Introduction to Eileen Day McKusick

– Alright everyone, welcome back to the virtual stage and the Medicine of Mindset Summit. I'm Jana Danielson, I will be your host for today's what I know is going to be an amazing interview with the one and only Eileen Day McKusick, I'm so excited to have you here. Eileen.

Let me tell you a little bit about her before I turn the microphone over. So um she is a pioneer in the field of the human bio field, therapeutic sound and electric health and for years, decades has really been researching how sound impacts our health.

She happens to be best selling author of two new books that I have here with me. So electric body, electric health and tuning the human bio field. And as I said to her off camera before we started, she's doesn't know this, but she's become my latest health and wellness, really healthy obsession.

Sound therapy and sound healing is something that I really, you know as a movement expert, public floor expert. I really didn't explore until I was looking into this whole concept of of the medicine of mindset and now I'm diving in with both feet so thank you so much for being here today. Eileen, why don't we start things off just by, you know, tell us a little bit every I feel like everyone in the health and wellness, you know, world has some sort of a why why and how they came to be a part of, you know or become an expert in this area.

Why don't you start by sharing that with us. – Sure, Well the why is very selfish reasons that I was just looking to straighten my own act out and and which I have. And so I've turned around and shared with people what I figured out.

How Biofield Tuning Began

You know, I'm really crazy about efficiency before I was in healing full time. I owned a very busy restaurant and I was very motivated in the context of that environment to always find the shortest distance between Point A and Point B.

What can I do to get the most amount done in the smallest amount of time and sound healing really fits that bill. It is an incredibly efficient when used properly means for I think getting us unstuck.

You know, I think that people really suffer from stuck nous more than anything else. You know, if you go see any kind of provider, it's generally because you're not succeeding in solving a problem yourself, whether it's a mental problem, emotional, physical, whatever it is, you know, we all end up with a lot of problems in life and I sure ended up with a whole lot. When I was younger, I had an eating disorder, I was addicted to food.

I was miserable. I was incredibly inwardly divided and sort of fractured. I had no boundaries, had terrible digestion. No, I was just kind of a mess. And so my response to realizing what a mess I was was to become a researcher and some of us are just researchers by nature.

It seems like you are to Jana. And if you're like that, it's kind of effortless to go from one book to the next or you know, your curiosity leads you forward and the trail of crumbs appears and you just sort of follow the crumbs. And so tuning forks appeared in my trail of crumbs and I picked them up and I started using them in a part time massage therapy.

I had practice, I had back in 1996 and they were so intriguing. I didn't expect they would be so intriguing. You know, I think a lot of people here tuning forks and it's just, it's easy to gloss over a tuning fork. You know, even for years for me when I was the other people using tuning forks, I would be like, it was almost cringeworthy to me because I'll tell you what, like back in the nineties, it was super woo. And it's not so much anymore.

But even other sound healers, usually men that work in other modalities, I found a dismissal of tuning forks. This idea that, oh, it's just a single tone and it's, you know, not very helpful.

But they, the forks revealed to me ways to use them that are really profound. That are surprisingly profound. They revealed to me that we have an electrical system.

But you know, did you learn about that in school? You know, like nobody knows we have an electrical system and yet it's really the primary most important system in our entire body.

We have electric current running through us, it beats our heart, it powers our brain waves. It runs through our fashion through our collagen, through our interstitial fluid through our blood.

We have electric current. That's what we run on is electric juice. And it's super super important that system doesn't have noise and resistance in it. Anything that has electric current running through it has a magnetic field around it.

And that's just basic science that we all know. You know, and we've been told that energy medicine is is sort of pseudo scientific or there's no explanation for that. But the fact of the matter is the explanation is super simple. And that's just that, you know, your aura is your magnetic field and magnetic fields God and inform electric currents.

So I sort of accidentally discovered a way to use sound in the magnetic field to inform the way electricity is running through the body. And if electricity is running through the body in the right way, then we're healthy. And we're on every level.

And so that's what the practice of bio field tuning is. Is using tones generated by tuning forks, passing them through the magnetic field, finding areas that are jammed up like we we know that inflammation is the root cause of disease. But what is inflammation?

