The Biofield, Holding The Key To Your Physical And Emotional Regeneration Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Eileen McKusick

– Eileen McKusick, it's such an honor to have you on this, this segment of Regenerative Medicine summit. Thank you so much. – Yeah, my pleasure to be here with you. – Well I'd like the the audience to know a little bit about you about all the incredible things that that you do.

Eileen, she is the is a pioneer in the fields of human bio field, therapeutic sound and electric health. A researcher, author, inventor, educator, speaker and practitioner Eileen has been researching health since 1987 and specifically how sound impacts health since 1996.

She's originator of the sound therapy method, bio field tuning with thousands of students trained worldwide since 2010, the founder of bio field tuning institute and author of the award winning best selling book tuning the human bio field healing with vibrational sound therapy as well as the recently released electric electric body electric health right here.

Eileen is also the inventor of the revolutionary in much love tool, the sonic slider, the creator of a line of tuning forks and accessories and the CEO of by Sona LLC which provides some therapy tools and training globally.

What the Electric Body Is

This is gonna be fun, Eileen, I'm excited so tell me a little bit about electric body, electric health. I mean what is what is our electric body? – Well, you know, it's really interesting, this is one of those places where we're missing the forest for the trees and most people realize that that parts of their body are electric very often we think of the nervous system but our heart is also an electrically driven oscillator when you get an E.

K. G. That's measuring that electric pulse going on in your heart. Our brain waves are electric and we can measure those through an E. G. And they move at different speeds.

Are blood carries. The charge are every single one of our cell membranes needs to have a certain amount of charge across it in order for it to fulfill all its cellular duties.

Our fascia, you know, which is actually the largest organ in the body. It's we have more fascia than we do skin. And our fascia is a connective network that's really not so different than the myself real network in the soil that all of the mushrooms created within the forest and it sends information and light and energy and nutrients. Or fascia does the same thing.

In fact, if you look at a close up picture of fascia and you look at a close up picture of the my cellular network, they kind of look the exact same, which is kind of interesting. So what all this points to is the flow of electric current through our body. And what this does is it comprises the electrical system in its entirety. Now I've come to see the electrical system as something that is actually shaped like a Taurus.

So anything that has electric current running through it has a magnetic field around it and this Taurus shape which is sort of like a bubble with a spiral down the middle comprises what I see as our electrical system in its entirety.

And that encompasses the flow of electricity through us and the magnetic field around us. And that magnetic field has been called the aura or the human energy field.

Science is calling it the bio field, but I don't really separate what is going on in the field from what is going on in the body. There really one and the same to me based on my research with sound and what I've observed in clinical.

– So the bio field, is it pretty much just electrical then? Or does it consist of other types of energy? I mean like when we're talking like about bio photon or lights, I mean that that's just vibration in itself.

So is there is there a difference that you separate one versus the other? Or is it all just kind of part of the same? – I mean I wouldn't really call it all light. I think there are qualities of electricity that might be better understood from the Eastern perspective of key.

But really what when you translate key in the flow of of Yankee and Yankee, it's really the same as positive and negative electricity. It's just in the Eastern understanding there's a recognition But there are subtle aspects to that energy as well. Whereas our Western understanding of electricity has been oversimplified and sort of dumbed down.

Certainly when Maxwell came up with all of his equations, there were something like 20 and then they were reduced to four. So that there's a whole aspect of electric that Western science doesn't maybe necessarily define and it goes into the realm of punitive or you know, which is silly to me that you know, there there's basically a gradient of density and strength to what we call subtle energy, but all of it is the flow of light, the flow of energy in different densities and intensities.

– And so with that it almost sounds like that, you know, when we have that, this is like a nutrient that we can become deficient in.

Biofield, Subtle Energy, and Deficiency

And if we are then deficient in it, this this flow, this electrical charge then that will then evolve into disease or or less optimum health. – Absolutely.

So, you know, imagine that you have a business and that you have 100 employees and if only 60 of them are showing up to work every day, certainly all kinds of primary tasks are not going to be attended to. So I like to ask people that, you know, you have a battery meter inside that goes from a scale of 1 to 100.

And if you check in with yourself on that scale of 1 to 100 where is your battery meter at? You know, where is it at? Right now? And I find when I ask people that question, the number tends to drop into mind And if you're just in that 60, zone, you are absolutely not fulfilling your potential as a human being, but also not fulfilling your electric potential.

You're like that flashlight that we took out of the drawer and turned on and the bulb is dim because your battery is low. And so electric health is this idea that we take care of and we feed and we nourish our bodies electrical system.

