Electric Body, Health: Explore Biofield Tuning Transcript

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Introduction to the Menopause Summit

Hello, ladies. Welcome back to Mastering the Menopause Transition 3.0, our third time at it with all new interviews and information for you. I'm your host, Dr. Sharon Stills, and I have the light being Eileen McKusick with us today, which is great because she is the queen of the human bio field.

And we're going to talk all about how energy, medicine and the electrical view of menopause and healing. And the sun is just shining so that she is just filled with light.

I think it's like the perfect thing for are coming up. So you're like, bathed in these light bursts, which is just, you know, signifying the light being and all the work that you do.

So, welcome to the summit. Thanks, Sharon. It's great to be here. Hi, everybody. Yeah, so I am it's it's beautiful. And I think, you know, what you talk about in the the bio field.

You know, it's it's all this unseen stuff. And a lot of times when we don't see something, we don't think it's important. And so I just love that the sun is like shining and we're seeing these light beams.

So it's like it's real people. It's real cool. So, you know, just for those that don't you? I mean, you're such a pioneer in the human bio field and sound as medicine.

can you just tell us a little bit about, you know, how you got into that and what that means to you? Define missions for you and how that relates to women in menopause?

Eileen McKusicku2019s Path to Biofield Tuning

I'm sure that's a lot, like, a lot you I can you, well, I am a, a pioneer with tuning forks. Actually, I've used both, unweighted tuning forks around the body, weighted forks on the body and also around the body.

I started playing with them all the way back in 1996, and, and I never stopped playing with them. And I figured out all kinds of cool ways to use them.

And, I back in 2010, I had a group of friends and, clients who pretty much bullied me into teaching them how to do it. I didn't know if I could, but, we discovered that that people could learn to do what I do.

Basically, I used to learn to use a tuning fork, like a needle on an album, to read a person's vibrational record of their life through the field around their body, which is pretty weird.

and, and it turned into a method called field tuning. And, I ended up going to college as an adult to understand the phenomenon that I was encountering when I was working.

There was a lot of strange things. I didn't understand that the team forks did, and I ended up writing a master's thesis called Exploring the Effects of Audible Sound on the Human Body.

And it's by a field that was published in 2012. And then my first book, Teaching Human Bicep, was based on my thesis, and that came out in 2014. And then my book, Electric Body, Electric Health, came out in 2021.

So I developed a line of tuning forks. I have practitioners all over the world. I have a team of wonderful teachers, a great training program, and, yeah, I've learned so much about sound and and specifically about the fact that our bodies have an electrical system that we're never taught about.

And I've done a deep dive into working with understanding and, sort of defining health electrically because we've been so conditioned to look at it chemically and mechanically.

And so I've learned to look at it vibrationally and rhythmically, in terms of voltage, how well charged we are and, and how clear our signal is. And so that's the lens, that we look at it.

And that was the lens I ended up looking at menopause through. And when I started to hit menopause and I was around 47, I started well, I'm one of those people that if I have some kind of health problem that I really tackle it, like I really want to solve my problems.

I don't want to live with pain or discomfort or under functioning. I don't want to be a victim. My body that has unsolved problems. And so, I tried to figure out menopause from an electric perspective because as soon as I started having hot flashes, I going, no bueno, like, are not living like this. And, I discovered that it was really important to me to be grounded.

So if we think of our bodies as an electrical system, we draw in positive charge from the sun, from the top of our head, and also a positive charge from our atmosphere, and we draw a negative charge from the surface of the Earth.

And so we conduct positive charge down into the Earth, and we conduct negative charge up. And most of us are wearing rubber soled shoes all the time. And rubber is an insulator.

And it stops that energy exchange from happening, which leads to inflammation in the body. We end up with like a backlog of positive charge, and we start to kind of overheat from it.

And so what I found was that I needed to wear leather soled shoes.

Menopause Through an Electrical Lens

And now you can buy all kinds of cool grounding shoes. But back in 2016, when this started for me, there weren't any on the market. And so I ended up getting a just this pair of leather moccasins, and I wore them everywhere.

