



Transcript: #343 How to Easily Release Emotional Trauma and Detox Using Sound Therapy and Biofield Tuning with Eileen Day McKusick

Wendy Myers:

Hello everyone. I'm Wendy Myers of myersdetox.com. Welcome to the Myers Detox podcast. Today we have such an interesting show. We have my colleague, Eileen McKusick on, and she's going to be talking about sound therapy, Biofield Tuning. We'll discuss how this easily releases emotional trauma, and how all of this relates to detoxification. We talk about how our body has an energy field, how our body has certain frequencies, everything has a frequency, and how we can use Biofield Tuning to tune up our biofields. We also discuss how to counteract all of these different frequencies that are acting upon our body every day, like EMF, the wireless internet and negative vibes from other people. There's all these different frequencies that act to cause disharmony. Including emotional traumas from childhood, or the ex boyfriend, or what have you or the ex husband. All these emotional traumas affect our energy field, and then in turn, affect our physical health, and physical expression of health.

Wendy Myers:

We'll get into more detail and explain all that in a minute, but more importantly, everyone has emotional trauma. Everyone has emotional traumas that are causing them to have compulsive behaviors. Be it eating disorders or addictions, and also having negative emotions, like anxiety, depression and maybe sleep issues.

Wendy Myers:

We know that people with adverse childhood events have much higher incidence of chronic illness and symptoms and disease, like chronic fatigue and things of that nature. These emotional traumas get stuck in our body and they just drain you. For me, trying so many different things for my health, I felt like I had maxed out on what I could do physically to elicit the change I was seeking. The goal that I was trying to get to with my health, or weight, or whatever it was.

Wendy Myers:

I've been using different bioenergetic modalities like NES Health Bioenergetics or Biofield Tuning, or other things that I've used and tried like the Harmony

Pendant, for instance. I feel like I'm able to up level my health and reach levels very easily, that I wasn't able to with tending to my physical health with diet, supplements and exercise. By trying to do yoga, or meditate, or do these other things.

Wendy Myers: Personally I'm enjoying this Biofield Tuning that I've been doing, that I was introduced to by my friend Niki Gratrix. This particular method was developed by Eileen Mckusick. So we're going to explore all that and more, on the show today. I know you guys listening are really concerned about your heavy metal levels. Your heavy metal toxicity levels, and how that's impacting your health. So I created a quiz called the heavymetalsquiz.com. You can go there and take that two minute quiz, I ask you some lifestyle questions, and based on that you can get your results.

Wendy Myers: Afterwards you can watch a free video series, answering all of your frequently asked questions about detoxification. Where do you start? What kind of testing is best? How long does it take? I answer a lot of different questions, like how to go about it right? What are the most common mistakes people make in detoxification? To get that free video series and check out your toxin load, go take a quiz at heavymetalsquiz.com. Our guest, Eileen Mckusick, is a pioneering researcher, writer, inventor, practitioner, educator and speaker in the fields of therapeutic sound, the human biofield and electric health. She has an MA in Integrative Education, and has been studying the effects of sound on the human body and its electromagnetic system, since 1996.

Wendy Myers: She is the originator of the sound therapy method, Biofield Tuning, with over 2000 students trained worldwide since 2010. She is the founder of the Biofield Tuning Institute, which conducts grant funded, IRB approved and peer reviewed studies on the human biofield. She is the author of the award winning best selling book, [Tuning the Human Biofield: Healing with Vibrational Sound Therapy](#). That book is right here, as well as the upcoming book, [Electric Body, Electric Health](#), due out in January 2021, by St. Martin's Press. You can learn more about Eileen and her work, Biofield Tuning, at biofieldtuning.com. Eileen, thank you so much for joining the show.

Eileen McKusick: Thanks for having me.

Wendy Myers: I'm really excited to interview you and to educate people about Biofield Tuning. It's something that I've been doing every night. You use this Biofield Tuning fork, for those of you listening. It kind of looks like a tuning card, essentially. Like something you use to tune a piano, but it's very, very different. Tell us, what is Biofield Tuning, and we'll get more into how you do it and the tools that you need in a minute.

Eileen McKusick: Technically Biofield Tuning is a sound therapy method. It is something that people become certified practitioners in, in their ability to do Biofield Tuning. The fork that you're holding is actually separate, it's called a Sonic Slider. That is a tool that I actually invented for self-care with tuning forks. There are different

things. The Sonic Slider is a tool that people can use either on themselves, or if you do massage, or any kind of body work, you can incorporate that tuning fork into it. What you do as a health coach, you could become certified in Biofield Tuning, as well, and incorporate that into your work. So much of what people struggle with in their desire to get healthy, is their problem with being stuck in their old patterns. Old habits are really hard to break.

Eileen McKusick: How we see them, from this approach, is that your body is chemical and mechanical, but it's also electric and it's electronic. We're wired to have our energy move along specific circuits. That's why your brain is saying, "I want to eat clean," but your body is just following through the same old motion. What we do is we actually use sound to modulate and adjust the way that electricity flows through your inner wiring. This makes it way easier to switch up old habits, into new ones.

Wendy Myers: It's a really interesting concept because I think that so many people are stuck in how our body operates physically. Like trying to take a supplement, or a medication, or do something only on a physical level like eating a healthy diet and whatnot. For many people, they're doing all these things, they're checking all the boxes; the diet, the supplements, the exercise and whatever their doctor's telling them to do, and they're not getting better. Even for anyone that's healthy. You still want to be looking at the body's energy field, the biofield. Emotional trauma is another big issue that prevents people from shifting into better health, or feeling the way that they want to feel. Feeling as good as they want to feel.