Because the closer we get up to 100, the closer we're getting to a state of flow where we're kind of effortlessly productive, creative able to have a sense of humor because we're not struggling under load without enough resources to take care of it.

And I find that this idea of electric health, it's much easier to take care of our electric health more so than it is the chemical and mechanical health that we've been sort of programmed to look at. And in that model, if we go south some where then we're looking at chemistry, whether it's drugs or supplements or surgery or maybe physical therapy. But when you bring the electrical system and the health of the electrical system into the picture.

And you understand that this is really primary and that the more we can get the resistance and the noise out of our signal, the more our voltage is going to go up.

– So it's almost like over striving for. And obviously we want a strong battery, but also like cell phone reception in a way we where we kind of have a clear signal, there's a clear communication throughout the body just like you were talking about the fashion and and mushrooms. You know the fun guy, how they have their, you know, the my slides they have and the kind of network that there's a clear communication as to what's taking place. And when there's a

disruption in that clear communication, you know, the messaging obviously becomes muddled and then a confused organ or confused tissue or confused endocrine gland is not going to act appropriately if act at all because we know, you know, just in in marketing when you talk to confused consumer, you know, will will never buy. You know, so it's it's the same, there's no action that's taking place when you know somebody's confused.

So it seems like those are the two components that you really want to address that. The signals are clear and the intensity is is full. I mean it's fully charged. – Yes, exactly.

Exactly. And when those conditions are fulfilled, then the body takes care of itself, it heals and fixes itself. – So how does so you're you're talking about the fiscal and the chemical.

So the electrical, it's it's kind of determines a lot of the chemical and physical. I mean, is is that a do those systems interact? – Well, I would say that our bodies electrical system is sort of like our our blueprint, right? And I would go so far as to say that this electrical system is what we call our mind, both our conscious mind and our subconscious mind and it contains information basically all our memories.

You know, we've been told that our memories are in our brain.

Trauma, Memory, and the Electrical System

But what I found with my research is that our memories seem to be stored in our bodies electrical system, specifically in standing waves within the magnetic field. And that uh these memories, wherever we have had traumatic inputs, that there is often a place of tension, there tension in our memory, tension in our bodies electrical system and then subsequent tension in our physiology, tension creates a backup sort of like traffic jams of electric flow, which then creates heat and inflammation.

So we really want to work to keep the electrical system in a state of flow so that we don't end up with inflammation wherever you have an excess in one place, you end up with a deficiency in another and that's when things start to go out of balance.

But this idea that our memories are stored in our electrical system is a little bit radical. But if you think about it, everything that we see that we smell that we taste, that we say that we hear that we feel inside is all translated in the body into an electrical impulse. Therefore it makes sense that our life experience is stored in our bodies electrical system.

Now, I would go on to say that this is the same thing that spirituality has called our light body or our soul. And this is where this division of science and spirituality has taken root. Because there's sort of a denial of the soul or a denial of the light body in a more Western medical perspective, but it really unifies in this idea that our body has an electrical system which is the flow of light. The flow of information.

The same electricity that powers us is the same electricity that powers the sun that powers all of the processes in nature. And fundamentally it's all one light.

And they've even done measurements with people who where they've weighed them just before death and just after death and found that people get a little bit lighter, they lose a little bit of weight when their light goes out.

And and so I would say that that light that that Taurus, that differentiated bubble of self is both mind conscious and unconscious memories and what we would call a soul. – It's fascinating.

And I know also they've done studies where actually the that field, you know, the electrical body reacts. You know, if there's a stimulus, there's a reaction in the electrical field before even the brain recognize this is what has happened to show them that there is, the brain is not really what's driving it. It is something that is being driven by this field. – Absolutely. And even this field drives our social interactions. We definitely know when we meet someone right away before we've listened to a whole lot of what they say.

We feel right. Our fields touch and determined the degree of resonance consonants or dissonance, the degree of attraction or repulsion that we feel. We can even tell if we're attracted to someone from across the room before pheromones ever get to our nose because we are vibrational. This field is is vibrational and is responding to vibrations and and it's evident and we see this and sense this in each other and it really has nothing to do with the brain. It's all happening at the level of field and vibration interactions.

– And you're talking about traumas and memories, you know that they're stored in this field. So it almost sounds like then these traumas and interferes can interfere with that flow, where you're saying you have an excess of energy and then the deficiency in another. And the key is and to be able to release that trauma in order to be able to re establish a healthy flow in that electrical body. So, so I just want to kind of reiterate.

