Introduction to Eileen de McKissic

I'm excited to introduce our next guest. I first saw her at a conference in Cancun or the Riviera Maya to be more specific, and she was fascinating. She had this this session where she got up and talked about the electrical body and how with tuning forks, you could interact with electrical body and clear up issues that that some people hadn't been able to clear up in years.

And so I was really fascinated. And so when we were putting together the lineup for the Energy Healing Summit that all of you were watching, I knew we had to have her on.

Her name is Eileen de McKissic, and she's a pioneering thought leader in the field of therapeutic sound and bio field science. She's just an amazing lady, and I know you're going to get so much out of this session with her, and a lot of you are going to want to explore her work, and she's got lots of ways you can do that, either with her or there's probably other ways too.

But please welcome Eileen. Eileen, great to have you on board. Great. Thanks, Tom. Great to be here with you today. Yeah. So talk to us a little bit about, electric health.

I love this concept of not just thinking of ourselves as a physical body, which most people, that's what they're trapped.

The Body as an Electrical System

They think they're trapped within. Is this physical body, but more as an electrical body. Can you talk to us a little bit about that? Sure. Well, one of the things that we don't tend to learn about is our body's electrical system in its entirety.

Most of us think that, oh, yeah, maybe my nervous system is electric and. Oh, yeah, my heart actually runs on electricity. It's electric signals that cause my heart to be the brainwaves are electric and our blood carries a charge.

And all our cells need a certain amount of voltage across cell membranes in order to function our bones are crystalline structures that make electricity when we compress them.

And so when you when you look at when you step back and you look at the big picture, you realize that we have an electrical system in its entirety. We have an electric current that is always flowing through us, and it's the presence and the functionality of this electrical system that really determines whether we're alive or dead.

When you're alive, your heart is beating. You're thinking, you're moving your body around. And when you die, your light goes out, right? The body is still there, but the light, the electrical system, there is no longer current flowing through the body.

And so if our electrical system is the primary determinant of whether we're alive or dead, it's also the primary determinant of our quality of life while we're alive.

And so what I've found working with sound, and I came to this sort of accidentally sort of stumbled into this in my 25 years of bouncing sound off the body and listening to the ping back and discovering interesting phenomenon in the atmosphere around the body.

The finding that if I manipulated and modulated what I was finding in the field, that it shifted what was going on in the body. And it was very curious to me.

It led me to go in a very deep dive in order to understand what was happening. And basically what I learned is that

anything that has an electrical current running through it has a magnetic field around it, and the human body is no different.

So what we call our aura or our human energy field is really just the magnetic field around our electric bodies. And when we talk about energy medicine, I know sometimes there's it be about like, what's the energy and energy medicine.

It's really simple. It's electricity. Yeah that's awesome. And so talk about this field. I was reading some of your work recently and it was talking about how we've got like a 5 to 6ft out beyond our physical body.

There's this bio field. Can you talk about what the bio field is and, and why it's there and, and maybe a little bit about like, I also love that, you know, you're bouncing sound off of the body and listening to what comes back.

I want to dig into that too. But talk about the bio field a little bit please. Right. Well, you know, the term bio field was actually coined in 1994 by a panel of NIH scientists, and it was originally sort of conceived to give a scientific term to the field of energy and information that surrounds the body.

And what I found is that you really can't separate the electricity that runs through the body from the magnetic field that surrounds the body. Now, the magnetic field of the body hypothetically takes the shape of a Taurus, which is essentially a sphere with a spiral channel down the middle.

And this is a, model we see over and over again on all different scales. For example, the Earth is an electrical organism. It has an electrical charge, it has a north pole and a south pole, and it has a magnetic bubble around it.

We call it our magnetosphere, and it protects us from too much incoming solar or intergalactic radiation. And so our our sun also has a bubble around it.

It's called the heliosphere. And so our human bodies are no different. Our our energy field doesn't just dissipate out. It is bounded by what in plasma physics is called a double layer membrane.

And that has more electrical charge at the outer boundary.

Understanding the Biofield and Memory Storage

And so in this model the the bio field is our mind. It's our conscious mind. It's our subconscious mind. It's where all of our memories are stored. Now we've been told that our memories are stored in our brain.

