Introduction to Eileen McKusick

Welcome back. We're continuing our conversation on colitis and Crohn's. I'm your host, Sinclair Kennally, and today I am joined by the wonderful Eileen McKusick If you don't know Eileen already, then you're going to figure it out really fast. Why? We had to have her on the summit.

We really wanted to bring her field of expertise to you, which is the bio field. She is a pioneer in the fields of the human bio field, therapeutic sound and electric health.

A researcher, author, inventor, educator, speaker, and practitioner, Eileen has researched health since 1987 and specifically how sound impacts health.

Since 1996, she is the originator of sound therapy method, bio field tuning, with thousands of students trained worldwide since 2010, and the founder of the Biofield Tuning Institute, which conducts grant funded, peer reviewed and published research on the human bio field in partnership with other research organizations.

Eileen is author of two bestselling books, the award winning Tuning the Human Bio Field Healing with Vibrational Sound Therapy and Electric Body Electric Health.

Both are, groundbreaking, yes, but also they're excellent reads, and they're very easy and accessible to understand. So if you're not heavy into scientific reading, but you really want to understand more about yourself, these are two great books for you.

She's also the inventor of the revolutionary and much loved tool, the Sonic Slider, and the creator of a line of tuning forks and accessories, and the CEO of Bio Sona, which provides sound therapy tools and training globally.

So what's fun about Eileen's work is that yes, it's on the leading edge of science, and it's also accessing some ancient wisdom about how our bodies work, how healing actually functions for the self and the soul.

And, she's also makes it really easy to understand and apply to yourself right now. So welcome, Eileen. It's really fun to have you back. Hi, Sinclair.

Thanks for having me. Hi, everybody. Okay, so let's just dive right into the deep end here. we just threw out a lot of buzzwords that are gaining traction in health awareness circles, which is wonderful.

But let's start with some real, clear, crisp definitions. What is electric health and what is the bio field? The bio field is your body's electrical system that most of us don't ever learn about.

although if you get an EKG, most people realize that it's measuring the electrical activity of your heart. If you get an EEG, it's measuring the electrical activity in your brain.

most people realize that their blood carries a charge. Some people know that their bones are a piezo electric, that they make electricity when they're compressed.

lesser known is that our digestive tract is, electrical fermentation. and what all this points to is the fact that there is actually current running through the human body, that we are electrical.

And when you are alive, your light is on. And when you die, your light goes out. And that means that your electrical system has shut down. So it's really the essence of who we are.

I would say that, our electrical system, our bio field. Right. So the term bio field was originally coined to describe the

field that may or may not spread around the body.

kind of like the aura or the human energy field. But what I've come to realize in my work and my research, is it really anything that has electric current running through it has a magnetic field around it, and that's something that we all learned in grade school. And so the human body is no different.

Defining the Biofield and Electric Health

so you can't really separate the electricity that's beating your heart and keeping your eyes open and making you think and feel. from the magnetic field that surrounds this, the same thing that's been called an aura or human energy field.

but we're just kind of bringing it down to to the simple aspect of it, of of what it is. And, and so that's what I work with, with sound. We work with modulating the rhythms, the patterns, the flows of electrical energy in the body.

Okay. Can you expand on that a little bit? Because it's a really interesting concept. I know it can be hard for people to take in. Tell me more about sonic therapies and how they interact with the bio field and how you use them.

So if you think about it, everything in the body is in motion and everything's moving in its own rhythm and any in any kind of waves that are being generated, movement makes waves and waves propagate.

They propagate off the body. So everybody's had the experience of getting a good vibe off of somebody or a bad vibe off of somebody, right? And we all know that the body gives off.

But the thing is, is that they're very high frequency, very low amplitude vibe. So we might not necessarily, hear them. Right. But we do sense them. So what a tuning fork does when I use, an aluminum alloy tuning fork, it produces, technically an infinite number of overtones and undertones.

And, and so the very high frequency, very low amplitude overtones of the tuning fork struck near the body actually intersect the waves coming off the body.

And that very high frequency range. And they they actually precipitate down through the octaves into the hearing range, which allows me to actually use a tuning fork to listen to someone's body.

And so if somebody has anxiety and they've got frantic waves moving through their body, you can actually hear that in a tuning fork. It will it will start to pulse and you will hear that double beat of fear in the system.

so I'm able to figure out different emotions that people are feeling or have felt in the past. I'm able to identify different pathologies. for example, an arthritic joint, when I bounce, sound off of it.

It's kind of like sonar. the tone that comes back is grainy, and I can identify arthritis by that grainy quality. a fatty liver sounds really different than a healthy liver when I ping sound off of it.

so I'm able to use the tuning forks diagnostically to find emanations from the body that are off rhythm or out of sync. And, and so the tuning fork acts like a mirror.

