

# **The Energy Swirler**

The Energy swirler is a simple to build torsion field device made from readily available components that can be utilized to develop skills in sensing and manipulating energy fields primarily for use in understanding your energy system inward and outward flows, karma, and rejected emotions related to pain issues

Physical health problems and the attendant pain are the result of blockages in the energy pathways through the body, so the goal is to simply open up these blockages to restore the proper flows, and thereby allow the body to heal itself naturally, and to face the original inward movement of energy again, in a more aware situation. Like the ability to cry and surrender to the pain and see the lesson within it

## **The physical setup**

The swirler requires 2 basic containers made from nonmagnetic materials, and can be as simple as 2 different sized plastic buckets, or can be as elaborate as fancy vases. The larger container acts as a sump to recover the water that circulates around and through a hole in the bottom center of the smaller bucket, which is mounted on top of the larger bucket.

A water pump is required to circulate the water through the system. This can be simple pond type submersible pump that is simply placed in the sump, or could be mounted external to the sump with a fitting through the bottom of the sump to allow the water flow into the pump. This approach reduces the magnetic field in the water and reduces pump noise. The pump output is routed through an appropriate hose in such a way that the water flows around the circumference of the upper container, thereby creating the water vortex.



A simple swirler setup utilizing a clay flowerpot setting into a 5 gallon bucket, and showing a counter-clockwise vortex. Wooden wedges were added to this setup to create a gap, which allows the hose and pump cord to pass into the sump. A 90 degree brass elbow was later added to reduce the hose length required and make it more aesthetically looking. It also makes it easier to switch between ccw and cw vortex flow.

A small submersible pump rated for at least for 100 gallons per hour should be sufficient to run this setup

Some tinkering will need to be done in terms of regulating the volume of water flow to achieve as deep a vortex as possible while preventing overflow. At the present time I'm simply using a pair of vise grip pliers to compress the water hose. An in-line flow regulator would be much better!

More attractive pots can be utilized, and if a more funnel shaped pot is used it will require increased water flow to form the vortex. Pots with a flat bottom will form the vortex with less flow.

### **Using the swirler**

The swirler has 2 basic modes relating to the direction of energy flow. In the CCW mode shown above the swirler is inflow mode and will pull energy

into the water. In the CW mode the swirler will be pushing energy out and into whoever is in the vicinity. In reality both flows will always exist concurrently, but one will be dominant over the other based on the flow direction

When set to the outflow mode, the energy frequency can be influenced by using cards with symbols drawn on them. The cards are centered over the vortex.



Swirler set to outflow mode (CW) showing the placement of the card. Changing the height of the water vortex and the distance of the card above it will influence the strength of the freq programming

When the swirler is set to inflow mode CCW the swirler will pull energy from the surroundings into the water, and in this mode it is a good idea to attempt to route this (hopefully bad) energy to ground. This is done through a small coil placed down into the center of the water vortex and connected to a good ground. We think that a normal house ground will work OK for this, but a direct grounding rod is preferable. In spite of the grounding coil, the water used in the inflow setup will get contaminated with the bad energy, and care needs to be taken when handling it. Getting the fingers into the

contaminated water can cause pain. The water will get contaminated even when using the outflow mode, because there is always some inflow present.



Swirler in inflow mode (CCW) showing placement of the grounding coil.

For the grounding coil I simply wound a couple feet of 12 gauge enameled wire that I had on hand around a pencil. I tack soldered it to a length of 12 gauge insulated wire long enough to reach the nearest electric socket. For the support I used a length of SS strapping material that I had on hand. A piece of wood would work fine for this.

It is recommended that the swirler first be used in the outflow mode in order to build up the energy in the body and the local environment.

I've got mine set up just to the right (north) of my chair where I sit in front of the monitor. It feel to me like the energy is max out the sides where the water is swirling, but Tony might be able to define that better than me. There does not seem to be any issues regarding the location of the swirler when used alone, but it does become important when it's being used with the Rodin Starship coils. More about that later!

## **Working with the energy**

Just sitting near the swirler set to outflow for about 15 minutes, my hands started to tingle and feel warm.