Wendy Myers: That's one of the reasons I use the Biofield Tuning, as well. We'll get into all those concepts in a minute. Tell us about how you got into this, how did you discover Biofield Tuning and how has it benefited your life. How were you compelled to train thousands of practitioners? You have a couple thousand practitioners that are trained worldwide.

Eileen McKusick: Well, like many people who end up in the health field, I went into this to make myself healthy. I was an extremely unhealthy young person. I became bulimic when I was 17, I struggled with that for a few years. I had a sugar addiction that was just off the hook, that literally took me decades of trying to conquer. So, I went into the health field, seeking my own healing. I had thought about becoming a naturopath, but I didn't go to college right out of high school, and I was not up for 12 years in college, or whatever it was going to take, to become an actual doctor. I started off with massage therapy, because it just seemed like a good first step that was easy and it could put me into the field. I didn't want to be a massage therapist. I knew that I was after something beyond that.

Eileen McKusick: What that ended up being was discovering vibrational medicine. Discovering the use of color, sound and music, in healing. The premise is that everything is vibration, fundamentally, there's no such thing as a thing. If we're fundamentally vibration, if we're just pockets of energy and information, then treating vibration with vibration makes sense. So I got really into that. I read every book I could

find, back in the mid '90s, on that topic, and then I ended up finding a set of tuning forks for healing in a Gaiam catalog. I bought them and started playing with them in my massage therapy practice. Immediately, I found them to be terrifically intriguing. They didn't behave the way I thought that they would behave.

Eileen McKusick: I thought C would sound like a C, wherever you put it. What I discovered was that the body actually gives off subtle acoustic emanation and vibes. We all know that. I mean, you ask a room full of 2000 people if anybody has ever gotten a bad vibe from somebody. Every single person raises their hand. We're all attuned to vibes, because vibes are constantly coming up. Everything in our body is in motion, everything in motion makes waves and waves propagate. Those very subtle waves intersect the overtones and undertones, the subtle tones of a tuning fork. That information precipitates downward into our hearing range. If you're holding a tuning fork over an area where somebody is experiencing sharp pain, and it's giving off the vibe of sharp pain, that tuning fork actually sounds sharp.

Eileen McKusick: What is so cool about the human body is that if I hold a tuning fork over the area of pain, where it sounds sharp, the body hears its own noise and it goes, "Wow, I sound off tune." It will actually auto adjust and auto tune, to the point where you hold the fork there and it doesn't sound sharp anymore. The body uses the biofeedback, of the tuning fork reflecting the tonal emissions of the body, to bring itself into tune. Just like if my guitar was in tune and yours wasn't. I'm giving you an E and you're listening, and adjusting, until you bring your guitar into tune. The human body does the exact same thing.

Wendy Myers: Oh, I love that. That's such a good explanation. I've read your book, it's called Tuning the Human Biofield, excellent read, super interesting, but I love that explanation that you gave that really simplifies whatever it is that you're trying to accomplish when you're doing Biofield Tuning. Tell us what does that look like? This is a Sonic Slider here, but I actually have a whole box of tuning forks, they have different hertz sound to them. So what does this look like? Where does someone start, if they want to do Biofield Tuning?

Eileen McKusick: First of all, what it looks like on the receiving end, if someone were to receive a Biofield Tuning session, it involves lying fully clothed on a treatment table and a practitioner uses some tuning forks on your body initially. Just starting to get motion flowing, sound travels very beautifully through water and bone. Then what they would do is actually go out six feet away from the body, to the outer edge of their biofield, which we see as a toroid. It's like a bubble with a spiral channel down the middle. That toroidal structure is something that repeats itself in nature over and over again, especially regarding magnetic fields. Our bodies are electric and anything that has an electric current running through it, has a magnetic field around it. The sun is no different, it has a heliosphere, the earth has a magnetosphere, all organisms have this sort of bio magnetic field around them. This is something that's been studied extensively.

Eileen McKusick: Even in the early part of the last century, it was scientifically understood. Our whole understanding of our electric nature was in people's minds, back in the early 1900s, you could buy devices for electric health in the Sears Roebuck catalog, back then. That was all really pushed very heavily aside, in order for us to have a pill for every problem. That chemical-mechanical thinking. Working with the electrical aspect of the body is actually much more simple and elegant, because the electrical system is primary. When you're alive and your light is on, that's the electricity, that's juice flowing through you, animating your body. When you're dead, your body is still there, but your light, your animation, your electricity has departed.

Eileen McKusick: It's this electrical part that's really us, more than anything. I've come to really see it as what we call "mind", not just our conscious thinking mind, but our mind in its totality. Every single memory we've ever had, obviously is in our mind. What I have found is that rather than this information being stored in the brain, or muscle tissue exclusively, we find it in this biofield, in the bio magnetic field around the body. That's what my research has been primarily, actually mapping that field acoustically, like with sonar, bouncing sound into that environment, and listening to the ping back. In doing that with many thousands of people, over many years, I observed consistent patterns in this acoustic terrain, this invisible acoustic terrain. I discovered that it had a very specific anatomy and physiology. A very specific language, in that every emotion that we feel expresses a specific tone, that you can hear in the forks.

Eileen McKusick: It's a language that people who learn to do this method learn. You learn to identify alarm, when you come into a memory in the field like a car accident, and the tone of alarm is there. The tone of depression is really easy to hear, it sits off the left shoulder, and it sounds like Eeyore. What's amazing is that for people who have depression, what they have is just part of their inner orchestra that's flat. It can be brought back into tune. When the body hears its own flat, deflatedness, that isn't even its fault, it's a consequence of non-beneficial inputs that took the air out of it. Then it will brighten and lighten and correct itself, and bring itself back into that expression. So that none of the non-beneficial imprints that we were subjected to in childhood, that made us go out of tune, that made us get sick, that made us have all these emotional experiences that we then went on to suppress.