That's not what my research has revealed. What my research revealed that our memories are stored near a biofilm in waves. And I've actually mapped this field many years, have just sonically sort of like sonar bouncing sound off of the environment and discovering, an anatomy and physiology of memory storage, and that very specific memories are stored in very specific areas and that they can be they can be found oddly with a vibrating tuning fork.

So when if I were to give you a session, Tom, I'd have you lie down on the table and I'd start about six feet away or so in my tuning fork. I'd activate my fork and start to move slowly in towards your body.

I'm going to be able to identify that double layer membrane because it has more electric charge. The vibrating tuning fork acts like a magnet, and so it produces a very, very weak electromagnetic surance, but enough to kind of find areas of magnetic density in the field.

So we can find that outer layer of your field. And then when I walk in towards your body, it's like dropping a needle on an album and reading the vibrational record of your life.

So I can find certain ages where you had different traumatic experiences or big losses. Because if you think about it right, everything that we experience in life, everything we see and smell and hear and taste and touch and feel is

all translated to an electromagnetic signal in the body.

Everything that we experience is magnetic, so it makes sense that our memories are stored in our bodies. Magnetic field. Yeah. And so I'm able to listen to the tonal quality of that experience.

Let's say you went through a really difficult divorce when you were 32. I'm going to find that off of your left shoulder, because every time we feel something sad, it produces a very specific waveform, and the body stores those memories in very specific zones.

So if you're 60, I don't know how old you are, Tom. Well, let's just guess that you're 60. You went through that divorce when you were 32. I'm going to find that memory about half way through your field because it's a very, linear timeline.

So if we find to the body is recently generated and the stuff at the very outer edge is gestation, birth or earliest childhood, and it's all laid down vibrationally.

Now, what's neat is that not only can we find these traumatic memories, but when we stick a fork in it, we can hear the discomfort that was present. But this is the amazing thing.

Your body and your body's organizing intelligence, the part of you that heals a cut, you know, things like that. Just keeping everything in order here is its own dissonance and doesn't like it.

And we'll begin to work with that input in that reflection in order to adjust itself. It will relax. It will release what's being howled that's creating that distortion.

The body is designed to be in harmony. Every single one of us has the potential for harmony at our core. And what we're suffering from is a lot of noise in our signals.

Our electrical systems are full of fuzz and static, and areas of traffic jams, places of excess, places of deficiency, organs that are sharp or flat. If we start to look at ourselves as instruments and when our instruments are in tune, we make music.

And when our instruments are out of tune, that just gets reflected in our relationships, in our life and our inability to get done what we want to get done.

So powerful tuning is a way of helping our own vibrational human instruments to get back into tune. That is such a powerful description. I love that, and one of the things I love stick a fork in it.

That was that was a cool analogy to that really got me. But one of the things I think for people that are able to heal, whether it be emotionally or physically, is is this concept that you're talking about is to stop seeing yourself as just matter, as physical, this, this physical body.

When you see yourself as that, that's a lot harder to work with, right? Because you're looking at it all day and it's not changing that much. But when you see yourself as electricity and even more powerful, I love your concept of seeing yourself as the physical body is within this mind.

Like a lot. You know that that's something that so many people say, you know, the mind's in the body. Well, where is it also in the brain? Or, you know, I don't know where it is, but you're what you're talking about is this mind surrounding us and and extending beyond what we think most people, what they think they are.

That is such a cool concept and the ability to to deal with that and work with that and, and shift those energies beyond you. And then it shifts the physical matter to.

So cool, I love that. I love that. How did you come about this work? How did you even I mean, this is such fascinating work. I mean, you probably didn't discover it when you were eight.

How did you how did you how did you break this up or discover this? Well, I think a lot of people who go into the healing arts are often on a quest of self healing, and that just my aim in getting into health and wellness.

And I I've thought for a time that I might want to be a natural path, but I didn't go to college right out of high school, and I don't really like school. So.

Sound Healing, Tuning Forks, and Self-Discovery

So I decided to go to massage therapy school just as a as a start, and I was doing massage part time. I actually owned a very busy restaurant that had ruined my health and ruined my back, then really created a lot of problems because I was working 100 hour weeks on my feet for like months on end and it just, and I and I took a few years in the restaurant business to realize that that was not where I wanted my future to be.