It's too much electricity in that part of your body is too hot and any place you have an excess in one place you have a deficiency in another. And then that just creates a kind of systemic balance.

It's sort of like bad traffic patterns in the city. You know because the stop lights are timed well kind of thing and you end up with congestion. Any place like if you've got a sore shoulder, you've got too much current running through there, you've got excess magnetism there too because they're reflective.

They're one and the same thing. And a vibrating tuning fork actually acts like a magnet oddly. So I can find where your magnetic field is in a bunch. And I can use the tuning fork like a magnet to reorient your magnetic field to the midline.

And then the electricity follows. And lo and behold you no longer have pain or inflammation. So we modulate the electrical system rhythmically and tonally. And we also adjust the patterns.

What the Biofield Is and How It Works

Because the the field, your body's electrical system, I've really come to see is your is your mind is your conscious mind, It's your subconscious mind.

That's where all your memories are. It's where all your ancestors memories are. It's where all the cultural influences are, everything is in your bio field or your electrical system.

And we can access very specific memories and specific areas and work to modulate them so that they're not uh exerting such a non beneficial influence on us vibrational e So yeah, so just exploring and playing and discovering and figuring stuff out. – So just to be clear then as the originator of bio field tuning essentially the bio field is our electrical system.

Is that correct? – Yeah. The term bio field was originated in 1994. It was a team of national Institute for Health

scientists that came up with it because they wanted to have a word for what was being called the aura or the human energy field.

That's esoteric or pseudo science. It's not appropriate in medical journals and that sort of thing. So the actual definition for the bio field really only describes the field, but for me as a hands on practitioner with thousands and thousands of hours under my belt in clinical observation and also a scientific study. I wrote a master's thesis on the topic and what I discovered is that you you can't separate the electric current from the magnetic field.

Like you can't say that this is the bio field that surrounds the body but it's somehow separate from the electricity in the body. They're one and the same.

And so I've gone kind of rogue in the bio field community and and I use it to describe the electrical system in its entirety. The energy that's beating your heart.

That's giving rise to thoughts that's showing me the light behind your eyes that basically you are alive because your electrical system is present on and running and when you die, your light goes out.

So I would even say that your bio field, your electrical system is the same thing as your soul. – Okay, so right now, if you were, if we were like on a real live stage, I think there would be like a mic drop or some kind of like dramatic music or cue applause That is like that is such a statement that I think so many of us are looking searching and that's part of why I was you know, called to curate this week long experience for people because I think that so many of us are looking to the people who have been for decades living breathing this, you know, you know like you referred to as pseudo science that really is so deeply rooted in not this lifetime, but past lifetimes.

And so can you help us understand the map? So is there is there a map of the bio field that you use in your practice? That is you know the same yours and mine is the same as my kids and you know, how does how does that mapping work? – Yeah, well let's just go for a little walk together.

– Okay. – We're gonna go over here, we're gonna look at the map. And so these are the bio field anatomy maps and this is available in our store. It's in my book and both books, this map is here. And I'm not gonna go into the details here, but I just want to show you that the front and back that I have in the process of exploring the bio field. I discovered that, you know, sort of through pattern recognition, that there was a very specific anatomy and physiology to it and that it was the same from person to person.

And it took me years to really figure it out, you know, to map it completely. But then I discovered a certain consistency and then I trained students and then they went off and discovered the same terrain.

So basically it's a map of your mind and in this model, your body is actually inside your mind and not the other way around, like we've been told here and upside down backwards world, where everything we're told is actually the opposite of truth, which I discover over and over again in every in every discipline, we it's sort of a puzzle, you know, discovering that if you listen to any kind of mainstream description everything, it's usually the opposite of what is true.

And so this is a very important one because any place we go out of balance in our mind and our emotions, we're gonna pull our bodies that way too. So the way that the map sort of came into being was I discovered that every person who came in who had, like right hip pain, for example, I discovered just through listening to their field through this language of vibration that I learned over time that you know everything in the bodies in motion.