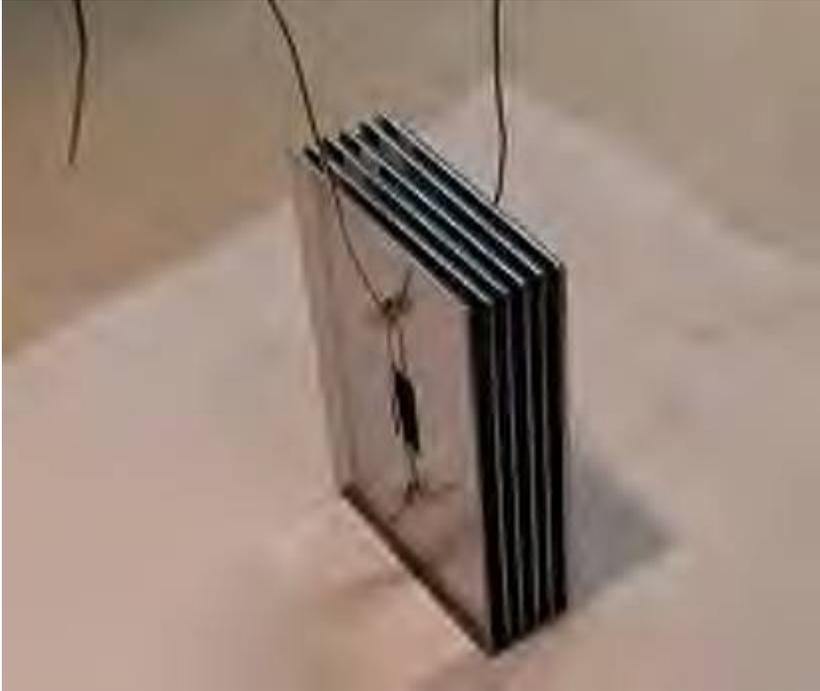
Start by placing a hand over the heart chakra and mentally begin pulling from the chest. I do a similar thing on my chest. Simply lay a hand on the chest and visualize pulling. It helps to move the hand away from the chest and then back to it to where it feels like stretching a rubber band. I can feel it pulling from my neck to my groin like a series of connected wires.

For working on my hands and arms, I simply take hold of one finger with the thumb and middle finger of the other hand lightly and mentally pull. I do each finger on that hand for a couple minutes, and then reverse hands. Arno recommends that when finished take the hand that was last used to pull and just briefly redo it to release any energy that accumulated in the pulling fingers.

When I do this I can feel the pulling clear up into my shoulders. There doesn't seem to be immediate pain relief, but after a short period of time I can tell that the pain has lessened. Apparently once the flow gets started it continues for a long time.

## **Swirler enhancements**

Since most people will be working with tap water in a swirler, the addition of some form of water charger in the sump will increase the swirler energy output considerably. A Joe cell will work great for this, but a simple electrolysis will work as well.



### Water charging cell

This cell was assembled in about an hour and utilizes 6 inexpensive stainless steel electrical box covers, 10 1/8" thick nylon washers which are used as insulating spacers, some SS wire and 2 small nylon strap ties to hold it all together. Power is only connected to the outside plates through the SS wires which are simply held against the plates with the ties.

The cell can be powered by a simple AC wall adapter, with a DC output around 20-30 volts, and capable of delivering about 250 ma of current.

Since tap water will not hold an energy charge for a long time, it's recommended that the charger be run about 15 minutes each day. The water will charge up even if the swirler isn't running. It might be fine to simply leave the charger running whenever the swirler is running, but we really haven't tested that yet.

In order to reduce the noise from the water dripping into the sump, a tube can be connected below the hole in the upper container, and some form of padding can be used under a submersible pump to reduce it's noise level. Noise can be an issue when meditating.

Placing some of Dave Lawrance's GL resonant rods in the sump will also increase the swirler energy output. These should probably be cut from stainless steel to minimize corrosion.

## **Energy and Emotional Releases:**

When we talk about energy, and our body, we can look at ourselves as an electrical circuit that has paths, switches and relays in it, for an analogy. So what happens when we start to bring in external energy into our body circuit, or the Body Electric? We are energizing the entire body, and each and every pathway that the energy travels through. Often, when there is discord or what is termed dis-ease, you have blockages in parts of this pathway. These blockages can be the result of physical trauma, emotional turmoil, an old illness, even a carryover from a previous lifetime. These blockages can be denser energy that has gotten "stuck" in organs or joints, even a particular place in soft tissue.

With introducing an external force of energy into the Body Electric, you can have, like in our circuit analogy, a short or an open. Our open would be similar to what is described above, energy travelling to a point and stopping. Our short will be where possibly we have a blockage, and our body has found a work around, allowing the energy to by-pass the clogged up area. What happens when this external energy hits one of these dense areas or blockages? A release. This release can happen in a number of ways, but most commonly you will experience a physical symptom from the release. That can mean you will be visiting the restroom numerous times as your body physically purges. You can experience a flu like release, where you feel ill and need to rest. The important part is to note how your body reacts to releasing such things as they happen, and honoring the process.

There cannot be judgment in this release. You can recognize what has happened, see the changes taking place, but it's

not our place to judge ourselves in this, only to bring things to our conscious observation for clarity, and hopefully, release. When we talk about judgment, we are talking about Ego and Mind. Ego and Mind would catalogue everything, find fault or blame. That is not what we are looking to do with this, rather we are following our Soul's direction. How does one tell the difference? Your Soul will not care one whit about what others will think or how they will perceive you, it will just direct you to do what is best for you. Ego and Mind will argue non-stop about how things should be done, become critical of results, and question its own motivation for doing anything! Surrender is truly the key here, but not from the mind, but from our very own Soul.

Truthfully, our own judgments and reactions to things often color how we perceive ourselves and the world. As we move into more esoteric realms of healing, we find that we each have both ultimate control and responsibility for our wellbeing and happiness. Using energy as a fulcrum of sorts, we can shift our inner balance, to regain a more harmonious state of being.

This document was assembled by Bernie Heere, with much help from Arno Waajenberg who came up with the concept in the first place, Tony Geron who contributed the section on emotional release, and Dave Lowrance who contributed the information on the charging cell.