Eileen McKusick: Really what I found in this work, and I'm sure you find it too, is that at the root of all of these illnesses, there's some kind of suppressed, repressed, and denied emotional story, going on. People are ashamed of it, or that they're afraid of it, or they don't know what to do with it. Most of us grew up in homes where it was like an abstinence-only approach to emotions. It's like we weren't allowed to be emotional, and so our only alternative is to suppress. We do that with things that we need to detox from, because we're attempting to manage, and to self-soothe emotions that we don't know what to do with.

Eileen McKusick: What Biofield Tuning does is it makes your process of confronting and digesting those pockets of difficult emotion, much easier, because the sound actually kind of pre-digests it for you. Having someone witnessing what would happen and how this witnessing would take place is this person. The tuning fork practitioner begins at the outer edge of a person's field. It's like dropping a needle on an album and reading the record, the vibrational record of a person's life. At the outer edge, it's gestation, and then birth. If somebody is 60, halfway through their field, we're going to find information from when they were about 30.

Eileen McKusick: If it's a memory related to their father, we're going to find it in a specific zone, if it's a memory related to sadness, we're going to find it in a specific zone. If it was a huge, big, life shattering kind of event, we're going to find it in the whole field, halfway through. So the tuning folks act diagnostically, reading this record and when they come to an area of turbulence and distortion, you hear it. The person on the table very often hears it, and the body hears it. All the practitioner needs to do is to keep activating the tuning fork in that area of distortion, and the body does that self-tune thing. The resistance that's being held in the body, that's creating that distortion, releases. Then the person takes a big breath. Liberating our breath is one of the most important keys of being healthy and successfully detoxing, because the more pockets of stuck old unprocessed emotional stuff we have, the less we're breathing.

Eileen McKusick: Then the less we're powering that electric current through our body. If your body's got all the juice it needs, all your electrical batteries are topped off, you're going to manage all those detox processes with no problem because there's sufficient juice to run everything. But all of these areas where we have taken these hits, and we have these scrunched up memories, diminish flow through the body, diminish flow through the mind, and actually capture our potential. When we find and liberate these frozen stuck dissonant areas and bring the energy that was stuck there back into circulation, we increase our overall energy. We access the parts of ourselves that we know we have, but that we just haven't been able to get to. Those are the parts of us that drive us along, much more efficiently, to get healthy.

Wendy Myers: That's what I love about working in the body's biofield, you don't have to be consciously aware of something, to deal with it and release it. That's the elegance of working in the energy fields. Everything has a frequency and like you said, that's so interesting that you can actually feel from the tuning forks, from the sound of them, the depression or the trauma, or what have you. In working in the biofield, it's so much more elegant and simple than trying to force some sort of correction, physically. With the energy field, being the governing force of the physical body, why not work in the root, where the messages, the communication and operating instructions begin, and flow through your body?

Eileen McKusick: That's a great way to put it too. It's the blueprint, and the physical body is just organizing itself around the blueprint. If you try to work on changing the physical body without changing the blueprint, it's just going to keep trying to go

back to what the blueprint says. So, it's a really elegant backdoor solution, and it's very quick. It's very efficient. That said, we don't treat people who are severe with anything. Once disease has gone deeply down into the body, it's really hard to have the elegance of the biofield adjustment, to put you back in order. So it's really more of a tool to deal with mild and moderate things, we don't treat cancer, we don't treat end of life, it's not like, "Oh, Western medicine has failed me, I'm going to go get tuned."

Eileen McKusick: It's more about keeping ourselves healthy. I really think that we need to get healthy, and certainly we can. Then it's our job to keep ourselves healthy and to stay there. For me, you asked a little while back, what the benefit that I have experienced and I just want to share that, because it's an interesting story. That is that I'm probably like you, I love to research, and I've read tons and tons of books. And I've really spent tons of money, back in the day, trying to become healthy, become happy and become abundant. I've been trying for decades, from age 18, and just not getting there because I was stuck in my own emotional stuff, that kept on getting in the way. My baggage, my wounding, my stories, and it was all showing up as physical issues.

Eileen McKusick: I was suffering from chronic, mid-back pain. I had terrible digestion, I had stomach aches, and gas and bloating every day. I had a whole colony of planters warts on both my feet, that I couldn't get rid of. I was deeply in debt, I was broke and I was fighting with my husband all the time. I mean, basically I was struggling on every single front, and it was not for lack of trying to solve it. I think a lot of people can relate to that. We were doing our best and yet we're still not solving our problems, we're still not getting it together, we're not achieving the levels that we know we have the potential for. Two things changed in 2010, that turned my life around. One was that I started teaching my first students how to do Biofield Tuning.

Eileen McKusick: I started in 1996, developing the practice, and in 2010, a group of my friends and clients, pretty much bullied me into starting a class with them. I didn't know if I could teach it. I didn't know if I had some kind of weird, special ability. I didn't really know if it was something that could be taught, because it is a little subtle. As we've discovered, thousands of people have learned it now, and it's pretty easy to learn when it comes right down to it. I didn't know that back then. Anyway, they started working on me, and I started receiving sessions. I'll never forget them being next to my left foot, where I had all these warts, and it sounded so awful. I mean, it just sounded so awful. I'd never even heard a client sound that bad.