Biofield Anatomy and Emotional Patterns

Everything in motion makes waves, what is emotion but the motion of waves through us and when we're angry that wave takes on a particular form and actually makes a particular sound that you can hear in the overtones and undertones. That the forks every emotion, sadness sounds sad and of work like a sad song. Does you know if you and I are listening to a sad song, I don't need to tell you it's sad, you just know that it's sad and that's the way that I uncovered the bio field anatomy. Was that different emotions sounded like the way that music seeks to express

emotion.

So I discovered everybody who came into the right hip problems had a busy mind and a busy body and they were always go, go, go do do do. And they were, their whole bio field was sort of pitched to the right side and this yang, overactive, overactive mental overactive physical tendency that specifically showed up in the right hip and Barfield tuning is a process of finding these places that are out of balance and actually adjusting them. Kind of like chiropractic, adjusts your spine, bio field tuning, adjust your bio field and puts your electromagnetic system on keel. So we all have different kinds of imbalances depending on the different traumas that we've had, the different traumas that we've inherited?

The different trauma responses or coping strategies that we've started using in order to navigate our lives? Everybody who had left shoulder issues had a whole bunch of accumulated sadness that they hadn't expressed.

Everybody had right shoulder issues was saying yes when they meant no putting other people's needs ahead of their own. And so I really came to see that it's this underlying blueprint going out of balance or getting what we call pathological oscillations in them.

That was giving rise to the pathologies in the physiology. So it's consistent really from person to person, whether the right handed or left handed whether and we're in the northern hemisphere, the southern hemisphere, just like your digestive tract. Really most of us have the same placement of organs and things like that are physical. Anatomy is the same from person to person or ball field. Anatomy is the same from person to person.

– Okay, so I want to go back to something you said that is kind of spinning in my head. You said the body is inside the mind. Did I hear that properly?

Okay, so this is kind of about what came first the chicken or the egg because we are here talking all about mindset and how it truly can be a very power, powerful form of medicine to heal, you know, different aspects of our lives.

So in your practice, do you see people who are very closed off from a mindset perspective, do they? Do those people come to you or I guess my question is do you need that openness from a mindset perspective in order to rewire that you know that electrical system in a way that the physicality of the pain starts to melt away.

Does that, am I am I being clear with what I'm asking? – Sure, I mean, you know, because there's people who don't believe in energy medicine, but you know what, this is physics, It's physics.

Like, you know, you're gonna sit down here and tell me that you don't believe in physics, this is resonance and entrainment. I'm finding where in your body's vibrational activity, you have distortion and I'm reflecting that back to you and you can hear it right? So are you gonna say you don't believe in that?

You know? And then entrainment is the process of that. A strong coherent vibration is going to overtake a week incoherent vibration. The vibration being produced by the tuning fork is stronger than the vibration being produced by your body. So, so tuning fork use skillfully by the practitioner will help to harmonize that. This is all physics.

You know, it's it's very basic stuff, I boil this all down to stuff that's super simple that nobody can argue with and then they're like, okay, I get that and then they're curious, right, I mean in the past, have I encountered people with very closed minds?

Sure, but why are you going to get help if you've got a closed mind. I mean generally anybody has made it all the way to my table wants help. You know, you don't want to be stuck, you don't want to be in pain, you don't you don't want to be not living the best version of yourself.

And so I've really found especially in the The last few years that I don't encounter close minded people when it comes to this sort of thing. One, because I've learned how to explain it very succinctly and very matter of fact, and two people on the whole are far more open to this sort of thing than they were even 10 years ago.

All that said, our minds are really powerful. So if somebody decides that they don't want to be affected by it, they can close themselves down. Our minds are more powerful than anything, you know, and and I can sit here and do an adjustment on your field. And one time I was working on this woman and she had all this pain in her right hip and it was coming from a tendency um to be very critical of ourselves. Right?

So the root chakra is this over doing, but it's it's driven by the guilt and shame that resides in the sacral center. So we often are indulging in this guilt driven over doing where are worth is tied into our productivity or the mindset of a slave.