So the traumas are actually stored in this field and they need to be resolved in the field and that is doable to do. I mean you can do that. – Absolutely with the process of bio field tuning, which is the sound therapy method that I've been developing since 1996 is sort of a curious process of combing a vibrating tuning fork through the bio field, sort of like combing a comb through snarled hair.

And as you move the fork slowly through the field with with attention and curiosity you hit the places where these snarls are and any place that the field is is has this congestion, has this tension in it. There's a corresponding area in the physiology, sort of deep subconscious tension that, you know, we've forgotten about that massive trauma that we had when we were three when we watched our father must kill our mother.

And the whole fall out of that while we were cowering in a corner. That deep contraction that you experienced at that time is still in your memory banks.

It's still in your field and on a certain level it's informing your physiology. And the older we get, the more these pathological oscillations in our memory banks start to act on our physiology.

How Biofield Tuning Works

Some people as early as 40, if you've had lived a rough, difficult life, you can start to break down in these places where that that difficult input and consequent tension is blocking that flow of information that you were talking about earlier.

If electricity, if blood, if lymph, if circulation is not getting to particular parts of our body, it struggles like anything does in isolation. – And these are memories because a lot of people they say, well that's been so long ago, I I'm not even thinking about it.

I mean I'm not bothered by it, you know, I've dealt with it, you know, it can still be those type of traumas that are stored there because they're kind of stored in the field. And it's not something that's in our mind that prick, consciously kind of thinking of or or stressed about, but it can just be stored in the field for kind of safekeeping in a way.

– Well, it's stored in your field because it was your experience when when we read the record in the bio field, we're not reading your adult perspective on that signal.

We're reading that signal as it was laid down and so on a certain level were indelibly impressed by life. I can't take away any of your trauma. But what I can help to do is to relax the tension that you went into your trauma response. And however, that tension took root in your body and we can work things out in our mind we can release, we can forgive but on a certain level, if that's still written hard in our fields, then it is going to continue to act on the way that energy and information is flowing through the body. – And like you mentioned that these imbalances or these kind of frozen traumas in the in the field then, you know, since the field in itself is the one that gives a signal to the body, how to behave, how to health disease, how to create tissue, you know? So then we then get distorted signals that obviously will then result in sub optimum health or disease or even something as severe as cancer.

So when you are then kind of investigating the field, you know, this was really fascinating. So you can actually with

a tuning fork then you can kind of feel the difference in the field, you know, where these kind of store traumas are at and then using the tuning fork to help to kind of break that up in some fashion? – Exactly. There's a practice called with a trip C.

That uses sound waves to break up kidney stones. So sound can be destructive and it can also be constructive. And so just to kind of give a story to illustrate this, I was working with a client and combing through his field.

Now part of my work has been discovering that the magnetic field has a very specific anatomy and physiology. That's the same from person to person. So just like you and I have our digestive organs pretty much in the same place and most humans do. It's the same with the subtle anatomy of our field. And I discovered that different emotions, different experiences get stored in sort of different file drawers in different areas in the field and that as we generate information as we go through our day feeling what we feel, thinking what we think, encountering what we encounter.

It's like there's a little needle read out of our inner state and that gets laid down in our field and just like hair grows away from us, this vibrational record moves away from us and most people's feet, fields are on average, they extend about six ft around them.

When I am reading somebody's field. What I discover is that at the outer, the outer boundary because it is a it is bounded. You know, I think sometimes when we think about auras or human energy fields, there's this idea that they just become sort of fainter and fainter and sort of fade out.

But there is actually a membrane, a bubble of containment and individuation And that that that membrane contains the information of when we were in gestation just inside that is birth. So if I'm working on somebody who's 60, I'm going to find information that was generated when they were 30 around three ft away from their body. And this is very consistent bio field anatomy map some that I work with and that bio field tuning students and practitioners work with and it's proved to be a very useful system for understanding what it is that we're encountering in the field. You don't need to be intuitive, you don't need to be super insightful. You're working with someone and you hit a snarl, you just plot it on the map.

And so I was working with this gentleman and I got into this one place where the field, the fork just sounded so funky. The tuning forks really reveal the patterns that are present there and they're reflected. And sometimes it's so dramatic that the person on the table is able to identify it as well. And so when I hit this particular memory, the fork sounded so wonky. And he said, wow.

He said, what's that? And so I plotted it on the timeline and I said, uh, this is something that happened when you were around 18 and he said, Oh, when I was 18, I went through the windshield of a car.

So you can imagine what that experience is like going through the windshield and then the aftermath is going to create a whole lot of chaos in the signal.

So what the tuning fork does is it acts like a mirror and it reflects back to the body, to the bodies organizing intelligence. Hey, look what you got going on over here and the body might know that it's like, so you don't really know.