It's it's diagnostic. It shows where this is. And some of these vibrations are extremely discordant. So that if I'm working on you, you'll hear it like you and I will both hear it.

but what's amazing is that when your body here is that when your body is given a reflection of its own dissonance or distortion, it does just what you and I do.

Like when we look in the mirror and you haven't seen a mirror in a while, your hair is a mess and you have a poppy seed in your teeth like the first thing you do with that reflection is you go to put yourself in order.

And our bodies do the same thing. When our bodies get a reflection of something that's off rhythm or out of balance, the body will use that biofeedback to auto tune basically that we are essentially self tuning instruments designed to be in harmony, and that something as simple as a tuning fork used in the right way can actually help the body to reregulate itself.

That's really interesting isn't it? I mean, I'm sure you're used to it, but I think it's fascinating. I mean it blew me away for such a long time. I just thought it was the weirdest thing.

Now I was the only person doing this practice for like 15 years, and I can't tell you how many hours I spent in my office with my team. For I was six feet away from somebody's body just thinking how weird it was.

And yet at the same time, it's very it can be super useful for, a variety of ailments. It certainly doesn't fix everything. It doesn't work when the body goes into, like, a deep, physical pathology.

but for emotional, mental, energetic rhythmic imbalances, it can really set people straight in pretty short order. Yeah. That's fascinating. And I also love that your your methodology is quite systemic and systematic in your approach.

One of the things that we teach, in recovering from really serious digestive conditions is understanding your nervous system and your immune system and how every aspect of your digestion and really every aspect of your immune system, both are governed by the nervous system.

And can you help the audience make sense of the nervous system and the bio field, like how how interrelated are these concepts?

How Sound Therapy Interacts with the Biofield

What does that mean? How should they be thinking about that for their own bodies? Well, I think that we've been really raised to look at everything and parts and pieces and, and so when we talk about the nervous system, we're just isolating ourself into a part or a piece instead of looking at the whole of our being.

So if you think about your, your field, we identify it as a Taurus and we just get a little prop here to show you. A Taurus. So, so the bio fields, your body's electrical system has a central channel.

It's like a sphere with a spiral channel down the middle. Okay? And energy flows by directionally. We draw up negative charge from the surface of the Earth.

We draw down positive charge from the sun, and there's a double layer plasma membrane around our field. So we are essentially a bubble, a light bubble.

And and, and this is our whole being, this is our conscious mind, our subconscious mind, our thoughts, our feelings. So when something happens to you, some kind of trauma or stressor, it's not just your nervous system having a response.

It's your entire electrical system. It's affects your brainwaves. It affects your heart rhythm. If you go into a stress response, you go into rest and digest your your adrenal start going.

Your, your digestion shuts down. right. So it's really your entire electrical system is responding to life all the time. Right. So let's just think about the fullness of our being.

And we all know that, you know, when you have some kind of response especially trauma, it's not just one part of you. Right. It's not just your nervous system.

It's everything your muscles contract. It changes the way your blood is flowing. I mean, it's a very whole person kind of experience. And so this is when we look at the biofilm, we look at the electrical system.

We think about the energy that's flowing through all of these systems. And look at that in its totality. So when we think about a body that has been in dysregulation for some time, as we reflect on the magnificence of the totality of, you know, our being, what's a useful way for somebody to start tending to their bio fields if they've been in dysregulation for quite some time?

Yeah, that's a really good question. Right. So that's why we make tuning forks. Because tuning forks help. I've got a tuning fork called the Sonic slider, which is a weighted tuning fork that you actually slide on your body.

And it is based in the Earth system on residents. So the background electromagnetic pulse, very subtle vibration that's going on around 7.83Hz, which is our brain in, an alpha state where you're just sort of quiet inside, listening, paying attention.

and so that particular fork is extremely soothing to people. so that's, you know, that's just one thing. I've created a whole bunch of free audio sort of meditation session recordings, on YouTube.

I've got a series called Sonic Sundays that are, 22 free talks in tunings. and that can go a long way, honestly, towards helping people to regulate. So I've got a lot of free material out there, for people to avail themselves to, but certainly other simple things that you can do is get outside, get in the sun.

If you can get barefoot, lie down on the grass. I just did an interview with somebody yesterday, and she's telling me about how she lies face down in the grass every morning.

you'd be surprised. Like how much that can shift your state to just put your whole body on the ground. There's a reason why we love to go to the beach, right?

So many of us. I remember after Covid, like the throngs of people going to the beach because the air is ionized. You know, we tend to think that we get most of what we need to live from food, right?

But we also know that people can go like weeks more without food. Right. and you can go for days without liquids, but you can only go a few minutes without breath.

And we live in an electric atmosphere, like we live in a plasma, magnetic plasma. So when you breathe in and your blood goes from dark red to bright red, it's because you just breathe in a light, an electric charge.