I wore them into every outfit. And I'm the kind of girl who likes cute shoes, you know what I mean? Like, I had my husband call me Pocahontas, but but it it made me grounded, like, for those years that I was going through menopause, like, I really needed to be grounded.

I also discovered that if I peed outside, that that helped a lot, you know, because as women, we we discharge ourselves into the earth. You know, whether you're throwing a tampon down the down the toilet or whether you're putting a keeper cup in your garden, it's still part of you going into the earth, part of you that's discharging.

And when we when we stop having that electrical exchange with the earth of giving our blood to the earth and and it resonating in the earth and of the earth, then things back up.

And so being grounded, and electrically connected, at least for me, made a huge difference. And it was also around that time that I created the Sonic slider, and I started using this, I originally created it to use it like, on the face, you know, sort of like iron in your face at the end of the day.

And then I started using it on my body. And, I actually and I'm kind of an outlier, like, not everybody has this kind of result, unfortunately. I wish that they did.

But in just five weeks of using it on my body, you know, kind of like dry brushing, just sliding. It's called the Sonic slider, right? So just sort of sliding the handle and it gets blood and lymph and fluids moving and and it made me look like a whole bunch of water weight in, in very short order.

So I actually hit menopause. God sexier, got thinner and got over my symptoms very quickly. And I love life. Post

menopause. Like I feel fantastic and I don't think people should think.

And I'll tell you what, Sharon, the word hormone never entered my lexicon the entire time because I don't think chemically, I think electrically. So it wasn't thinking about balancing my hormones.

I was thinking about balancing my electrical system, and getting the noise and resistance out of my fascia, out of my tissues, you know, really connecting to the Earth, really being grounded.

I didn't even have to consider my hormones like their second degree. Like one of the coolest chicks I know. Okay, so let's go back to peeing outside. like, I'm always. I have no shoes on.

I'm the girl who likes to buy cute shoes but never wears them. Just barefoot. But I love the moccasins and that is really important that we we get outside, we get connected.

I've started going outside and like, prostrating, like, on my patio every morning just to connect to the earth. And so. But I haven't been peeing outside and I'm wondering if I'm missing something.

So I love what you were saying about like, because we're not losing our blood to the earth anymore, and so do you. Just be outside once a day. Do you do all your peeing outside? Like.

As much as it's convenient? Really depends on where you are. certainly if you're working in a city and an office building, that's not so easy to do. But, you know, for people who are more rural or have the opportunity to be rural, I absolutely were.

And it's good for the soil, too. Like, it's, you know, it's puts you back into the natural cycle of things. And we shouldn't really be defecating in our water system, you know, the whole like water toilet.

That's kind of a bad idea. because water is really sacred and water is life. And the quality of our water really impacts our well-being. And so, yeah.

Pee and poop outside. Yeah. All right. So it's like everyday camping. So, you know, we do it when we go camping, so why not do it when we're, you know, in our homes and we have a place to do it?

I love that. That's just sexy. I love that's why I wanted to have you on because you things so interestingly. So electric health, the electric body for someone who's watching and is like these chicks are, are a little out there like like let's let you know and don't really have.

And this is their first experience hearing about the electrical field or for those who have heard, you know, how would you explain it? How can they get in touch?

What does it mean to you? Because we do think we're taught very everything is anatomy, physiology and biochemistry. And we aren't taught to focus on our lymph flow or our facial network or, or just the energy.

And I know when I've interviewed you in the past, you know, connecting different areas in the body to different emotions. So I'd love you to just kind of dive into that.

All because it's so fascinating. Well, our electrical systems right in front of us, but it's one of those things where we're we're missing the forest for the trees.

But when you get an EKG and they're measuring your heartbeat, that's electrical. It's beating your heart, it's electricity that's feeding your heart. You get an EEG, it's reading your electric brainwaves.

Right. So just right off the bat, your heart is producing a pretty significant electrical signal in your brain.