You have a poppy seed in your teeth until you look in the mirror, right? And the first thing you do is you go to groom yourself to, to clean that out. Well, our organizing intelligence is the same way that when we hold up a mirror of something like this chaotic part of the signal that the body can go, wow, that that's going on over there.

And what's interesting about a simple tuning fork is that it provides a mirror, it provides a metronome, it provides a steady rhythmic input. It provides a tonal uh mirror so the body can tell am I sharpen my flat and my loud, am I quiet?

Emotions, Stress, and Physical Health

And so the body will adjust itself its tone and its rhythm, which basically means that the body is going to relax because it is a pattern of tension that is keeping that distortion in place.

And so the body works with the input to relax to release that tension, the chaotic signal settles down, the sense of resistance or the snarl that you're encountering settles and the energy that was held in that freeze relaxes and goes into circulation. And that helps bring your battery meter up.

– So so it's like a biofeedback type of therapy where you're the body then gets to hear or feel the vibration of the trauma, so to say and and see that this is not good. Yeah, we need to we need to bring that into normal frequency and then as you're than working on it, it can then hear and feel the change until it then has normalized.

– Exactly, exactly. And so we're basically self tuning instruments when given the opportunity to hear our noise and to have something there to base the response off to fix it, The body fix itself, just like it heals a cut.

No problem. Our bodies are designed to be self correcting but sometimes they need the right reflection, you know input in order to do that. – Yeah. Yeah. I mean if we if we don't if we kind of stored away the trauma because it was too much to deal with at the time and now we're focused on life.

You know, it's just that awareness to understand that it's it's an imbalance there. It's huge. You know, then we know that the closet is is all filled with junk, let's clean it out and make it usable again.

– Yeah. And speaking of closets filled with junk, you know very often the more freeze we have in our field, the less access we have to really to our own energy and potential and what I find working with people is is that as they start to digest and integrate resolve and send this back into flow. Suddenly they have the energy to literally clean out closets to clean out drawers to bust clutter because as within and so without and if we're struggling to have the energy to keep order in our environment, it's because we're struggling to have the energy to keep that order in our own body and the more that we free up these micro and macro areas of tension, the more we have of ourselves to participate in life.

And I've heard so many stories of people going home and you know waking up the next morning and looking at boxes in the clutter in the room and being like, what is this stuff and actually having the energy to clean it and to clear it and you know, which can be a huge relief because I think we all know that we have a lot of potential and I think many people struggle to access that potential and they don't realize that it is literal electric potential that is literally frozen in their system and can be released back into flow.

– It's like when you have a river, you have all these, you know, sticks and leaves and things that are damming up the river to kind of clear that junk up so the river can flow. You know, there's more life, more oxygen benefit everybody much more.

So what are some, I'm curious to kind of see some kind of result, I'm say results, but what are some things that people that come into you for, let's say, you know, rheumatoid arthritis or skin issues or cancer or whatever it may be.

And then you work on the field and this is the impact that you see. I mean, what, what are some of the kind of physical changes that you've seen um, by working on the field? I'm just curious to see what, what direct results that that, that are there? – Well, we've honestly seen changes on every level. My practice really developed, I was in the hills of Vermont was in the middle of nowhere in an area that was poor, rural conservative and I never had a sign and I never advertised, but my practice became so busy, I couldn't manage it anymore.

And that was because when we go see a provider, we go with some kind of problem or a set of problems. And what we're looking for is help solving our problems. And this approach because it works on the physical level with pain. You know, in many cases what pain is is a jam up in the electrical system. But it's very often related to emotions.

This is what a lot of this boils down to is that most of us were raised in homes that had an abstinence only

approach to emotions, our parents told us that it was not okay to cry, that it was not okay to yell while at the same time many of us saw our parents completely mismanaging their own emotions. So we don't grow up with any real models about how to effectively manage the experience of human emotions and what many people end up doing is simply stuffing them, stuffing them under food, under business under booze, under pills, whatever.

Codependency, there's really no end of things in our consumer culture for us to occupy ourselves with instead of dealing with our emotions. And so when we're resisting our emotions were creating tension in our electrical system and our body, which is gonna create these jam ups.

In fact, I've really come to the conclusion that just about every ailment that you can think of with the exception of maybe chemical poisoning is tension related is tension related. Anxiety is a kind of tension.

Depression is absolutely a kind of tension in the breath and the heart in in the spirit. There's very often a great many locks involved. A lot of suppressed emotions. Skin issues are very often related to tension in the liver, holding in anger, holding in rage.