Eileen McKusick: My students were like, "Eileen, how can you appear so together and with it, and sound so awful?" I was like, "Compartmentalization. I'm really good at compartmentalizing, and taking those wounded bits of myself, and just putting them off in a room." But everything that you compartmentalize, all of that stuff, becomes an ailment in your body. Like what was going on in my left foot, it was that my consciousness had withdrawn from that part of my biofield. The left foot gets affected when we're accustomed to living with toxicity, and we just

disassociate out of it, instead of actively solving the problem. That's a pattern that gets set up from childhood, because you couldn't actively solve the problem. If your consciousness isn't there, anywhere health issues appear, is a place where you're like, "I'm not going there."

Wendy Myers: I think a lot of weight issues are related to that, people compartmentalizing.

Eileen McKusick: Absolutely.

Wendy Myers: Stuffing stuff down, and it shows in their weight or being obese.

Eileen McKusick: I'm 20 pounds lighter than I was in 2010, and I'll tell you what, getting healthy and getting down to your height and weight, or your perfect weight or whatever your perfect size is, that was a big part of my journey. I went into the healing arts because I had a body image poison in my mind. Our culture poisons us. Even though I was 5'6" and I weighed 130 pounds, I thought that I needed to weigh 115 pounds. Even though I'm big boned, it was the perfect weight for me. I'd been poisoned to think that I needed to be skinnier. It hijacked my mind, it took over my life, it took a decade away from me, of just being crazy in the head.

Eileen McKusick: The good news is that we can be liberated from that. I've had ehrlichiosis. I was dying from a tick borne disease called ehrlichiosis, that I was in the hospital for, for a week. I've had all kinds of actual difficult health issues; kidney infections, bladder infections, yeast infections, but for the past few years I've had nothing. There's nothing. I'm 51 years old, and I've eliminated every single health complaint. I have perfect digestion, I can eat whatever I want. I'm out of debt, my husband and I get along. I solved all of the problems.

Eileen McKusick: One of them was getting tuned and dealing with all this emotional backlog and just clearing it out of my body. All the baggage that we don't know what to do with. Well, we can tune it right out, which is great. It doesn't mean you get rid of the experience or the emotion, it's just the heaviness that's attached to it. The shame or the hiddenness of it. Sometimes even just bringing something to light, that you forgot all about, and you're like, "Wow. I'm still smarting from that. That happened when I was 11."

Wendy Myers: These traumas distort your body field. They cause a block, so to speak, or distortion in your body field where the communication doesn't happen so well, and that's expressed as physical health issues.

Eileen McKusick: Exactly.

Wendy Myers: Anxiety or depression, or what have you. I see a lot of parallels in our story, because I also suffered from bulimia. I went to massage school when I was 17 or 18, and started on this health journey as well. Not for lack of trying, but just trying all these different things and studying, studying, studying, and still at 35 I woke up, "God, I've worked so hard, I feel like crap, what's going on." I've tried a lot of different bioenergetic modalities that I've talked about on the show, but

really the Biofield Tuning for me, is what I'm using right now to help clear this stuff from my field, so I can get happier and happier and happier, and live my full potential and in my healthiest self. I've done a lot of different things and felt I graduated from those, and I'm always looking for that next thing, that next level modality that can get me where I want to go. I really love the Biofield Tuning a lot.

Eileen McKusick:

It's super efficient. I mean, it doesn't work for everything and everybody, it's not an end-all and be-all, and in a way it's really rudimentary. I think, compared to what is possible working in the biofield. I mapped this field with a tuning fork and figured out that I can use a simple, primitive tool, to help bring about pretty significant shifts for people. Some of it can even get rid of pain immediately, anxiety can be gotten rid of immediately, they're all just vibrational patterns. Every single emotion is just a pattern and a rhythm. If you think of it like inner music, you're just like, "Wow, I've got this, the timpani guy's really not doing his job right." You need to just think of it as a part of me that's out of tune, that can be brought into tune. We don't need drugs to do that. I don't take any supplements. I barely even eat very many vegetables. I don't do yoga, we can be healthy without any of those things, if our electric body is charged up.

Eileen McKusick:

That was the other thing that I discovered that changed everything for me. I learned to start thinking electrically. I came to understand, to see and understand not only the electrical aspect of the human body, but also, the electrical aspect of our environment as well, because we live in a sea of electricity. Really everything is light, when it comes right down to it. Everything around us is just perturbations in the unified field of life. The same electricity that's powering our body, your light is the same light that's powering the sun. The sun is not a thermonuclear furnace burning itself out, we now know that the sun is electrical. The solar wind isn't a hot gas, that's being blown at us. It's a stream of electrically charged particles. Space is not an empty vacuum, it's filled with plasma. The fourth state of matter, which is the electric aliveness of life itself. In everything, even our digestion is an electrical fermentation. Your gut bacteria are electric. You are separating the electrons from food, and running on electric juice.

Eileen McKusick:

What are our electrolytes? It's electricity. It's plasma, and that's what we run on. I get my energy from sun-gazing, from being grounded, walking barefoot, from going in the ocean and from eating foods that you can power a battery with. Living foods. I'm very fortunate to be in Jamaica right now, and we get all our food from the bush, and from the neighbors. I've been super-fortunate to have high voltage food, all around me. I know not everybody has that, but our fundamental energy is light, and it comes from light. If you're living in a paradigm where you think supplements are necessary, you're missing something. I think that that's a certain point, but when you start really managing your emotions and you liberate that energy that's been stuck, you don't need that sort of thing anymore. You're high on light and life.

Eileen McKusick: That's really all you need. I will add that there's a spiritual component to that too, because it's all one light, it's all one electricity, it's all one life. Is that God, Source, that it's the One? But there's a sense of connection that happens, through that electric perspective, that doesn't happen in the chemical and mechanical illusion of separation reality, that we've all been programmed into. A lot of what people are suffering from, not only their own difficult noise, but the illusion of separation and the lack of awareness of their own electrical connection to the source of all light and life. That in and of itself is a bummer, right?