Grounding, Nature, and Sonic Slider Practices

but most of us know our blood carries a charge, that our bones are crystalline, structures are electric, and they make electricity when you compress them.

That's why they tell you to bounce on a trampoline. It puts compression in your bones. Your bones become like batteries. our fascia, our collagen are all semiconductors.

Our digestion is actually electrical fermentation. But, you know, we've been taught to look at everything so chemically that we're missing the light and the power that's underneath, even though it's right in front of us.

Right. And so we all learned in grade school that anything that has an electric current running through it has a magnetic field around it. And we even found isn't that different.

So, you know, what is our aura or our energy field is your body's electrical system. It's really simple. It is pretty simple. Anything. Yeah. But how do you because you, you know, you go to the doctor and you get blood.

Where like, how do you check? How can the listeners know? Like, is there a electrical system needing a tune up or is it flowing freely? Well, most people's electrical systems need tune ups, because it's really all about flow, right?

And any alternative health provider will tell you that they are working to support, integrity and flow in the system. And so this is no different. You know, we talk about inflammation or pain.

That's just an electrical jam up. That's a that's like traffic jam of tension. And heat and electricity that isn't flowing because it's experiencing some kind of restriction.

And a lot of our restrictions in our physiology actually have an emotional component to them. It's it's our emotional responses to things, our trauma responses.

Many of us, encountered inputs that caused us to contract as children. And so those deep patterns of tension are in our whole structure. And so those stop energy, literally electricity from flowing, through the way that it's supposed to.

So they create resistance in the flow in our electrical system. And so my work with chain works works to find where the resistance is, where the tension and the jam ups are.

and it's kind of an interesting way that we do that. We, we call them a fork through the field. And when you. So a magnetic field actually guides and informs an electric current.

So anything that's going on in the magnetic field is also going on in the electric current. So what we do is we find where the jam up is because there's an electrical component and a magnetic component.

So if you have a really sore right shoulder, first of all, I'm going to ask you if you've been saying yes when you mean no, if you've been putting other people's needs ahead of your own, and if you have been, there's that's kind of what happens when people jam up in the right shoulder and they start to become resentful of the fact that they're not taking care of themselves.

So not only will you have an electrical traffic jam, pain, heat, but you will also have sort of like a magnetic blob in your magnetic fields that is, kind of like an exploded view.

And so a vibrating tuning fork acts like a magnet, and I'm able to find these areas and actually move them or adjust them. It's kind of like a chiropractic adjustment.

And so because the magnetic field is primary and God's electricity, when I shift the magnetic field, the electric current rearranges the way that it's flowing and it comes into more of a balanced place, and then all of a sudden people don't have pain in there anymore.

but it was an emotional thing, you know, like, I'm resentful and taking care of everybody, and I'm tense around that, and that is. And I'm, I'm in I'm in pain.

I'm in emotional pain. Right. But I might not be admitting it, or this might be a blind ancestral pattern that my mother did and her mother did and her mother did.

And so just kind of doing it automatically. And I don't really eyes that I can shift it up. And so by, by doing these field adjustments, by finding these patterns of imbalance in the electrical system and rerouting them or rewiring them into a more balanced, coherent expression, then the body goes into that state of flow.

So we're essentially working to get the noise and resistance out of the electrical system so that it can be clear and flowing, and then you access your literal electric potential.

And we all know people who are bright and full of energy. We only have people who are dim and low energy, and that is completely their inner battery, highly charged up.

And how fluid their electrical system is. I'm like, this is like the answer to everything. You know, that's a great way to put it. And I just want to elaborate on that before you go further, because I, I was kind of became a self-help junkie when I was 18, and I realized that I was really messed up.

I was bulimic, and I was trying to get over it and I couldn't. And so I started reading self-help books. And between the between 1987 and 2009, I can't tell you how many books, courses, things I did, money and time I invested because I wanted to be fit and healthy and abundant, and I wanted to get along with my husband.

And I'm five of them all the time. And I failed like I tried so hard.

