

ENERGY MOVERS

Radiokinesis



Michael Murphy
Radiokinesis



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The Purpose of this Booklet

The purpose of this booklet is to give you, the practitioner, first hand information about the Energy Movers, their purpose, functions and proper uses, as well as a description of each one designed today.

What are Energy Movers?

Energy Movers are proprietary¹ devices designed and developed primarily by Michael Murphy which are used in Radiokinesis and Health Kinesiology procedures to move, balance and retune the meridian energies of the body. They have also been found to reprogram cellular energies and re-map energy flow. Energy Movers are valuable tools that can be used in multitudinous ways not only in Radiokinesis, but can also be easily incorporated into other natural healing modalities such as massage and chiropractic practices, to reflexology and other systems of specialized Kinesiology. When used correctly they serve to adjust the flow of energy to the different organs of the body, as well as to address the energy vibrations of the many positive and negative energies that surround us.

How do Energy Movers Work?

Sometimes energy communication and flow in the energy system of the body is disrupted in a way similar to a broken circuit or trace line in an electrical circuit board. A wire called a jumper is soldered from the beginning to the end of the break in the circuit to re-establish electrical connection. Energy Movers were designed to accomplish a similar effect in the energy system of the body by reconnecting the broken circuits along the lines of the meridians. Energy Movers are a multi-faceted tool that can be used in multiple situations.

Incorporated into Energy Movers are principles

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and elements of transducer technology, electronics, homeopathy, color, gems, flower and other essences, essential oils, herbs and many other energy patterns.

What can Energy Movers do?

Energy Movers function in a similar way for your energy system as diagnostic software does for your computer. Just as that software has the capability to search your computer's hardware for typical errors such as missing setup files, as well as speeding up performance, realigning data and recovering damaged files, so also have Energy Movers been designed to assist our "bio energy computers" in the same fashion.

Energy Movers have the capacity to multi-task and work multi-dimensionally on many levels and jobs simultaneously. They also appear to act



as energy filters and assist the energy system in making valuable adjustments to enable it to better receive positive energies or "chi", and to screen out negative energies. Emotional energies, whether positive or negative, have a particular energy frequency or vibration which can either support us or harm us. With Energy Movers, the body's energy system has a powerful ally to assist in lancing the boils of



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negative emotions and detoxifying them, so to speak, from their body's cellular memory. Then cell-to-cell energy communication can more easily accomplish what it was originally designed to do, unimpeded by those "stones on their path". Energy Movers also assist the energy system to build up a tolerance to the negative energies.

In addition, Energy Movers assist in identifying incoming energies and adjusting their rate, flow, amount and strength so that the body can comfortably accommodate it, similar to a tuner on a television. Finally, Energy Movers have been known to have a valuable ability to help develop an energy immunity to common destructive energy frequencies.

How can Energy Movers help you?

After studying Health Kinesiology and practicing it for many years, I have realized that commonly the body calls for corrections that require holding points in various locations of the body at once. In such cases I felt limited because, as a solo practitioner, it was almost impossible to accomplish this (having only two hands!). On many occasions the points were located in different and often far apart parts of the body.

In order to complete such corrections, a person would have to lie still for long periods of time while all the points are held in succession, until the correction is completed. I also realized that when the body called up the need to hold points, many people did not feel comfortable with being touched. This motivated me to envision and design a tool that could serve the purpose of rewiring and reconnecting the energy of the body and correct the "broken" energy paths all at once. This device would reduce the time of the correction, and would also make the rewiring more powerful and complete. Having worked with computers a good part of my life, I used the principles of energy conduction I saw in them, as well as other ordinary appliances, as the primary inspiration to create the energy flow and connection properties of the Energy Movers.

Their design is simple and effective, and can be easily placed on an individual without making the person feel uncomfortable.

Benefits of Energy Movers

Energy Movers have virtually endless possible applications, when used by trained practitioners. Using muscle-testing, the body may call upon them to correct energy flows, and thus be easily integrated into other Kinesiology systems, such as Health Kinesiology, in numerous ways. Also, they can be integrated into other natural health modalities as tools. For instance, they could be used in reflexology, massage, acupressure, shiatsu, bodywork and energy work.

While healing from injuries, it may be beneficial to carry an appropriately tested Energy Mover in your pocket or over the area of injury. They can be used to rub, wave over or stroke the energy field of the body to cleanse it — the body's creativity is the limit.

Energy Movers have shown to be very versatile and effective in many unusual ways. For example in my experience:

- Several babies were relieved of gas problems by having the baby lie on top of an Energy Mover.
- Once during a telephone conversation, a practitioner who worked with Energy Movers instructed a very depressed client who had some Energy Movers at home, to go and test for an Energy Mover to hold that may help. The person simply picked up a couple (without testing due to the state of depression). Almost immediately, the client started feeling better and the practitioner noticed the mood changing from depression and negativity to the client's usual positive self.
- By simply rubbing Energy Movers over pain, many people have experienced relief.
- Most people find it difficult to work on themselves when they are not feeling well. With Energy Movers they can quickly



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test for a couple and hold them until they feel more at ease.

As with all energy work, the body will determine which ones are appropriate to use at a given time. Energy Movers are a gentle tool, however, since every person is different; they should be used only by trained practitioners and, as with any tool, with care and caution.

How to Use and Place Energy Movers

1. Balance yourself.
2. Balance your client.
3. Ask permission to work on client (both verbal and body).
4. Select appropriate Energy Movers. It is normal to have several energy movers selected by the client's body.
5. Placement (to be repeated for each Energy Mover).

- **Find Medial Location.** While muscle testing, hold the Energy Mover in your free hand and sweep over the client's body, starting at the top of the head. The client's muscle will release at the proper place.

- **Find Horizontal Location.** Ask whether it belongs on right or left side of the body.

- **Find Lateral Location.** Ask whether it belongs on top or underneath the body.

- **Find Correct Rotation position.** The Energy Movers have a positive and negative end, so you must rotate it to determine the proper alignment.

- **Secure Energy Movers.** Either place them under the body or tape in place.

Remember that the body manifests a "yes" response by becoming strong, and a "no" response by becoming weak. There is only one proper location for the Energy Mover. To easily find this location without exhausting the testing

muscle, it is best to ask "not here" as opposed to "here", while scanning the body with the Energy Mover. In this format ("not here") the body will respond weak when the Energy Mover has reached the place where the body's energy flow has been interrupted, and the correction needs to take place. If the body is not responding to placement questions, it might mean that the location is not on the body but elsewhere (the field, the practitioner, somewhere in the room, etc.). In this case, rephrase the location question, to "should this Energy Mover be placed somewhere other than the body", if yes, use verbal testing skills to find the correct location. If the muscle is still not responding correctly, check for balance.

6. **Removal.** You should always ask whether the body has finished with a particular energy mover before removing it.

Note on Pain: The client may notice a small pain at the location of an energy mover. You should test whether this is an external/superficial pain, or an internal pain:

The *external/superficial* pain usually means that the Energy Mover has been located in an uncomfortable area where it is pressing against a bone or other sensitive area. In this case, the Energy Mover should be moved immediately to a better location.

Internal pain, on the other hand, has been most often associated with the correction process, and is usually a sign that the energy mover is doing its job. If the pain intensifies, you may want to test for an "adjunctive" to gentle the pain.

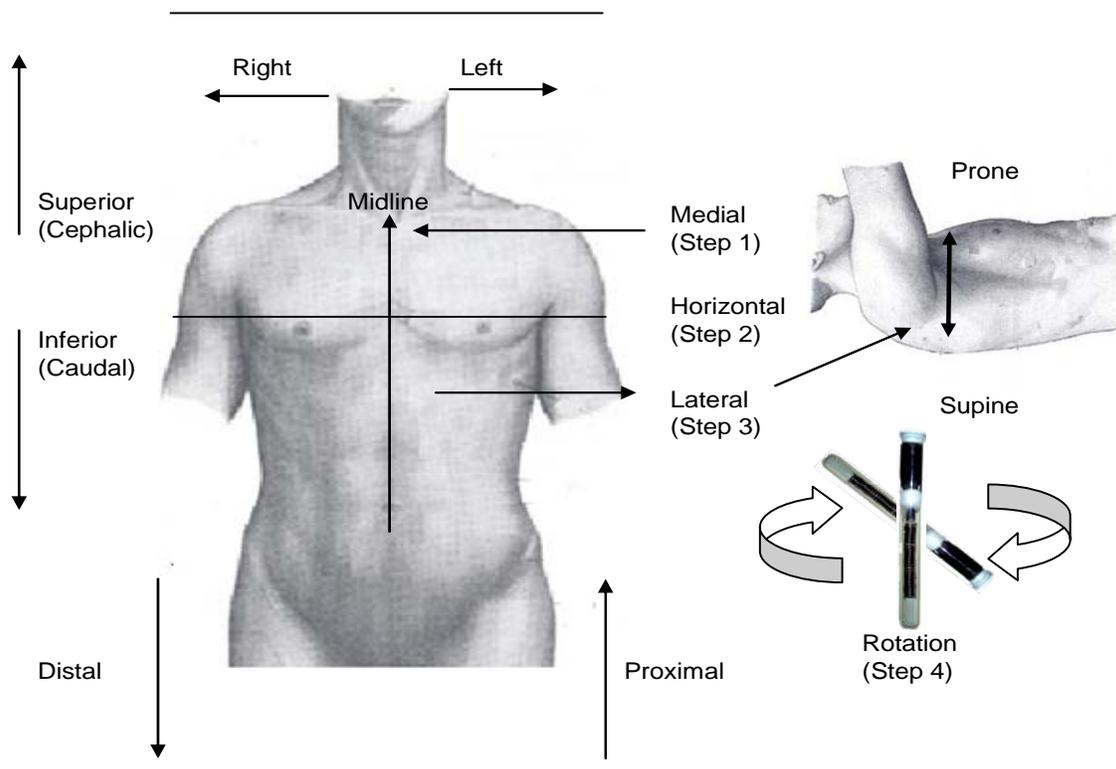
Energy Movers have been known to cause rapid, powerful responses in clients. For example, a client undergoing a session for narcotic detoxification experienced hyperventilation and such rapid contraction of her muscles that her body locked nearly completely. The Energy Movers had to be forcibly removed from her hands, and her body did not relax for nearly ten minutes. Always exercise caution when using Energy Movers



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and be alert for symptoms of severe distress. In addition, sometimes the body calls up using Energy Mover as massaging tools. In this case, a person needs to have proper training, including Level II Radiokinesis training. In any case, remember that Energy Movers are made of glass, and a person should NEVER apply excessive pressure on them or hold them too tightly.

