-40 switchword pages. (To go to the Table of Contents at the beginning of this book, click on the rainbow center spine, on any page. For a menu of other options, right-click on any page.)

Page 43 is the last of the free pages in this e-book. To read and benefit from all 178 pages, simply click on any page past 43 while online. Proceed through the secure "Software Delivery Wizard" to immediately purchase and unlock the entire e-book. [more information](#)






Accomplishment,
for extraordinary..... **DIVINE.**
Advertise, to..... **SCHEME.**
Agreeable, to be..... **WITH.**
Aggression, to end..... **CONFESS.**
Anger, to dis-create..... **CLEAR.**
Arguing, to stop..... **CONCEDE.**
Arrogant, to not be..... **BOW.**
Attractive, to be..... **HOLE.**
Balance, to create..... **ADJUST.**
Beautiful, to be..... **PRAISE.**
Beauty, to create..... **CURVE.**
Bragging, to stop..... **DOWN.**
Build, to..... **PUT.**
Burden, adjust to a..... **ADJUST.**








Character, to build..... **HOLD.**
Clinging, to stop..... **DEDICATE.**
Compatible, to be..... **WITH.**
Completion, to create..... **DONE.**
Constipation, to relieve.. **SWIVEL.**
Courage, to have..... **SWING.**
Critical, to stop being..... **PRAISE.**
Cultured, to appear..... **CLASSIC.**
Deadline, to meet a..... **DONE.**
Debt, to eliminate..... **CANCEL.**
Detailed work, to do. **ATTENTION.**
Distance, to make a long
 seem short..... **HALFWAY.**
Dress better, to..... **SPEND.**
Drinking alcohol, to stop.... **SAVE.**





Efficient, to be..... **DivineORDER.**
Ego, to quiet..... **QUIET.**
Energy, to have much..... **MOVE.**
Eyesight, to improve..... **POINT.**
Fairness, to restore..... **RESTORE.**
Fault-finding, to stop..... **PRAISE.**
Fear, to dis-create..... **BLUFF.**
"Form" in a sport
 or skill, to have good..... **BE.**
Fortune, to build a..... **FIND.**
Frustration, to end..... **OVER.**
Future, to predict the..... **LISTEN.**
Game, to win
 a competitive..... **FIGHT.**
Generous, to be.. **MAGNANIMITY.**







"Good taste," to have..... COPY.
Greedy, to not be..... OFFER.
Grudge, to bury a..... REVERSE.
Habit, to quit an unwanted... OFF.
Handsome,
to make yourself..... PRAISE.
Harmonize well
with others, to..... WITH.
Healing, to nurture..... ALONE.
Health, to be in good..... BE.
Heart's desires,
to manifest your..... CHARM.
High spirits, to be in..... UP.
Honesty, to restore..... RESTORE.
Hypersensitivity, to cure... DUCK.






Ideas, to get new..... ON.
Indecision, to eliminate..... HELP.
Invent, to..... REACH.
Jealous, to stop being.. REJOICE.
Laziness, to end..... GO.
Leader, to be a good..... TAKE.
Locate an object, idea,
or solution..... REACH.
Loneliness, to end.... CIRCULATE.
Love, to generate, radiate,
experience..... LOVE.
Mastery, to have
in any activity..... TOGETHER.
Mechanic,
to be a good..... CONSIDER.






Memorize, to..... CARE.
Mess, clean up a..... DivineORDER.
Miracle, to create a..... DIVINE.
Misplaced object,
to locate..... REACH.
Moderation, for,
if tempted to excess..... CUT.
Money, to make..... COUNT.
Negativity, to discreate.. CANCEL.
Nervousness, to reduce... COVER.
Orator, to be a good..... ACT.
Order, to put
in optimum..... DivineORDER.
Pain, to reduce..... CHANGE.
Patience, to have..... SLOW.



Peace, to be at..... BE.
Personality,
to turn on..... CHUCKLE.
Perspective, to gain..... AROUND.
Pettiness,
to end..... MAGNANIMITY.
Polite, to be..... TINY.
Pouting, to stop..... POSTPONE.
Problem, to solve..... REACH.
Procrastination, to end..... NOW.
Prolong a good feeling
or event..... STRETCH.
Promote, to..... FOR.
Protection of body or property,
to have..... GUARD.





Publicity, to get..... **RIDICULOUS.**

Publish a successful newspaper..... **PERSONAL.**

Publish a successful magazine..... **SOPHISTICATE.**

Regretting, to stop..... **THANKS.**

Relax, to..... **HO.**

Remember, to
(as in memorize)..... **CARE.**

Remember, to
(as in recall)..... **REACH.**

Remorse,
to eliminate..... **TOMORROW.**

Resentment, let go of.. **FORGIVE.**

Revenge,
end desire for..... **FORGIVE.**



Ridicule, to be unaffected by... **BE.**

Repair, to..... **DivineORDER.**

Secret, to keep a..... **FOREVER.**

Secret, to learn a..... **WAIT.**

Sell, to..... **GIVE.**

Setback, to transform into
an uplift or benefit..... **ELATE.**

Skill, to learn a..... **WATCH.**

Soothing to others,
to be..... **SWEET.**

Sleep, to go..... **OFF.**

Swim well, to..... **CONTINUE.**

Taste, to have good..... **COPY.**

Telepathy, to use
or enhance..... **BETWEEN.**



Tension, to reduce..... HO.

Tiredness, to eliminate..... MOVE.

Together, to have it all.. **TOGETHER**.

Transportation, to obtain..... ON.

Trouble, to stop looking for.... SHUT.

Uncertainty, to eliminate..... HELP.

Uncomfortable or unpleasant
conditions, to adjust to.... ADJUST.

Untogetherness, to dispel.... UNCLE.

Win a competitive game, to..FIGHT.

Wise, to be..... SLOW.

Writing, get in the
mood for..... GIGGLE.

Yawn, to..... HO.

Youthful, to be..... LEARN.

7.

**THE 40
MOST USEFUL
SWITCHWORDS**





TOGETHER.

James Mangan emphasized that the most universal and powerful switchword, which can always be declared or chanted in any situation of any kind to produce the most optimum result, is: **TOGETHER**. It is, in fact, what the title of his book refers to: "*The Secret of Perfect Living!*"

For more information, see pages 36-41.



REACH.



- TO LOCATE ANY MISPLACED ITEM
- TO REMEMBER ANYTHING FORGOTTEN
 - TO SOLVE A PROBLEM
 - TO INVENT

REACH is basic equipment for your life! and deserves special remembering (**CARE**).

By declaring or repeating **REACH**, silently or aloud, you can locate misplaced objects; solve problems; recall temporarily forgotten names, numbers, or other information; and invent. As you become acquainted with the capabilities of **REACH**, you're likely to find use for it often in daily life, and appreciate it as one of the most practical and useful of all "metaphysical" tools.

How often have you misplaced car keys, wallet, tools, important papers, audio or video recordings, computer files, whatever, and suddenly you're doing an unexpected and vital search? If you **care** to remember to repeat **REACH-REACH-REACH-REACH**



etc. in such circumstances, without quitting until your search is successful, your body will move itself to rendezvous with the object of your search, if it is in fact present. (If not, you'll get an invented solution.) Some aspect of your being does know where it is; by declaring **REACH** and following the ideas, impulses, and hunches that come, you connect that aspect that does know with action, and you **REACH** your goal.

*Many years ago in San Francisco, I met a friend I hadn't seen for several years who had learned this **REACH** switchword from me. "That **REACH** word is great!" he exclaimed. "Whenever I use it, like to find my keys, I find things I didn't even know I'd misplaced!"*

REACH is also a retriever of stored data in your own mind. Have you

forgotten someone's name, or a telephone number? You know you know, but it escapes you in the moment? With your attention on the missing information, simply send instructions to your mind-computer and silently say **REACH**. There may be a short delay, and then there appears that missing data in your awareness.