So, so I started doing some part time massage and, you know, really fundamentally, I'm I'm a researcher. I'm a really, information hungry individual. And I read very quickly.

I process information really quickly. And so I always have a stack of books on my bedside table. You know, ever since I was 18, I have been reading self-help, human potential science and spirituality, like just all kinds of books and, you know, there's probably rabbit hole divers here in the audience.

And I know that, you know, one rabbit hole leads to another and another and, you know, on you go on your journey. And so I had come across the concept that there's no such thing as matter, but matter is an artifact of our human perception, and that fundamentally, everything is just waves in space.

And I remember thinking, well, if I'm waves in space, treating waves in space with waves makes a lot of sense. And I've come across books on the use of color and sound and music and healing.

Read all of them, and then got a catalog with a set of tuning forks for healing in it. And, picked up the forks in 1996 and never put them down. I have been working with them ever since in the process of discovery.

And, you know, so many curious things that that I discovered, so many things I didn't expect that really led me to have to, take a really deep dive, actually, academically, in order to understand the phenomena I was encountering from a scientific viewpoint, because I could have said, oh, I'm working with key.

You know, I'm working with aura and she. But language doesn't work for me. You know, I'm not I'm not satisfied with that. Especially when talking to a more discerning, critical or mainstream audience person, the language of our times to really illustrate anything, to anybody, especially if they're skeptical, is the language of science.

And so I go into college as an adult and, writing a master's thesis called Exploring Lux of Audible sound on the human body and its bio field. And then that became my first book, Changing the human bio field.

So just in the process of trying to understand what it was that I was working with, this whole new cosmology actually opened up to me that I didn't expect.

I discovered that there are two more states of matter beyond what we're taught. We're taught about solid, liquid, and gas. But in the bio filled cosmology, there's two more.

There's plasma and ether, and ether is something that many people believe was debunked or doesn't exist. I find that it does exist, and it's a very elegant medium to explain how distance healing works.

For example, because we do our work in bio field tuning at a distance. And how do you explain that? Some people use the words, quantum entanglement. I don't find quantum to be a helpful word most of the time.

But I do that we have resonance in the ether. You know, you we've all had the experience or a phone going off, and we know who it is or thinking of somebody.

And then they they call us a little while later. We do resonate with each other across space and time, because everything is what the ether is, the medium that all reality explicate, implicate reality arises from the ground state of being.

So we have two more states of matter and bio field tuning. We have two more forces of nature. Two most of us just learn about entropy. Entropy is the process of everything falling apart, right?

Yeah. Most of us learn about the opposite. Now, the scientific phrase for that is negative entropy, which is a really weird phrase you think about the creative force.

You know, when I grow a baby in my belly, I don't want to call that negative entropy. We go. So I found another term, that that speaks to that which gives rise to trees and snails and galaxies.

It's called centripetal. And battlefield tuning is a tropic process. It helps restore order. All the places where we were, where we lost light. You're talking about that earlier, about how organisms under stress leak light.

And this is something that has been captured, in various technologies. And so what we find in the bar field going back to that analogy of like the divorce when you were 32 is a lot of light because you were really stressed.

And so that light doesn't just dissipate into our environment, it actually stays in our field, but it's not circulating. It's not available to us. And so what we do is we kind of capture that light from your memory banks and bring it back into flow.

And what that does is it raises our overall voltage, our overall lumens, our energy. Yeah. And just to be clear, you got you got my age, right? I am 60 I wasn't divorced when I was 32.

And this is my 30th year of marriage. So so I know that was just an example. Well and also you when you say leaking light, when when an organism or a cell is under stress, they, they leak these bio photons, which is, life force, right?

They're leaking life force. And then from what I've read, from your work, then it gets stuck out in the bio field and then it doesn't allow things to flow as well.

Is that an accurate description or. Yeah, absolutely. It does it. You know, it gets all that energy gets tied up in that memory. And then you just kind of, you know, goes into our memory banks, but it's got a whole bunch of us still in it and it's no longer available for, you know, we've all seen people who've been under stress and the age, right.

We've seen some really a whole bunch. It's because they lost light like vitality. If you look at kids, they're very photonic dense. They're very radiant. They're very alive.