- It is best to have carpeting underfoot while working with Energy Movers therefore reducing the chances of breakage.
- If one should break, it is best to maintain a distance of approximately 20 feet or leave the room for 5-10 minutes as the contained energy released may be



Cautions and Maintenance of Energy Movers

1. Cautions

- Energy Movers are powerful tools and, like any tool, need to be respected.
- Do not leave them out in extreme temperatures, or in your car.
- Avoid opening Energy Movers or removing caps.
- Under emotional conditions, do not squeeze them too tightly (as they may break).

uncomfortable and possibly disturbing to your energy field. If after this time it is still uncomfortable, allow more time before cleaning up.

- After this time, carefully gather all the components into a metal container and ship to Michael Murphy as soon as possible for repair and replacement.
- Avoid exposure to magnets, degaussers, and x-rays.

2. Maintenance

- For sanitary reasons, spray or wipe down the Energy Movers with rubbing



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alcohol after each use.

- They prefer cool temperatures and dark conditions.
- Occasional exposure to lightning storms seems to enliven them. Be careful to avoid getting them wet in order to preserve their labels.

Ordering Information

There have been many designs of Energy Movers in the past years. They have been created to address different needs of the body. Energy Movers can be used alone or with other tools, and they can be used individually or in combination among the different types. They are

available in sets or in single units. I recommend working with pairs.

The appendix to this booklet has a list and description of all the Energy Movers made to date. Some of these are not currently in stock, while others are available or are under design. Those available can be purchased by ordering them directly from Michael Murphy or Barbara Gifford as described below. The Energy Movers that are out of stock could be remade upon request, if all the materials are available. In addition, we can design Energy Movers on demand.

TO ORDER CONTACT

Michael Murphy: radiokinesis@gmail.com

Barbara Gifford: (231) 788-2252 or donbargiff@unionplus.net

Energy Movers Availability	
In Stock	Out of Stock
Achieving Happiness	Admired Energy
Anti-Aging	Attainable Thinking
Being True to Yourself	Attracting Right Relationships
Beta Cells	Balanced Energy
Bi-Polar	Brain Stabilizer
Brain Cleanser	Bravely Overcoming Limitations
Caring Heart	Building Esteem
Cell Booster	Cellular Cleanse
Circulation	Change of Life
Confronting Fear	Complete Happiness
Diaphragm	Depression
Endocrine	Emotional Release
Enjoying Life	Enjoying Release
Fat Zapper	Feeling Complete
Fighting IBS	Feminine Balance
Gall Bladder	Feminine Hope
Gentling Personality	Fixed Knowledge
Heart	Flexible Mind
Kidney	Fragmented Vulnerability
Large Intestine	Freely Forgiving
Liver Cleanse	Grateful Joy
Migraine	Growth & Development
Pancreas	Guilt and Shame
Sinus and Teeth	Headache Relief
Small Intestine	Knowledge Plus
Stomach	Letting go of the Past
Thyroid	Lungs
Transforming Rage	Mastering Pride



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Energy Movers Availability	
In Stock	Out of Stock
Trauma Release	Mental Fatigue Midnight Peace New Attitude Priority Balance Protecting the Heart Revitalized Perception Sciatic Nerve Seeking Release Self-Empowerment Unconditional Love Worthy of Motivation



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Appendix: Description of Most Common Energy Movers

Achieving Happiness

Happiness is just thoughts away! Is it possible that you are in a rut and cannot seem to find your way out of the hole you put yourself into, or allowed others to put you in? Are you in a place where comforting thoughts have now become dull and nothing seems to make you happy?

It all comes down to our chemistry. Sleep, energy levels and even mood swings are controlled by the chemicals in our bodies. Serotonin, dopamine, norepinephrine are some of the more important ones, and they are influenced strongly by stress, diet, exercise, sunlight, sleep and other life style factors. Note how some factors from modern life influence our bodies:

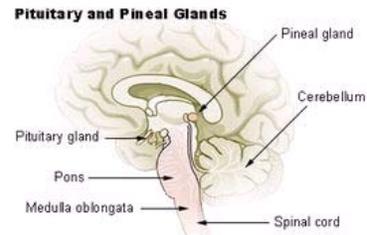
- Stress: reduced serotonin.
- Modern mood processing: fatty acid imbalances and chemical sensitivities.
- Lack of exercise: decreased serotonin and dopamine.
- Lack of sleep: reduced serotonin.
- Poor nutrition: reduced serotonin.
- Boring classes/job or lack of activity: reduced dopamine & norepinephrine.
- Deionized air: reduced serotonin.

Reduced serotonin levels from stress, lack of sleep & exercise, poor nutrition, and lack of sunlight are connected with ADD, irritability, depression, aggression, anxiety, lack of concentration, chronic pain, restlessness or fatigue, nausea, obsessive-compulsive disorder, weight gain or loss, fibromyalgia, arthritis, chronic fatigue syndrome, heat intolerance and other syndromes. Fluctuating serotonin levels are connected with bipolar disorder (manic depression) and hypomania.

Reduced dopamine/norepinephrine caused by boring surroundings and lack of exercise may manifest as ADD, impulsivity, lack of concentration, restlessness, and depression or loss of pleasure. Dopamine is the “feel good” chemical which illegal drugs mimic (such as cocaine, heroin, marijuana) as well as cigarettes, coffee and alcohol and many other drugs such as Ritalin, Prozac, etc. However, their use will cause more damage than good, because they will cause an imbalance in the body’s energy by

artificially and temporarily increasing some chemicals, while causing a drop in others.

There are natural things a person can do to improve the flow of these chemicals in the brain, such as healthy eating, exercise, and exposure to sunlight. If the case is severe and requires sessions, the use of this Energy Mover can help to redirect energy to the chemical centers of the brain that produce these vital chemicals, helping your body’s balance and therefore your overall feeling of wellbeing.



It is important for the practitioner to test the energy levels of the Pineal Gland during session work, as well as the levels of serotonin, dopamine, norepinephrine, to determine which particular chemical needs balancing.

Admired Energy

It is very important in life to have a defined personality, know what you like, what your views are about things, where you like to be, who you like to be with, and have the power to stand by these convictions. During a session, and while using this Energy Mover, close your eyes and recall a person you have always admired, who you feel has a strong, well-rounded and stable personality, who seems to have it all. When you have this image in your mind, you will realize two things: the qualities that the person has that you admire, and immediately, the attributes that you feel you lack. You will compare yourself to them and find the places where you feel your personality needs some work. This Energy Mover will help the person to create their own sense of personality, highlighting their own good attributes, and boosting their motivation to improve on their own points of success.

This Energy Mover is also useful for the types of people who are admired by many, are mentors to others and might feel overwhelmed by the amount of



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attention they get from others and the volume of themselves that they spread out to others. These types of people affect may, but at the same time might feel lonely and unable to talk to others about their own problems, for fear they might lose respect from others. They might be unable to say “no” and as a result of this, might end up overburdened, overwhelmed and burned out. This Energy Mover can help balance these people’s energies and their positive and negative effects.

Anti-Aging

Any molecule or atom which has an unpaired electron in its outer orbit is known as a free radical. Free radicals are very unstable, highly reactive molecules, and said to be linked to the aging process. In addition, life’s stressors negatively affect the production of new healthy cells thereby assisting the aging process.

The Anti-Aging Energy Mover, along with Radiokinesis sessions, has helped to improve cell functions, and increase their life span. The Energy Mover has been able to hold the cells and make them spin in the same pattern as a healthy cell, therefore teaching the body to mimic and reproduce the functioning of healthy cells, producing healthier functions and overall appearance.

Attainable Thinking

This Energy Mover helps to educate your mind to live by the adage “think before you act”. It is for people who need more clarity in their thoughts and help in understanding things, like the negative effects of their actions. For example, the damaging effects of smoking for those who wish to stop smoking but cannot find a way to do so. In this example, the thought and understanding of the negative consequences of smoking seem normal and obvious to most people, hence they have no problem in making the choice not to smoke. Attainable Thinking helps the body make a choice and understand the effects of its decisions. It helps to produce the deep desire to change the thought of “it is not so bad” to now having the desire and will to stop the harmful actions against ourselves. It works along with your inner voice, to help a person reject negative patterns.

Attracting Right Relationships

The people who need this Energy Mover have a track record of allowing negative and harmful men and women in their lives. They constantly bring people

into their lives that are hurtful, mean, abusive or cruel. These people have the deep belief that they can take more and more, and although their bodies and minds want to stop, they do not have the training or power to let go of the old patterns, and to let the new patterns come into their lives. I recommend this Energy Mover for those with childhood abuse issues.

Balanced Energy

This Energy Mover was made to assist the energy flow in the brain and body. The brain has the job of moving energy within the body, and it needs to do so in a balanced manner, distributing the energy per the needs of the body to keep it healthy. In some cases, however, the mind is very powerful and emotions will cause the brain to send more or less energy to a certain activity or action, causing a loss of balance of energy in the body. This Energy Mover is very important to assist the brain in correctly balancing the body’s energy system, and building healthy patterns in the brain to distribute energy in a balanced manner.

Being True to Yourself

As we grow, we receive many messages that are ingrained in us and make-up who we are. These messages can be loving, and sometimes they can be unkind. These hidden messages remain in our unconscious mind and tailor the way we act as we grow older. When we receive certain negative messages “you are fat, you are stupid” these messages control the actions of your body. Your mind actually believes you are fat, and hence your metabolism is slow, to accommodate the mandates of your mind. But are you truly fat? Stupid? Useless? What is the truth? A person can try very hard to diet, learn, study, become busy to avoid the feelings generated by these ingrained messages, but still they can never feel too skinny, too intelligent or feel purposeful. This Energy Mover was designed to assist practitioners in the modification of the ingrained messages that rest deeply in our minds. With sessions, its aim is to help us to be true to who we really are, before the messages, when we were born, when we were perfect, and felt perfect about our life.