And that electric charge from our electric atmosphere is largely what sustains us, what feeds our body's electrical system. So we're, you know, in an ionized environment like the beach and you're barefoot and the waves are breaking or you're in the woods, you are getting more electric juice into your body, doing any kind of breathwork, anything that helps you to breathe more fully and completely.

Because a lot of people who've experienced trauma have breath hold patterns. I know I certainly did, and it took me a long time to relax and to release and to open and to really breathe fully and freely, continuously, without holding my breath, which so many of us do.

So, you know, it's all the simple stuff, really, like get out in the sun barefoot, play, laugh, laughter absolutely charges up our electrical system. I'm not a huge fan of supplements.

Like, I don't take any supplements. I don't I don't think that they're necessary. Because when you start to look at life through an electric lens and you start to take care of your body's electrical system, you think about your body as a battery and you mind your battery meter.

Right. One of the things I like to ask people often, do you think of yourself as a battery? Maybe you're charging, you know, you know, in a flashlight, like how bright is that bulb like to on a scale from 1 to 100, what is your inner battery meter at right now?

And most people will have a number come to mind. And sometimes it's shockingly low. And when we when we're

always doing things that we don't want to do out of guilt or obligation or duty, when we're living a life that's kind of, that makes our battery go down.

But when we when we live a life where we're doing things that make us feel good, that are uplifting, that are like, then those things make our battery go up, and a lot of us don't have the audacity to seek to create a life full of, I a lot of us don't have that ability.

I mean, I certainly am in here. I'm taking care of my aging parents and little kids and businesses. And, you know, I have a lot of, time. So I get not everybody has that freedom.

But those times pass, and and we can start to realize that we need to give from a focus. Right. So taking care of our electric health, keeping ourselves topped off, and makes everything function in the body better, like if you said your battery was at 60.

Okay, imagine that you own a business, you've got 100 employees and only 60 are showing up to work every day. Like, are you getting everything done? Absolutely not. Right.

So that's where your potential is, is that you know that there's so much more you could do. You could be digesting better or you could be staying on top of your tasks better.

You could be keeping a long fuze and a light heart, but you're not because you don't have the resources to get through your day. But when you start taking care of your electric health and really getting your battery meter up, and suddenly you got 95 people coming into work instead of 60, and what do you think is happening?

Like things are getting done.

Nervous System, Trauma, and Whole-Body Regulation

Waste is getting removed, nutrients are being spread out, cells are being repaired like everything is happening like it's supposed to. And that's hell.

Yeah. I think there's some really important concepts that are very much missing in our green pharmacy world of today. What I see is, you know, people get very let down in the allopathic medicine world.

So it's Western medicine guys. And, you know, especially for trauma based illness, that's that's a great place to go for like acute injuries, acute traumas like the day you need your life saved because of a car accident, by all means.

Rushed to the hospital. That's wonderful. There's a time and a place for it. And for the the slow march towards chronic illness that is so subtle and even silent for many of us for years and decades.

Allopathic medicine doesn't have great answers. So when people get let down by that system, then they go to natural health and, honestly, many of those tools are outdated as well, and they're quite palliative in nature or they're really low quality, to be honest.

And it's still like remedial. it's about, you know, for when we think about supplementation, we're usually thinking about substitution versus restoring generative health.

Right. So I, I totally agree with you on that front. The green pharmacy is not a replacement for the Western pharmacy. and usually and most honestly guys, most of that stuff is garbage and poorly manufactured.

Anyway, there's so little insight into the supply chain. And we certainly teach, in on our campus that the bioelectrical level of the body, when we think about in terms of downward causation, the bioelectrical body is going to trump the what the biochemical is doing.

The biochemical will follow the health of the biological body. We know that. Yeah. Yeah. I mean, the bioelectrical

body, the the bio field is the blueprint.

It's primary. And I was just yesterday I did a summit, about menopause. And I said, you know, when I was going through menopause, the word hormones never even entered my mind.

When you look at life through an electrical lens and you understand that it's the rhythms, the tones, the patterns and the expressions of how energy is flowing through my body that is giving rise to that is creating different hormones.

So you're trying to work backwards when you're working at that level of chemical and mechanical and trying to fix things there without addressing what is generally active.

Yeah. Exactly. So generative guys where what we're, how we're using that word is we're talking about from within. So healing happens from within. The body's incredibly intelligent.

It's never too late to heal. It knows what to do. Just might need some strategic support in this day and age. And given, you know, the map of your history and what you've been through, right?

It's okay to need support while you heal. And I'm not supplement shaming anybody in the audience. Just to be really clear, we do work with supplements in our practice and in our campus like you need them for more detox, for heavy metal detox, you know, antiparasitic to have their place.