Got a problem to solve, in work, play, a creative project, or a life situation? You can **REACH** a solution by declaring **REACH** and being open to receive the ideas, impulses, hunches, and manifestations that follow. An inventor's treasure!

*P.S. **REACH** recalls information from your mind that you're looking for; a complementary switchword, **CARE**, records information in your mind that you want to remember or memorize...*



Care.

• TO MEMORIZE OR REMEMBER
ANYTHING IMPORTANT

CARE is the essence of memorizing.

*What you care about,
you remember;
if you don't care,
you won't remember.*

CARE is a basic computerlike command to your brain that you can use purposely to insert any data into your brain's memory banks. (It works like the "save" command in personal computers.)

CARE's complementary switchword, **REACH**, searches for data you have saved in your brain's data storage and brings it into your consciousness.

Very useful basic commands for your brain!



Some typical specific uses of **CARE**:

- When you meet someone for the first time and want to remember their name, inwardly say "(their name)-**CARE**." — for example, "John Smith-**CARE**." This inserts this information automatically into your memory.

- If you're studying for an examination or a class, whenever you come across a significant piece of information, think of that information and say **CARE** (silently or aloud), and you'll remember it.

- When counting large numbers of objects, say **CARE** after each number so as to not lose your place (as in 82-**CARE**, 83-**CARE**, 84-**CARE**, etc.).





◆ TO CREATE MIRACLES
OR EXTRAORDINARY ACCOMPLISHMENT

Through declaring, affirming, or chanting a single word, in directed thought or aloud, it is possible to bring forth a miracle, and/or extraordinary ability.

DIVINE represents godliness, excellence, highest good, the miracle consciousness that can do all possible things extraordinarily well – and some seemingly impossible things, too. Declare, affirm or repeat **DIVINE** and watch what happens!

DIVINE is also valuable for modifying any other switchword, for extraordinary functioning – as in **DIVINE-REACH**, **DIVINE-COUNT**, **DIVINE-CURVE**, **FIND-DIVINE**, etc. **TOGETHER-DIVINE** is amazing – try inwardly chanting that throughout your day! Enjoy!



Like **TOGETHER**, **DIVINE** can be seen in both a creative and a receptive way, and declaring **DIVINE** may bring forth either or both aspects. The creative aspect of **DIVINE** is expressed by Paramahansa Yogananda when he says,

"The law of miracles is operable by anyone who has realized that the essence of creation is light."



The switchword **DIVINE** can indeed act upon that light to produce apparent miracles and extraordinary accomplishment.

Speaking of the receptive aspect of "miracle," Yogananda says:

"Nothing may truly be said
to be a 'miracle'
except in the profound sense
that everything is a miracle.

That each of us is encased
in an intricately organized body,
and is set upon an earth
whirling through space among the stars—
is anything more commonplace?
or more miraculous?"



LOVE.

• TO GENERATE LOVE

By silently declaring or repeating the switchword **LOVE**, you can be, generate, radiate, and experience love – whenever you wish, in any situation, alone or with others.

Using the switchword **LOVE**, you can also infuse love into any object of your creativity, for example, art, music, sculpture, pottery, writing, landscaping, or cooking.



"The word **LOVE** produces a positive, harmonious, magnetic current when deliberately sent forth. This love current will break up opposing thoughts of hate or fear and render them powerless. The thought of inharmony can be dissolved, not only in the mind of the one practicing the love concept, but also in the mind of everyone with whom he comes in contact, so that countless people are harmonized and blessed by one person's practice of love... The average person is not aware that he or she possesses this mighty power to dissolve negative emotions — his or her own, as well as those of others. Nor is the average person aware that the word **LOVE**, when persistently said, will transform conditions in mind and body, financial affairs, or interpersonal relationships."

—*Dr. Catherine Ponder*



"You don't have to go looking for love when it is where you come from."

—*Werner Erhard*



useful variations:

TOGETHER-LOVE.

DIVINE-LOVE.

TOGETHER-DIVINE-LOVE.





- TO PACK FOR A TRIP OR MOVE
- TO CLEAN UP A MESS
- TO PUT THINGS IN EFFICIENT ORDER
- TO ACCOMPLISH TASKS EASILY AND WELL

"Order is Heaven's first law."

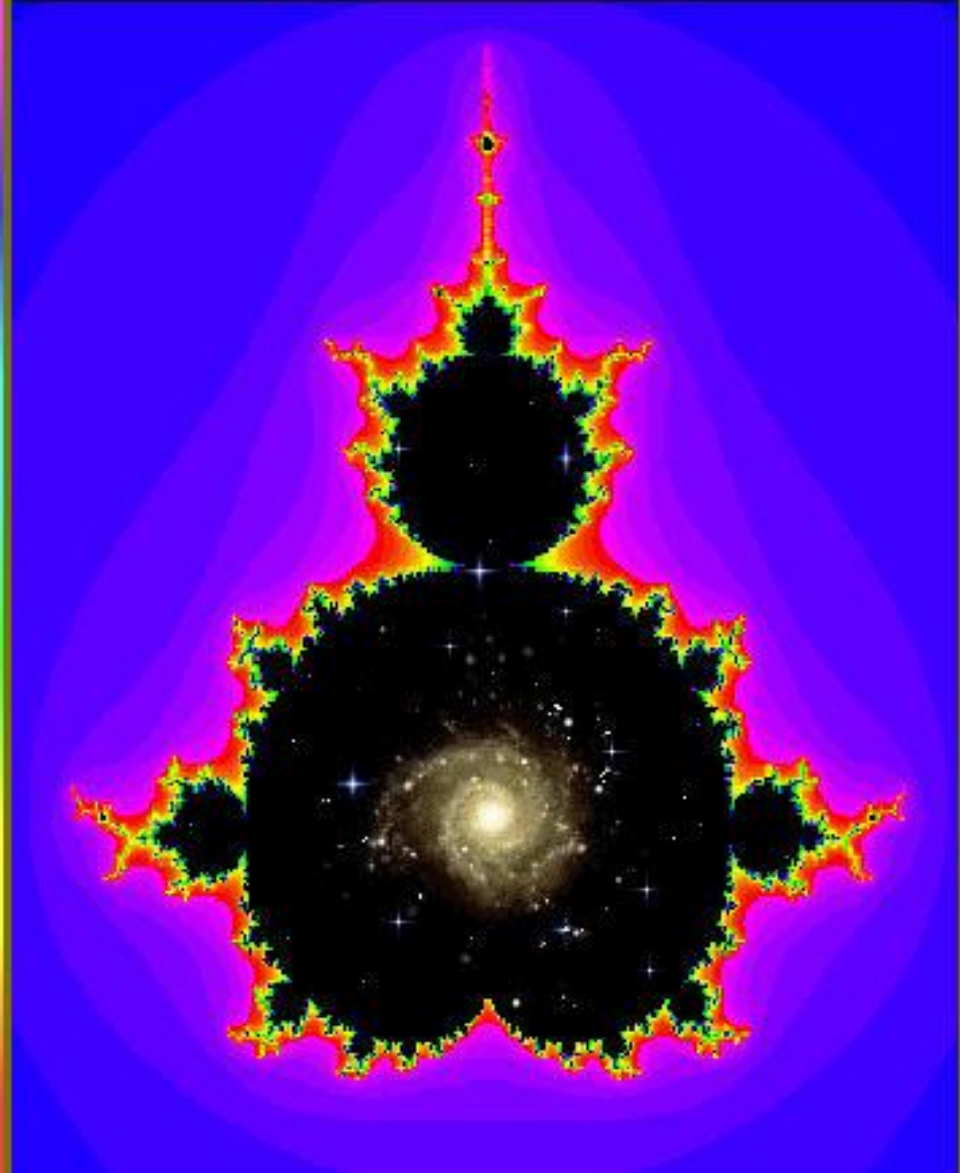
—anonymous

DivineORDER is one of the very most useful, powerful, and effective switchwords. In any situation where disorder, confusion, chaos, or messes appear — declare **DivineORDER**. Or, just to accomplish anything well, say **DivineORDER**. It's a relaxed magic carpet ride of efficient action!