Useful along with the Belief Correction, found in Radiokinesis Level I.

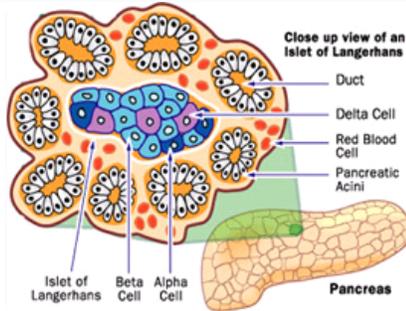


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Beta Cells

Beta cells are a type of cell in the pancreas in areas called the Islets of Langerhans. Beta cells make and release insulin, a hormone that controls the level of glucose in the blood. Apart from insulin, beta cells release C-peptide, a byproduct of insulin production, into the bloodstream. Measuring the levels of C-peptide can give a practitioner an idea of the viable beta cell mass. β -cells also produce IAPP, islet amyloid polypeptide, a protein with unknown function, but that is thought to be involved in type 2 diabetes causing fibrill formation similar to amyloid fibrills in Alzheimer's disease. A rare tumor (usually benign) derived from beta cells is called insulinoma. It results in recurrent and prolonged attacks of hypoglycemia.

The Beta Cells Energy Mover was designed to assist in the function of the cells in so far as it refers to their ability to produce insulin. This Energy Mover is best used with the Pancreas Energy Mover, which was designed to help with the overall function of the pancreas.



Bi-Polar

Bipolar disorder, also known as manic-depressive disorder, is a mental disorder that causes unusual shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. Bipolar disorder can cause a person to be isolated, their relationships can result in divorce, they can have poor job or school performance, and can even end in suicide. In working with clients, I have found that everyone has a little bipolar in them. Bipolar people live for the highs and feel they will die from the lows. The effects of this disease ripple across relationships; they affect the person and those who surround him/her.

Signs and symptoms of mania (or a manic episode) include:

- Increased energy, activity, and restlessness.
- Excessively "high", overly good, euphoric mood.
- Extreme irritability.

- Racing thoughts and talking very fast, jumping from one idea to another.
- Distractibility, cannot concentrate well.
- Little sleep needed.
- Unrealistic beliefs in one's abilities and powers.
- Poor judgment.
- Spending sprees.
- A lasting period of behavior that is different from usual.
- Increased sexual drive.
- Abuse of drugs, particularly cocaine, alcohol, and sleeping medications.
- Provocative, intrusive, or aggressive behavior.
- Denial that anything is wrong.

Signs and symptoms of *depression* (or a *depressive episode*) include:

- Lasting sad, anxious, or empty mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in activities once enjoyed, including sex.
- Decreased energy, a feeling of fatigue.
- Difficulty concentrating, remembering, making decisions.
- Restlessness or irritability.
- Sleeping too much, or cannot sleep.
- Change in appetite and/or unintended weight loss or gain.
- Chronic pain or other persistent bodily symptoms that are not caused by physical illness or injury.
- Thoughts of death or suicide, or suicide attempts.

When working with a bipolar person, bear in mind that you are working with an unstable energy system. Make sure you have permission to work with the body knowing that you can make the lows flip too high and the highs flip too low. Focus on making the energy system stable. Also, some of the best advice you can give a bipolar person is sleep. Sleep, along with sessions and this Energy Mover, will have huge success in balancing a bipolar person's energy system.

Brain Cleanser

According to Health Kinesiology principles, there are five facets called: cause, effect, symptom, process and repair. While working with clients, I realized there was one facet missing, the "elimination" facet. In effect, I would come across clients who constantly received work for the same issue, over and over, seemingly without a real repair of the core issue. In a



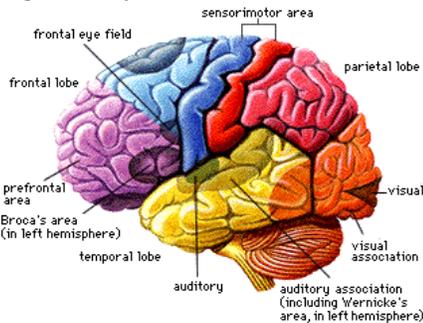
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particular case, a client with a tumor received sessions which successfully reduced the tumor, but his body still felt the aftermath of the tumor and the medications he was taking. I realized there needed to be a facet called Elimination, aimed at eliminating all the effect of the issue on the body. This Energy Mover was designed to help the brain cleanse out the negative energies that cause the illness, and also the effects of the illness on the body. This Energy Mover helps to push the body to release the toxic stagnant energies.

It also assists with those people who seem to be stuck on the same trauma, and cannot let it go, no matter how many sessions the person has had. It helps to detoxify the cells of the memory of the trauma, thereby allowing the body to release and the brain to be cleansed.

Note

however, that the work does not delete the experience s learned from the traumatic event, but it focuses on ameliorating the pain and suffering associated with the trauma and its repetitiveness on the conscious mind.



Brain Stabilizer

This Energy Mover was designed for a child who, according to doctors, had the mental development of a 4 year old, while chronologically he was 14. He was unable to communicate coherently and respond to orders. His body called the need to have a particular Energy Mover that would help the right and left sides of his brain communicate better, therefore allowing him to communicate his thoughts to the outer world.

While the practitioner needs to take into account that each individual's brain functions uniquely, we know that, generally, the two sides of the brain have special abilities. The right side of the brain is intuitive, while the left side of the brain is logical. The right brain controls the left side of the body and the left brain controls the right side of the body. The right brain is the more creative or emotional hemisphere and the left brain is the analytical and judgmental hemisphere. Anything that is new or not familiar to

an individual is right brain dominant. Anything that is familiar is left brain dominant.

Along with right and left brain there are different parts of the brain. The frontal lobe controls your personality, the temporal lobe deals with short and long term memory, the parietal lobe is the lobe of the hand, and the occipital lobe, the very back part of the head, controls vision.

In a balanced brain, the hemisphere, and section of the brain best suited to perform the processing will process information or perform a particular activity. An individual will benefit most when both sides of the brain are functioning in a balanced manner, and when the most suited lobe is performing the proper task. This Energy Mover was designed to help balance the energy between both sides of the brain, to assist each lobe to maximize its capacity and for the overall brain to communicate efficiently.

Bravely Overcoming Limitations

This Energy Mover was made to help overcome addictions. People who have addictive personalities have a hard time combating their addictions and can become consumed by them. It has assisted in breaking addictive patterns of people with food and drug addictions. It may help anyone having an addiction to find a way out of old harmful patterns, and allow the reception of a new healthy message in the brain.

Building Esteem

Self esteem refers to how you think and feel about yourself. The thoughts and feelings you have about yourself may be positive, negative, or mixed. The more positive these thoughts and feelings are, the higher your self-esteem will be, and conversely, the more negative these thoughts are, the lower your self-esteem will be. Feeling good about yourself is important as it gives you a sense of control over your life, helps you feel satisfied in your relationships, allows you to set realistic expectations for yourself and enables you to pursue your own goals. Feeling badly about yourself, on the other hand, contributes to a distorted view of yourself and others, a lack of self-confidence, poor performance and unhappiness.

People who suffer from low self esteem generally have some of these characteristics:

- Easily hurt by criticism.



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- Very shy.
- Overly aggressive.
- Try to hide feelings from others.
- Fear close relationships - fear of rejection.
- Tend to blame themselves.
- Do not feel as good as others.
- Do not recognize their own good qualities.
- Do not feel they have much to offer.
- Avoid new experiences.
- When they succeed, they tend to attribute it to luck.
- May secretly feel glad when others fail.
- Keep going over and over what they said in a social interaction, worrying they said the wrong thing.
- Believe that things just happen.
- Feel like outsiders.
- Scared of failure.
- Always trying to please others and have trouble saying no.
- Feel lonely when others are around.
- Feel depressed.
- Engage in self-destructive behavior.

Low self-esteem is an energy with a determined vibration and frequency. The body of a person suffering from low self-esteem has become used to and even craves this energy, making it very hard to change the patterns unless the vibration and frequency of the energy is altered. This is the purpose of this Energy Mover; to change the vibration of this energy even in face of the fact that the person might not even have the motivation to change the patterns, because the levels of esteem are so low, they feel any change is just not worth it or is simply impossible.

On the other side of the spectrum, this Energy Mover also helps to balance the ego and power of certain people who suffer from extreme levels of esteem, causing them to make unwise choices about risk activities, of making them unattractive to others because they have lost the ability to be balanced.

See Emotional Entrapments, Radokinesis Level I.

Caring Heart

This is a really beautiful Energy Mover, designed for those people who always bend over backwards to

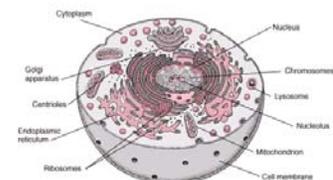
help others, even when others do not really want their help at all. These people are almost like sick people magnets; they will find the worst and most sick people and stick to them, as a challenge to “help” them. In medical terms they are codependents. They usually never say that they cannot take anymore; they will go on and on even after their bodies and minds are depleted, while at the same time they are craving that chance to have a healthy friend, but feel guilty for not helping the world out. They tend to avoid looking at their own problems by focusing on saving everyone else. This Energy Mover helps the “world saviors” to get their life back and bring balance between their needs and those of others. It helps to direct the flow of energy towards the client and not others, allowing them to build their own positive energy.

Cell Booster

In my opinion, a cancerous cell is a healthy cell that has lost its ability to communicate through its receptors and thus becomes isolated and sick, and begins rotating in the wrong direction. The body keep homeostasis by sending healthy cells (white blood cells) to communicate with the unhealthy ones, but these are unable to communicate, and because they cannot receive the correct data from the cancer cell, they push the malignant cells into a particular section of the body, “the dumping zone”, which can become a tumor. Most cancer treatments are based on the use of toxic chemicals aimed at eliminating the malignant cells. However, the effects sometimes spill over to healthy cells.