And what happens to people as they go through their stressful lives is they just lose bits of themselves. And and then that light, that electricity that's supposed to be flowing through the system, supporting order or structure functionality is no longer present.

Stress, Emotions, and Trapped Energy

And so the physiology begins to break down. But we can we can return the light to the system. We can pick it up with a fork and stick it back in literally.

Yeah. And it has a very, anti-aging kind of effect. I'm 52, but I've received lots and lots of sessions and, you know, any aches and pains? I don't have any, health issues.

I used to when I was in my 30s, before I started training students and started receiving the work. You feel now at 52 than in your 30s, right? Yeah. I mean, I had a whole laundry list of, you know, mild gripes.

They're all gone. And that's what we see with people when they receive bio field tuning on a fairly regular basis, that they just become more coherent, more functional.

They get unstuck, their emotions become more balanced. You know, it's just the electrical system, if it is in balance, creates a physical body that's in balance, trying to fix the body without fixing the underlying electrical energy and information and blueprint isn't getting right to the source of where the problem is.

Yeah. Well, that's that's a that's really, really a cool understanding. So the mind is outside of the body, right. Or or the body's in the mind, you know, the mind.

And when, when we leak out these and the, the, the stress you talk also about and we've had many guests on the summer talk about it all comes down to emotions, right.

Trapped emotions, emotions that weren't dealt with in the right way were they? They could be in motion. So talk a little bit about emotions and how that works with the bio field.

Yeah. You know, I I'd say one of the things that I say is that the number one thing I treat is emotional constipation, because as we're raised in homes where our parents didn't model affective emotional management, I asked that at every class.

And like whose parents modeled affective emotional management raises their hand, right. So we don't learn it from our parents. And, and what we get is kind of an abstinence only dictate, you know, big boys don't cry.

Little girls don't get angry. Take that to your room. Nobody wants to see that, you know? So we're just kind of taught to suppress everything and judge everything.

So we judge our feelings, and then we've got the whole spirituality thing of like, oh, we got a vibe high. You know, we don't want to feel any of those base emotions.

So you end up with this sort of spiritual bypassing what I call purple washing sweat, come in denial of your own anger or rage or hate or shame and and, you know, instead you become addicted to chocolate or to wine or to shopping or to busyness so that you know, you're not having to feel and express these emotions and Barfield tuning.

Really, what I found makes people go out of whack is usually some kind of unbalanced emotion. I can't tell you how many people I've worked on who've had, say, pain in their left shoulder.

Oh, I've had an MRI, I've had this. There's nothing wrong with it. Well, did you suffer a big loss in the last 1 to 2 years? Oh, yeah. My husband died a year and a half ago and I've, you know, just haven't recovered.

Well, the energy of sadness, of lives in the bio field off the left shoulder. And so if you keep generating the feeling of sadness, you're going to literally pile it up.

That energy actually has mass and it will weigh on you. So this is partly what we call psychosomatic illness, where we haven't balance in our bio field and it's causing us pain.

There's nothing wrong with this whole body, but there is something wrong with the electrical body. It's all jammed up over here. And magnetic fields guide electric currents.

So if you've generated a whole bunch of magnetism in this zone in the tone of sadness, it's going to pull electricity into that area. And when too much current running through the wires, you have pain.

That's your body's way of saying, hey, we got an imbalance here. This is something very easy for us to correct. We just stick a fork in it, drag it to the center, the electricity and the body goes and finds a healthier way to move, and all of a sudden the pain is gone.

Things like anxiety, anxiety is a rhythm. It's rhythm in the electrical. Right? We can find that. We can reflect that back to the body. The body hears itself, and it goes, wow, that's not harmonious.

And it will adjust. It will release that, habit because it's not part of its factory settings for health. You know, pain, anxiety, depression, all of these things are tonal.

They're rhythmic within the electrical body. And if you shift that, then all of a sudden the person's experience of their own mind becomes really different, becomes more settled, more centered.

Yeah. That's amazing. And so you, talk a little bit about how you work with people. So it's with tuning forks from what I've seen. And there may be some other things you do, but with tuning forks, you've also trained people to to do this.

And you've got students who've got books, and before you talk about, what you do, where can they go to find out more about you? Eileen. Right. Well, we have a couple of websites.