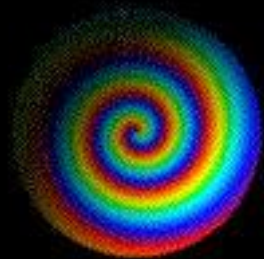
To get acquainted with **Divine-ORDER**, gently repeat it mentally throughout an entire day, and observe what happens!



*When I "turn on" the power of **DivineORDER** by affirming it silently or aloud (usually repeatedly), I notice that soon I experience being a whirlwind of energy putting the next thing and the next thing and the next into perfect, beautiful, functional, satisfying order, in perfect sequence. In my awareness, I just kind of sit back and pleasantly watch my body move everything around into order. I have done this in cleaning my home and car; organizing my home, desks, computer files, writings, and workplaces; cleaning construction sites; landscaping and gardening; building things; anytime superb order is particularly called for. I once won a "Monopoly" game amazingly quickly by an astoundingly wide margin, by silently declaring **DivineORDER** as I made my moves! Anytime you're faced with a "cleanup job" or "organizing job" of any kind, just silently repeat the switchword **DivineORDER** and let yourself do whatever you are then moved to do. It's a delicious space! :-)*



CURVE



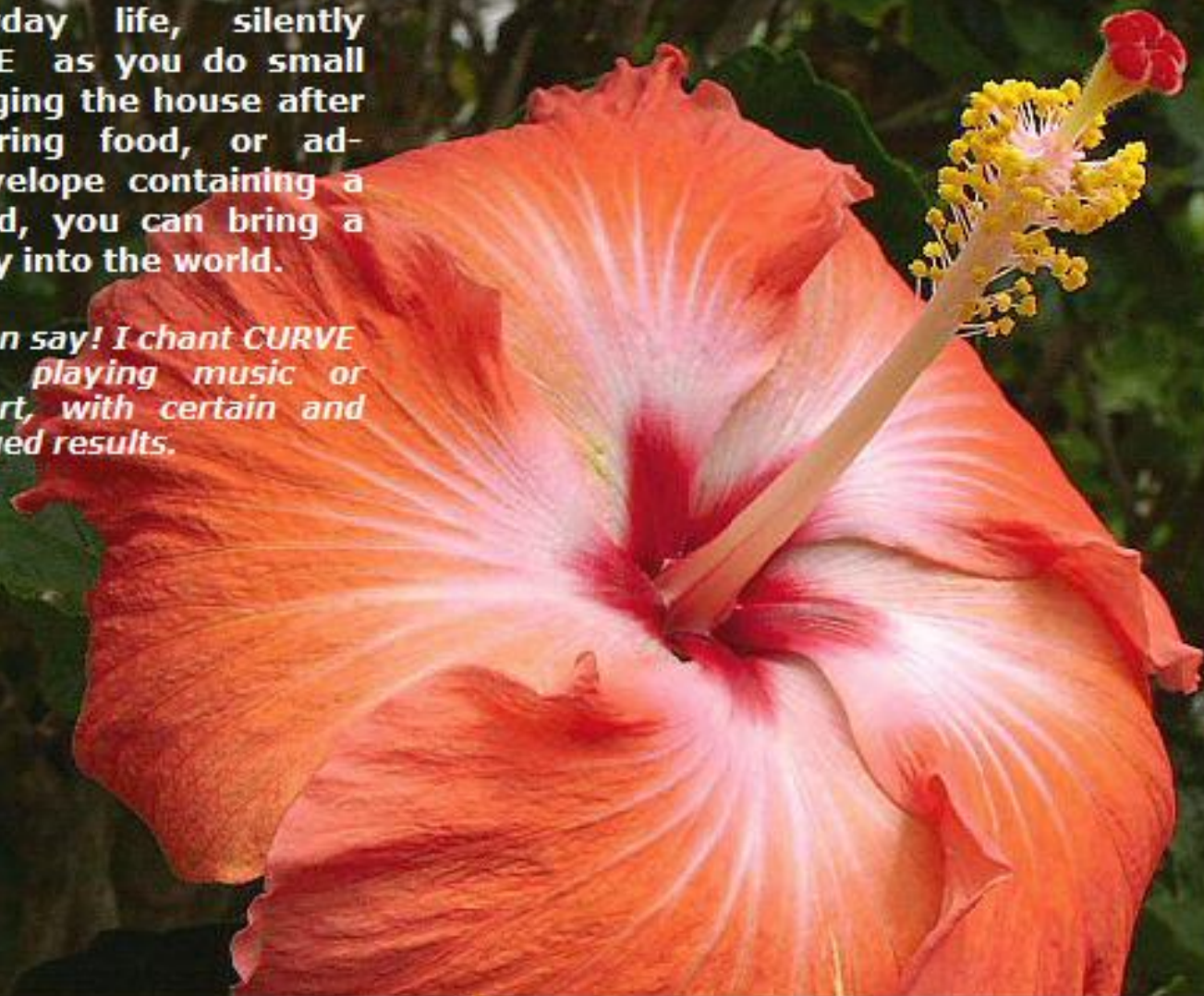
• TO CREATE BEAUTY

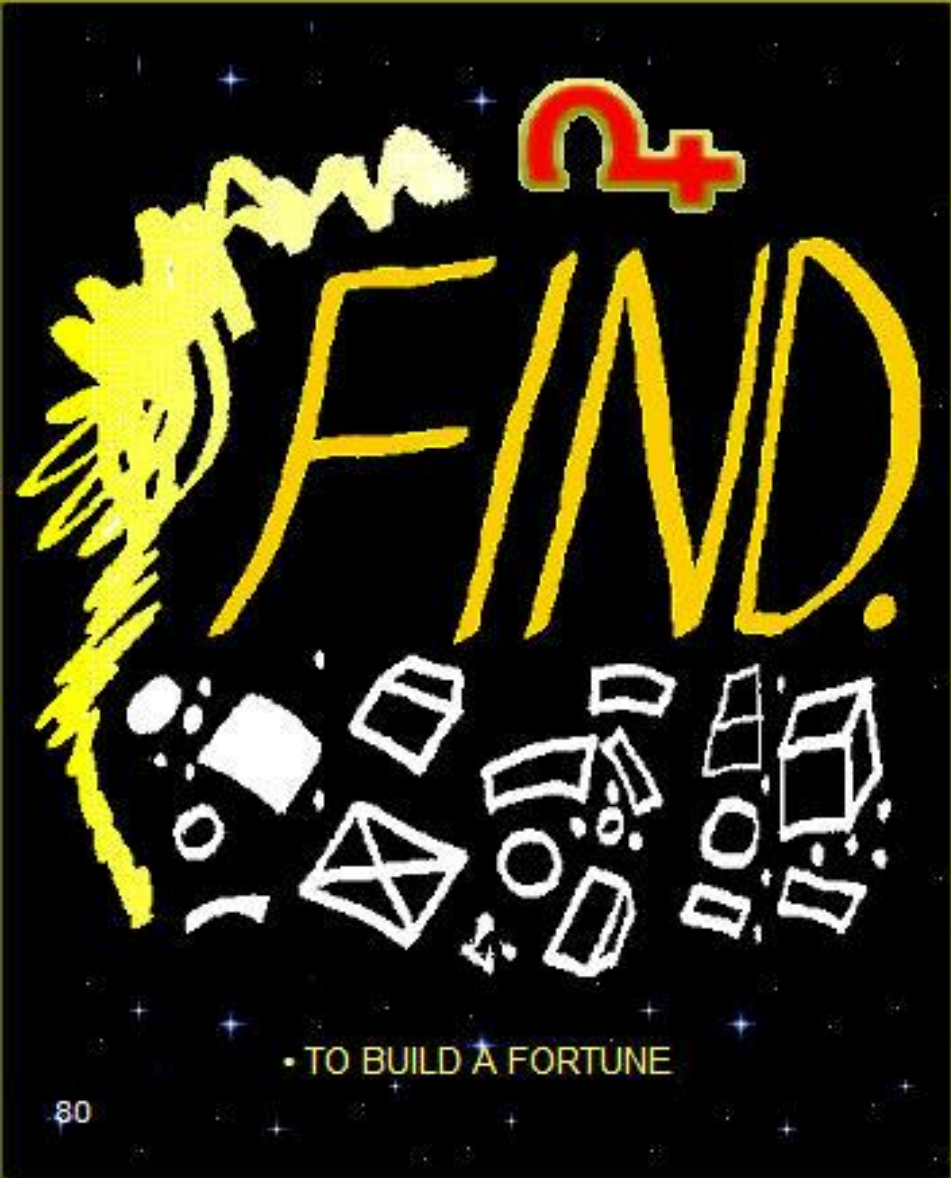
A most fascinating switchword, declaring and/or repeating **CURVE** silently or aloud brings beauty. Artists, musicians, craftspeople, take note! This is a key to the mastery of creating beauty. A highly developed technical skill in any art form does not of itself guarantee mastery of beauty (in fact, that may not necessarily be a goal at all). No matter what your degree of technical skill, you can create works of beauty in any art form by declaring and/or repeating **CURVE** while you are working in your art. And **TOGETHER-CURVE** will insure that you are in a **TOGETHER** state while working and that your result will be **TOGETHER** and harmonious. And it's not necessary to formally be a creative artist to use **CURVE** to your benefit...