And of course we can support with appropriate supplementation for the right thing, right time. What we're talking about is putting the cart before the horse or taking this approach in medicine like ready, fire, aim, ready, fire! Aim.

Why isn't this working? Ready. Firing. Let's do it some more. Let's spend some more money. Ready? Fire! Instead of setting, foundation for what? How does healing occur?

Right? Yeah. Exactly, exactly. And and I think that when we, when we look to supplements, when we and like you said, there are places where they are come in handy.

I also find, you know, I'm not like. No, none of them. You know, I think there's definitely a place but to look to a supplement to be the salvation for your health, is really like, worshiping a false idol, because at the end of the day, it's your mind, your thoughts, your feelings, your words, your story, your determination to solve your problem for real, to take responsibility for the quality of relationships and situations in your life and the way that you're responding to them.

because all of these things, you know, one of the things that we do in bio field tuning is a series of three sessions called an adrenal Rhythm Reset. And I had gotten to a point where my practice had become so busy, and I was seeing like 25 people a week, which is a lot, for something like tuning from five people a day, five days a week, and two little kids.

I like going home and having them, like, make dinner, and it's a lot of taking care of everybody else. And what happened was that I burnt myself out. I was running on adrenaline.

I had mid-back pain every day. I was sort of bumping around in the bottom of my tank and my digestion was horrible because when you're running on adrenaline, you're in a you're not in rest and digest.

And I couldn't eat dairy and I couldn't have gluten, and I was just miserable and stomach aches and all kinds of digestive woes. and when, when I created this, I drew them renal reset.

And then I taught my apprentice how to do it, and I had it done on me. It completely changed my life. You know, if you have adrenal burnout and you go see a natural path, they're going to often just push a whole bunch of supplements across the table at you, that are expensive.

And then are in plastic or whatever. But that doesn't solve the problem of the rhythm, because what happens when we're under stress is our adrenals get into a rhythm where they're like, and that's how you feel.

And so by, by addressing the rhythm and getting the rhythm to reset and come back into, a non stressed expression, then that changes your digestion. But it also like changed my whole life and the way that I was approaching work and I started working with groups instead of one on one.

And my life got easier. And I've noticed with all the people that I've done this work with adrenal rhythm Reset. But you know, they might they're just like, and then all of a sudden they're copacetic and their life changes, right?

A lot of us are waiting for our life to change before, for we feel better. But but it's the rhythms and the way that energy is flowing through you that is creating the life that you're experiencing.

So you've got to shift up your vibe in order for your life to reflect that. Yeah, that's a really beautiful way to say that. let's talk about how that applies specifically to digestive conditions in your mind, because you said something really tantalizing in the beginning of our talk about different aspects of digestion actually being electrical in nature.

And we think about really serious conditions like Crohn's and colitis, not only are we looking at dysregulation of the digestion, right, but of course there's going to be malabsorption issues.

So we're talking about a body that is very depleted of nutrients and key elements for potentially even decades.

Supporting the Body with Grounding and Energy Practices

And of course there's a fun autoimmune component to so there's a lot to unpack. And I'm really curious your thoughts about how that relates to our bioelectrical nature.

Sure. Well, the first, person that I ever worked with that that had Crohn's, that case I remember very clearly it was a man probably in his early 30s.

And he had he had really bad Crohn's. And so and he was experiencing most of the pain and discomfort in his lower right abdomen. And so I came in and started listening to what was going on there.

Now in the battlefield anatomy, different emotional states, when we, experience them express in different parts of our physiology. This is just something like pattern recognition over many clients from like, everybody who came in with right hip issues over things and over does and has an inner critic and, and so this fellow had an inner critic.

He had a very, very, very unkind inner critic. And he it made him guilty as can be. And he would lie in bed at night at the end of the day, and he would think of all the things that he shouldn't have said and that he shouldn't have done.

He basically beat himself up. Okay. He was essentially eating himself alive with an aspect of himself that was vicious, right? And so I brought his attention to this.

So I'm like, okay, is this dealing was a healthy thing to do and start because the bio field is the mind, and because he was energizing a particular pattern in his mind.

I use my tuning fork to adjust that, like bring it back to center, bring it back to now give him coaching. On being kind to himself. And and he started to feel better now.

As soon as he started to feel better, he started to eat the foods they couldn't eat. And then that made him worse again. So it took maybe 6 or 7 sessions with him to really get his system accustomed to being in the middle, to get his mind to not chew on himself right then that to me, autoimmune, like everyone I've ever treated with an, autoimmune disorder, has an inner critic, has a very unkind inner critic, the kind of character that if they were following you around outside of you saying those things to you, you probably wouldn't tolerate.