This Energy Mover was designed to prevent the misfire of the chemicals from other treatments on the healthy cells. It also assists the sick cells to open their receptors and release the toxins that are trapped in them and prevent them from reaching out and communicating with the healthy cells.

It is useful to help the body make the most of the cancer treatment, whatever it might be. It can help the body remove leftover toxins, or give the unhealthy cells a boost, so that energy can flow to them more effectively. It also helps the cells to spin in the right direction, when spinning the Energy Mover directly over the affected area.





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Remember that most people undergoing this type of treatment will feel very sick. Because of this, I added an extra element to this Energy Mover to address the side effects of the treatments.

Cellular Cleanse

This Energy Mover was made to fight incorrect and slow cell movement and cause cell regeneration, particularly for people with cancer and other cell related problems. In my experience I have found that this Energy Mover has assisted in removing bad cells (such as misaligned cells and cancer cells) out of the body. The body has the right amount of cells and the perfect design to eliminate cells that are causing the body to fail. The brain and the body can work together to rid the system of sick cells, but when the body is sick or out of balance it cannot communicate correctly with the damaged cells to eliminate them. This Energy Mover therefore assists in the communication and, if need be, elimination of damaging cells.

Change of Life

This is a great Energy Mover to assist in deleting and creating new ways of life. For example, it is wonderful to help with weight loss problems for people that are in the pattern of being overweight and feeling fine with it. Such people might desperately want to lose weight, but their mind is trapped in the thought “I am going to starve to death without food”. This Energy Mover helps to find very quickly the origin of the basic thought that gives rise to the negative life pattern.

Change of Life is positive in assisting with:

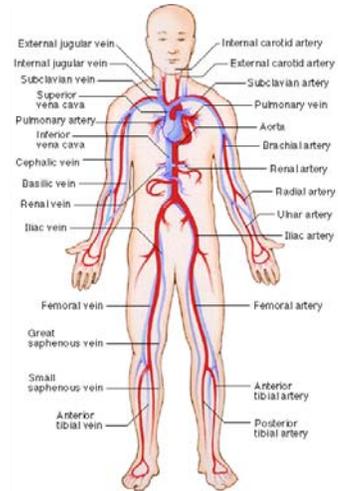
- Giving strength to oneself and the courage to regain self respect and worth.
- Learning to love oneself.
- Trusting the body’s wisdom.
- Turning anger and sadness into a positive energy.

Circulation

This Energy Mover was designed for a particular client who suffered from diabetes. The diabetes was causing puffiness and swelling in her legs and damage to her blood vessels. She tested her blood sugar levels at each of her extremities and found that the sugar levels were different in each one.

People with diabetes often suffer damage to their blood vessels, resulting from the high levels of

glucose that attach to the proteins in the blood vessels, thereby altering their normal structure and functions. One effect of this is that the blood vessels become thick and less elastic, making it hard for the blood to squeeze through. While I already had the Life Blood Energy Mover, her body wanted a tool that would address the specific issue of blood flow and vessel health in her extremities.



This Energy Mover used in tandem with Life Blood, helps to address the flow of blood and regulate its ability to reach all the organs of the body, as well as the health of the vascular system.

Complete Happiness

This Energy Mover was designed to assist with family problems. In general terms, we are all seeking a happy family, we all dream about loving and understanding parents and siblings, but sometimes there is a shift in the family’s energy, and a person might feel estranged to his/her own family. Sometimes a person might even become the “black sheep” and be lost to the family forever. This Energy Mover helps to open your mind and fix the misaligned energy, helping you return to your old powerful self, deleting the thoughts that no one loves you.

Some of the symptoms of persons who have become estranged to their families include:

- Not coming home at night.
- Not getting along with co-workers.
- Feeling alone, craving closeness.
- Wanting to leave your home, pack all your belongings.
- Losing control over tedious issues.

The positive potential of using Compete Happiness is: it assists in reclaiming your home, enjoying it and learning to love it as it is, finding the desire to rush home to your family, wanting to spend more time around your home getting the things done that need



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to be accomplished, improving sleep patterns, and being socially open to people.

This is one of the Energy Movers that is most often called up by the body.

Confronting Fear

One of the toughest emotional energies to overcome is fear. I call this a power energy, because its frequency is so high it falls right below rage. The power of both, rage and fear, is used to overcome fear. First, fear will stop you in your tracks over and over again until you can find enough rage or anger to push yourself into the fear and face it head on. Fear can cause the following symptoms:

- Restlessness or feeling on edge.
- Being easily fatigued.
- Difficulty concentrating.
- Irritability.
- Muscle tension.
- Sleep disturbance.

Fear comes in many different forms, such as fear of snakes or spiders or stage fright before an important speech, but it also might be nonstop worry about your parenting skills or constant fretting about success at work. Others might think your feelings of fear are irrational or illogical, but in your mind the dangers or fears you perceive are very real. Extreme fear causes anxiety, and extreme anxiety causes panic, which can manifest itself in the form of panic attacks.

Fear or anxiety is a common occurrence. Most people experience it before or after stressful situations, like a big presentation or a traumatic event. Other times, fear or anxiety symptoms develop spontaneously, even when a threatening situation is not immediately apparent. Fear turned into anxiety represents a continuum that includes very occasional symptoms of distress to a life consuming disability. Most people who suffer from anxiety, fall somewhere in between.

Extreme anxiety can cause panic attacks. In the case of attacks, the anxiety is much more than occasional nervousness and fear.

Characteristics of an anxiety disorder include:

- Anxiety which is constant, unrelenting and all-consuming.
- Anxiety which causes self-imposed isolation or complete emotional withdrawal.

- Anxiety which prevents certain normal activities like going outside or interacting with other people.

Anxiety attacks usually come without warning, and although the fear is generally irrational, the perceived danger is very real. A person experiencing an anxiety attack will often feel as if they are about to die or pass out. Anxiety attacks and disorders can be particularly frightening because overwhelming fear and worry can easily take over and make life seem like it is just too hard to live.

Anxiety produces physical symptoms such as:

- Rapid or irregular heartbeat (palpitations).
- Stomach problems (gnawing feeling, nausea, “butterflies,” diarrhea, irritated bowel syndrome).
- Sweating, or feeling cold and clammy.
- Headaches, lightheadedness or dizziness.
- Body tension or aches.
- Fatigue or shortness of breath.
- Shaking, trembling or twitching.
- Difficulty falling asleep or staying asleep.
- Hot flashes or chills.
- Chest pain.
- Rubbery legs, tingling in fingers or toes.

Emotional symptoms of anxiety include:

- A general sense of apprehension and dread.
- Nervousness.
- Jumpiness.
- Irritation.
- Fearfulness or terror.
- Isolation from others.
- Feeling incredibly self-conscious and insecure.
- Fear that you are dying or going crazy.
- Strong desire to escape.

Fear, anxiety and panic are strong emotional energies that can cause the body to have many different symptoms. The distress can manifest itself as stomach problems, intestinal problems and heart problems; so do not be surprised if the body calls up many Energy Movers, in addition to Confronting Fear, to correct this problem.

An example: A client’s body once called up fear of banana peels. He could not be anywhere near a banana peel. While this fear seemed irrational not only to us, but also to him, he could not help the feelings of fear that arose and the panic attacks



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surrounding banana peels. After a session about fears, we uncovered that the fear around the banana peel was given to him by his father and was derived from a childhood memory of a fight between his parents when he was 3 years old. His father had given him a banana and screamed, “Shut up!” His mind created then the fear of banana peels. That simple. He was not afraid of yelling, he was afraid of banana peels. Consequently, no matter how irrational the fear might seem, it needs to be confronted. After this session, the body and adult mind understood the situation, and the person was no longer afraid of banana peels.

See the Fears List, Radiokinesis Manual.

Depression

This is the number one way of putting your life on hold. Depression blocks you from doing anything. You can tell something is wrong but yet you do not have the power or the motivation that makes you even want to make a change. How can you help someone that does not have the energy or the desire to even get motivated to ask for help? I have found that people can get this desire or motivation from deep within themselves. Take for example the person who has been on the couch feeling depressed for days, and finally receives a visitor who has some importance to them. They will run to quickly fix the house and look their best, just to protect their pride. The energy is there. However, this is not always the case, particularly with severe or clinical depressions.

Symptoms of depression include:

- Persistent sad, anxious, or “empty” mood.
- Feelings of hopelessness, pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex.
- Decreased energy, fatigue, being “slowed down”.
- Difficulty concentrating, remembering, making decisions.
- Insomnia, early-morning awakening, or oversleeping.
- Appetite and/or weight loss or overeating and weight gain.
- Thoughts of death or suicide, suicide attempts.
- Restlessness, irritability.
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

The Depression Energy Mover was designed to help people feel the motivation to change and stop thinking that others have it better than they do. It is an empowering Energy Mover designed to help people get up, move on and get it done! This Energy Mover is different from others in that it is made with fiber optics, which was an unusual request from the body. This Energy Mover needed the light and the speed to cause the action of motion and motivation. It assists during sessions to find this place within and get to the core of the truth of why the person is in this state and determine if there is a pay-off for staying in a place such as this. Like a drug, depression can be almost like an addiction to avoid living and confronting the day-to-day life problems and complications. In my experience, before I made this Energy Mover, I had a hard time motivating depressed clients to come to sessions, do their homework or even do the work during sessions, and it was very hard to do corrections using points. Once I made this Energy Mover, the depression corrections worked more smoothly and efficiently.

Diaphragm

The diaphragm is a very important Energy Mover for people who let themselves be imposed upon and even bullied by others. They are usually timid, quiet, and rather passive, with little strength of will – “doormats”. Anxious to please, they cannot stand up for themselves.