Body Pain, Emotions, and Field Patterns

But when I discovered plasma, I you know what? The flow of electric charge. Basically, it's a state of matter that most of us don't learn about. And I discovered the body's electrical system and I discovered ether, which is maybe a whole other topic, but, as they're talking about it on Joe Rogan.

So maybe people will start to understand the ether more now. I was able to solve all my problems when I started looking through an electric lens. I could not solve those problems in the world of solid liquid gas chemistry.

Mechanical word. I didn't fix anything. But when I started understanding the electrical system, working with sound, all of a sudden I got healthy, I got fed, I got coherent and less inclined to levels.

Which is huge because we actually, especially, I think as women that we tend to spend a lot of energy on struggle and drama. And this is all coming from like tangles and patterns and habits in your electrical system.

And when you get rewired and you get smoothed out and you get coherent, you follow around stuff very elegantly. You know, I do this, and when your fuze gets longer and your bulb gets brighter, life just gets easier.

That's a beautiful way of saying it, I love that. So I hope we have a little time to just talk a little ether. But I do want to, because I think, you know what you talked about in the shoulder and pain.

I'm sure a lot of women were like, oh, that's really fascinating. And I have that. But what about I have pain in my other shoulder, a pain in my back.

So does each body part. Could you kind of just talk a little, you know, does each one mean a little different thing and how to do. This is just something, you know, this is pattern recognition.

For many hours in the clinical lab, I always thought of my my practice as research and not like a business because it was so fascinating. And and I'm a scientist and so I you know, what I started to observe was that everybody who

came in, who had, let's say, right hip pain, because this is another big one that people have that, that they what I would find in their field, the imbalance I would find in their magnetic field was a mental tendency to overthink and kind of overdo.

You know, they're always running to do lists are like, oh, I got to do this and I got to do that. And, you know, kind of projecting themselves into the future.

Running the inner taskmaster, often an inner critic involved in the mix about not being good enough and how they had to be more and do more. And there's just like a kind of really busy mind that was future oriented.

And then a lot of people that a busy mind and a busy body, right to the right hip, is the hip of chronic overdoing. And and I just started notice that like everybody who came in with right hip pain had that tendency.

They had that pattern. Everyone who came in with right shoulder pain, they are putting everybody else's needs ahead of their own left shoulder harboring sadness, grief, loss, and not maybe not expressing it like being in an emotional pain around loss of some kind or longing, left hip frustration over unmet needs.

big one. Right? And most people, I think a lot of women go back and forth between being frustrated that their needs are met because they're taking care of everybody else, feeling like they have to do a million things, take care of everything.

When you're busy all the time, it doesn't give you an opportunity to feel like how many women let themselves for puddle and just ball, you know, like, oh, you got to be strong.

And I got to do and go, okay, so so any place where we really out of balance in our mind and specifically not living in the present moment, because when we're in the present moment and we bring the totality of ourselves into the present moment, then we're on axis.

We're not tilting off to one side or the other, energizing some crazy, far away part of our field. So many people are not present in their bodies from the diaphragm down you.

Their energy bubble is kind of up here, and it's sort of a revelation to bring them down into their feet. The left foot. You know, a lot of diabetics lose their left foot over their right side.

And then the in the battlefield anatomy issues of the left foot relate to feeling stuck or trapped, mired in a toxic situation, feeling like you can't get away from a stressor, whereas the right foot has to do with more being like uncertain.

Should I do this or should I do that? I don't know, when you spend time hanging out and uncertainty, it weakens the field. And it also kind of makes it sort of blurry so that it's in relation to your entire consciousness.

Like you might go to twisted Ankle, but if you're really present in there, you'll correct yourself quickly and you don't twist it. But if everything there is a kind of a blur and you're not in the present moment, then that twist can turn into a real injury.

And that is a symptom of the consciousness of that part of your mind that informs that part of your body. and so, yeah. And I want to just so do you feel that every like and do you find that every pain like there is no.

Oh, it was just an accident. I stepped off the curb and it has nothing to do with energy or emotions or do you feel like it's always energy? Electrical.