And so um so we also all, most people very very few people I encounter are free of an inner critic which is like a mind virus. It's that part of you that tells you that you're not good enough that you should have done this or you shouldn't have done that or you're this and that and the other right that that sort of inner critic which is a very unhealthy construct, I say to people like if you had a friend who was following you around saying to you the things that you're saying to yourself, would you hang out with them?

Probably not, probably not. But why do you tolerate it inside your own mind? Like what's up with that? But everybody seems to have it going on and it just seems normal.

Mindset, Resistance, and Healing

But so this woman's inner critic was so vicious and so continually running that it was sort of really messing up her her hip and it was making her you know, overcompensate all over the place in her life over doing trying to get approval and this sort of thing. And so I came in with my fork and I found that area of extra magnetism, extra electricity over there because that's been getting generated by the mind going to that place. And I did an adjustment owner.

I brought it to the midline. Well just as I'm doing the adjustment, it took me a long time to do because this is a very deep seated pattern. She said a statement, a self disparaging statement ingest ingest and it went right back out again in an instant, right so I can come in and I can do these adjustments on you.

But really what I'm training people to do is to be mindful of what their mind is doing and and get control of it because like you're saying like this is it is all about the mindset and the optimum mindset is in the center present state of flow.

When we're in that centered present state of flow. Life just flows body fixes itself, everything is groovy. But we get hung up in what I call the right hand ditch or the left hand ditch and we spin our wheels and we tell all kinds of stories and we just engage and indulge a lot of nonsense that isn't really necessary.

So the bio field anatomy, the tuning forks are useful. They're powerful. I can adjust you but you've got to learn how to manage your mind. – Yeah, I'm smiling because I always have like like I call it my you know on finding nemo nemo has that one fin that's a little bit smaller than the other one. I call my left hip, my nemo fin because when I was six I had quite an aggressive osteomyelitis infection in it.

And so I've always believed that you know when I got off of my movement, you know, habits, I always get like my left hip and my right QL, or that kind of that diagonal line that gets me. And when you started talking about the left hip as far as you know, go go go and pleasing others and not being worthy, I was like, oh my gosh! Because those are belief systems that I have, you know, intentionally been working on for the past many, many years. And so you know, you alluded to this, how do you use forks and this sound healing as self care?

You know, you're making us believe that we don't necessarily have to rely on a practitioner that it can be used in the self care realm. How does that work? – Well.

It works both ways. But first, let me just clarify something, it's the right hip that is like go go, go do do do people pleasing approval seeking the left hip is frustration over unmet needs and it's our own needs that go unmet.

When we're so busy people pleasing and taking care of everything else so they're tied together. So, you know, if you had experience in early childhood where you ended up extremely frustrated over unmet needs, you know, maybe you were bottle fed, maybe your mom wasn't around, you know, for whatever reason your needs didn't get met, then that's gonna create a lot of tension in that left hip.

And very often when we have the experience of our needs got it not getting met, we believe we end up believing that other people are more important And so we compensate by over caretaking and over doing for everybody else, which then compounds our own needs not getting met. So does that resonate for you?

– 100%. Yeah, it does. – Yeah. So you know, regarding seeing a practitioner versus working on yourself, I mean, I'm an expert in in tuning forks, right? I still get to regularly by other practitioners. I personally, I would much rather be worked on by somebody else than working on myself.

Like can you give yourself a foot rub kinda, would you rather have somebody else do it? – You can, could you make a wedding cake with an easy bake oven?

Of course what you want to. – Exactly. I mean, so that said, I do work on myself. I have worked on myself, I can work on myself. Lots of people work on themselves.