One is Electric health.com, and that is designed to really be an educational site to introduce you to this idea of electric health, to introduce you to your electrical system.

There's a lot of information there. I actually compiled quite a lot of journal, peer reviewed journal articles on the biofuel because there are still, you know, people within the medical and scientific community that consider the bio field to be, woo woo, to be pseudoscience.

And so there's actually quite a lot in the scientific literature about bio field therapies being effective. And, you know, more than people might expect there to be.

I also compiled quite a lot of mainstream, articles about the electric nature of life. It's not just our bodies that are electric, it's our entire environment.

And the cosmos. Like everything is electric. The the myth of the vacuum of space, you know, is rapidly being debunked as we find electricity in space.

And so there's, even things like microbes and soil and the relationship between bees and flowers is electromagnetic. The flower gives off a negative charge because it's attached to the surface of the earth.

The bee gives off a positive charge because it's flying around in the atmosphere. And when the flower is ready to be pollinated, it sends a stronger electromagnetic signal that the bee is attracted to.

So. So really, everything that's going on we're taught is chemical and mechanical and separate, is actually electric and connected. And it's a totally different way of looking at the world.

To me, it was a relief, actually, to discover this underlying electrical connection in a billiard ball universe that I've been taught about. Everything is sort of cold and falling apart, and this shows that everything is alive and connected and continually regenerating itself.

So there's information there. Bio field tuning.com. If you want to learn about biofuel tuning, we offer courses. I started training people in 2010. And so we have, hundreds of certified practitioners worldwide that you can get one on one sessions with.

And it does work at a distance. In fact, we recently completed a study. We had 15 volunteers. All received three bio field tuning sessions at a distance for anxiety, and every single participant had their anxiety markers dropped dramatically.

So that paper is currently, being written up. And we're going to submit its peer review next month, which is really exciting. So, so we have scientific evidence that it does work at a distance, you know, first, anecdotal evidence of

our zoo, but wow. And I love I love how you said earlier, I'm not really into school and academics.

And now you find your passion and you and then you peer reviewed articles getting a master's degree. Once you've found your passion, you you were all in and and so cool, you know that that how that drove you.

So they can they can get sessions with you know, with people trained in this, they can learn how to use it themselves. I was just on the Electric Health website this morning.

It's fantastic. Just the, you know, the way that you've explained it there, these concepts very, very powerful. So I encourage everybody to go to those.

Those really are just wonderful sites. And your work is wonderful too. You get I don't know if you remember, but you gave out tuning forks down in, Riviera Maya.

Working with Clients and Practical Emotional Release

And, now I'm learning more about this and I'm going to start using it even more. But I have used it and it it just, it feels really good, too, when you place it on, you know, part of the body.

And I have a issue with my left ear, where I don't have my hearing is not as good. And just even placing it around there, it just feels really, really good.

So I can't wait to learn even more about it too. Hey, talk about the difference between, voltage and vibration raising your voltage versus raising your vibration because we all hear, you know, raise your vibration, raise your vibration.

I think you're going to say something a little bit different, right? Yeah, yeah. You know, as a as a writer, I have written two books. And as a sound therapist, I'm very keen on listening to the words that people use and how certain words make us feel.

And I'm also like things to be technically correct. So I think this idea of raising our vibration in part came from the book power Versus force, where there's this linear scale where like shame is 200 and and Christ consciousness and Buddha consciousness is a thousand.

And so we've all got to like raise our consciousness up to Christ or Buddha consciousness. One I just think that's a tall order for people in 2021, like where I don't want to be held to that standard that I need to be Christ like or Buddha like.

You know, why? Why should I be held to that standard? And why should anybody hold themselves to that center like we're human and we're having a human experience in very difficult times, and so we're going to be feeling all kinds of emotion.

We're going to be feeling rage and anger and powerlessness and fear and all of these things. And if we think that we should be vibing higher, we're going to judge and suppress those uncomfortable emotions because we think we're supposed to be rising above them.

And so it tends to lead to, a couple things. One, when you talk about raising a lot of people who've had trauma, myself included, I have a problem with disassociation where you kind of leave your body, kind of go up and out.