And I think always is a strong word. Right. I guess what. People do might have structural imbalances. They might have bones, you know, that are longer than the other.

I mean that there there can be there can be things that can be purely structural. But in my observation, like pretty

much almost everybody would come in even like, I, I had a girlfriend once who, well, I she's still my girlfriend, but she called me one day, and she told me that she had been hiking, and she fell and she hurt herself.

And she asked me to guess where she hurt herself. Now, this is a person who is a single mom, owner, massage school, was a massage therapist, had a practice, and was an adjunct professor at two colleges.

Okay, I'm in trouble. Other. And I'm sorry. Your right shoulder. And she said, yeah, it was my right shoulder because, like, she could have hit herself anywhere, right?

She could have fallen in any way. I had a motorcycle accident a couple of years ago, and the only thing. And I slam in the ground going, like, almost 50 miles an hour, a road 40ft down from road, like, very dramatic motorcycle accident.

And the only thing that got injured was the outside of my left ankle. I fractured the outside of my left ankle, but at the time I was feeling stuck and mired.

I was feeling like a caged animal. I was feeling very, very stuck and it was very up for me. And that was an old pattern. Right. But here's the beautiful thing is that accidents and injuries are doorways and invitation to doing deeper healing that wants to happen.

their gifts. Yes. This is that gave me an opportunity to access part of my wounded inner child that needed me to stop, to go back and pick her up. I never would have found her in my, you know, go, go, go modern life.

And that was a beautiful opportunity. And that that was, you know, work to be done in that part of my field because of my experience in childhood and how, you know, I it kind of rooted in a belief in a story and a pattern.

There. I yeah, I believe everything's happening for us even when we don't like what's happening. But that statement is true. I do yeah. So. Is there like to to help your electrical field.

Do you feel that you need to sleep like art?

Breath, Authenticity, and Electrical Health

Do you need to move your body like what does that look like for you? Do you need to eat salmon and berries or like. Yeah, wild food. I tell you what. Wild food for sure.

you know, whatever degree you can eat wild food, eat wild food or small farm diet that has a lot of minerals in it. You know, in in really good regenerative organic farming, they're very attentive to the mineral content, the micro minerals.

And you need all this. Your electric body salts that needs minerals in order for electricity to, to do what it does. Right. So, so that's important. Sunlight is really important without sunscreen.

Now, don't put on sunscreen. Don't put both slather chemicals on your body. Don't be putting chemicals in your body. Like avoid chemicals is, I believe, in better living through harmony as opposed to better living through chemistry.

so that's one thing I think energetically and emotionally, having the audacity to be authentic because a lot of people, a lot of women that I've worked with, especially women with chronic fatigue, with any kind of like, long term virus, they are not authentic.

They are holding themselves back all the time. They don't speak their mind. They don't ask for their needs to be met. They're they're, you know, they're they're, suppressing themselves.

People suppress and repress and pull in themselves. And this takes huge amounts of energy to do. It's exhausting.

And it takes energy to do it. It sequesters energy in your body.

It creates, resistance in your electrical flow. It makes you all bound up, and then you don't breathe. Most of our electrical energy actually comes from the electrical atmosphere that we're breathing.

We're breathing a plasma because you can go for weeks without food and days without liquids. So you kind of like a few minutes without air. Like, why does your blood go from dark red to bright red?

Because you just breathe in light and charge. And that is what is the primary thing that is giving you life is your breath, your electrical breath, feeding your electrical system.

And so a big part of what I do is tuning forks, and it's helping to relax. These subconscious patterns of tension is to liberate the breath so that people breathe more freely, openly and gently, fully, contentedly, because all of your emotions inform your breath.

And so if you have anxiety and you have all this tension from all kinds of trauma, your battery is going to be low because your breath isn't for so doing anything that you can do relax.

Like you were saying, Sharon lying face down on the patio like, go lie on the ground. Go hug a tree, go in the ocean, go in a mountain stream. minimize.