But for some reason, we we many, most people seem to have this mind virus of inner division, inner criticism, inner loathing, and and that that really and then in in cases since people that I've worked with with Crohn's also had the same tendency to whereas people that I've worked with, with colitis a little bit different tends to show up more in my observation, but I'm sure it can move around.

But I've often seen it on the left side, and more in men than women. But certainly I know women suffer from it as well. But really, what I've seen clients are really in most digestive issues is a suppression of emotions or an internalization of emotions, and that people just aren't, you know, you grow up in an environment where your dad is always beating you up and your mom is a narcissist and everything is making you angry and upset, but what are you going to do with it?

You know what I'm saying? Where are you going to put it? You're going to put it inside. You're going to stuff it down hard inside. You're not going to let those feelings out and show.

So then what you're doing is you're taking an emotion which is essentially a wave, right? It gets generated. It rises up into our awareness. Ideally, we find a healthy way to express that emotion that way.

But feelings buried alive never die because it's the destiny of a wave to break. And so all of those unbroken waves get shuttled to the digestive tract, which can't digest it and then can't digest food.

Or because there's all of this discomfort and and energy that is sort of stuffed there. Right? So a big part of healing digestive issues is learning how to recognize and manage your emotions in a healthy way, because if you're not doing that, no supplement you will ever take is ever going to fix your problem, because that's not at the root of it.

Your digestive system, your your electrical system in your digestive system is all tied in knots because you're trying to hold in those emotions. So that's a huge part of it.

But I will say, I was just working with a friend of mine who has colitis, and we did a few sessions and I didn't put it a put a dent in him, which is really unusual because usually if it's emotional, you know, we'll notice a difference.

But he just messaged me. He went to Italy. And I don't know if you've heard this from other people, but I sure have. And his stomach got better immediately.

Oh yeah. Oh, right. I mean he's like, I even had pizza and gelato and I feel great. So food in America is not healthy. Yeah. And you know, when I show my friends in Italy, I'm like, I could eat bread, I could eat all the stuff.

I felt fantastic. So part of what is going on is food, too. Absolutely. It's it's part of why I want to make sure you guys don't come out of this interview, feeling like carrying any resistance or shame to some supplementation because our food supply chain is broken, the way that we grow and produce and processed food in the US is not biocompatible.

It's not conducive to life. It's certainly not conducive to vibrant health. So we have a huge reckoning on our hands and, you know, the more you self-educated about that, the better.

Of course, we're going to talk about that, you know, throughout this event. But that that is something we have to reckon with and how are you going to trumpet?

How are you going to ignore that? You can't look at head on? I mean, I think finding a small farm and getting as much food as you can, what I call the small farm diet, because because small farmers, especially regenerative farmers, really care about the mineral content in the soil.

And they recognize that the mineral contact not only is good for your health and for your electrical system because you need those trace minerals for electricity to flow in your body, but also for flavor that that food that's grown in micro, mineral rich soil tastes better and it becomes, yeah, becomes more enjoyable to consume because it's delicious.

So you can have something was formed. Now if it has no taste like the more you heal, the more you get your sense of taste and your sensation back. You become more present in your body and when you eat something that is not real, you're like appalled by it, like your body is revolted by it because it's used to real food.

But you have to find real food first. Yeah, it's not one breakout and it's expensive, you know, but it's important. And I'm also a huge fan of wild food.

Know we just had, fiddlehead and ramp season here in Vermont. Oh, Vermont, I love it. Yeah. And then, you know, seeing the berries will be out. I won't go out.

You know, once any berries? wild food is optimum if you can, if you can get it. Or small farm food.

Supplements, Bioelectric Health, and Adrenal Rhythm Reset

but I know that's not available for everybody, but I think it's also really important to love your food, to love what you're eating. Because I think another thing that creates digest of woes is that if you if you label things, this is good and this is bad and I'm being bad eating this and I shouldn't be eating this, like if you're going to feel guilty about something, you're putting in your mouth, don't eat it.

so just don't write that. If you can eat whatever you're going to eat with love, with appreciation. I spent a lot of time traveling. I eat airplane food, airport food, hotel, banquet food for days on end.

I don't always have the liberty to go out and get small farm food, but what I do before every meal is I just. I pray with it, I love it, I bless it, I thank it, I bless the water in it.

I think every person who participated in the supply chain and in the kitchen to bring that food to me like I, I fill it with love and light and then I'll eat that Sysco chicken breast.

You know, I'm like, oh, this is working great for me today, right? And so so that's really important that we are in accordance, that we are in harmony with what we put in our mouth, and then we're not labeling anything good or bad.

I mean, at least that's the way that I look at it. And I know that people who have like severe restrictions, you have to be careful when you're ill and you need to get better.

You do have to be careful. But once you get to a place of robust health, like I eat anything and everything, and, you know, I, I like sugar, I like sweets, like cocktails.