Not allowing us to accept that hate is a normal human emotion and that it's okay to hate things. So many of us in program that we can't do that shame is an incredibly uncomfortable emotion to feel. And instead of allowing ourselves to feel and digest and learn from shame, many people engage in defensiveness, in finger pointing in, you know, shaming other blaming.

It always leads to difficult interactions, interpersonal actions. If you don't know what to do with your emotions. I would say the vast majority of what I've treated as a provider of 26 years is emotional constipation.

And it's a conversation that we're not really having. We talk about mental health, but really if you've got mental health issues, what's really going on is emotional health and emotional well being and stress management.

You know, even the CDC will say 85% of disease is caused by stress. Well, stress is mismanagement of emotions.

Breath, Voice, and Inner Dialogue

It's mismanagement of your state because you don't know how to do it and that the default setting that most of us do is to lock things down and suppress stuff.

So this practice of bio field tuning is really a very systematic approach, a progressive relaxation. And the more we're able to relax, the more we're able to expand into our potential, our potential for mental well being, our potential for emotional well being. And then that leads to our ability to take better care of ourselves physically and certainly relationally so a healthy body is coherent and regulated and we become incoherent and dis regulated as a consequence of stressors that cause us to tense.

So really the secret to healing if you will is really as simple as relaxing and breathing more freely in a great many cases. – And so with what you're doing then you're then able to kind of tune this bio field so that it all kind of resonates with each other and they all vibrate in a similar fashion.

Because obviously if if everything all tissue and everything resonates with each other, there's a stronger electricity, there's a stronger force there rather than if everything is in dissonance. – Exactly. You know, you could think about a middle school or an elementary school band learn, you know, play playing something versus a skilled orchestra and that kind of our and then it's gonna be, what's going on in your life in your body. So the more in tune we become, the more for that every part of your being is playing in the same basic rhythm, the same sheet music, the singing, the same song.

You're just going to have much more experience of ease and flow in your life. And unfortunately the suppression of emotions leads to a kind of compartmentalization that makes it so that we're we feel inwardly divided and not on the same page inside ourselves and that can lead to a whole host of problems.

– Yeah, absolutely. So how does a person and obviously everyone can come to you? I mean they and I know you also work with people on a distance and I know you also teach people, I mean thousands of students, you know to make sure that this work is available.

But for a normal Joe at at home. I mean what are some things that they can do to, I mean because it sounds like there are two things we're wanting to do.

We want to increase that the strength of the field, the electrical charge and then to we want to increase the residence, you know, so remove disturbances that will interfere with that residence. And I know that both of them play into each other. But I mean it seems like we should address both at the same time in some fashion. – Well, I think you know, there's a number of really simple, easy things that you can start to do.

One is to realize that we can go for months. Some people go for months, certainly weeks without food. We can go for days without liquid. We can only go a few minutes without breath.

And so breath is really the primary mechanism for our lives. And oxygen, the oxygen molecule has free electrons as I understand it. So that when we breathe in oxygen, that electricity, that available electricity in the air oxygen molecule is what makes the blood go bright red. Basically there's light attached to that oxygen.

And so that light, that electricity, that life force energy is what is being dropped off at cells and cells are using that light, that electricity to do what cells need to do. So breath and the freedom of breath is so key towards just being alive. And when we've had a lot of trauma, whether we've had lots of micro traumas or we've had some macro traumas, that tension that that puts into our system inhibits our breathing.

Many people breathe very shallowly. Many people subconscious hold their breath. If you grew up in what I call an eggshell home, there's a lot of tensing and holding breath and then you wonder why am I so exhausted at three o'clock in the afternoon?

It's because your breath isn't flying. So one just simply becoming aware of your breathing, becoming aware when you're holding your breath very often if we were not allowed to have emotions and we were not allowed to emote, there's a kind of locking and holding and then overthinking. So we start thinking our feelings instead of expressing our feelings. And many people struggle to tame the monkey mind because it is simply a layer that's running on top of these emotions that are sort of forbidden.

And so just becoming aware of that pattern of tension. Are you locking down? Are you holding your breath? Are you overthinking? Okay, look at what I'm doing, I need to breathe and maybe I need to make some sound.

Maybe I need to express in some way so that I'm not suppressing and locking. And then the more you become aware of your breath certainly the more freely start to breathe and the more energy that you have.

So that's one right? That's just super simple. Is that awareness around breath and really consciously expanding your breath freely. I really believe that the degree of freedom in our breath is directly related to the degree of freedom in our life. And if our breathing is highly dis regulated, then our whole system is going to be dis regulated.

