

## Some Keys to Understanding and Using Switchwords

### The Magic Words of Command and Intention

Switchwords are truly **magic words** that validate many other teachings and our own intuitive knowing. They seem to be a doorway to the Kingdom within. James Mangam came up with the concept in the nineteen fifties and spread it in the sixties in his book, "The Secret to Perfect Living," (now in a new printing). Some switchwords are ancient words that have been used for eons. Others are catchy keywords in songs or in TV commercials. They contain the essence of an experience, a condition or a feeling. Other switchwords have a personal appeal. Some of the ancient beliefs that foreshadow the use of these magic words are common knowledge, for example:

- All needed answers are available for the true seeker.
- Our inner wisdom knows what is best for us.
- There is a vast storehouse of knowledge if we just knew the way to it.
- Our ego and our conscious mind often thwart our spiritual peace and growth.
- Hypnotic suggestion is one sure way to contact the inner mind.
- The Kingdom of Heaven is within us.

We have all suffered from the sense of alienation, isolation and separateness at some time, and we know that this feeling can be a reflection of what is happening within. It seems the basic separation from ourselves is between our conscious, ego-driven self-identity, and the huge mystery of our unconscious with its connection to Spirit and, in truth, all present-time knowledge. The healing of that rift is what C.G. Jung called the *Conjunctio*, or alchemical marriage, out of which mystical gold will come.

All our lives we have been taught to deny our inner knowing and feeling. We are told, "You don't want to do that!" Or, "You don't hate so-and-so!" Never mind that so-and-so just tried to molest us in the back bedroom. Or, "Drink your milk. It's good for you!" Never mind that the milk is part of the cause of our asthma. Over the years, for many reasons, we abandon our inner knowing and do not follow our inner promptings. We are taught to alienate one of our truest friends, one who will never leave us in this life, our unconscious and all it holds.

Switchwords create a bridge between what we need and desire, and the Inner Being that can help us achieve our goals. They work for healing, for manifestation, for character development, for spiritual growth, indeed for almost any aspect of human life.

The Switchword TOGETHER is the master key to re-establishing that inner relationship. This is what James Mangam discovered. The word is a hypnotic suggestion that opens the door to the vast storehouse of knowledge, personal and planetary, that is within us. It reflects the truth that we are all in this together, plants, animals and people. Because it speaks the truth in a single word, it bypasses ego and all its works, like skepticism and argument. Other Switchwords are shortcuts to specific information held in our

unconscious for handling specific issues. They all work best if thought of as a suggestion, an intention.

One way to begin exploring switchwords is to simply say the switchword, TOGETHER, in a thoughtful and aware way. Say it several times. Think about how it feels, what it makes you think of, and what your impulse is after saying it. Some people cry, others laugh and some become very quiet and centered. Or try this. The next time you lose track of something, say REACH. Perhaps say it more than once, and then follow your inner prompting to where the thing might be. You may be very surprised! If you have trouble getting to sleep when your mind just won't shut down, try the switchword OFF. Say it several times and you may slip off to slumber easily.

Here are a few Switchwords and their applications:

Cancel – To eliminate negativity, negative thinking, negative conditions or poverty

Change – To get rid of pain or illness, or to get something out of the eye

Forgive – To end the desire for revenge, to stop angry thoughts about self or others

Clear – To dispel anger or resentment

Reach – To find lost thoughts, lost objects or anything misplaced, to find solutions to problems

Off – To go to sleep easily or to stop an unwanted habit

Count – To make money

Divine Order – To put things in optimum order, to bring optimum order into the life

Learn – To become younger, to rejuvenate

You can place written Switchwords around your home or office to remind you to use them, or take one word as a project and apply it every time you think of a problem or feel a symptom. I use the word OFF to go to sleep at night and it works nearly every time. I have used it so much, it is now pretty easy to go off to sleep without it, and I have had insomnia most of my life.

Just like many people, I have had problems with negative thinking about others, and I find if I use the Switchword FORGIVE when I notice I'm in one of those loops, the thoughts clear fairly soon. If they come back, I just use FORGIVE again. It has worked in the most difficult situations.