In fact, I have a whole course called tuning yourself into health that's available on my website that teaches you how to work on yourself how to understand the bio field anatomy, how to use weighted forks on your own body, how to what we call project hologram of yourself onto a treatment table or a couch or a bed and do a distance session on yourself where you're just, you're you're seeing your whole bio field anatomy there and act pretending just pretending that you're there and going through the field. So you can absolutely do that and you can have great results from that. But I think you're better off having a session or three from another practitioner so that you experience it and you get it and you know what it feels like before you go wandering off trying to do it yourself, right? But that said it can, you know, we can do something really simple like just put you know, awaited tuning fork on our sternum and that sends vibration into our entire body. And that alone can just like if you're feeling dis regulated or upset, just sitting down and running some coherent sound and your body shift your awareness out of your head and whatever circles it's spinning in and into the fact that, wow, amazing going on in my chest, right? It's like the locus of awareness shifts and then that gives you an opportunity to take a breath and relax, right? I mean and this is what I say the tuning forks do, whether whether I'm doing it to you, whether you're doing it to yourself.

The whole aim of this work is to get you to relax because what I really noticed is that pretty much any disorder that we can come up with that we can sit here and think of is tension related.

So the antidote to that is to relax and and a lot of our tension is subconscious, it's tension that was put in place before the age of three or before the age of seven.

We don't remember laying it down some of the patterns of tension we're holding, we've been holding for generations generations. In fact I just discovered a whole pattern of tension in my left shoulder that absolutely was not mine, but it was in my right. So there's a lot, there's a lot there were more informed by those ancestral and cultural patterns than we realized that we are. – Yeah, absolutely.

And you know, I keep referring to what this what this week on this summit is all about and it really is to bring awareness to these modalities of healing that many people might not know about. And so if someone is interested intrigued kind of like I have been, where's a good place for them to start in this kind of in this body of work? – Well, I think it depends on what kind of person you are.

Self-Care With Tuning Forks

So if you're a researcher, you're somebody who likes to read. I'd start with the books and get a good foundation of it. If you're more video oriented, I've got a lot of youtube videos so you can watch those both my books are on audible.

So if you'd rather listen to books, you can do it that way if you're not much of a reader or much a researcher and you're more of a hands on person. I would um get the sonic slider tuning fork, which is sort of like my entry self care tuning fork? And just start playing with it comes with some really simple videos on how to use it and and to just start playing with it on yourself. So it really depends on, you know, how you like to take in information or you know, in an experiential way, we have to find a practitioner, page two and you could go there and um you know, find somebody who might be local, but we do this work at a distance too, so you don't even need to go in person because we discovered that it can be done at a distance.

I didn't, I think it could, I thought that was ridiculous sounding to do 24 healing at a distance and then I did it and I discovered that it worked. Then I've done it, you know, thousands of people have done it hundreds of thousands of times. Like this is a hypothesis has been tested over and over and over again with results. And pretty much the only way that I received sessions is at a distance, so they're really accessible, you know, to go and and to have the experience of it. So there's really lots of different ways that you can take in information just depending on how you're inclined.

– Yeah. And how often would you say people ask me this all the time. Like I'm gonna do Pilates, how often do I have to do it in a week? How often do you have to, you know, should you be getting treatments or giving your body an opportunity to heal this way?

– Well, if you're gonna use something like the sonic slide, which is tuning fork that just see if I've got one here that I designed to slide. So this is a fork that you slide the handle. You've got one.

There you go. So you slide it and use it just like dry brushing. So basically you cover every inch of your body and you just slide towards your heart and you do it, you know repeatedly, you do it on your legs, you do it on your neck if you've got a boot, you can like do it on your face and if you do this every day at least once a day.

But I would say if you really want optimum results and really start looking and feeling younger, more radiant if you use that five minutes, 5 to 7 minutes twice a day, you're really gonna start to notice that your skin looks different, that you've got more of a glow, that your energy is more consistent.

So that's the sort of thing you want to use regularly. If you want to start receiving sessions, I always had my clients come in once a week for three weeks. And like, let's just do three sessions, if you're gonna do one, do three because you're not going to go to a chiropractor once, you know, unless you really don't like them, but you know, chiropractors and like we have to train your body to experience itself in integrity and that takes some time because you've got patterns, old patterns worked in here in the in the physiology and the musculature in the fashion. And so you really gotta take time to retrain your body to express itself more coherently. And so it's the same with biofuel tuning.

Like one can be life changing, but three is better. And so I always say, let's just do three and see where we end up, if you're somebody who's here, who's like, I'm here to heal my ancestral trauma, I'm here to clean up my lineage, I'm here as a light worker on the planet.