They are often tied to a domineering partner, parents or boss, to whom they find it hard to say no. They will deny their own wishes or vocation rather



than risk a confrontation. Anxious to “do the right thing”, they are easily influenced by what other people and society demand and dictate. Drained by others and out of touch with their own assertiveness, they tend to lack energy and tire easily. In tough situations they find it very hard to breathe from the stress they are under, and may find themselves in a corner. As an organ, the diaphragm pushes the lung up and down allowing oxygen to come into the body. If the diaphragm does not work properly either physically or energetically it may cause the person to feel tired, experience lung related problems and blood related problems.



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Emotional Release

This Energy Mover was designed to help open the door to past pains that are buried deeply inside each one of us. It helps delete the pain out of the mind and the cells that are affected by it. An example of how this Energy Mover has worked is with those who were brought up listening to “I’ll give you something to cry about” when they were in pain. These people learned to stuff their pain, instead of manifesting it in a safe way. When I have used this Energy Mover within a session, I have found that the person feels loads of emotions coming to the surface, and is afraid to let the emotions out. This Energy Mover helps to filter the energy of the emotion so it can be released safely while reminding the body that the pain does not belong to the person. We all deserve to be free from pain, and this freedom will help you remember how to feel balanced in all aspects of your life.

Endocrine

People with endocrine problems will feel like they are going mad. They will crave foods they do not even like, they will have allergies and just feel like life is too hard, they feel lack of energy and might sleep all day and still have no energy. While working with a diabetic, I realized that although I addressed the specific problem, the body had no energy to make the necessary corrections. The body called up making an Energy Mover that would assist in balancing the energy flow to the whole endocrine system, to allow corrections in parts of that system.

This Energy Mover was designed after working with diabetics. I realized that in such cases working with the whole endocrine system was a must. This is because the endocrine system needs to work in perfect balance as a whole. This means that a correction in one part of the endocrine system (such as the pituitary gland or the thyroid) will inevitably cause an imbalance in another gland. It is because of this, that when working with the specific Energy Movers that address particular glands (such as the Thyroid Energy Mover) it is important to have a holistic view of the endocrine system, and the domino effect of any corrections.

It is useful in corrections of the endocrine system to use the Energy Physical Chart provided in the Radiokinesis Manual.

Enjoying Life

This Energy Mover was designed thinking of the typical “party pooper” who sits there not wanting to join the fun, who constantly wants to find something to work on so they can avoid their play time. These people are very lonely but yet they feel safe in their loneliness. This Energy Mover finds these patterns and makes the person remember how they liked to play, how they pretended to fly, be Indiana Jones, etc. It finds the moment when the child was told that they could not fly, that they were just a boy or a girl, and that they had to STOP playing and grow up and be serious.

These people take on every task, they work incessantly, yet they do not enjoy their work. They might be annoyed by noise, parties, children, and feel they must always have something “serious” to do.

Enjoying Release

This Energy Mover helps in letting in the pleasure of releasing the old habits, patterns, ideas and enjoying the new found love for oneself and one’s friends and family. Assists those people who fight so hard to keep the patterns of self punishment, because it is the only way of life they know. They feel proud of the fact they never loose control, do not cry at funerals, never show their emotions, never let anybody in. Due to the work it takes to control these “strong” emotions (such as grief, sadness or loss), they have become numb and isolated from other strong, but positive emotions, such as love. They have severed their emotional links to the world and to themselves.

People who need this Energy Mover will fight the practitioner all the way in a session, rejecting their own healing process. With this Energy Mover the practitioner will find that the person will start to enjoy their energy work more and more.

Fat Zapper

People who are obese hate the thought that food is their only friend, while some think of food as the enemy, and on this food rollercoaster, they have tried everything including starving. The fact is most people do not understand the underlying causes of their weight problems, they do not understand how they got this way.

This Energy Mover addresses the underlying issues, such as the need for protection. Many people subconsciously associate thin with fragile, hence easy



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to get hurt and heavy with strong, hard to get inside and hard to hurt. They feel no one can get inside and hurt an obese person. However this is not true, the person is trapped inside seeing the walls concealing the pain grow larger each day.

This Energy Mover is designed to not just make the person lose weight, but help the mind and body understand the weight problem itself and understand how to lose the weight on its own while addressing the underlying issues.

The person will work hard at keeping a diet, will go through painful surgeries, with the risk of gaining the weight all over again, unless the underlying issues are addressed and corrected. Using this Energy Mover will help to clear these issues faster, to show more results, therefore motivating the person to keep going.

Feeling Complete

This Energy Mover addresses those people who go through life with a feeling of not having accomplished anything. They feel as if they have something pending. They feel that if they just had this or that they would be happy. It helps the body realize that it is complete and perfect as it is and the person feels at ease with their life. How is this possible? At the end of a session a person might feel lost or confused if they did not get to the core with the therapist. However, when moving the energy to the right area of the correction, and accomplishing great amounts of energy work, the client should feel at peace and a sense of completeness. This feeling will help to train the body to feel this feeling of completeness, and work to feel it often.

Feminine Balance

This Energy Mover helps to find the programming from childhood and balance the patterns received from our parents. What we saw from our parents' behavior becomes part of our emotional library. As such, we "inherited" a vision of the feminine and masculine roles. As adults, a person might not be living that same role seen in the relevant parent. For example, the mother might have been a woman dedicated to the home, while the daughter might now be a working mother, while the spouse is home raising the children. Some people will need Feminine Balance to move the chemicals in the brain to change their internal feelings about their feminine and masculine roles, to adapt them to what feels right for each person, no matter what role they are living in

their everyday life. The Energy Mover helps a person to lose the fear of embracing the roles. It can be used with both men and women.

Feminine Hope

This Energy Mover is one of my favorites because it provides gentle and hormonal support for women. It was designed for women who are suffering from imbalance of the hormonal functions of their body. Women want to live free of small stressors but when the body is out of balance, the woman might feel that even small things are problems and they become picky and upset over them. What a beautiful thing women have done to join the world and balance men out. Without this balance the world would not be the same place. Feminine Hope can be used to provide balance to people who need to find their place in life, where they feel just right. Men will also benefit from this Energy Mover, to help them balance their feminine energy.

Symptoms of hormone imbalance in women may begin as early as the late twenties to the forties.

Hormone imbalance symptoms include:

- Depression, fatigue and anxiety.
- Endometriosis.
- Fibrocystic breasts.
- Hair loss and facial hair growth.
- Headaches, dizziness and foggy thinking.
- Low sex drive.
- Osteoporosis.
- PMS.
- Urinary tract infections and incontinence.
- Uterine fibroids.
- Weight gain, water retention and bloating.
- Wrinkly skin.

Hormone imbalance is caused primarily by the incorrect relationship between progesterone and estrogen levels in the body. Variations in the balance of these two hormones can have a dramatic effect on a person's health. Practitioners should be careful when using this Energy Mover with clients that are applying progesterone creams, because the correction can cause a change of balance in the hormones, and hence the use of the creams might cause there to be a higher than necessary level of progesterone in the body.



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Fighting IBS

Irritable bowel syndrome is understood as a multi-faceted disorder. Symptoms result from what appears to be a disturbance in the interaction between the intestines, the brain, and the autonomic nervous system that alters regulation of bowel motility (motor function) or sensory function.

Symptoms of IBS include:

- Bloating and gas
- Mucus in the stool
- Constipation
- Diarrhea, especially after eating or first thing in the morning
- Feeling like you still need to have a bowel movement after you've already had one
- Feeling a strong urge to have a bowel movement
- Abdominal pain and cramping that may go away after having a bowel movement

In my experience, and also as a sufferer of this disease, I realized, through energy work sessions, that there was a direct link between the IBS and Electromagnetic Radiation Poisoning. Electromagnetic Radiation Poisoning comes from the accumulation of damaging levels of radiation generated by commonly used electric appliances, such as televisions and computers. By using a demagnetizer a person can remove most of the radiation from the body and restore the system to its normal functioning levels. Most of the clients who have IBS symptoms are usually surrounded by computer monitors, at home or at work, or spend large amounts of time in front of the television or their computers.

This Energy Mover can work in tandem with the demagnetizer. While the latter helps to cleanse the outer field of the body, the Energy mover helps the inner organs and cells to also release the harmful radiation.

Fixed Knowledge

This Energy mover is to assist people who have very little boundaries when it comes down to their beliefs and moral system. These types of people can be very impressionable, and tend to easily believe what others think of them. They fall easy prey to the manipulations of others. This Energy Mover helps such persons to build boundaries that allow them to make the best decisions for themselves.

Flexible Mind

This Energy Mover was designed bearing in mind those people who have a determined belief system, and although their life experience or the lives of others prove that belief system to be wrong, they are unable to change this knowledge that is fixed in their brains. A fixed idea in a person's mind might not be a negative thing, when it allows the person to grow and develop. However, there are fixed ideas that are distorted and cause negative patterns, such as the idea that suicide is the answer to all their problems. Such negative thoughts can become fixed. These patterns of thought are addressed with the Energy Mover. This Energy Mover helps these people to allow new ideas and become more flexible in their thinking.

Fragmented Vulnerability

This Energy Mover was designed for those who have a hard time making up their minds, and are generally unable to make solid decisions. Fear of making decisions can become pathological and turn into a phobia know as "decidophobia". In this case, the comments mentioned above in the "Confronting Fear" Energy Mover will apply here. In cases less severe, that do not amount to a phobia, a person might just need help with self-esteem issues, and learn how to make balanced decisions.

Freely Forgiving

The power to forgive is in essence the power to free ourselves from past pains. Forgiveness frees our perpetrators, but more importantly, it allows us to let go, grow, move on, and be free. Forgiveness is much more than a simple act of saying "it's ok" after one has been hurt. It is a deep act that requires a full realization of the mind and body of the pain caused by the hurtful action, the effect of such pain, and the true liberation that comes from forgiveness. Whether or not the perpetrator is aware of the forgiving act, forgiveness allows the person giving it to transform into a free being. No matter how much people try to convince the non-forgiver to forgive, it will not occur until they have the want and desire to let go.

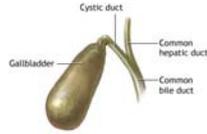
This Energy Mover was designed to assist in sessions to allow this deep process to occur and the mind to become confident that the hurtful action is no longer living within the body and has been released.