Wendy Myers: Yes, absolutely. I love that, and I like what you said that there's a lot of people out there working much harder than they have to with the diet, and the supplements and the exercise. Checking all these boxes they think they need to check, and not getting where they want to go. So they need to work harder, and take more pills, and eat even better or less food, or what have you. Work out two hours instead of one, when they need to be tending to their body field and working on their emotional trauma. We all have it. We all have this negative tape loop, that's just draining us, and going to say, talk therapy, which I did for years.

Wendy Myers: Many times you're not consciously aware of these traumas and how they're driving compulsive behavior, like eating disorders, or addictions, or anxiety, or stealing, or sex addicts, or whatever the label is. Overeating or whatever the addiction is. They can deal with these emotional traumas at the root. It goes a long way to very quickly and easily stopping that compulsive behavior that's being caused by that emotional trauma.

Eileen McKusick: Absolutely. I was able to get over sugar once and for all. I didn't realize that I was managing anger with it, that I was managing stories of victim hood with it. When we tell ourselves these stories of like, "Oh, I'm a victim and that person's a perpetrator, and now I've got to go lick my wounds, and eat all these brownies." That's all just the dramas inside your mind. That's all that it is. These repressed emotions are going to keep on attracting characters, and stories, and situations, that just feed the whole thing. It's completely unnecessary. It's just completely unnecessary, it can be rectified. You can put yourself in order, energetically, in such a way that you have no desire or inclination to go falling off your path in that way anymore.

Wendy Myers: Let's talk about what someone feels. What does it look like when someone is doing their Biofield Tuning, they are releasing emotional traumas from their past, what are they feeling? What does that journey look like?

Eileen McKusick: Well, so if you are receiving a session from a practitioner, let's say you're receiving one from me, and I'll be combing through your field until I hit something that is anomalous, strong or distorted. I will hold onto that space, I'll put the fork in and I'll say to you, "What are you noticing right there? What are you noticing?"

Eileen McKusick: Even if you're somebody who's really disconnected from their feelings, you might be like, "I'm not noticing anything." If you're somebody who's a little more connected, even just to your own body sensation, you might say, "Oh, I'm feeling actually a little anxiety in my chest right now." I would track it and I would say, "Okay, this is in the zone around age 14, in the zone related to your mother, what does that make you think of?" You'll be like, "Oh my God, my mother and I, when I was that age, we were like ughh." I'll just witness that with you and your body relaxes and releases it.

Eileen McKusick: Then you take a big breath and you have tremendous compassion for your mother, the experience of spontaneous compassion for your mother arising. Then you feel quieter inside and you feel more spacious because that whole, very tempestuous, difficult time period and the vibration of it, that's been living in your biofield, just settled down a whole lot. Now, it isn't necessary for us to have that conversation about the story. I can simply say to you, "What are you noticing?" And you can say, "I'm noticing I'm feeling a little anxious." And I'll say, "Okay, just stay with that and breathe." We're going to work through it and we don't even need to dissect the story.

Eileen McKusick: It's effective both ways, but I find for me, as a writer, and a lover of people, and a lover of stories, that's how I mapped the field. Was being in an area that was wonky, and having somebody going deep with them. Like, "What's this bringing up for you? How are you feeling? What are you noticing? What's happening?" Sometimes people can spontaneously burst into tears. It kind of makes me think about when they do brain surgery, they can open your skull and poke your brain in a certain spot, and it'll make your arm do that. It's kind of like that. We poke around in the field, we poke into these particular memories and that then evokes that feeling.

Eileen McKusick: If those tears were suppressed and you never cried, and I go in there and start poking around in it, rattling it up, all of a sudden you're in a safe space, where you can actually cry. I, as a practitioner, don't have to do anything or say anything other than just be with you in an empathetic state, as you release that emotion, and then take a deep breath.

Eileen McKusick: The amazing thing is, that it changes very quickly. It's like you're in it, and you're feeling it, and it feels like you're going through rapids, if you've ever been inner tubing. You're like, "Whoa, whoa, we're in the rapids." Then you feel like, "Oh, when's it going to end?" But then it's just all of a sudden, you're out of the rapids and it's gone by. That emotion that you were resisting and repressing, and thought was such a big deal, suddenly you've expressed it. It wasn't really such a big deal after all. They're never as big and scary as you're afraid they're going to be.

Eileen McKusick: Sometimes we've gotten very big responses, but better out than in, that's what we say. If you're keeping all this stuff in, it is going to erode your physiology in time. We want to express, we want to get stuff out.

Wendy Myers: It's much easier to just get it up and out, and release it, than to keep it.

Eileen McKusick: Release it.

Wendy Myers: Every time I do the Biofield Tuning, I feel more relaxed and I feel at peace. I've done it before when I had a headache, and my headache was gone afterwards. I've done it when I felt anxious and I felt better afterwards. I always feel better after I'm doing the Biofield Tuning.

Eileen McKusick: Yes, that's definitely what it does. It helps you to relax. It's really the very fundamental thing, it helps you to relax and breathe, and we're all keyed up to various degrees. It quiets the noise inside and it makes you more patient, more resilient and calmer. All the things you want to be, it helps you to be that.

Wendy Myers: If someone wants to learn more about this, say how to find a practitioner, or how to become a practitioner, where do they go on your site?