Don't wear AirPods, don't wear eye watches or Fitbits. because those disrupt your electrical signal. And then that disrupts your endocrine system, right?

So so the health of your endocrine system and the levels of the hormones that you're producing are being governed by the rhythms, patterns, and flows in your electrical system.

So you want to think about yourself as an instrument that needs to be tuned, which is out of tune. And so that's the beauty of working with the 21st is it just gets us in tune.

And then and then, you know, an instrument that's out of tune doesn't play beautiful music, right? But when you get your set, all of your strings tightened and loosened just right, and you find your kind of vibrational sweet spot, then then that's what you experience in your life, whatever your vibe, you know, there's a saying out there that your vibe attracts your experience.

I don't know if you've ever seen that. Your vibe, it attracts your tribe. Right? Yeah. I, I don't mind that one, but I think fundamentally. And we make it even simpler, like, your vibe is your experience.

Yeah. And it's other people's experience of you. So you got to work on your vibe so that you're groovy, man. Like. So if someone comes to see you or one of your trained, practitioners and say they're coming because they're overweight, they're not sleeping and they have no energy, you know, common things that we hear and maybe they have headaches is your treat men entirely, just like using the tuning forks to get the electrical field in the magnetic field flowing or they're other and like sitting in the sun or how does that work?

Well, mostly what we do is just pretty much with the tuning fork. So, I mean, we certainly have tuners that are trained in other modalities and might mix modalities.

but if you want to come see me, I would just start working on you and figure out I'd look at your physiology, I'd hear your story. I would look at your pattern, because we're the pain is isn't always necessarily where the problem is.

Most of our patterns of tension are 3D. And they they have a slot. They have a B slot. You know, there is there's a jam up in multiple places. They look at the body very holistically.

And then I let the body guide me, to show me where to where I actually use a pendulum, which is kind of an odd thing. But when I first started discovering that, like, I, you know, because somebody comes in in pain, I would kind

of go where the pain was.

Right? That's kind of a normal first response. but then somebody showed me how to use a pendulum to ask the body to show. And it works because they're organizing intelligence.

That is informing my subconscious, organizing intelligence. It's causing me to do subconscious micro movements with the pendulum. And so that's what I do.

And I know people are like, oh God, you know what? I remember pendulums. But it's super useful in this practice. So I'll ask the body, where's the where's my angle of approach for today?

Because you know, your left foot might be hurting a lot, but it's actually your right shoulder that is saying work on me here. Because if I didn't, I need to overcome this tendency to feel like I need to take care of everybody before I can feel like I can extract myself from this situation.

Right. So, so depending on how old someone is, because the older you get, the more you laid down energy in these established pathways. Right. So some of these over 60, it's going to take me longer to rewire you than somebody who's like 25.

Right. yeah. And then there's the complexity of what you have going on. So, you know, we don't have any kind of one size fits all approach, because what works for you today might not work for you tomorrow.

What works for you today and tomorrow might not work for somebody else at all. And so we're all trained to be very curious about what's going on in the body right now.

What's the body trying to do? What's the body trying to resolve? Because we're designed to self-heal completely and utterly.

Self-Story, Vitality, and Where to Learn More

We are completely and utterly designed to be in harmony, designed to be in order, designed to self-heal. Right. I was telling you earlier, I don't take any supplements, I don't take any, and I don't even eat many vegetables or, you know, I eat a lot of, like, cheeseburgers, bagels, bacon.

you know, I like chocolate, I love cocktails, and I'm 55, and I'm super healthy because I do what gives me pleasure, what I enjoy. I don't have any guilt.

And and my digestive tract is so electrically toned, like I incinerate everything. Right? And that didn't used to be the case. I mean, I used to be able to do any of this stuff like, oh, I can't eat gluten.

I can't eat dairy because I'm so weak, you know, like we tell ourselves these stories, right? Here's another thing to answer your question about what people can do.

Pay attention to the victims stories you're telling yourself. Just pay attention because our word is creative. And if you're sitting around being like, oh, I have this and I have that, and then that's your that, your that's your vibe.