I like cheese, I try it, I like it, I like all of it. But I know how to eat the right amount at the right time that I can metabolize. That works for me.

but in the event that I do get sick, I remove coffee, chocolate, sugar, you know, all those sort of stimulants go to really simple food or even fast in order to get better so that then I can go back to all of those good things. So, I think it's really important to, to acknowledge that there's a season for everything.

Like once your digestion has become seriously dysregulated, guys like with Crohn's or colitis or any serious digestive condition, well, the the words that we use or with, we get to be really intentional.

We have a responsibility to our bodies to be intentional about how we approach those limitations in the moment, because they are temporary. Or temporary or worse.

Food intolerances all the time. I will not accept that you are going to be allergic to dairy, or to really healing foods that come from the earth for your whole life.

That's not the case. We reverse that all the time, so why don't we just soften the way we hold this while we do our

healing work? We use words like, hey, we're going to explore different foods and food patterns for different chapters of your healing.

We're going to live small now and live big later. We talk about things in terms of food filters, because at no time do we want to be telling the body, certainly not the the mental or the emotional body.

Hey, this food is bad for me or I am unsafe near or with this food because your body will reflect that back to you. Absolutely. Look at it like this is we're going to eat in a way that is the least amount of work possible for the body.

While we heal from this dysregulation. That's for a period of time. That's that's right. Yeah. And and I think it's true, I think understanding that if you if you lighten up on what you're putting in you for a little while, the body is designed to heal.

And if you just stop hurting it, then it will, it will regenerate itself. And that it is possible to go from a place, because when you raise your overall voltage, you strengthen the incineration of your digestive tract.

So when I was running on adrenaline and exhausted all the time, like I couldn't eat those things, I didn't have enough voltage. But as time went on and I built my voltage and built my overall strength, then it strengthened my ability to eat those that I couldn't before.

So it's absolutely doable and absolutely healing. Well, yeah, but it does take time and it does take going through that period of limitation. It really does.

But it it ends something. Yes. Yes. Natalie. Okay. You said two really juicy things that I want to make sure we have time to unpack. One is you talked about blessing your food and you are such a great educator.

I would love for you to talk us through exactly how you do that. Blessing your food, cleansing it, you know, with love and light, and then eating it. So if you could walk us through step by step how you do that well and before that would be great before the end.

And I also really want to talk about the emotional staffing piece and the needing to digest that. And you you speak really eloquently about that and how there are different ages.

Also at which to release those things. So which one do you want to do first? Well, let's talk about, the blessing. Let me grab another prop if I've got. Okay.

All right. So this is called an energy stick. And you can get these online and it's got, a buzzer and lights in it, and it's got, I can't electrodes at either end.

Okay. So when I put my hand on it and I complete the circuit, it provides enough electricity to light it up. All right. Which means that everything that you touch, you are putting electric energy into your hand, right?

We all know people. Why do plants grow on you? Because you're giving them energy. Or when you prepare food. Right. So the quality of your electrical current is coming through you and you are informing everything that you touch or even that you look at honestly.

So when I bless food, I just imagine light coming from my hands, coming from my body. I'll just put them over it very gently, and I just bring light into my being and light through my hands and gratitude.

Or I'll go into a coherent state love, gratitude, appreciation and I will just love it. So simple to like, and and and when I do the blessings for the people, I just kind of say it, you know?

Thank you to everyone. The farmer, the picker, the trucker, the you know, everybody. I would not be eating this meal without the efforts of all of those humans.

And I'm so appreciative of the work that humans do to help each other. All right. So just going into that spirit and and taking that time also we do we can bless water.

I have a YouTube video on how to bless and structure water. Right. Just with with your hands and I, I have a funny story about that. I taught my son. Cassie is 23 now.

This is maybe 5 or 6 years ago. It's like 17 or 18. And we were out at a restaurant. We were sitting at the bar and the waitress put down two glasses of tap water, and I took a sip and I was like, And so I asked Cassidy if he would bless the water for me.

And, and I taught him how to do it by putting your hands around it. Right. And kind of moving it through your hands. But he didn't do that. He just sat there and he looked at my glass of water for like a minute.

He just looked at it. And then I tasted it compared to the one he didn't look at, and it tasted completely different. It tasted light and bright and clear, and I was like, wow, good job.

So the waitress was walking by. I'm like, hey, you want to participate in a science experiment with us? She's like, sure. I was like, taste these waters.

And so she tasted it. She gets a straw. She takes the one that wasn't, and then the one that was, and she looked at the one that he blessed. And she said, did you put something in this?

And I said, he just changed it with his mind. Which he did. And he made it taste completely different. Right. So this is the power of our mind, of our electrical body, of our intention of our illumination.

You don't even have to touch something. You can just look at it with love and intention and sending electrical energy at it.