Just in everyday life, silently declaring CURVE as you do small things like arranging the house after cleaning, preparing food, or addressing an envelope containing a letter to a friend, you can bring a little more beauty into the world.

It works, is all I can say! I chant CURVE frequently when playing music or creating visual art, with certain and much-acknowledged results.





*The essence of building a fortune:
FINDing things of value*

FIND is a very valuable and fun
switchword to know:

FIND is a "financial increase mantra."

This is another one to experiment with by giving it the one-day test: chant, say, declare, affirm, or sing **FIND** all day, silently or aloud, and watch what happens. You'll likely **FIND** valuable things that increase your net worth or your income – through ways that may be either entirely ordinary or quite extraordinary.

*Using **FIND** as mentioned above,
I have found money alongside a roadway
while walking, a cache of mixed fresh
fruit lying inexplicably beneath a tree
in a vacant lot, new employment
opportunities "out of nowhere," an
opportunity to find a buyer for a friend's
land that was for sale for a finder's fee*



(which buyer I did **FIND** – using **REACH**), all sorts of valuable items along roadsides and sidewalks, unexpected gifts from relatives and friends, employment, successful business partnerships and enterprises – you try it and please let us know what you **FIND!** (www.switchwords.com)

This switchword has extraordinary power to add to your prosperity, if you remember to use it (**CARE**). For even more extraordinary happenings, try **FIND-DIVINE**, **TOGETHER-FIND**, or **TOGETHER-DIVINE-FIND!**

FIND:

1. to meet with either by chance or by searching or study
2. to obtain by endeavor or management
3. to arrive at: reach
4. experience, detect, perceive, feel
5. to gain or regain the use of
6. provide, supply

–Webster's dictionary





Q. What is a "discount?"
A. Where an amount of money is decreased.

Q. What's the opposite of that?
A. A "count," of course.

The common essence of all money-making by anyone is **COUNT**. Anytime some money is made, at some point a **COUNTing** goes on — **COUNTing** of hours worked, products sold, and/or cash and checks and credit card charges accumulated through sales.

If you declare this essence of money-making, **COUNT**, either once as a switch or repeated as a chant, silently or aloud, you will soon be watching yourself make money.



COUNT is unspecific – when you declare or chant **COUNT**, you may very well soon come upon a coin on the sidewalk or in a pay phone – or you may get offered a new job, make thousands on the stock market, or close a multimillion dollar business deal.

To get acquainted with **COUNT**, silently repeat it throughout your activities for an entire day, and watch what happens ... something will! Then experiment with declaring, affirming, and/or repeating **COUNT** while putting your attention on a specific amount of money, for more specific results.

COUNT tends to bring situations where you make money through **COUNTing** objects of value or time in a transaction or exchange of goods

or services, and then **COUNT** the money received. Its close relative, **FIND**, tends to manifest things of value, including money, through accumulation, often with no measurement by or association with time. **COUNT** always brings money, but **FIND** may just bring new valued possessions (which may or may not be convertible to money). For financial increase, try out either or both, and combined with **TOGETHER** and/or **DIVINE**:

COUNT-DIVINE.

FIND-COUNT.

TOGETHER-DIVINE-COUNT.

TOGETHER-DivineORDER-COUNT.

TOGETHER-DIVINE-FIND-COUNT.

etc.

Please share your miracle stories
(at www.switchwords.com)!



seller **GIVES** item to buyer
buyer **GIVES** money to seller

The essence of selling anything is the giving of the item being sold by the seller to the buyer, and a corresponding giving of money by the buyer to the seller.

Whenever you would like to sell something, rest your attention on the item, and declare and/or repeat **GIVE**, silently or aloud. The sale will then not be long in manifesting. It works! Very useful in any business!

If you're not feeling totally unified within yourself while selling — or if you work in a sales team — try **TOGETHER-GIVE**. And of course you also can achieve extraordinary sales goals by declaring and repeating **DIVINE-GIVE** or **TOGETHER-DIVINE-GIVE**.



GUARD.

• TO HAVE PROTECTION

Declare and affirm **GUARD** anytime you do something risky to your well-being, physically or otherwise, or anytime you are in danger. You can also use it preventively by declaring it towards property you want to protect from harm or theft.

As with other switchwords, ideas, impulses, or hunches may come to you to follow up on after you begin declaring **GUARD** which you should follow to bring about the protection – or the protection may (seemingly miraculously) just manifest on the spot. In whatever way it manifests, it is worth remembering (**CARE**) that the essence of protection is **GUARD**.

One evening back in 1975 I journeyed with my girlfriend to an exciting rock concert in San Francisco that we very much wanted to attend. The only problem was that we did not have tickets



and hoped to buy some at the box office or from other concertgoers. Sure enough, we encountered a man outside the hall who said he had some tickets for sale over at his nearby apartment. Being trusting and naive small-town people, we followed him a few blocks away to a darkened high-rise complex in what appeared to be an increasingly ominous-looking ghetto neighborhood. As we walked into the first-floor entrance area, about six tough-looking young men appeared and grabbed my companion and me, shoved us into a dead-end side corridor, demanded all our money, and began to claw at my companion's clothing. As it happened, we had only \$16 with us (1975 ticket prices were low) and we weren't very lucrative targets for them. I had only recently bought and read James Mangan's book *The Secret of Perfect Living* for the first time, and after about 10 seconds of pure shock, I remembered to start silently declaring (commanding, more accurately) **GUARD-DIVINE**. Immediately, a car pulled up just outside, shining headlights

in the area, and our assailants were compelled to let us go, unharmed but shaken. Mere coincidence? Who knows, but who cares? In synchronicity, my vibration of **GUARD-DIVINE** happened simultaneously with miraculous protection. (As I have seen this synchronicity of switchword and manifestation occur hundreds of times over the years, I tend to accept it's not just coincidence.)

On another occasion, I was walking down a sidewalk in a residential area of a California town when a large German Shepherd dog decided that I had entered his territory and began racing towards me, snarling viciously. I immediately silently and strongly declared **GUARD**. To my astonishment and relief, in a split second following my inner command of **GUARD**, the dog stopped in his tracks, looked at me sheepishly, and turned and trotted home. There had been no apparent outer stimulus to influence him to do so.