In fact, a lot of stress management really does come from managing how you breathe through something birth for example. So another thing is about our word and expressing ourselves.

I've found that it's very important to tell the truth in the moment as quickly as you can. I find a lot of people are really tortured by not feeling at liberty to be honest about who they are, where they're at what their experience is very often they'll end up in interpersonal things where you know I should have said this or I didn't say that and then they hold on to things and they make assumptions instead of just being like, hey, can I talk to you about how I feel? And I know that that's a skill that takes time to learn, but it's super important that we don't burden ourselves with all of these words and things that we're not getting out.

You know what I call successful diplomacy is a skill really worth learning so that you're not carrying around all these

unfinished conversations and discomforts and unsolved problems because you don't feel like you can speak freely about it.

Distance Sessions and Recorded Tuning

So anything that anybody can do to free the voice and to learn how to speak honestly in the moment and just get things over with and not hold on to interpersonal struggles because that wears people down more than you might think.

And then I'll just give a third one. And that has to do with what I call the inner critic or the internet judge and this is a mind virus that most humans appear to be infected with. And it's a parasitical attachment that follows you around and gives you a hard time and for whatever reason people accept this in their heads. However, who has a friend that was following you around with the degree of punitive language and unkindness, you would not tolerate that most people would not tolerate that.

And yet we live with it inside our heads. It's unnecessary. It's it's rude quite frankly to have this sort of thing going on inside of you. So I suggest that you hire an inner coach who is kind who wants you to be the best that you can be, but does it in a way that is respectful, that is appropriate and that is constructive and that you really make it your mission to eliminate or at the very least allow it a moment to be snarky or critical in whatever way it wants and then be like, now I want to listen to the coach and I think that the more we can foster constructive positivity, not positive, you know, but constructive um council within our own being the healthier we're going to become. – And with that, I mean like if you come, because a lot of people think that it is not kind then to bring up things that that, you know, when they feel hurt or they feel so they they think it's kinder to hold onto things and protect and but in reality what it does, it actually stores up this kind of negative energy will then interfere with you being able to feel joy and if you can't feel joy, then it's hard for you to project joy and then the people around you are also having a harder time to resonate with that feeling. So it is the kind thing is to clear these things out, but obviously do it in the purpose of you know, that we're doing it together and it's for a healing purpose.

– Right? Which isn't always the easiest thing to do, and sometimes the skill you need to learn the hard way and and it's because it the the learning curve can be painful, that a lot of people just end up holding everything inside, but that's not kind of appropriate to you or your human body to be bottling up things and so I think it's really important to take the risk to learn how to communicate effectively and if you have some characters in your life who when you try to do that with, you know, who don't respond well and certainly we all have difficult and defensive characters in our life and that can make it difficult, but at the same time, the health and well being consequences of not being able to express yourself and not being in relationships and circumstances where you can express yourself freely um are going to take a toll on your health. – So, for people that are wanting, I mean, because I'm very intrigued for someone like myself, you know, wanting to do one of these kind of combing sessions, you know, because it'd be really cool to kind of see what's going on in your bio field.

And and and and obviously free up that energy because that that is such a key to optimum health from my point of view and I know it's from yours as well but so what would someone like me do in order to be able to experience something like that?

But I mean do we reach out to you or is it like an organization of people that do this thing that that we can do? We have to go to a location where a person is doing it or can it be done on a distance? How does that work?

– Interestingly it can be done at a distance. And I understand if people feel skeptical about that, I felt very skeptical. I did not think that it was possible to do this work at a distance. And I thought it was silly to even speculate, however I am a scientist and I am a researcher and so a friend of mine who was an M.

D. Did convince me to try a distant session on him whereby I discovered that I had been wrong and that it actually is quite possible to tune into someone's signal because we we are antennas and we are transmitting information.

You know we've all had the experience of all of a sudden catching a friend's vibe and then going and finding your phone and picking it up and discovering that they just messaged you.

So that's and the fact that that law that we can sense each other's vibe, even though we might not be connected is the same law that determines that I can tune into your bio field at a distance and work with its signal.

And so all bio field tuning practitioners are trained to do this work at a distance and we have, we have hundreds of them all over the world, so you just go to ball field tuning dot com and we have a list of practitioners, maybe you can find someone local and go do it in person, but if not, then you can certainly do it at a distance.

In fact, I still receive regular tunings and I always get them at a distance, I don't know when the last time was that I had one in person and I hurt my arm a little bit the gym a few weeks ago doing an exercise I'd never done before, I got a little overenthusiastic with a little too much weight and my my arm hurt and I got a session the next day, that tension completely released and relaxed and it was tension, it was like, something was like, oh, I'm not so sure about this and was sort of held and my practitioner was able to release that from a distance.