Crohn's, Colitis, and Emotional Patterns in Digestion

And it will change it. We do this in my classes all the time. We blast water and we taste it, or we tune water and we taste it and it is totally different taste totally different, right?

So so I think it's really important to understand like just how powerful we are, just how much we impact the world around us. We all know great cooks. How did they do it?

I mean, it's not just their ingredients. It's their whole vibe, their their love and their care that they're putting into that food. And it's something that you can taste.

It's one of the reasons why I don't really like leftovers very much, because that lifeforce actually sort of dissipates out into that night when something's fresh, then it's still got the energy of the person who prepared it.

But once it's the leftover SAT for a day or two, it doesn't have that so much anymore. So, you know, we're magical. I mean, it's amazing to be human and how powerful our minds are and our bodies are, and what a difference it is when we when we learn how to regulate and show up in a coherent state.

And it's so fun. Okay guys, you have your homework and I have of us. Bless your food. Bless your water. Yeah I love that I realize that, when I, when I bless my food, when I'm on the road, I'm envisioning, the particles that don't serve me to drop out into the side, into the ether.

And then they get, like, drawn in. But imagine I'm getting, like, drawn to the center of the earth. Like like like with magnetism. Like I would just go back there and kind of, you know, reshuffle.

Yeah. I don't need, you know, like the license plate or whatever. I'm like. Exactly. Yeah. I just vision incinerating that sort of thing. A lot of it is incinerate it and then let my body get all the good stuff.

Yeah. That is. So cool. Okay, so let's unpack this juicy thing that you said about emotions and how, as we're growing up, one of the ways that we might try to survive our environments and, you know, we don't have choice in our relationships is actually by stuffing emotions that we don't know how to process or it's not safe to release, where do they go and how do we actually work on those later when we're trying to heal our digestion?

Yeah, I mean, this is kind of a it's kind of a big topic, right? Because a lot of us were raised in like abstinence only homes when it came to emotions.

We're like, all right, I don't want to hear your nonsense. So I'll give you something right now. Like there was no for most of us, there was no healthy education about what to do with an emotion.

It was just kind of forbidden. Right. And so then you're like, can't express in school, can't express at home. What are you going to do? Do you find things to pacify yourself with?

Like, I became a sugar addict, because I wasn't allowed to, like, I'm the youngest of six. I'm like, the runt of the litter. And so if I were to ever get angry, it was impudent.

It was laughed at, you know, like, I can't really get angry or is kind of gets me nowhere. Or, you know, I often felt sad because I was left out. And I recently came a picture, I came across a photo of me.

I'm like, I don't know, maybe under two years old, about two. And I'm lying on the floor of the pantry and I have an open box of Lucky Charms next to me, and I'm like, stuffed a little doll.

Like I've just eaten myself into a carb coma with Lucky Charms, lost some stuff, my sorrows. And so that sugar became my addiction. It became like I didn't even know when I got in my early 20s and I became spiritual.

I was like, I don't get angry because I just. But I had this crazy sugar addiction that I didn't even realize that I had learned to interpret anger over boundary trespasses as a sugar craving.

Whoa. And I was convinced that I didn't get angry, but I was like, give me a brownie. Give me two. Like, so. So I spent my whole life. It wasn't until I got into my I know I was like 27 and I, I started getting having all of these symptoms and discovered that I had a massive candida overgrowth and I was depressed and I had candida overgrowth.

Anger. Depression is anger turned inwards, especially in my case. Right. And then that, that that turns into like this tone, like Candida lives in a particular tonal zone, and depression like sounds like in the tuning fork.

It sounds like, and Candida loves that. They're like, we let's go hang out here and eat all the sugar and like. And so it proliferates. But what's really going on is that you're suppressing your anger and you're not.

And you're tolerating boundary trespasses that you shouldn't be tolerating, but you're not, you know, you just that's been your life. You don't really know how to do it any different.

And so I'm. Hacking this, by the way, like nobody talks about this and we we inherit clients and students all the time. They're like, oh, anger's bad. I'm like, wait a minute.

That's the energy and the life force. You need to actually make a change. Yeah, let's. We're not bad. Like I never was a term, that's all. Just use it. Use it. Anger.

I mean, I I've done some real good cleaning when I've been angry. but I had, like, I had stuff all of this anger and all of the sadness into, like, all these little hidey holes all over my body.

You know, the work of Candace Purge. She talks about the molecules of emotion. And it's not just the waveform, but that waveform generates chemistry and little, little molecules of sadness that don't get to cry.

Little molecules of anger that don't get to make change in some way. And so they've just been tucked, you know, your thighs and your belly and they're everywhere.

So you carry weather over here. Yeah, absolutely. I mean, a lot of weight that people struggle to lose is emotions that they haven't digested and expressed.