Then you know what, get a session once a month for the rest of your life don't ever stop because because you get through your own stuff, use your ancestral stuff starts coming up, you get through some of that, some of the cultural stuff starts coming up and there's really no end of potential for you to access because as you release all these micro and macro tensions that you're holding consciously and subconsciously, you start to expand into the potential of who you are no trauma and bad inputs causes to contract, we all know what it's like to feel contracted.

Whereas healing in this very elegant way of just releasing tension just allows us to start to expand into our potential. We all know that we have potential beyond what we experience. Well, how do you get there?

Well, you got to expand into it and so that that's a pro process I'm going to be doing until the day I die, I'm never going to stop figuring out how to be more of what is possible because I'll tell you what, having worked with so many people, I've discovered that every single person is brilliant, has gifts is here and they're the only one who can do who's built to do what they came here to do and and everybody knows what their own greatness is, deep inside,

everybody knows what that calling is.

It's just how do you get there? Right? How do you open to it? Well, first you gotta believe in yourself and believe that you are as great as you know, that you are, even if nobody has ever seen it, even if nobody has ever reflected it back to you, it's true that you are that and a lot of people are like, oh, that's too grand or grandiose or I'm not worthy or I'm not good enough and blah, blah, blah, just a lot of noise and nonsense, you are amazing and that's something that I can say with great authority because I've seen it in everybody and it's just noise in the signal and tension in the system that stops you from experiencing yourself that way.

– So I want to look back to something you said at the very beginning of our interview today and you talk you used the word stuck and how does learning about our energy body lead to health and happiness?

And you know, the outcome of that would be we're unstuck.

Getting Started and Session Frequency

I mean you just alluded to it to what is our purpose? What is our you know, some of the women I work with are like, I just feel so disconnected, I don't know what I'm supposed to do, you know, while I'm here on this earth. And so how does learning more about that energy body lead to that health, happiness unstuck Nous.

– Well. I think as you learn about the bio field anatomy, you see yourself in it, You see like, oh gosh, the reason why my right hip keeps flaring up is because my mind keeps going to the future keeps going to my to do list.

And I'm telling myself that I need to do this and I need to do that and I'm in the future and I'm basically, you know, if my body is a horse that I get to ride through life and I'm just whipping my horse and that's wicked and cool.

– Yeah. – So you just start being aware of these subconscious bad habits that you're engaging in and you start to choose differently? You start to choose differently.

You can't choose differently if you don't see what you're doing and if you don't understand what you're doing, but when you, when you get reflection back and you're like, wow, yeah, my mind really is going out of balance.

I am being really young, you know, and I'm probably doing that because I'm avoiding all this sadness that that I'm feeling as long as I stay busy and as long as I stay in the future, then I'm not sitting still long enough for that sadness to settle down or to percolate up, you know, I can just stay out in front of it. What you really need to do maybe is stop and have a good cry.

You know, a lot of the busy mind that people can't control is emotions that they haven't expressed because it's not okay. You know, most of us grew up in homes where it's sort of like an abstinence only approach to emotions like you're just not allowed to express any of them.

Even things like excitement or joy or anger or rage or hate. I mean, do you, even when you're a kid, you're like, I hate this and your mom is like, oh, no, don't say that. Hate is a very bad word, right? And then you're and then you have this very valid emotion of hate, but you're not allowed to feel and you're not allowed to express it.

So where is the only safe place to put your hate towards yourself? And most people have, are suffering from self loathing to some degree or another, because it was the only place they could put their hate or they'll, you know, or the media will show you some bad character and be like, oh, it's safe to hate this bad character, and then you're gonna direct all this hate at the bad character, you know, which isn't solving the problem of what you really hate, you know? So, a lot of what really needs to happen in order for us to be healthy is that we need to recognize and validate whatever emotions that we're feeling and find healthy ways to express them.

Most of what keeps us stuck is internalized emotions that we weren't allowed to feel, and we don't know what to do with. – Its fascinating. And so I have two last questions for you, I'd like to know in your area of expertise and mastery. What do you feel is not being talked about enough? – Well, one of the things that's not being talked about,

you know, this mental health people are talking about mental health.