Also excellent: **TOGETHER-GUARD.**,
TOGETHER-DIVINE-GUARD.

- TO ELIMINATE ANY NEGATIVITY OR UNWANTED CONDITION

CANCEL.



Q. If you placed an order for something but you don't want it anymore, what do you do?

A. CANCEL the order, of course.

Webster's dictionary definition of **CANCEL** is "to cross out, delete, annul, destroy." **CANCEL** is tremendously useful for crossing out, deleting, annulling, eliminating, or destroying "negativity" of any kind: destructive ideas or emotions, worries, depression, poverty ideas, debt, body disorders, any condition you may have that you want to eliminate. **CANCEL** does have very useful and practical dis-creation power!

At the highest levels of responsibility, what you got in life now and in general is what you have placed an order for. If what you got isn't what you really want, just **CANCEL** your order by declaring, affirming, or chanting **CANCEL**. This may be the most well-known switchword until now; it was spread around by various spiritual and self-help groups and books over the years, who perhaps got it originally from James Mangan's book *The Secret of Perfect Living*.

Also excellent:

TOGETHER-CANCEL.
TOGETHER-DIVINE-CANCEL.



- TO GET TRANSPORTATION
- TO CREATE NEW IDEAS



"The Magic Carpet,"
and The Bringer of New Ideas

Whenever you want transportation of any kind, the essence of that is being **ON** a vehicle being **ON** your way, until you are **ON** the place that is your destination. **ON** is a real magic carpet! Just a silent affirming or chanting of **ON** will inevitably and sometimes miraculously bring the transportation you seek.

*I did a lot of hitchhiking in North America many years ago, and **ON** was my "virtual vehicle." My favorite variation was*

**TOGETHER-DIVINE-ON-GUARD-
BE-NOW-DONE**

for togetherness, miracles, transportation, protection, peace, no delays, and completion. So many miraculous amazing rides happened when I inwardly chanted that chain of switchwords!



It is possible to see anything existing in the universe being, at its root, an idea. So when you affirm **ON** for transportation, you are bringing new ideas into your situation, like a car, a driver, a passenger, a journey together, etc. However, you don't have to be seeking transportation to use **ON** for new ideas – and that's the other use for **ON**, to create new ideas. To supercharge this function, develop new ideas by declaring or chanting **ON** while riding on a vehicle! And though a better switchword for building anything is **PUT**, **ON** will bring good ideas for construction or production, thus it's recommended for that use also.

ONward!





SLOW

• TO BE WISE

Whenever you are in a situation calling for wisdom in your thinking and actions, whenever you have an important choice or decision to make, declare **SLOW**, silently or aloud, repeatedly if necessary. Your energies will slow down and you will discover that all you need to know is at hand, you are in touch with wisdom, you are wise in this moment, and you make wise choices.

It's not necessary to understand any of the switchwords in order to use them, just like it's not necessary to understand electricity to turn on a light switch. But the workings of **SLOW** are something like this: Consider how much of the details of the roadside you can take in and observe when cruising down a highway at high speed. Then notice



how much more detail you can observe when riding along the same route on a bicycle, at a much slower speed. Then imagine walking slowly and relaxedly along the same roadside, and how much even more you can observe. The same details are there, only when you speed on by, there is little time to take them all in. In life all the details are there, all the observations that are inherent to wisdom are there, it's only necessary to slow down enough to see it all. The word **SLOW** is, naturally, the switch to bring that about.

If you have ever had the opportunity to observe an authentic spiritual master, there is often a very noticeable quality in such a one of relaxed slowness ... every movement of the body made with total awareness and grace. Conversely,

in anyone rushing around with frantic speed – or in anyone's mind where thoughts are rushing around with frantic speed – wisdom has been practically extinguished.

Impatience is a nonacceptance of what is, a wishing something would go faster. You can tune into what may in fact be a slow flow by declaring **SLOW**.

Love and wisdom united is a wonderful state of being. To be there, declare, affirm, sing, or chant **SLOW-LOVE** or **TOGETHER-SLOW-LOVE**

To get fancy about it, try
TOGETHER-DIVINE-SLOW-LOVE. :-)

"Love, not reason, should make decisions. Decisions based on reason and not love are karmic. Therefore, let your heart be your intelligence."

—Avatar Adi Da Samraj



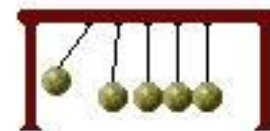
SWING.

• TO BE COURAGEOUS

Go ahead, take a SWING at it!

Two of the dictionary definitions by Webster of **SWING** are "to cause to come about successfully" and "to make a sweeping blow or stroke."

Declare, affirm, or repeat silently or aloud **SWING**, and you naturally thereby generate courage.





• TO BE IN AN "UP" MOOD

Feeling down? Just get UP!

Webster defines "up" as "in or to a higher position or level." Little more is necessary to say; it works. Whenever you're feeling "down" and want to feel "up," just declare or affirm **UP!**

I've found this switchword quite useful when playing music, in bringing everyone present **UP** in spirits – silently affirming **TOGETHER-CURVE-UP**, (or variations thereof) while playing. One of my favorite variations has been:

TOGETHER-DIVINE-LOVE-CURVE-UP-BE-NOW-DONE.





PRAISE

• TO MAKE ONESELF BEAUTIFUL
OR HANDSOME

CURVE is the switchword for creating beauty in any art form. However, to make beautiful your body or being, the appropriate switchword is **PRAISE**. **PRAISE** includes the implication that you are addressing a living entity rather than an inanimate object. **PRAISE** enhances and increases your innate physical beauty or handsomeness.

PRAISE is also the switchword for stopping finding fault with others, and reversing that to actually raising others up instead of criticizing and tearing them down. **PRAISE** is literally a beautiful gift you can give to others which has a supportive, uplifting, and encouraging effect. Using **PRAISE**, you'll naturally start noticing things you can praise others for, and want to share that with them. Lights 'em up! and good fun. 😊





• TO RELAX

Try it: think **HO** for a short while, or say it aloud, and watch... you'll soon let out a relaxing, sighing, yawn. Use **HO** whenever you would like to consciously relax and let go, spiritually, mentally, emotionally, and/or physically.

HO is very good for holiday times or any times! It brings relaxation and renewal and encourages gatherings with loved ones. The greatest advocate of the switchword **HO** is, of course, Santa Claus!



111 mum @
ELATE.



• TO TURN A SETBACK INTO AN UPLIFT



*"If life gives you a lemon...
make lemonade!"*

Whenever you experience a setback, disappointment, or seemingly unfortunate happening in your life, **CARE** to declare, affirm, or chant **ELATE**. By so doing, you literally re-form the energy of the event into an unexpected blessing.

*This is a fun, amazing, and remarkable switchword. I find it always fascinating to watch what great thing is going to occur after a seeming setback has happened and I declare **ELATE!***





BLUFF.

- TO DISPEL FEAR
- TO DISPEL NERVOUSNESS

"**BLUFF**" moves your energy in exactly the opposite direction as fear. When you experience fear, and declare, affirm, or chant **BLUFF**, it's as though that by deliberately pretending you're not afraid... then you're not! This is not the same as denying a feeling; it is re-forming the energy of fear into something else, coming from your creative center.

The "something else" is likely: love. And **LOVE** also works as an anti-fear switchword, as the true opposite of love is not hate but fear. **CARE** to try these out next time you feel fear, and you'll experience for yourself the effectiveness of **BLUFF** and **LOVE** for dispelling fear.





- TO BE IN GOOD HEALTH
- TO BE AT PEACE
- TO HAVE GOOD "FORM" IN SPORTS

The essence of peace is **BEing**.

When you just **BE** you *be at peace*.

Experiment: Declare **BE** awhile in thought (repeat slowly), and witness the calming, quieting, healing vibrations produced. Please declare often for yourself, for humanity and for the earth: **TOGETHER-BE**.