And and so, you know, the assignment for me when I got Candida was that I needed to stop eating sugar. Well, let me tell you. Did I turn into a bitch or what?

Like, all of this anger just started coming up, and I didn't know how to manage it because I had never had it. And or managed it right. So I had to learn all about like, anger arising and what to do with it, and then sadness, you know, for years and when I started doing yoga, I'd be like in class or something, you know, I'm belly full of emotions like hanging in my face, and all of these emotions would just release, right?

So I a lot of people, when they start exercising, don't continue because the process of exercising makes those little sort of bubbles and things like pop, it makes them emerge.

And all of a sudden, all those emotions that you haven't been dealing with start to come up when you start to exercise. And because you don't want them to come up and you don't know what to do with them, you just stop exercising because you don't without even realizing why.

Yeah.

Blessing Food and Water with Intention

Oh, the number of times that I have just started spontaneously crying, usually like rage, crying or even just like relief, crying during strength training or running is just.

Yeah, I know it's real. Oh, it's real right. But that's a release like that's we're in battlefield tuning. We say better out than in. And my work is really all about expression and helping people to release and to express and to manage emotions in a healthy way and to allow them to not judge them like none of our emotions are bad.

They all serve a purpose to keep us healthy as an organism. Just like our feeling of touch is like, oh, that's hot, you know, move away and like, oh, this person is toxic, move away or this person is threatening my boundaries.

I'm going to mama bear them, right? That that kind of anger to stay safe is appropriate. So that their every emotion is a wanted emotion and serves a purpose towards trying to guide you towards health.

And when we judge and label and shut down, then our health suffers because we're not getting the messages from our emotions. I think you just said something really important to it at the beginning of this little, you know, chapter that we're in right now, about anger being or depression being anger turned inwards.

You know, often the people that love us the most will prefer us depressed because we're better behaved. And then like, gee, I wish you'd get well because I need to rely on you and I want you active in my life, but only in this specific way.

And I'm very attached to how you show up. And I don't want any of those uncomfortable emotions around me. So if you could just be really well behaved and depressed about it, just suppress or depressed that that'd be really great for me and it wouldn't push me to grow.

Right. And I can just continue the way I am right now. So it's it can feel like a betrayal to try to heal from chronic illness within a family unit or relationships.

Yeah, it's confusing for people. Absolutely. And and it's very hard for us to put ourselves first, especially as women. But you need to I mean, if your health is pretty compromised, you have no like, you really have to put yourself first.

And I'll tell you what, like, other people will either learn to live with you as you are in the part of you that decides take care of yourself, or those relationships will fall away.

you know, they'll either learn to live with you and appreciate you and love you anyway, and then that that is a relationship that you can grow with. and if they can't, then that then you should not be around people who are like that.

Quite honestly, you should be around people who are healthy, nourishing, supportive and loving. Amen. Not okay. We're going to conclude one last super quick question.

when you think about releasing, your, your techniques for releasing these deep seeded emotions, what what can you tell people about that process and potentially about the ages?

you know, that release as well? Well, I was joking. I just taught a class last weekend a, advanced bio field tuning class, and I was joking that my tagline is, I make people cry.

And, And that. Because that really is what this work does. I mean, it's coming around through your bio field, through your memories, finding these tender places where you're still your inner child is still wounded and then poking at them like, oh, what happened when you were ten?

You know, this feels very sad in here. And then inevitably, people will often burst into tears. And and that is a release, right? Because some of those were tears that they couldn't shed.

So powerful tuning is kind of a process of combing through your field with a fork, finding all the tangled up emotional memories that are still holding charge.

we we bring all energy back into the center to the midline. And that's where then now where things get digested and released. And, and some people are very shamed about their sadness or whatever, you know, and I'm just like, bring it on.

I'm better out than in this. You were holding a particular tension around holding back that emotion. And now that that tension has been relieved, that life force that was wrapped up in that both the emotion that hadn't been expressed and the energy holding it back is now in circulation.

And now suddenly you feel like busting that corner of clutter that you haven't had the energy to love it. All right. Okay. This is so juicy and fun. I can't believe we have to end.

Where can people find you and learn more about your work? biofieldtuning.com through our main website. I'm also on social media, Instagram, Facebook and YouTube.

I have a YouTube channel. I have a lot of videos on YouTube. I have a Sonic Sunday series with 22 free lectures and tune up. So, I also have a lot of free sessions on my website, so there's a lot of free stuff to go and explore.

Releasing Stored Emotions and Finding Eileen McKusick

And, there's a lot of explanation on YouTube about all kinds of things, about electric health, about biofilms. So, you can go on a deep dive there. And, and then I've got these two books which are also on audiobook.

Yeah. Love it. Thank you so much. I mean, it's such great interview. It was always my pleasure. Sinclair. Take care. Everyone get well. Stay well.