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Gall Bladder

The gallbladder is a sac located under the liver which stores and concentrates bile produced in the liver. Bile aids in the digestion of fats, and is released from the gallbladder into the upper small intestine (duodenum) in response to food (especially fats). Conditions which slow or obstruct the flow of bile out of the gallbladder result in gallbladder disease. The most common diseases of the gallbladder include: cancer, inflammation, infection, stones, or obstruction.



Symptoms of problems in the gallbladder are:

- Abdominal fullness or gas.
- Abdominal pain that is:
 - Severe.
 - Located on the right side (right upper quadrant) or in the upper middle of the abdomen.
 - Recurrent or similar to pain in past.
 - Occurring after meals.
 - Worse during deep intake of breath.
 - Radiating to back or below the right shoulder blade.
 - Worse after eating or drinking fatty foods or fluids.
 - Fever.
- Nausea and vomiting.
- Heartburn.
- Chills and shaking.
- Chest pain under the breastbone.

The body called up making this Energy Mover to assist in procedures destined to help persons with specific gallbladder problems and also with issues of over worrying.

Gentling Personality

This Energy Mover was designed taking into consideration the energy that comes from people we know as bullies. These people can sometimes be abusive they tend to be narcissistic, and many times feel they have a right to “tell it as it is” even if they are being hurtful to others. They are prone to rage outbursts, and usually reject showing of affection. This Energy Mover seeks to compensate that energy and balance it out by gentling their personality.

Grateful Joy

This Energy Mover was designed to help overcome depression by causing an impression in the mind of what joy is, helping the mind to understand the process to produce and feel joy. It seeks to bring into the mind of the person the feel of positive energy. On the other hand, it helps to bring balance to those people who act like they are “overly” joyful, when in reality they are suffering greatly inside.

This Energy Mover was also designed to help people build a healthy defense system against the hurtful actions and manipulations of unhappy people.

Growth & Development

Designed to help people who have incorrect maturity levels in their brain, according to their chronological age. It helps people draw money to themselves, accept success, deal with adult issues such as assertive decision making, trust in themselves and handle difficult situations. Also, it helps balance people who are chronologically young, but due to life experiences have aged emotionally, “being older than their years”.

Guilt and Shame

Right now these words should be calling your name. We all suffer from these patterns; they are ingrained into us as children and reinforced as adults every moment of the day. These feelings are not healthy. They can cause multiple negative effects, such as depression, disbelief in our own self worth, hate of others, self mutilation and self destructive patterns.

Guilt and shame can come from two sources, things we do wrong, that hurt ourselves and others, and things we do right, like being successful, that we feel might hurt others. In both cases, it is important to understand the difference between guilt and responsibility. Guilt is a negative and destructive energy, while responsibility forces the person to accept their actions, and build upon them with changes to their behavior or acceptance of their good circumstances.

This Energy Mover functions at very deep levels of the self, because it addresses the emotional core directly and searches for hidden guilt and shame feelings that a person either does not recognize or thinks have been left behind. Guilt and shame will not go away until the person learns to love and forgive. Also, the person must step up and assume



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responsibility for his/her actions, and take measures to correct any wrongdoings.

Headache Relief

In general terms there are four types of headaches: vascular, muscle contraction (tension), traction, and inflammatory. The most common type of vascular headache is migraine. Migraine headaches are usually characterized by severe pain on one or both sides of the head, an upset stomach, and, at times, disturbed vision. Women are more likely than men to have headaches. After migraine, the most common type of vascular headache is the toxic headache produced by fever. Other kinds of vascular headaches include “cluster” headaches, which cause repeated episodes of intense pain, and headaches resulting from high blood pressure.

Muscle contraction headaches appear to involve the tightening or tensing of facial and neck muscles. Traction and inflammatory headaches are symptoms of other disorders, ranging from stroke to sinus infection. Like other types of pain, headaches can serve as warning signals of more serious disorders. This is particularly true for headaches caused by inflammation, including those related to meningitis as well as those resulting from diseases of the sinuses, spine, neck, ears, and teeth.

This Energy Mover was designed to assist the practitioner in the process to reduce or eliminate headaches, while addressing the underlying causes of the pain.

See also the Migraine Energy Mover description, and the muscle alignment correction in Radiokinesis Level II.

Heart

The Heart Energy Mover addresses one of the most important organs of our body. The heart is the one organ that has its own energy system. Energy is made in the heart. This Energy Mover addresses the heart as an organ, and in a different aspect, it focuses on love and its manifestations which are associated with the heart. If you use your heart to fall in love, just think about how many times you have been hurt, and how this can affect this organ of the body. Every time you were emotionally hurt, there is a bruise on your body, a mark symbolic of this pain. People who have “heart” problems in an emotional sense will have similar heart problems to cardiac patients. Symptoms of persons with cardio and “emotional

heart” problems include:

- Chest pain.
- Feeling very out of body and like the world is out to get them.
- Not feeling comfortable around people.
- Finding it very easy to stay home in a safe environment.
- Having a hard time taking on new responsibilities.
- Not feeling approval from friends and family.
- Having trouble forgiving themselves.
- Getting involved in hurtful relationships that are going nowhere and believing that is all they deserve, low self-esteem.

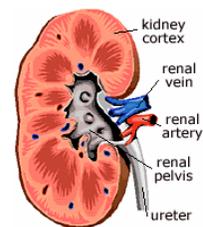
The state of the heart and the blood will affect and reflect mental activities (which include emotions), consciousness, memory, thinking and sleep. The heart can only give complete support to the mind if there is an adequate blood supply to it. Blood is said to root or anchor the mind, so it can rest and be peaceful. If heart blood is lacking or deficient, then the person can suffer from depression, anxiety, palpitations, insomnia or dream-disturbed sleep. We can see from these symptoms that the energy system is unbalanced or restless, and not able to settle down into the body comfortably.

The emotion connected with the heart is joy. When we understand that if our lives, as difficult or bitter as they might be, are balanced with joy and strong bonds with others, our hearts will be open to receive inspiration from our relationships and nourishment from our foods.

This Energy Mover helps to stabilize the energy to the heart and repair damage cause from stress and heartaches (in the emotional plane). It will also help guard against problems in the future.

Kidney

The human kidneys are two bean-shaped organs, one on each side of the backbone. They represent about 0.5% of the total weight of the body, but receive 20–25% of the total arterial blood pumped by the heart. Each kidney contains from one to two million nephrons. The nephron is the functional unit of the kidney, responsible for the actual purification and filtration of the blood. The nephron is part of the





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homeostatic mechanism of the body. This system helps regulate the amount of water, salts, glucose, urea and other minerals in the body. The nephron is responsible for the re-absorption of water and salts. This is where glucose eventually is absorbed in the body.

There are a number of known causes of kidney failure, but in many cases the specific cause is never found. The commonest causes are diabetes, high blood pressure and a painless inflammation of the kidneys called glomerulonephritis. There is a progressive loss of the filtering units (nephrons) in the kidney. Other common causes are the inherited condition of cysts in the kidneys; repeated kidney infections or kidney infections in childhood; and obstruction to the urine flow.

If the kidneys are damaged, they may carry on producing urine but become less efficient at removing waste products from the blood. Instead, the waste products continue to circulate and build up in the bloodstream. At the same time, without the hormones that a healthy kidney would produce, the bone marrow becomes less efficient at producing red cells, so anemia develops.

A person with kidney failure may show some of the following symptoms:

- Generally feeling ill.
- Lacking interest in everyday activities.
- Difficulty in concentrating or relaxing.
- Tiredness and loss of energy.
- Shortness of breath.
- Altered taste sensation/appetite.
- Increased night-time urine production.
- Sickness and nausea.
- Loss of libido/sex drive.
- Generalized itching.
- Swelling of the legs.

Disbelief, fear or anger are the emotions associated with damage to the kidneys. As with most of the “organ” Energy Movers, this one was designed to assist the practitioner in the process to help persons with kidney problems, while addressing the underlying cause.

Knowledge Plus

This Energy Mover is designed to activate cells and to help them function properly. It is useful for people who constantly suffer from *déjà vu*, which happens

when the cellular system is deteriorating or inappropriately taking information. This Energy Mover helps the information in the cells to be better organized. As for cancer cells, for example, which are normal cells in a retarded state (slowed down function), it helps to reprogram the receptor so that the information from the brain is correctly received, and the brain can see them as cells that are not functioning properly. This Energy Mover has also been useful to help people who have confusion in their minds; they are slow in answering questions. This Energy Mover helps to speed-up the energy movement from cell to cell when points are being held, reducing the time to hold points considerably.

Combine with Cell Booster and/or Cellular Cleanse.

Large Intestine

The large intestine is the final part of the digestive tract. Undigested food enters the large intestine from the small intestine. It then reabsorbs water that is used in digestion and eliminates undigested food and fiber. This causes food waste products to harden and form feces, which are then excreted. When the solid waste reaches the end of the large intestine, it may have been in the system for several days. The amount of time that the waste spends in the large intestine depends on the kinds of food that were consumed and how a person’s digestive system is functioning.

The main diseases affecting the large intestine are:

- Irritable bowel syndrome.
- Inflammatory bowel disease (which is a blanket term covering three serious disorders: ulcerative colitis, proctitis, and Crohn’s disease).
- Diverticulosis.
- Intestinal polyps.
- Colon cancer.

This Energy Mover was designed to assist the practitioner in the process to help persons with intestinal problems, while addressing the underlying cause. An important note to practitioners is that when doing other corrections in the body aimed at releasing toxins, these will usually end up in the colon, causing stress to the large intestine. It is very important to ensure that this organ is being optimized so release of toxins do not cause unnecessary stress and backup.



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Letting go of the Past

This is a very popular Energy Mover, mostly designed to help people get a grasp on the reality of their past, learning to distinguish between good and bad memories. Most people who are asked about their childhood will very easily recall bad memories and have a hard time remembering the good ones. However, not all bad memories were truly bad occurrences, many could have been life learning experiences or lessons. With the view of an adult, painful childhood memories can become clearer and learning opportunities.