The essence of good health, which is *body peace*, is also **BE**. To **BE** in good health, and/or to promote and nurture healing, declare **BE**.

And to be totally unaffected by ridicule, **BE**.

To be a good performer of any kind (to have good artistic form), also **BE**.

"In the word 'peace' is found every element of good: life, love, wisdom, power, substance... It will always demonstrate good results for you."

—Dr. Catherine Ponder

Let It **BE**.





alone.

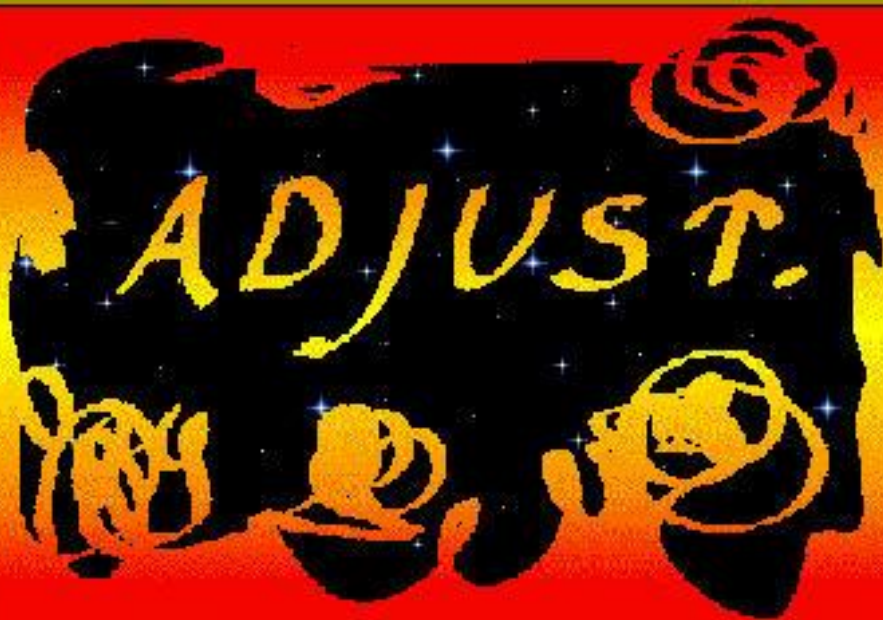
TO HEAL

The word for healing is **ALONE**, or "ALL-ONE," the state of wholeness and togetherness present when the healing is complete and you **BE** in good health. When you declare, affirm, or chant **ALONE**, you get into that state and the physical tends to follow likewise. **BE**, to be in good health, is also very useful for healing. And try out

BE-ALONE, TOGETHER-BE-ALONE, TOGETHER-ALONE, DIVINE-ALONE, or TOGETHER-DIVINE-ALONE-BE.

In some cases, declaring or chanting **ALONE** may be enough in itself to rearrange your inner psychological landscape so that healing takes place as a natural consequence. In many other cases, some outer action, like visiting a doctor, may be appropriate, and **ALONE** then will give you the ideas and inspirations about which outer actions to take.





- TO ADJUST TO UNCOMFORTABLE OR UNPLEASANT CONDITIONS

The word **ADJUST** is defined in Webster's dictionary as "adapt" or "fit" and that is what **ADJUST** empowers you to do. Anytime you encounter an uncomfortable situation which you nevertheless must see through, declare/affirm/chant **ADJUST**, and you will find your task much easier.

Great for climbing hills, stairs, or mountains – runners, bicyclists, and other athletes, take note! Also works wonders when carrying heavy loads, physically or psychologically, or when faced with a difficult emotional situation.

*This is also the word I use when diving into cold water, such as at the beach or a Hawaii stream pool, or for taking a cold shower when hot is not available (as in a Thailand beach bungalow) ... I just go **ADJUST! ADJUST! ADJUST!** and I more easily do!*



CHANGE.

✦ TO EASE AND DISPEL PAIN ✦

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CHANGE.

*eases and
dispels
pain*



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SPEND.

• TO DRESS BETTER

The essence of increasing the quality of the way you clothe yourself is **SPEND**. Whether you **SPEND** time making the clothes or **SPEND** time shopping for them, it's necessary to **SPEND**. Eventually the new clothes will become "spent," and then more **SPENDING** will be called for. This is an odd switchword that nevertheless does work, and is fun — give it a try.

Happy Spending!





• TO DISPEL LONELINESS

*Get out and about,
watch loneliness abate
as you CIRCULATE!*

No one ever need be stuck
with loneliness. There is an
easy remedy: **CIRCULATE.**

*The few times I have used this
switchword, I find myself starting to
move out among people, auto-
matically creating and attracting
possibilities for socializing, putting
myself "in circulation."*



off!

- TO GO TO SLEEP
- TO QUIT AN UNWANTED HABIT

Whenever you want to get to sleep, say **OFF**. **OFF** directs your inner bioelectric system, just like turning **OFF** a TV: turn **OFF** your waking state.

Through declaring, affirming, or chanting **OFF** you can also turn **OFF** any unwanted habit, such as smoking. Whenever the habit tempts you, again declare **OFF**. (To cut down, not quit, use **CUT**.)

OFF: a state of discontinuance, exhaustion, or completion
—Webster's dictionary



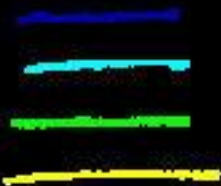
MOVE.

- TO DISPEL FEELING TIRED
- TO HAVE PLENTY OF ENERGY
- TO GET RID OF INERTIA OR SLUGGISHNESS

The essence of energy! One of Webster's definitions for "move" is "to show marked activity." So you will, when you declare, affirm, or chant **MOVE!** No matter how "tired" you may feel, always **CARE** to remember that you can recharge your energy by declaring or chanting this switchword: **MOVE!**



now



• TO ELIMINATE PROCRASTINATION

*Self-evidently,
NOW wipes out procrastination!
Don't put it off: act NOW.*

*I often tag this on to other switchwords
for a speedier result, as in:*

COUNT-NOW.

ON-NOW.

NOW-DONE.

TOGETHER-FIND-NOW.

REACH-NOW. or

TOGETHER-DivineORDER-BE-NOW-DONE.

etc.!

Do it now.





DONE

- TO COMPLETE A TASK
- TO INCREASE WILLPOWER

To get things **DONE**, declare, affirm, sing, or chant **DONE**. This brings about seeing the intended result as complete and **DONE**, starting from the beginning, and opens the way for certain results.

*I often use **DONE** as a switchword "suffix," as I use **TOGETHER** and **DIVINE** as "prefixes," as in (for rides) **TOGETHER-DIVINE-ON-GUARD-BE-NOW-DONE**. **BE-NOW-DONE** is one of my favorites, for peace and good health while manifesting something without delay. Other possibilities include*

***COUNT-DONE,**
CURVE-DONE,
MOVE-DONE,
NOW-DONE, and
TOGETHER-DONE.*



LEARN!

The true fountain of youth!

Contrary to popular belief, there is indeed a Fountain of Youth, and its name is **LEARN**. Those Spanish explorers searching for "the fountain of youth" in Florida centuries ago were missing by looking outwards instead of in. Youthfulness comes "from the inside out," and its essence is **LEARN**.

An essential natural characteristic of children is that they are constantly learning. As a human being, when you stop learning, that is equivalent to "oldness." There is always something more to **LEARN**, and as long as you frequently declare this switchword and continue to learn in life, you'll never be "old" no matter what your body's birth date.

Right now — if you happen to be feeling "old" — **LEARN!**



• TO BUILD

PUT.



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"PUT: To bring into a specified position."

—Webster's dictionary

The essence of building anything is putting the pieces together (**TOGETHER**), piece by piece. Anytime the task at hand is to build or construct, just keep affirming **PUT** for an easy, flowing, well-done job. Particularly useful when you have a task before you to get done, and you have no idea what to do to accomplish it!