Eileen McKusick: Our website is biofieldtuning.com. There's times on there, you can find a practitioner, you can receive a one-on-one session or you can get information about classes. In this moment in time, there's weird things going on logistically in the world, as far as in-person classes. We are working on creating an online certification course, and that should be available probably by the end of this summer. We'll be able to certify people all around the world, in this method. I never thought it was possible to do it online, and that's why 10 years have gone by with teaching and we never have. Difficult circumstances cause you to reconsider things, and we started to put together a pilot, and discovered that we actually could teach it online, and that it works. That was a pretty neat thing to discover.

Wendy Myers: Yeah, I definitely will look forward to that because I definitely want to learn more about this. I'm just very intrigued by the benefits I've been getting. I also do it on my daughter, Wynter, as well. I started doing a little night time ritual to get her kind of relaxed. I'm using the Biofield Tuning on her and she goes to sleep super, super fast, and she asks for it. If I end up not doing it, or not bringing it up, she actually asks me to do it on her, so I oblige. It's a really nice part of our evening routine, to relax. Does someone have to do it in person, or can they do a Biofield session online?

Eileen McKusick: Yes, we can do them. Interestingly, the work can be done at a distance, which I know might seem like a stretch for a lot of people. It certainly was for me. People were asking me for years if I could do it at a distance. I was like, "No." That skeptic's feeling that most people have, well, I had in a big way, until I tried it. Then I discovered that I could. I discovered that I could teach people to do it and now thousands of people know how to do it, and they've done it, and the outcomes are consistent. People were like, "Well, how does it work?" I'm like, "Well, how does your cell phone work?" It works.

Wendy Myers: Frequencies. They are there. From a distance or close, they're the same.

Eileen McKusick: They just are. It's a law of nature. It's a natural law. We wouldn't be able to do this and have consistent outcomes, we wouldn't be able to learn it, if there wasn't some kind of natural law governing the fact that it works. We have a clinic, the biofieldtuningclinic.com, and that's a bunch of certified practitioners in Burlington. We have an in-person clinic, but they're all available to do distance ones. Anybody, anywhere in the world, everybody's trained to do them. We also have group sessions and an archive. We have a whole library of sessions that I've conducted over the last five years. Working over an empty table, on a group hologram. I did almost 300 of these recordings over the years, and worked on every part of the physical body, the energy body. I put myself in every single one of them so that I experience the benefit of tuning, I think it's part of why I don't have any health issues at all.

Eileen McKusick: In that library, you can find a recording for pretty much anything that ails you. There's live ones, too. I don't do them anymore, but we have practitioners who do live ones, or are always upcoming. You can sign up to be on our mailing list and learn about those. People find these very helpful and they're very affordable. They're like \$20 per session, or a lot of them are \$40 for three. You can listen to them over and over again, and get benefits. You can also learn about biofield anatomy. If somebody is like you, a coach, or a provider of some kind, you understand, "Wow, the reason why people have right hip pain is because they're overthinking and overdoing, and that's the imbalance in the biofield anatomy." They're really educational too. They're kind of like a combination of coaching, education, and an adjustment. There's just a lot of information there. I've learned a lot about just human nature.

Eileen McKusick: I guess I'd say I've garnered a lot of wisdom over the years, having my forks in so many people's minds, and seeing all these patterns of minds and things that we do unconsciously to undermine ourselves. I've really learned a lot about how to not use your mind, and how to use your mind instead, in a way that's just much more effective. There's a lot of information there for you. Then there's my book, [Tuning the Human Biofield](#).

Wendy Myers: Yes, I love your book, and it's right here.

Eileen McKusick: Then the Sonic Slider, the tuning fork that you've got, the Sonic Slider, which is the one for personal care, that thousands of people are using at home. Do they help get rid of pain? We've got little groups that on, and they have a lot of benefits with those forks, you can learn about that.

Wendy Myers: This is what I'm doing, and it sounds like those that can be hit on a surface. You can hear it, that frequency there, that helps to tune your biofield.

Eileen McKusick: The frequency is the 12th Harmonic of the Schumann Resonance, which is the background electrical pulse in our atmosphere. So within the ionosphere cavity,

there's continual electrical activity. Lightning strikes going on all the time, and that the earth is alive, electrically alive. There's this 7.83 Hz, on average background pulse, that is our brain in a like alpha state of consciousness. Really actually brainwaves of all animals end up in that zone, because we're part of the environment and that's going on in the environment. If we live in cities, we become disconnected from that frequency, and we can get all out of whack. So the Sonic Slider is 7.83×12 , so it's 93.9 Hz, and so it contains that information of the electrical pulse that we rely on. That's part of why it's so soothing for people.

Wendy Myers:

We evolved for millions of years, sleeping on the earth, walking on the earth, swimming in the ocean, and our body's energy field is very much in tune with the earth's. That's why grounding is so popular, and people talk about walking barefoot, but it's not enough today. I think it's not enough just to do that, we need more than just that. More biofield tuning, so to speak, because there are so many, non-native frequencies acting on our body, with EMF, and radio towers, and electrical things in our home. Our body's communication system is very much out of whack. It's not surprising to me why so many people are ill, and depressed, and not sleeping and not feeling well. It's like, "Well, of course they are," because their body can't communicate correctly and then that's expressed physically. I think simple tools like this hold a tremendous amount of promise that should be added to people's health regimes.