As I mentioned before, Health Kinesiology presents five facets to working issues, which are cause, effect, symptom, process and repair. In my practice I added a facet called elimination, and this Energy Mover works directly with emotional elimination. In addition, it helps to reprogram the body to delete the negative effects of a specific traumatic event. The present moment becomes a past issue within seconds. Accordingly, we cannot change the things we have done in the past, but this Energy Mover helps the body understand the mistakes of the past and to reprogram the brain so past mistakes can be avoided.

Life Blood

Blood is our life source. Blood is what feeds the heart and keeps the body going. We all need our blood to be clean, free from toxins and flowing correctly. Most people who have blood related problems are very sick and are constantly fighting for energy, strength and oxygen.

People who would benefit from this Energy Mover have some of the following symptoms:

- Shortness of breath.
- Constant feeling of tiredness.
- Lack of energy.
- Hard time working.
- Constant feeling of needing to lay down.
- Constant headaches.
- Numbness in fingers and legs.
- Feeling powerless in area of life.
- Having feelings of deep anger.
- Intense depression.
- Wanting to fight but can't get the energy to.

The positive aspect of Life Blood is resetting the flow and the cleanness of the person's blood. This Energy Mover was designed to look for blood cells that are

not functioning properly and resetting them back to their correct function. We all need to pay attention to our blood; it is our strength and our life.

Liver Cleanse

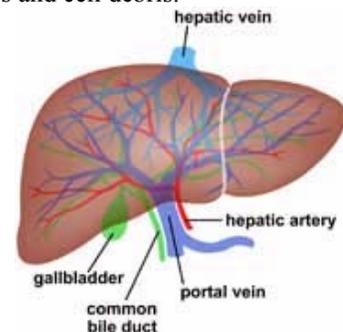
The Liver is the largest internal organ of the body. A big blood vessel, called the portal vein, carries nutrient-rich blood from the small intestine directly to the liver. Hepatic cells make up about 60% of the liver tissue, which carry out more chemical processes than any other group of cells in the body. They change most of the nutrients a person consumes into forms useful to the body cells. Hepatic cells:

- Convert sugars and store and release them as needed, thereby regulating the blood sugar level.
- Break down fats and produce cholesterol.
- Remove ammonia from the body and produce blood proteins, including blood clotting factors.
- Detoxify drugs and alcohol.
- Produce bile, which breaks down fats.

A second important group of liver cells are the Kupffer cells, which:

- Remove damaged red blood cells.
- Destroy microbes and cell debris.

Because the liver fulfills so many vital functions, a person would die within 24 hours if it stopped working. A common sign of a damaged liver is jaundice, a yellowness of eyes and skin. This happens when bilirubin, a yellow breakdown product of red blood cells, builds up in the blood.



Traditionally, the emotion of anger is associated to the Liver.

Mastering Pride

This Energy Mover was designed to assist those people who truly have low self esteem, but overcompensate by acting superior, becoming the center of attention, and being generally inflexible and proud. It helps to bring them back to reality, provides them with balance and grounding. Good self esteem



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is never wrong, but not to the point that we lose contact with others and cause them pain by bragging about who we are or being haughty.

After using this Energy Mover and with some sessions, these types of people will find that others are more drawn to them and more willing to associate with them at work and at a personal level.

Mental Fatigue

A person with mental fatigue will have reached a point in their life where they feel they have no more energy left. Fighting is the hardest challenge in the world, and generally they just want to give up. People who suffer from mental fatigue will have these emotional problems:

- Feel they cannot keep trying.
- Feel that they are alone even if they are surrounded by many people.
- Feel they do not have the strength to fight the stresses of the world.
- May have seen doctors to help with depression and their dispersion issues.
- They resist life.
- Feel bored.
- Feel burned.
- Cannot enjoy their job, play or their families.
- They find it difficult to stay on task.
- May have been diagnosed with Chronic Fatigue Syndrome.

This Energy Mover can assist these people in reclaiming their life the way it used to be, the way they want it to be. It will give the body the power to jump back in time and change the past pains that have caused it to fall in this hole that seems endless. It helps to better utilize the stored fats and nutrients to become “brain food”.

Midnight Peace

Developed for those people who have sleeping disorders and who suffer from nightmares. It helps insomniacs and people who walk in their sleep. This Energy mover was designed to bring peace and tranquility to the energy system of the body, similar to sedation points of HK systems. It comes in handy for people who are in shock, overly stressed, hyper, suffer from ADD, panic attacks or hyperventilation. In my work I have realized that the inability to sleep many times is derived from things that have been unsaid, this issue needs to be addressed in a session.

To have peace at night, a person needs to unload their mind before sleep and get out what has been unsaid. Holding the Midnight Peace Energy Mover while doing this will help the mind to race to a stop, and the person will find the weight lifted off from their minds. This Energy Mover can help the brain let go and produce the right sleep aids all on its own.

While holding this Energy mover a person can try to release thoughts 1 hour before bedtime. This is a training exercise, and while it might seem hard a first, the body and mind will learn this new pattern.

In some cases, the lack of sleep is due to chemical imbalances in the body, and this Energy Mover was designed to address this cause by distributing energy to the melatonin producing centers.

Migraine

Migraine is a new version of the Headache Release Energy mover, described above and serves similar purpose, with a particular emphasis on migraine headaches.

See also the Headache Energy Mover description and the muscle alignment correction in Radiokinesis Level II.

New Attitude

This Energy Mover was designed for those who have a very negative and horrible outlook on life. These people cannot bear to look at their own life, and have given up on the idea that their lives will change or that others can change; they have created their own misery. This Energy Mover helps to change the person’s perspective on certain life issues and to overcome hard obstacles such as death or divorce, by helping the person accept them and re-create themselves and their lives in positive ways. A helpful hint for practitioners dealing with negative people is to have the person write down during the day all the negative thoughts they have. This will help the person realize the extent of their negative attitude and accept that they have a problem, which is the first step towards their healing process.

Pancreas

The pancreas is a gland situated near the stomach that secretes a digestive fluid into the intestine through one or more ducts and also secretes the hormone insulin.



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This Energy Mover was made because so many people are addicted to sugars. The Pancreas Energy Mover can work with the energy system to help a person lose the cravings that control their lives. People that suffer from pancreas problems will feel emotionally as if they have lost something or that they cannot find themselves or their purpose. They feel success is just right out of their reach. Because of these negative feelings, they fill their bodies with sugary foods that will cause even more stress on the pancreas, making it work harder, and thus creating an overall imbalance in the body.

I recommend working with Beta Cells, Endocrine, Thyroid, Kidney and Liver.

Priority Balance

This Energy Mover helps the brain establish the body energy sequence priority (body energy triage). In some cases the brain may get confused with respect to the energy priority of organs, and no matter how many sessions the person has received, the body has not been able to heal, fix or repair the issue. For example, the person might have a brain tumor and the practitioner may work many sessions to eliminate the tumor, but if the brain does not feel the tumor is a priority, it will continue to direct the flow of energy elsewhere.

This Energy Mover helps the body to reorganize its energy priority and distribution. In addition, it helps practitioners to establish the order in the session and to keep focused on priorities.

Protecting the Heart

This Energy Mover was made to improve a person's "suit of armor" to allow them to cope with negative people, hurtful words, aggressions, abuse, chaos, all of which affect mainly the heart chakra. These negative actions, which I call energy knives, can change a person's energy field in seconds, which causes them to enter into the fight or flight emotional mode. These persons cannot "take it anymore" and are at the edge of breaking; they shut down, panic, and become sad for no reason.

Revitalized Perception

This is an Energy Mover that helps the brain adjust its psychological knowledge of what it perceives abuse to be. Everyone has a certain perception of what abuse is. For example, a boy that gets spanked by a parent compared to a girl that is raped. The rape

of the girl does not negate the fact that the boy got spanked, but it certainly puts the spanking into perception as far as the level of abuse is concerned. In this case, was the boy abused or was the girl abused?

It also helps people whose perception of themselves overrides the common perception of others. For example, it is useful when dealing with cases of anorexia, where the person perceives herself as overweight, while it is evident to the rest of the world that the person is thin to the point of unhealthiness.

Finally, this Energy Mover also helps a person to see what the practitioner is trying to show them.

Sciatic Nerve

The longest nerve in your body, the sciatic nerve, runs from your pelvis through your hip area and buttocks and down each leg. It divides into the tibial and peroneal nerves at the level of your knees. The sciatic nerve controls many of the muscles in your lower legs and provides feeling to your thighs, legs and feet. The term *sciatica* refers to pain that radiates along the path of this nerve — from your back into your buttock and leg. The discomfort can range from mild to incapacitating, and may be accompanied by tingling, numbness or muscle weakness. Rather than a disorder in and of itself sciatica is a symptom of another problem, such as, among others:



- **Lumbar Herniated Disc.** A herniated disc occurs when the soft inner core of the disc extrudes through the fibrous outer core and the bulge places pressure on the contiguous nerve root as it exits the spine. In general, it is thought that a sudden twisting motion or injury can lead to an eventual disc herniation. A herniated disc is sometimes referred to as a slipped, ruptured, bulging, or protruding disc, or a pinched nerve.
- **Lumbar Spinal Stenosis.** This condition involves a narrowing of the spinal canal. It is more



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common in adults over age 60, and typically results from enlarged facet joints placing pressure on the nerve roots as they exit the spine.

- Degenerative Disc Disease. While disc degeneration is a natural process that occurs with aging, in some cases it can also lead to pain along the sciatic nerve. Degenerative disc disease is diagnosed when a weakened disc results in excessive micro-motion at the corresponding vertebral level and inflammatory proteins from inside the disc become exposed and irritate the area (including the nerve roots).

This Energy Mover was designed to assist the body in the alleviation of problems associated with Sciatica, by helping the body to direct energy towards the nerve. It is useful during massage sessions.

See Muscle Alignment in Radiokinesis Manual Level II.