TOGETHER-PUT, of course, will result in a very **TOGETHER**, well-built accomplishment... or even better: **TOGETHER-DivineORDER-PUT**.



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Whenever you want to get in the mood for writing, declare, affirm, say, or chant **GIGGLE**. This is a most unlikely and funny switchword — it's amazing that James Mangan discovered this one — but I have experienced many times that it does work. **GIGGLE** observably creates flow-*ingness*, non-seriousness, and non-stuckness, which is supportive of easy writing.

When I have letters or e-mail or articles to write and I don't feel like it, I say **GIGGLE**, and before long I do feel like writing and it all flows out easily. I also use it for my book-writing and website work. It's is a very valuable switchword for any writer, author, poet, student, or secretary!

TOGETHER-GIGGLE is also worthwhile to experiment with — or try **TOGETHER-DIVINE-GIGGLE** and watch some miraculous writings happen through you!





STRETCH

• TO MAKE ANYTHING GOOD LAST LONGER

"To become extended without breaking"

—Webster's dictionary

Anytime there's an enjoyable experience, event, happening, feeling, or inner state going on in your life that you would like to prolong without any break, declare, affirm, chant, or say **STRETCH**. A good switchword to use when you're in those delicious longtime periods of **TOGETHER**ness brought about by use of **TOGETHER**!



TAKE.

• TO INCREASE LEADERSHIP ABILITY

"Let me TAKE you there."

TAKE is the essence of leadership. Not "take" in the sense of "take from," but take as in, "I'd like to take you to dinner" or "Our new manager has been taking the company to greater levels of success." Taking as in leading...

So if you aspire to leadership, or want to improve your leadership abilities, frequently declare, affirm, or chant **TAKE**. And of course, **TAKE** is great for being harmonious with all whom you lead, and being a **TOGETHER** leader.





HOLE.

• TO BE ATTRACTIVE

Astronomers say there exist in the universe things called "black holes." A "black hole" is a collapsed star with such ultimate tremendous gravitational attraction that it pulls into itself all surrounding things – even light.

One thing about holes is that they imply the possibility of being filled. That implied possibility of being filled equals attractiveness. Thus, anytime you want to create attractiveness – of an artwork or creation of yours, or of your body, or you, affirm **HOLE**. Art, music, food, crafts, any art form ... or your body. In sexual loving and play the various holes of the bodies receive primary attention and energy. It follows, therefore, that to affirm **HOLE** in an appropriate situation will necessarily make you more sexually attractive.

This is a fun switchword – enjoy your experiences with it! Also try out

**TOGETHER-HOLE, DIVINE-HOLE,
TOGETHER-DIVINE-HOLE,
TOGETHER-DIVINE-HOLE-LOVE,
and other combinations!**





OVER.

Frustration is past, finished, *over*.

**Don't remain frustrated –
declare an end
to frustration
with **OVER**.**



FIGHT.



MOM

• TO WIN A COMPETITIVE GAME

It's no coincidence that cheerleaders traditionally chant the mantra **FIGHT-FIGHT-FIGHT!**

In any competitive game or sport, even just one player or team affirming and chanting silently **FIGHT** during the game will give that player or team a definite advantage. This includes football, baseball, basketball, soccer, hockey, volleyball, tennis, golf, chess, checkers, video games, board games, card games ... even politics.

*I have personally witnessed almost miraculous results when I've experimented with chanting **FIGHT** while playing on a volleyball team, and while playing chess. For teams, **TOGETHER-FIGHT** is great. A whole team of players silently chanting **TOGETHER-FIGHT** during a game would be invincible record-breakers! **FIGHT** is a true secret key to winning competitive sports and games! Try it out, you will see.*



between

• TO BE TELEPATHIC

BETWEEN:
"an intervening space or interval"
—Webster's dictionary

When two people are both consciously aware of the space or interval between them, what is called telepathy occurs.

It's not necessary to try to do that, though, or even understand it; it happens by itself when you declare, affirm, or chant: **BETWEEN.**



clear.

• TO DISPEL ANGER
(TO DISCREATE IT)





◆ TO DISAPPEAR JEALOUSY ◆





watch.

• TO LEARN A SKILL

The essence of acquiring a new skill is to **WATCH** it being done. In other words, observe the skill closely...

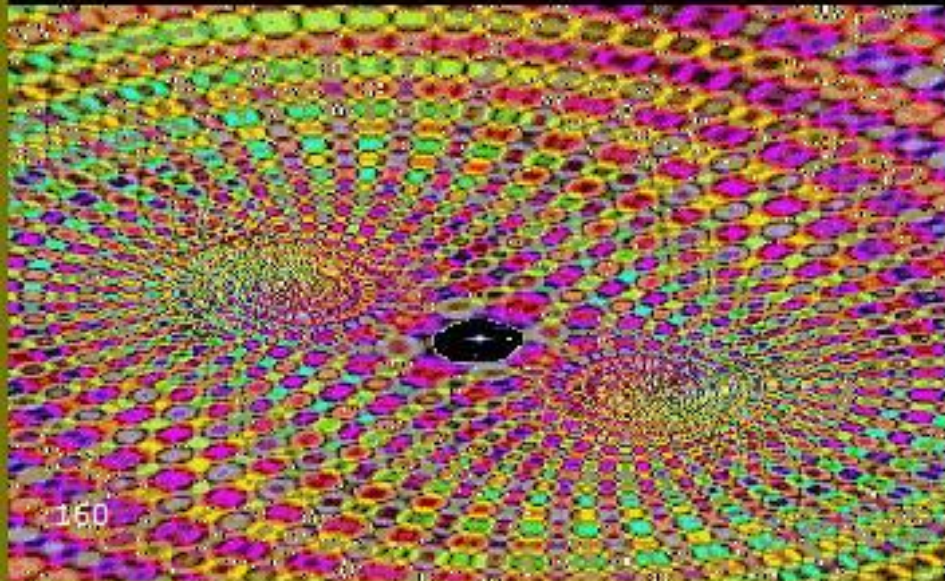
Actually, you can use **WATCH** even when there are no other people around doing that skill to physically **WATCH** – it will work on the inner planes to bring you the skill information you want from the collective mind-banks of humanity.



8. Combining Switchwords

It's a good idea to first become familiar with the energies and results of each of the switchwords before combining them into multiple-switchword declarations / affirmations / chants. Past a certain point, there are decreasing benefits in declaring, affirming, or chanting a string of switchwords rather than one, or possibly a combination of two or three (such as **TOGETHER-ON** or **DivineORDER-FIND**).

*For instance, I often silently chant **TOGETHER** while playing music, which is easy to do and it works — I feel and am **TOGETHER**, the music I play comes out **TOGETHER**, I'm **TOGETHER** in harmony with the other musicians and all people present. Sometimes I use longer combinations such as **TOGETHER-DIVINE-LOVE-CURVE-UP-BE-NOW-DONE**,*



and I can manage it for awhile if I have the switchword chain well-memorized (using CARE, of course), and the results are the worthwhile combination of all those switchword energies. But when a chain of switchwords is that long, it can easily become counter-productive by diverting too much of my attention away from the task at hand (music-making, in this case). And it's possible that a longer, very specific chain of switchwords is simply inappropriate to the situation! and you'll get no support from people or Existence for its manifestation. (For instance, if I was playing blues, the above long chain of switchwords would not be appropriate, as it brings about high-spirited [UP], beautiful [CURVE], lovely [LOVE], miraculous [DIVINE], peaceful [BE], and TOGETHER music without delay [NOW]!)