What's really going on is emotional health, It's emotional health. The mental health imbalance is a consequence of the emotional health, because we don't have healthy models to show us what to do with our emotions.

So, that's a big thing, like, we don't talk about emotions, It's sort of like a, like a forbidden territory, like it's safer and cleaner somehow to call it mental health. You know, when emotional health is actually the really big messy problem you know, we have, what is anxiety?

Well, it's a feeling in your body, It's more of a feeling in your body that's disabling you than whatever thoughts might be attached to it. So, I think we really need to talk about emotions more and and how to express them and what to do with them and that they're okay. You know, so many people judge their emotions. Whether it's a man who's been taught to not cry or whether it's somebody in the, like New Age movement, spiritually bypassing shame because it's low vibe, right?

This idea that, like, we only wanna vibe high is just as dangerous as dad saying to his son, Big boys don't cry. There's a lot of nonsense around emotions in the New Age movement, getting healthy isn't about not having emotions, it's about flowing with your emotions, whatever they are, because they're just waves, they rise up, they crash, they fall away.

But if we're resisting them and resisting and resisting and then they accumulate and create tension and inflammation in our bodies. So I kind of know that any feeling is okay.

It's okay if I'm feeling like I hate something in this moment. It's okay if I'm feeling, you know, rage about this and how Children are being heard and that, you know, that it's okay to feel these things. It's, the resisting or the overindulging, right? That where you get into trouble, if you just allow a wave of emotion to come through you, it pass passes. And very often it comes with some kind of message that, that's necessary. You know, just like touching a hot stove, you're like, oh, that's hot, right? Are are physical feeling, helps us to navigate and stay safe. Our emotional feelings do the same thing that they're really necessary to keep us healthy. So I think we need to talk more about emotions and how to manage them appropriately.

– You know, as you were speaking, I'm the mom of three boys, they're 17, 19 and 21. And our middle son is, he plays college golf and last week came off the golf course with a less than optimal round in his mind. And so he texted me and he just said, I'm really piste off right now. I don't wanna, you know, I don't will face time tonight.

And I said, sure when you're ready to talk, I said, feel I want you to feel all of this, right? So, and then that's what they've been taught for for a long time. And so later that night when he texted, he said, all right, mom, I'm ready to face time. We got on facetime and it was so interesting to hear him talk because he went from Coming off of a win at the last tournament he played and he said to me, I walked onto the 18th green with tears in my eyes because I kept saying to myself, I'm so proud of you, I'm so proud of you.

And then he's like, four days later I am like down like, how could I have let this happen? He said, I just went back to my dorm and I put essential oils in my diffuser and I just laid on my bed and did did some deep breathing.

Right. And so I, I think that if you know if like if my dad heard that he'd be like, he what he put essential oils into his diffuser and he did some deep breathing. And so I think what you're doing is as you highlight emotional health as an, you know, as mental health being an outcome.

We need to give people I believe permission to feel again. And so thank you for framing that answer like you did because it really did hit home for me as I'm sure it did for others in our, in our audience.

– Yeah. Well how awesome that your son would do this. So this is what I'm talking about. It's like Janet you and I and our generation, we've been doing this heavy lifting. We've been learning these things.

We've been here Feeling these things, I have sons who are 21 and 24 and they, it is amazing, to me to watch how

well they manage their emotional experiences, you know, and because they just get it.

Emotional Health and Permission to Feel

So what we're doing here in these kinds of summits and disseminating this kind of information is we're making the path so much easier for the ones that are coming right. Like how amazing that he just did that.

He didn't bottle it up, he didn't beat himself up, He didn't go drink a six pack. He just was like, I'm just gonna breathe through this experience and know that it will pass. I'm going to take care of myself while that's happening, right? My parents generation would have had three drinks that night instead of the usual too, you know what I mean?

Like this is cool, this is, this means this work is working and good for you for raising funds that can do that. – Well. And I just think one day, God willing, I mean if if our boys become dads, what will their, how will their kids be brought up right? – Yeah.