Eileen McKusick:

And it's so simple to do. That tuning fork, you can use it for five minutes twice a day, and you're going to get benefits from it. That tool is the reason why I dropped 20 pounds, because I invented the Sonic Slider. I initially invented it just using my face, because I was turning 50, and have Irish skin. I was like, "Oh, I'm not digging this aging thing." So I invented the Sonic Slider because it was like, "Iron out those wrinkles." It was really helpful for that, but then I was like, "What would happen if I started to use it on my body?" I dropped a lot of weight very quickly, water weight, that I'd never been able to get rid of. I didn't even really eat very much, but this water weight was just held there. That fork, with the handle just slid very firmly along the body. It's just squeezed out all that excess water weight. Now, I'm an outlier, and I think part of the reason why I dropped that weight too quickly, is because I'd had so much tuning over the years, that had released the emotional tension from my body.

Eileen McKusick:

A lot of what holds weight on, and we touched on this earlier, is the suppression of emotions which creates a certain amount of tension across all your cell membranes. Now, one of the things that I've observed is that people who tend to accumulate heavy metals, we're all exposed to heavy metal. But some people accumulate it, more than others. Why is that? Well, what I have observed is that the heavy metal accumulating personality tends to suppress anger. That suppression of anger keeps a certain amount of tension across cell membranes and engages a certain amount of electrical juice. The body is not able to process the heavy metals, on a daily basis, and so they start to accumulate all this anger and all this heavy energy.

Eileen McKusick: Tuning can really help people to release that. All of the tension that we're holding because of these emotions. I think part of the reason why I lost so much weight was because I let go of all of those tensions. When it came time to use this tool to rub it on myself, it just squeezed it all out, because there was no resistance. Not everybody obviously has that kind of result, but lots of people have lost weight, improved their digestion, toned muscles, gotten less cellulite, improved their energy levels and made their moods more consistent.

Eileen McKusick: I think you were pointing to that. When your energy levels are more consistent, your mood is more consistent, you're way less likely to go off on some kind of binge and console yourself with something bad. Any of that, one bit of out of controlness leads to another, and then you're suddenly off balance. If you can keep yourself more in balance, you're less likely to engage in any of those kinds of behaviors. I think what you're talking about too, about grounding isn't enough, I agree with that. Working with sound does help make your signal clearer and stronger, your own electrical signal.

Eileen McKusick: If your body can communicate because that signal is clear, and your battery is topped off, you're going to be able to navigate these electromagnetically polluted environments much better than someone who isn't grounded and has all kinds of static, noise and resistance in their electrical system.

Wendy Myers: You'll be better able to adapt and react properly to stressors.

Eileen McKusick: Exactly.

Wendy Myers: Ones that you encounter in your environment as well. My friend Niki Gratrix is the one that introduced me to your work, and so graciously sent me a kit of biofield tuning forks, and your book and everything. I was so fascinated, and she taught me how to use it. She reported that she lost 15 pounds when she started doing this, and I'm very much looking forward to that, that side benefit. I have about 10 hours of Biofield Tuning under my belt, doing like maybe 20 minutes a night with my daughter, pretty consistently. Over the last month or so, I've been accumulating my hours. How many hours does someone need to do this? I mean, I'm sure everyone's different, but is there any kind of rule of thumb about how often you think that people should be doing it?

Eileen McKusick: Well, it depends on what you're talking about. There's different things. There's a Sonic Slider, the Tuning Fork that you're showing, and then there's the Biofield Tuning method, which is more of using the forks in the field. The toolkit that you've got has the information to start to learn how to actually practice the method. It's not a certification course, this is enough information to use it on friends and family. It's sort of a home study kit, and then if you want to become certified, obviously that's your first step is to work with the kit first. Then the certification is about 50 hours, to become a certified trainer, and you've got to do a bunch of practice sessions as well.

Eileen McKusick: As far as the Sonic Slider goes, just using it on yourself, it's great to use when you're watching videos at night or something. If you're watching Netflix, just rub it on yourself. I keep mine next to my toothbrush, so that I use it for five minutes. I just cover my whole body with firm strokes towards the heart. If you bought a Sonic Slider, it comes with little videos, that tells you how to do it. Make sure you watch the videos, if you get them. Five minutes, twice a day is going to give people outcomes. Five minutes, twice a day. I mean, I don't exercise or workout. I have built muscle with those tools, because when you put vibration in, it's the same idea as those vibration plates that you stand on, it's going to make you stronger.

Wendy Myers: I think those are very disharmonious to people. They're very problematic to people.

Eileen McKusick: I don't think they're a good idea either, but this achieves the same thing. This is much less violent and is actually soothing and calming. It soothes you and calms you, and strengthens and tones you at the same time. What could be better? It gives you noticeable results in 10 minutes a day. The most important thing is to use it every day.

Wendy Myers: So the slider, for instance, you can use it on your face to help tone up the muscles in your face, and relax tension and you can use it on various points on your face.

Eileen McKusick: Yes and all over your body. I found that even for women, if you've got cystic breasts, if you've got any kind of knots around your boobs, you just find a sore spot and hold that handle in it firmly. It will cause those little bunches of tissue to relax and release. I've had a number of women say, "Wow, my breasts aren't hurting when I get my period now," because they got the lymphs all untangled and moving. It really helps improve the lymph flow. If you do it really firmly, I think it also strengthens your bones because you're putting vibrational mechanical energy into your bone.

Wendy Myers: I had a headache this one day. I don't get those very often, but I get tension headaches sometimes if I haven't gone and gotten a massage, and had that release. I had knots in my temples right here, and I did some sessions. I just held the bottom of the fork to that knot, to help release it, and I didn't have a headache or it was dramatically reduced to almost nothing.

Eileen McKusick: We hear that from a lot of people, they start to get tension headaches and they just use it and it goes away. I mean, I really think it belongs in every house's first aid kit.

Wendy Myers: Any other benefits that people have reported with using the forks that maybe we haven't talked about?