The switchword TOGETHER, however, is always appropriate, and always welcomed by everyone and everything universally! One of the beauties of single-word switchwords is that it's easy to silently (and perhaps repeatedly) declare a single word while doing something else — the "something else" then becomes an out-manifestation of that single word. And using a single word is like sun-rays through a magnifying glass all focused into a single point: a single switchword enables you to easily pour all of your creative energies powerfully through a single focused point, as opposed to diffusing them through a longer creative declaration or affirmation. Having said all that, I still can recommend longer chains of switchwords for certain kinds of experiences where you can easily

*give the necessary attention to declaring or chanting the switchword chain. Like hitchhiking — **TOGETHER-DIVINE-ON-GUARD-BE-NOW-DONE** works very well, and there's ample time while standing along a road to contemplate and/or chant that switchword chain. **TOGETHER-DIVINE-ON-GUARD-BE-NOW-DONE** was my standard mantra during many successful and fun hitchhiking journeys in North America as a young man in the 1970's.*

A basic format I suggest for longer switchword chains is:

TOGETHER-DIVINE-
[specific switchword(s)]-
BE-NOW-DONE.

TOGETHER for togetherness, **DIVINE** for miracles, **BE** for peace, **NOW** for no procrastination, **DONE** for all done

with high intention. (If you prefer to be less flashy, you can leave out the **DIVINE**.) A simple prefix of **TOGETHER-[specific switchword]** is often very useful in enhancing the effectiveness of any other switchword. For example, if you had any difficulty in having **COUNT** work for you, due to perhaps counterproductive attitudes toward money-making, **TOGETHER-COUNT** will ensure that you're in a state of togetherness while you're **COUNT**-ing. Or when part of a team: **FIGHT** will make you into a winning energy, but **TOGETHER-FIGHT** will make the whole team a winner.

Some other notable combinations of switchwords:

- for amazing artistic creations (arts, music, crafts, etc.): **TOGETHER-SLOW-LOVE-DivineORDER-CURVE-(UP)-BE-NOW-DONE.**

•for cooking and preparing
tremendously good food dishes:
TOGETHER-DIVINE-LOVE-delicious,
beautiful, and nutritious-BE-NOW-DONE.

•for extraordinary lovemaking:
TOGETHER-SLOW-HO-DivineORDER-
HOLE-LOVE-PRAISE-CURVE-UP-BE-
NOW-DONE.

•for rapid and effective clean-up
of any mess or clutter:
TOGETHER-DivineORDER.

•for healing miracles
TOGETHER-SLOW-LOVE-
DivineORDER-ALONE-REACH-
BE-NOW-DONE.

•for great financial increase
TOGETHER-SLOW-LOVE-
DivineORDER-FIND-COUNT-
BE-NOW-DONE.

The possibilities are obviously infinite.

9. Using Names As Switchwords

Van Gogh.

BACH.

GATES.

SPIELBERG.

Meera.

OSHO.

EINSTEIN.

In addition to the full spectrum of specific switchwords included in this book, you can also use names of people (past and present) who have qualities you want to bring forth.

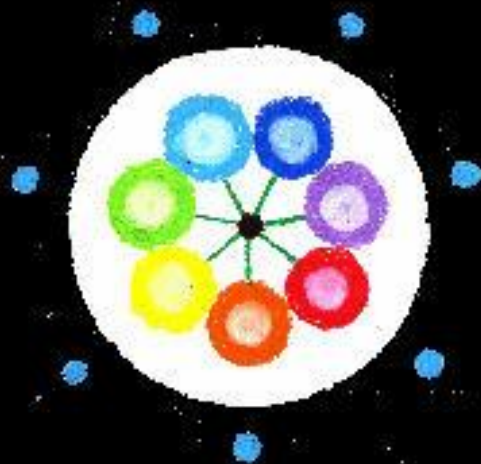
For instance, some years ago I had a master teacher of singing and voice, and now whenever I'm singing and want to bring forth singing ability, I can inwardly chant his name as a switchword. If you're an artist of any art form, and would like some talented artistic guidance, try using the name of a master artist that you admire as a switchword while working, and watch what happens. In the financial world, you can receive financial wisdom by using the name of a master of finance, such as a famous millionaire, or someone you may know personally.

Christians make use of this technique of name-as-switchword when they "pray in the name of Jesus Christ," Hindus when they chant the name of Krishna, and Muslims when they chant the name of Allah. You can be with and experience the blessings, vibrations, love, light, wisdom, peace, and power of any particular spiritual master of past or present by using their name as a switchword, declaring, affirming, or chanting it.

A related phenomenon is that when you are sufficiently centered, clear, and empty and you declare and contemplate the name of any other individual, you can meditatively experience the being of that individual in consciousness. This is possible no matter how distant they are and sometimes it is even possible if they are no longer in a body.

*Beneficially Influence
Any Environment:*

10. Yantras: Switchwords Feng Shui



A *yantra* is a traditional Tibetan Buddhist visual design intended to produce a deliberate effect on the one beholding it. Usually the intended effect is to draw one's mind to its central source, taking the mind directly into a state of great fluidity and receptivity, resulting in serenity and blissfulness.

You can use switchwords to create your own two-dimensional or three-dimensional yantras intended for other purposes! For example, if you are a sculptor, you could mentally chant **TOGETHER-LOVE-CURVE-BE** continuously while working on a sculpture until it is done (chanting switchwords, it will be readily apparent when it's done). If that sculpture was then placed in a hotel lobby it would be a subtle influence towards togetherness,

love, beauty, and peace in that place for everyone present at any given time. This is using switchwords in a feng shui sort of way, using subtle energies to beneficially influence the nature of a physical living space.

Working as a cleaner, and chanting **TOGETHER-DivineORDER-CURVE**, you can infuse every object you place with the vibration of togetherness, superb order, and beauty, and the room is an influence for those qualities after you leave.

As a musician, if you make a recording while constantly inwardly chanting **TOGETHER**, that music will influence listeners to experience being **TOGETHER** within themselves and **TOGETHER** in harmony with others (and it may in fact then be universally popular!).

11. Beyond Switchwords



Switchwords are simply creativity tools – very useful for playing the game of life creatively, and for mastering specific situations and projects in your life.

The game of life consists of turning what isn't into what is. What isn't yet is deemed more important than what is now already; that makes a game possible – selecting a goal and then going there. We all do this for every task in life large and small, starting with getting out of bed in the morning – making that more important than staying in bed. Or then making going into the kitchen to eat breakfast more important than remaining in the bedroom.

But simultaneous with the domain of the game of life, we all exist in the domain of living. The domain of living

is the domain of being alive and present here now, the domain of meditation, silence, presence, divinity, and buddhahood. In this domain, what is is inherently more important than what isn't.

Here, there is no need to declare or chant a mantra or switchword inwardly or outwardly. Here, they can even become unwanted ripples on your calm still mirroring lake of peace and bliss. Not only words – in the higher states even you are a ripple to be relaxed and dissolved. And it is certainly possible to ongoingly live one's life from that state of consciousness, which is a relaxed "let-go" place of choiceless awareness, trusting and being grateful for whatever Existence is bringing you in the moment.

However... Many people, especially in the Western world, are materialists or "Goalists" and think the game of life is all there is; they are unacquainted with the meditative domain of just being here now.

Many others, especially in the East, are spiritualists or "Is-ists" and assert that being here now is all there is, and the game of life itself is an unbeneficial activity to be avoided (as if that was possible). Neither extreme is healthy, complete, or together. It is possible to enjoy both together – indeed, you are sure to be more effective and have more fun in playing the game of life when you are fully present and alive in being here now all along the way. And switchwords can then be effective, creative, and useful word-tools.

When you're not playing the game, and just being here now, or in silent watchful meditation, or experiencing heartfelt love, switchwords are unnecessary, inappropriate, and useless. Switchwords are simply very effective creative languaging tools for playing the game of life (which consists of turning what isn't into what is) easily, masterfully, and fun-ly.

May you experience a great increase of all-together great good through switchwords. May we all be healthy, happy, peaceful, prosperous, and
TOGETHER!

Thanks, blessings, peace, and love,

Nirav

12. The Only Truly Universal Declaration and Affirmation

TOGETHER.