It's like, oh, everything's so unpleasant here. Like, I can't deal with this. So I'm just gonna like, exit, right? So. So there was a kind of motion in people already, that trauma to kind of go up and out.

And so that's it's sort of appealing. I'm just going to raise my vibration and, you know, away from all this unpleasantness, I think that what we really what's really more technically correct is that we want to clarify our vibration.

We want to get the noise out of the signal. We want to bring ourselves in tune. We want to find our vibrational sweet spot and live from there. And that means being real about everything that we feel and managing it on the spot.

Emotions are just like, you know, your physical sensation. You touch something hot, you're like, oh, that's not healthy for me to keep touching that, right?

Our physical feelings keep us safe, otherwise we'd all be lepers. Our emotions are the same way. There are messages to keep us safe, to keep us healthy.

We absolutely want to pay attention to them, allow ourselves to be guided and moved by them, to be responsive to our own emotions. That's a huge cornerstone of how we also what we really want to do is expand our consciousness.

Like, why limit that to just going up? Like up is hierarchal. It's patriarchal. It's kind of an old model. All the world's a circle. We want to we want to keep our center.

We want to stay embodied, and we want to expand our consciousness in every direction. We don't want to demonize low vibes like you bring me to go into Delta to rest, right? There's nothing.

Technically, there's nothing wrong with low frequency seas. So I want people to think more in terms of expansion. Expand your consciousness in every direction, keep your center, keep your ground, and just think about becoming more in tune.

Because when you're more in tune, your life becomes more in tune. Your your interactions become more in tune and your body stays healthy. So that's awesome.

Oh what a what a great what a great explanation. So expansion versus just, you know, up or down that's really really cool I love that I love that. So with emotions what can we do to not get these emotions trapped in our, in our, you know, in our bio field.

What the you know, it's pretty simple. It's probably things that a lot of people know, but they just don't do what, what what how what do you advise your clients or patients to do?

Well, a lot of people do what I call stuff. And below, as I, I grew up, what my mom do where they just keep things inside, they bite their tongue, you know, they stop and stuff and stuff and stuff until they can't anymore, until somebody does some psych transgression that causes them to just blow all over them with a degree of intensity that is inappropriate for the current circumstance.

And because it's not appropriate for that circumstance, they get pushback. And then you end up with this, and you never go anywhere. And the pushback is usually uncomfortable.

So people go, oh, I don't like confrontation. So I'm just going to keep shutting up and putting up. But you can only do that for so long, right? So so that's just one thing that so many people do.

Now the trick is, is that when something comes up, when somebody says or does something that you're like, what? That you figure out a way to express it in that moment.

You do what I you know, ideally we do what I call engage in successful diplomacy where you're able to communicate your truth in a way that is kind, respectful, loving, concave, gentle and not like, because if you put out a charge, you get back to you.

You never get anywhere. Right. So that's what I love. Like, that was so well said right there because a lot of people think it's just express the anger and just, you know, blow right through, blow a hole right through somebody.

But I'm like, I say that again. What you said, what were those qualities? You're still looks. Are you feeling angry or are you feel hurt or whatever it is?

You're not going to stuff it down, you're going to express it. But what were those qualities you said to say them again, please. Oh, I don't remember what I said.

It was brilliant. It was so good. Yeah. It was, it was respectful. Yeah. Kind. Respectful. Soft like concave. Not contact. Yeah. Like this put on them. Right. Yeah.

So if you want emotion, if you feel angry, go for a walk. You know what of the things I do? I go to the gym most days and I kick a heavy bag, you know, and I just take some time to, like, organize back.

And that way I'm. I'm giving my body an opportunity to express frustration, express anger. And and that way when I come to have a conversation, I'm not bringing that charge with it.

So don't try to engage. When you're charged up, take a break. Figure out a way to discharge, you know, beat a pillow, cry, do whatever you need to do, and then come back and be really gentle and respectful.

And just in your truth. Just communicate how you feel and not even in a blank kind of way. So this is our own stuff. You know, I that made me upset. I had to go.

I just want to let you know that I had this experience when you said this and, you know, and I'll take ownership of it, but I think it's important, you know, that I had that experience.

Yeah. People care about us. They care if we're upset. And, you know, there's we all have characters in our life sometimes that trigger us and then don't seem to care.