Eileen McKusick: Some people say it's helping hair to grow faster and hair to grow in where it wasn't, some people have told me that. A number of people have told me that they have had more synchronicities in their life, since they started using it regularly. They felt more creative. Kids love it. Kids love to use them on themselves. We've had extraordinary stories with autistic kids, using them on the feet of autistic kids and them becoming engaged, making eye contact and then wanting to administer it to the adult. There's lots of neat stories there. I'm an explorer and a creator and I've invented all these things, and I'd like you to just play with them and see what they can do. I think a lot of times people get a tool in their hand and they're like, "I don't know what to do."

Eileen McKusick: Somebody telling me what to do, instead of just taking the time to fiddle, and play, and explore. That's all I've ever done. That's how I figure stuff out, Nobody's told me how to do anything, with any of this. I've just given myself permission to suck for a while, until I figure it out. And so I think that it's super important. I think if I can leave anybody with anything, it's okay to be messy in the process of getting well, and that there's really no room for perfectionism in true health.

Wendy Myers: I like the concept of using Biofield Tuning to raise your vibration, raise your frequency. In doing that, you end up having these synchronicities where you're attracting people that also have a higher vibration, people with a lower vibration in your life fall away, they don't fit anymore. They're not in alignment anymore, and so for me, that's a theme that resonates with me.

Eileen McKusick: Wendy, I'm going to challenge you on that because for me, as a researcher, and as a writer, I'm very technical about language, I'm like a grammar police kind of person. When we talk about raising our vibration, I feel like it's technically incorrect, and I feel like it creates this aspiration towards highness, which is often the same pattern as disassociation. That this base world, or this is a terrible place so I just want to ascend, I want to go up, higher is better. I don't think that's a healthy way to look at it. I feel like what we want to do is we want to clarify our vibration. We want to bring our vibration in tune. We want to get the noise out of the signal. We want to find our vibrational sweet spot, and we want to raise our voltage.

Eileen McKusick: We want to raise our overall energy level. Here's the thing. There are vibrations in the universe that are infinitely low, that are light years, from crest to trough. Are those vibrations bad? Are they something that we don't want to associate with? There's nothing like higher, faster vibes are not better than lower, slower vibes. In fact, when it comes to brainwaves, you actually want to get out of the higher 14 to 16 Hz, when you're meditating, you want to lower your frequency, in order to quiet your mind.

Eileen McKusick: I understand what you're saying, and I used to use the same language quite honestly, until I wrote a book and I started really thinking about this, and

thinking about that raising. What we really want to do is descend into our bodies. We want to...

Wendy Myers: We want to get grounded.

Eileen McKusick: ... get occupied. We want to really get grounded, and we want to get ourselves out of our head, and into our core. We want to radiate from our center. We want to be radiant, present beings in our vibrational sweet spot, with lots of energy.

Wendy Myers: Yes, I know. I'm glad that I brought that up. I'm glad that I brought that up because I've been thinking in those terms where I'm trying to raise my vibration to improve my life or whatever. It's true, it's just semantic, but another way. I'm just trying to improve myself, to release these older patterns, release these traumas, to just be the person I want to be. To show up in the world as joyous, as happy as I can, so that I don't repeat these old patterns. Negative behaviors or hurtful behaviors, or people that maybe aren't good for me. I'm using Biofield Tuning to help me get to that place.

Eileen McKusick: Yes and I would just think of it as just being more in tune. If you pick up an instrument that's out of tune, it's no fun to play. If you pick up a beautiful instrument that's been well cared for, and is in tune, you're going to play with it. To me, there's nothing to fix really. We just need to get ourselves back in tune, so that we can play more, and enjoy life more. Maybe this is the end of humanity that we're looking at. Well, we better damn well have a good time. I think to me, the biggest reason why we seek health, is because we become more free. What do we do when we're free? We go have more fun. Whatever your idea of fun is, your idea of fun might be helping people.

Eileen McKusick: I just got a whole bunch of groceries for my neighborhood here, because I'm abundant enough in energy and money, and all of that. Wow, helping feed my neighbors, who can't eat. Going on a trip and making that happen. Is it fun? I don't know, but it feels good. So that's why we want health, it's so that we can do the thing, more of the things that make us feel good. We don't punish ourselves to health. We don't abuse ourselves to beauty. Most of the way people go about this is all wrong. You're already perfect. You just need to get yourself back in tune a little bit, and love yourself. That's the important part, and then have fun, and help other people have fun, because that's what everybody needs. That's the medicine we need.

Wendy Myers: Absolutely. Well, that's a wonderful note to leave on. Eileen, thank you so much for coming on the show. That was just fantastic. I really, really enjoyed having this conversation with you, and really encourage everyone to get your book, try Some Biofield Tuning, whether it's for yourself personally, doing your session, maybe signing up as a practitioner and doing training. Tell us again where we can find you and learn more about you and your work.

Eileen McKusick: Biofieldtuning.com, and I'm on Facebook, at biofieldtuning-eileenmckusick, and YouTube. I've got a bunch of YouTube videos that people might find interesting.

The channel's name is Harmonic Balancing, which is the old name, or you can just go on YouTube and search my name, Eileen McKusick. There's quite a lot of videos that you can check out on all kinds of stuff.

Wendy Myers: Fantastic. I love that you have biofieldtuning.com. I thought, "She must have gotten that in the '90s," or really early on.

Eileen McKusick: Early on.

Wendy Myers: Fantastic. Well, everyone, thank you so much for tuning into the Myers Detox podcast, I'm Wendy Myers of Myersdetox.com, you can go there and there's hundreds of articles, hundreds of podcasts about heavy metals and chemicals, and even emotional detox as well. Thanks for tuning in and I will talk to you guys very, very soon.