Seeking Release

Crying is such a beautiful thing. Think back to the moment when you heard your baby cry for the first time. As a child many were raised to believe that crying is wrong, hearing words such as “stop crying or I will give you something to cry about”. This is what I call a cry stopper, which in turn jams unwanted emotions in the body that need to be released. The mind and body work together to keep perfect homeostasis emotionally and physically. Imagine trying to release toxins by using the restroom and refusing to go when having the urge. The body will become intoxicated and great physical pain will be the result. The same will occur when a person tries to stop emotional pain that cannot be released. The brain will develop physical pain such as a headache, because these toxins are still in the body.

People who need this Energy Mover are usually embarrassed or ashamed of crying, they have a tendency to shut down emotionally, they feel uncomfortable with displaying emotion and will change subjects or make jokes to avoid feeling the emotion. On the physical side, they commonly suffer sinus infections, pressure in the head, dry or itchy eyes, runny noses, snoring and stomach conditions.

Self-Empowerment

This Energy Mover is very important for people who are trying to move forward in life and trying hard to resolve their feelings of low self-esteem.

Most people try to get over the past pains in their lives but do not have the tools to let go nor know the path to self recovery. This Energy Mover was designed to help such people, who are already aware of their problem, to find the energy to help themselves.

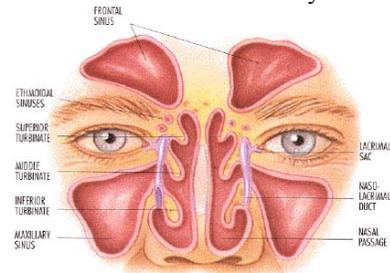
People who need this Energy Mover are likely to find themselves hiding when around people and might have a hard time initiating a conversation, but once they start they can go on for hours about abilities they might have but really feel are inconsequential.

Sinus and Teeth

Sinuses are cavities located within the skull or bones of the head surrounding the nose, and they include:

- Frontal sinuses over the eyes in the brow area
- Maxillary sinuses inside each cheekbone
- Ethmoid sinuses just behind the bridge of the nose and between the eyes
- Sphenoid sinuses behind the ethmoids in the upper region of the nose and behind the eyes

Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a



continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose (an infection, an allergic reaction, or another type of immune reaction) also can affect the sinuses. Air trapped within a blocked sinus, along with pus or other secretions may cause pressure on the sinus wall. The result is the occasionally intense pain of a sinus attack. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain.

Most cases of acute sinusitis start with a common cold, which is caused by a virus. Sometimes, fungal infections can cause acute sinusitis and chronic inflammation of the nasal passages can also lead to sinusitis.



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The symptoms of a sinus infection include:

- Headache.
- Pain in the forehead.
- Upper jaw and teeth ache.
- Swelling of the eyelids and tissues around the eyes, and pain between the eyes.
- Earaches, neck pain, and deep aching at the top of the head.

Sometimes, infection in the sinuses can cause severe teeth pain due to the swelling which bears down on the jaw.

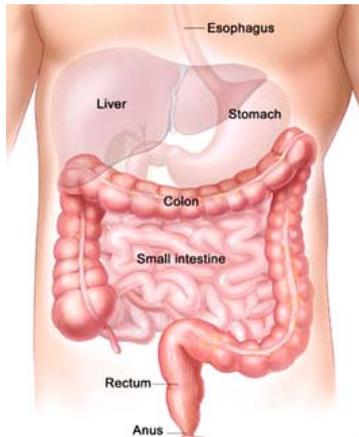
In a particular case, the Radiokinesis Energy Flow chart kept calling up that the person was being poisoned through the mouth. I asked if the person's spouse or anyone else was giving her something, and the person said no. Through work we realized that the person had a tooth infection that was draining to her throat and intoxicating her body. Working on the infection and on her tooth problem helped the person to regain help in days.

This Energy Mover also addresses emotional problems associated with the teeth, such a grinding (fear or anxiety), tight jaw (unsaid words) and stress.

Small Intestine

This Energy Mover assists in the proper functioning of the small intestine. Most people are sick throughout their lifetime from parasites, toxic bacteria and viruses that enter the small intestine and remain there or are carried to the large intestine.

People who have trouble with their small intestine find themselves bottling hate and want revenge. They find themselves living in the past, trying to solve what went wrong in their lives, but unable to release the pain safely. Problems with the small intestine will cause people to feel more affected by stress, anxiety, worries and disappointment.



This Energy Mover has the correct vibrations to reset the small intestine into its full working capacity. Most of the organ Energy Movers can work just by themselves, but sometimes if they are used along with a psychological Energy Mover the practitioner may find that the correction will be completed faster.

Stomach

The stomach has been defined as a short-term food storage facility, which allows a person to consume a large meal quickly and then digest it over an extended period of time. As soon as food enters the stomach, it releases enzymes that start breaking down proteins in the food. The stomach lining also secretes hydrochloric acid, which creates the ideal conditions for the protein-digesting enzymes to work. The potent hydrochloric acid kills bacteria, protecting the body from harmful microbes which can enter in the food.

The stomach protects itself from being digested by its own enzymes, or burnt by the corrosive hydrochloric acid, by secreting sticky, neutralizing mucus that clings to the stomach walls. If this layer becomes damaged in any way it can result in painful and unpleasant stomach ulcers.

To process the food, the stomach produces waves of muscular contractions, known as peristalsis, which break food down into smaller pieces, mix it with fluids secreted from the stomach lining and moves it along. Finally, when food has been broken down sufficiently, small amounts are squirted out of the stomach into the small intestine for further processing. This normally occurs within four hours of eating a meal, but can take six or more hours if the meal has a high fat content.

The relationship between food and health cannot be overstressed. In essence, as has been said many times, we are what we eat. The health of the stomach is essential for the overall health of the body and mind. There are many conditions and diseases of the stomach, ranging from nausea, heartburn and reflux to stomach cancer. As with most organ Energy Movers, this was created to assist the body in its process to heal this vital organ.

Thyroid

A gland located beneath the voice box (larynx) that produces thyroid hormone. The thyroid helps regulate growth and metabolism. The most common diseases of the thyroid gland are hyperthyroidism and



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hypothyroidism.

The main symptoms of hyperthyroidism are:

- Nervousness
- Weight loss
- Inability to tolerate warm temperatures
- Increased emotional responses
- Increased bowel activity
- Abnormal heart beats (palpitations)
- Particularly fine hair and smooth skin
- Abnormal closure of the eyelid (lagging)
- Muscle weakness (particularly muscles in the upper arms and thighs)
- Changes in the eyes, including an increased protrusion (exophthalmos)
- High blood pressure and accelerated heart rate
- Heart murmurs
- Insomnia
- Hair loss

The main symptoms of hypothyroidism are:

- Dry skin
- Inability to tolerate cold temperatures
- Weight gain
- Elevated cholesterol
- Depression
- A coarsening of the skin, and hair
- Adrenal insufficiency
- Hoarse, slow speech
- Muscle complaints
- Nerve problems
- "Puffiness" around the eyes
- Generalized slowing of mental and physical capabilities
- Weakness
- Constipation

This Energy Mover helps address the imbalance of the thyroid, helping to bring the correct energy flow to this gland.

Transforming Rage

One of the most powerful emotional energies is Rage. It is, in fact, 5 to 10 times stronger than love. The energy is so strong that people can feel it even when they are not physically near to the enraged person. Try walking into a room where there was just a fight. The people there will smile and act as if nothing is wrong, but the energy is there strong and powerful.

The principle of energy is that it never disappears, it

simply transforms itself. For example, when we turn on a light bulb, the electric current will transform into light energy and heat energy. The same can be said of rage. People try so hard to eliminate it, unsuccessfully. It is best to work with it and transform it into useful energy. This can be done with sessions and with the change in the vibration of the rage. Also, this Energy mover can help with sessions, to address the underlying issues that are causing the rage.

Trauma Release

There is so much pain inside people; their childhood might have been a nightmare and their life time of pain is horrendous. A practitioner, a friend or someone on the street might listen to their story, and suddenly their own problems do not seem so bad. You know who these people are... they have undergone high amounts of pain in their lives. But how many times should a person relive their past?

Many people are stuck in a loop of pain and unknowingly, by telling their story over and over, they are somehow feeding the pain. What is the payoff for such a constant revival? How can a practitioner make them believe that they survived a horrible life and yet they are still alive and they made it under circumstances that many would have not survived? Most of the people who have survived high degrees of pain, live to be able to help others through their own pain.

This Energy Mover was designed to assist in releasing the pain that is beyond pain, to help free those who hate their pain and hate themselves because of grief and the negative energy that is trapped inside their body.

The Trauma Release Energy Mover also may help to release the trauma out of broken bones and injured body parts that are under high amounts of physical pain. It helps the brain find the pain so it can let go of it forever.

Unconditional Love

This Energy Mover has many functions. This is one of the energetically strongest Energy Movers I have ever made. The purpose of this Energy Mover is to make people understand what love really is! We do not really know what love is. To prove this, think for a moment about you... saying "I love myself" makes you feel guilty. Why? Because most people are prone to feel that they are not worthy of love. This Energy



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Mover serves to help people feel love for themselves, and for others. Love for oneself will cause wonderful changes in the body.

Worthy of Motivation

This Energy Mover is for anyone who might feel stuck with no energy or motivation in life, generally because of others' opinions about their worth and

purpose in life. Negative input from others might put these people so far into depression that the simple thought of accomplishing something will take all their strength and energy. Worthy of Motivation tells the brain to live again, to love and to find joy in living and enjoying that feeling of happiness derived from completing a task and receiving due recognition.

This manual and the Energy Movers are intended for use only as alternative products, by qualified and trained practitioners of Radiokinesis or Health Kinesiology or other related fields. The information provided in this manual is not intended to substitute medical advice from your personal qualified physician. You should not use this information to diagnose a condition/disease, without consulting with a qualified healthcare provider. Michael Murphy and/or Radiokinesis make no claim of warranty that any cures or healing will result from the use of these products, and under no event, will be held liable for any damages arising out of their use or the use of the information provided in this manual. You are encouraged to consult your healthcare provider, with any questions or concerns you may have regarding your condition.

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