Right. So I think it's really important that we care about each other and we're respectful of each other and that, you know, I want to call it both this, and that is so many people get stuck in either or, you know, and very often both as an option.

I just think it's really important that you take the time to go over to their side of the table and look at the equation from their perspective. Yeah, we have that.

Electric Health, Resources, and Closing Thoughts

We really struggle because, you know, you seeing those things like I'm looking at a piece of art and it's gray on my side and you're rolling a piece is red on your side.

And you're like, it's right. It's red. And I'm like, it's gray. It's gray. We're both right. So I need to take the time to see things from your perspective.

I just think that's super important thing to do to respect people and their perspectives. Yeah. It's beautiful. And then that creates, a healthy, outer mind too, right?

When you do it that way. Beautiful. You don't have all this clogging and this, you know, this leakage and all these things that that mess our lives up.

What are some what are some, types of chronic, illnesses that we're not promising cures or anything like that, but what what what type of people come to you?

Like, what are they experiencing? You talked about anxiety, physical pain in the shoulders or wherever it might be. What are some of the the types of people that you tend to see?

I think the number one thing that we treat is what I would call stuckness. We go to anybody for help because you've

got some kind of problem that you can't solve on your own.

And it might be physical, it might be mental, it might be emotional, it might be relational, it might be ancestral. A lot of the things that we struggle with internally are uncomfortable vibes that were just passed down to us.

Yeah. And and we get stuck because energy follows a long established pathways. And many of the habits and the tendencies that people struggle with, let's say sugar addiction.

Began at birth. So many people, especially what I found, baby boomers who were bottle fed Karo, you know, condensed milk and Karo sirup like, oh, no wonder why you have a sugar addiction, you know, at 65.

Because that started really young. Where where sweetness became the substitute for love. So, so many things we get into these established pathways in the conscious mind would be like, I want to do this, you know, I want to heal that.

I want to fix this, but you just keep doing the same thing and you're not solving the problem. So we find that we can move the the way that energy is flowing in the body.

We can really shift up the way that consciousness, that energy is flowing. So if you have been continually self-sabotaging, getting in your own way, you got a whole bunch of energy stuck off that right knee.

That's just where you keep going. But if I come in and I rearrange your electrical system, I clean out all of the wiring of that particular habit and reset it into its more anatomically correct flow, suddenly your inner experience is going to be very different.

It's going to be much easier to suddenly engage in different behavior. Yeah. That's awesome. Hey, this has been so cool. And you're probably blown a lot of people's minds, even just with the mind is outside the body.

It is like, what is I've always thought was inside me right there thinking so very, very cool. And I really hope people will go to your website again.

Just tell us what your websites are again where they can find you for electric house.com and bio field tuning.com. And we have a biofuel tuning store where you can check out our tuning forks.

The Sonic slider is the one that I handed out that. Yeah, the super useful tool for self-care or care that's based on the Earth's natural electromagnetic frequencies.

So it just really makes us feel good. It's sort of a universally pleasing vibration that when you put it into your body, it really can shift your state.

Yeah. And so the cool thing is, is they can have people like you or people you've trained work with them, and they can also once they learn, they can work, they can work in their own homes with, with some of the tuning forks that you can offer them.

So that's fantastic. Also, your, your bestselling book, The Electric Body, Electric Health. So look for that. But thank you so much, Eileen. This was fantastic.

I knew a little bit about your work, and I was always fascinated with it, but now I know even more. So thank you for for upgrading my level of understanding to it really is awesome, I love it.

Thank you so much for being on board. Any final thoughts for people and any last thing you'd like them to remember before we say goodbye? Sure. Well, electric health is easier than chemical mechanical health.

There are many, many ways to raise your voltage to improve the amount of energy you have when you learn to think electrically. And that's all in my book, Electric Body, Electric Health.

It's a it's a transition to a whole new way of looking at your body, of looking at the world around you. And it makes getting healthier so much easier and more fun.

You know, you are a gift to so many people. You've helped so many people, and now you're helping many more that will be able to understand how to get rid of these chronic illnesses and and mental issues like anxiety, that they just have been stuck with for so many years.

So again, thank you so much for being part of this. It really has been an honor and a pleasure to have you on board. Eileen. Great. Tom, thanks so much for having me.