So, that is certainly an option um because my practice became so busy, I had to stop seeing people one on one and I started doing work with groups and then recording these group sessions. You know I think group distance bio field tuning tuning work therapy sounds completely ridiculous.

I'm not sure it's anything that I would ever even do but we have found that people benefit from it and there's a handful of free ones at our website and then there's also this enormous library of many recordings of all different kinds of sessions.

I've got one called an adrenal reset series which is three hour long sessions that go in and work with the adrenal rhythm. You know many people are in a state of adrenal burnout and if you go visit even a natural path they're going to push a lot of expensive supplements over the counter at you. You know which you may or may not remember to take. Certainly I've never been very good at remembering to take supplements. But if you go see a bio field tuning practitioner they're gonna work with your adrenal rhythm which might be running too high and too fast due to all the pressure and stress you've been under and they're gonna help that rhythm to relax. But even this these these three hours of recordings can actually help that rhythm to relax.

And there's many, many different titles there that you can kind of peruse and and see you know and just like recorded music can move us right? You didn't have to be there when it was being recorded.

You didn't have to experience it live because sound moves us. And so that's what's happening in these recordings is the sound is moving you and moving your emotional body like sound does. So that those are some options.

– So that's really intriguing. So you would then play, let's say, the adrenals or the thyroid or liver, because because each tissue has a certain type of vibration, you know, they I know they measured exactly that kidneys that this is kind of the vibration of the kidneys and healthy vibration.

And yeah, liver and and if that tissue is often then they're not healthy. I mean if that vibrations off, so you can then listen to that recording. You just kind of lay there for three hours listening to it or how does that work with?

– Well, some of them are divided up into 31 hour sessions. So I would never ask anyone to lie down for three hours. So I love you a lot to do all at once. So we would say listen to one, wait a day or two or three listen to another. You know, wait a day or two or three listen to another.

Ancestral Patterns and Generational Healing

If you're gonna go in for sessions, I always found when I was working with people that if you're gonna do 11 is good, but generally you never go to a chiropractor once, right?

You understand when you engage with a chiropractor, that chiropractor kind of wants to help retrain your system to inhabit a state of structural integrity.

And if you've been in the habit of being out of integrity, it's gonna take a number of adjustments to train your body

to stay in where it wants to be.

And it's the same with bio field tuning. A bio field tuning adjustment is kind of similar to a chiropractic adjustment and the more that the field gets adjusted and you start to feel what it's like to stay plumb and square to stay in this moment to stay regulated and then to realize the power of your own mind to put you back out again because a big part, you know, I can work on what's there, but can I work on what is generating, what is there and what, what is generating, what is there is very often patterns that were downstream of a lot of ancestral patterns, a lot of cultural patterns, many people are blindly acting out patterns of dysfunction that are simply in their programming the way their parents did it or their parents did it.

And very often these patterns have been informed by a lot of trauma. I mean, we look back over the last seven generations and how every generation has had some kind of major trauma in their certainly wars.

You know that men have gone off to war and not come back or come back and been different, been violent, There's been a lot of addiction and a lot of alcoholism and a lot of anger.

And these patterns just get played out from generation to generation. And so I feel like our generation, uh certainly the people who are, you know, listening to this, um there's a certain group of us who I see as the Karmic cleanup crew that we are here to stop these patterns of dysfunction from propagating in our own families from the human family and to figure out more functional ways to be human and to interact as humans and and to have functional harmonious experience as human beings. It's not necessary for us to perpetuate these patterns. It is possible for us to reprogram them.

But it's also important for people to understand that whatever you are struggling with that, you are not struggling with that in isolation. That this is something that has come down, it's not your fault, right? It's come down through the D. N. A.

It's come down through the human story. And what might feel like a really difficult problem to solve if you step back and widen the lens and realize that it's a much bigger problem than you think it is because it's been going on for generations.

And because you've been tasked with cleaning it up and resetting it and re basically like wiping the board clean and and the part that is generating that dysfunction that you can step in and reprogram it and have a different response and I think that that's what healing is really all about. – So yeah because we talked about trauma in our own lives, but now we're talking about traumas that's happened in that's generational and we are storing that in the field as well. And we are then able to use a similar process to help to resolve or dissolve kind of just like you dissolve kidney stones with with sound and vibration, you're able to dissolve those generational patterns as well.

And is there a certain because like what you're talking about in the bio field where you know, birth is the furthest out is six ft out in the middle of your life is three ft out.