That's your experience. For a lot of what we are is a story. And a lot of us have inherited like sad victim. you know, cancer solved the problem stories.

And I just want to invite you to believe that you can tell a different story, that you can solve the problem, and you need to be really careful about what you say about yourself.

You're like this inspirational walking unicorn that we we in us fire to because you're 100% right. And we do get stuck in our stories and we, we forget to turn on our juice and do what makes us happy and all these important things.

And that is really the good, good medicine that that is the map. And so I want to say one other thing about this, because I think it's important for women to hear, like everybody thinks that they want to be, sexy.

Well, not everybody, but lots of people. They want to be sexy. They want to be fit. They want to be healthy. They want to have plenty of money. I challenge you to say any of those things in an I am statement and see how you feel about it.

I'm sexy. I'm frickin healthy. Like I got plenty of money, right? Like this is how I should do. Like the audacity to be authentic, because a lot of people don't have the audacity to claim, and, their most vital part of themselves.

All right. So I. Think. Yeah you might think you want that. Right. But you've got to be pretty brave and pretty sassy and pretty out, you know like not conditioned right.

Well behaved women rarely make history. Well behaved women rarely like achieve their health goals. Their. You know what I mean. So I just want to say that it's challenging, but you have it in you.

I mean I was a mess. Oh mess. And I'm not anymore. And if I can make that journey by understanding electric health and by availing myself to some other people, absolutely can as well.

Even well, do you do like an inspirational social media channel? Because this is just so inspiring. Like everyone like, you know, this is worth purchasing the summit for.

So you can just like, listen, I mean, every morning, like just get up and listen what Eileen just said every morning and like, go out and seize your day because you really just summed it up right there.

Yeah. Go out. Seize the day. I mean, in life is short, right? Like, you know, everybody, this is a thing that, that I discovered with everybody that when I got the noise and resistance out of their signal and amplified their harmony, that was underneath, like everybody, without exception, was beautiful, brilliant, amazing.

Great. Like so stunningly beautiful. Like, I couldn't believe it. And because everybody was just walking around a distortion, you think that's who they are.

And then when you tune them, they're just incredible. And I had the ability to, like, see what people's get. I still do what people's gifts are, you know, what their beauty is and reflect that back to them and tell them the ways that they're great.

And without exception, every single person that I ever reflected their greatness back to, well, kind of look at me shyly and be like, I knew that, right?

We know that we have greatness within us. We know it, and it's up to you to believe in it. You're the only one who can excavate it, but it's there. It's in there. You don't have to go out anywhere for it.

You just have to believe in it and keep on feeding it. And what makes you happy? What gives you joy, you know, whatever, to the best of your ability with whatever your situation is right now.

Because I understand, you know, I've been in some tough spots myself, but there's always the opportunity to feed your soul, somehow or other. Yes, it is hungry.

It needs to be fed. So where can where can women learn more about you? well, so we have website biofieldtuning.com and on their website, electrichealth.com I think you can learn the most.

I think most of my inspirational stuff is on YouTube, and, I have a series of 22, free tunings and talks called Sonic Sundays. for people. There we go.

I need you to do something so Sonic Sundays on YouTube. It's on YouTube. Yeah, I love it. All right, go check her.

this was important. This is like this is manna for the soul and manna for your field.

And, you know, like she said, you know, she's no different than any of you who are listening. So we all have this ability. We all can be tuned. We all can share our beauty.

And, you know, I hope the important take home as well as the inspiration is just remembering we are this electrical field that we have to attune to our electrical body or not just biochemical actions, reactions in the body.

We are we are a lot more than that. So I'm so glad you are here. I'm glad you stopped. I'm going to I'm going to go outside now. And thank you so much for being here.

And I mean like, listen to this over and over, because when you listen to what you surround yourself with, you start to believe it. You start to step into it and go check out, go check out her websites and her Sonic Sundays on YouTube.

Sound all right? Amen to this. This is a spiritual experience. Yeah. For everyone. Thank you, thank you. Thanks, everybody.