So is there kind of a similar pattern generationally that and and is there a certain vibration that's generational versus what's happened in your own life?

– Yeah. So there are these structures in the bio field anatomy that I call the ancestral rivers. And these are streams of information. There may be an inch to an inch and a half wide that flow down about 10 inches on either side of our body. And on the right side is the D. N.

A stream of information of the ancestors of your father, your father's side. And then on the left is the mother and the mother's lineage. And when I stick a fork in these rivers, I can really hear the the song of that family line and the noise that might be in it, you know, certainly alcoholic families, alcoholism tends to go on from generation to generation problems don't get solved in alcoholic families problems, just go downstream and they keep on those patterns keep on repeating until somebody steps in and says it's my responsibility to figure out how to end this pattern so that it's not going any further.

So, so certainly we can here and work with the information in the ancestral rivers to help to clarify that and there's always very much a feeling when I'm, when I'm working in there that it is going upstream to the ancestors, there is a feeling very much and very often, you know, I'll be working with somebody and we'll be in the ancestral river on the mom's side and when they get off off the table, they discover that their mom has texted them because she was kind of catching that vibe. I've seen people that I work with who who commit to the work and do it as a lifestyle that they see their parents change, even if they don't even tell their parents about what they're doing, they see their Children change. I know I certainly see in my two young adult Children, I have young men who are 21 and 20 for the benefit that they are reaping from me developing this awareness of these blind intergenerational patterns, working to smooth them out to, to not perpetuate them and because they're not having to do all this heavy lifting healing work that I've been doing for decades, they get to inherit this sort of understanding of, wow, you know, we were about to go into this family pattern, but we all know by this point that the that's just blind noise that we are just acting out because that's what our families did and to be able to actually step into that and be like, you know what, we're not gonna go there, we're just we're not, we're gonna flow around and and together create a different pattern.

So I'm already seeing the downstream effects in the next generation from the work that we're doing here in this generation. – So it's I mean it just highlights the importance um and almost the responsibility of an individual to clear these patterns out and to actively be become whole in the whole field is so that you are then impacting, so you don't kind of bring your own junk to the next generation, but the next generation can have a clean start and yeah, they're gonna have their own traumas, they're gonna do things, but at least they will not have to carry all that extra baggage they get to start fresh.

So it's almost like something, it's like a duty almost that we need to do that for their sake.

Where to Learn More and Get Started

– Yeah, and I think, I think there's quite a lot of us here that they do have that duty and that are doing that work, you know, they might not realize the full magnitude of it until they hear us talk about and they're like, oh my gosh, yeah, that is what I signed up for and yeah, this is really heavy lifting every talk I do, I'm like, how many of your parents did this work? How many of your parents did healing work?

How many of your parents tried to understand and fix the dysfunction that they were doing. Nobody raises their hands. Like my parents, five o'clock was drinking time. That was how they managed it.

They drank, they smoked, they, you know, they did not do this work. Very, very few of us grew up with parents who had that degree of consciousness. We live in a time where many of us are here and there's many resources, you know, there's bio field tuning but there's many other resources and practices out there because there's many people whose job it is to provide those resources and so there's never been as many resources as there is right now for us to really comb through and sort out this mess and tidy it up so that we're passing, you know, we're making life better while we're here.

Maybe maybe by quite a lot. – Well Eileen it, it's been such a pleasure and you're bringing such incredible work to to the world and yeah, so many people are touched by by what, how you've been impacted and how you're then bringing this this energy forward. So, and thank you so much for sharing that information. It's been it's been tremendous how, remind me again, how people can learn more about what you do.

– Sure. Our website is biofieldtuning.com and I have a YouTube channel. If you just go on YouTube and search my name, I got quite a lot of videos that have piled up over the years.

So if you're a video inclined, you can check things out there. If you find this really intriguing, you can become a practitioner. We have online training program where you can become a certified bio field teaming practitioner and really make it your lifestyle. You know, I've really learned so much from working with clients and being in fields.

It's taught me so much about humans and it's especially taught me that at least everyone that I've ever had the pleasure to work with they were all great that they're that we are all amazing, bright, beautiful harmonious beings at our core just have a lot of noise in the signal. But that noise can be teased out and that we really can expand into

the beautiful, amazing beings that we know that we are and and to to midwife. That process is very, very satisfying.

And then the biofieldtuningstore.com. we've got different tuning forks that you can learn about and there's lots of videos online to learn about the different tuning forks, but you can play with forks yourself at home and that can also be a path to just help you to get more regulated. – I love it.

Well, thank you so much. Thank you, Eileen. – Yes. Thank you.