With a lot more freedom to be creative. – Absolutely. So last question, can you please share with us some of the mindset maybe habits or hacks or tips that you actually embody in your own life to ensure that, you know, you can ride those waves when you know, well it's not when they present themselves like it's just part of our life.

So let us into the mindset of Eileen. – Well, a couple of things come to mind. One is gratitude and I know that that's kind of a platitude because we've been saying gratitude for a long time and I always like to like give you new things that you haven't thought of yet and I can certainly do that.

But This idea of saying thank you 10,000 times a day, you know, just yesterday I got out of the car, right, and I'm like, I'm so grateful that I can walk out of the car myself, I'm so grateful that I can see to put my key in. You know, I'm so grateful that I can walk up the steps and I'm strong enough to carry my groceries.

Like every single thing, it's so easy to take all of these tiny little things for granted until you can't do them all of a sudden. I was in a motorcycle accident July 2nd and I fractured the outside of my left ankle.

I couldn't even get out of my apartment by myself. There were so many things that I couldn't do. And so that of course was always a good reminder and as I started to get my act back together, you know, like I'm so grateful for this and thank you for that and thank you for this beautiful day and thank you for this sunset and thank you for this beautiful water that I have to drink.

Right? So thank you, thank you, thank you, thank you, thank you, thank you, all the time, all the time. And I really do do that you know I really do say thank you 10,000 times a day and the more that you're grateful for the more that you have to be grateful for it's just a feeling that builds so don't don't hear gratitude and be like oh yeah whatever that's no like really practice it and it can be kind of amazing where it can bring you. So that's my primary practice.

I guess the secondary practices is to look at your body like an animal like like I said it earlier like the horse that you get to ride through life on and and and start treating your body like you wouldn't like a horse like if you this is a horse you get for your whole life like you gotta take good care of it, you're gonna be like okay horse, well let's see your pack animals, so you need friends. So let me make sure you've got friends around, you know and you need to eat a certain diet, you need oats and you need grass and you need apples and carrots, I'm gonna make sure you get all the right kind of food, you know, I'm not gonna work you hard all day and then throw a pizza in your stall with you know with some kind of curse about how you're not good enough, right? I'm gonna make sure that you get everything you need to be the healthiest horse that you can possibly be.

I'm gonna brush you, I'm gonna love you, I'm gonna tell you how wonderful I'm gonna give you love, right? So think of your body that way that that you need to to love and respect and honor your human animal and if you want it to, you know, carry you through life in a good way, I think that we've all been programmed with a lot of nonsense like original sin that were guilty sinners and so we have all this guilt and not worth and we take it out on ourselves and

that self loathing that was taking about a whole bunch of negative energy gets directed at our body, their body really doesn't deserve. So, you know, be grateful for the fact that you have a body all that can do and love it and treated the way that it needs to be treated. – Well, ladies and gentlemen, as you've been probably just following every single word that Eileen has said over this past almost hour.

Eileen's Mindset Practices and Closing

I know like me, you have grabbed little gems that you can start doing today and that's what this I've alluded to this week, this week is not about, you know grandiose that feeling and emotion that we get on December 31st when we're like tomorrow is a new day and I'm going to completely change my whole life because, you know, this is my year and then we fizzle this week is about those simple shifts that we can live consistencies consistently so that we can, you know, the choices we're making around what our future self is doing or what our, what our current or present self is doing to nurture that future self.

So Eileen, thank you so much for educating us on, you know, the healing properties of, you know, the sound therapy through the forks. Thank you for, you know, stepping into what in the, you know, in the 19 nineties, like you mentioned, was was very in the wuss And sticking to it, so that here we are, you know, in 2023, and it is part of our mainstream health and wellness, you know, protocols in a bigger way than it probably ever has been, and if we could, you know, take it exponentially to the next level.

So thank you for sharing your expertise, your heart. It just shines right through when you talk about this. Thank you. Thank you. Thank you. Thank you.

– My pleasure. Thank you. – So everyone, this is uh this is a wrap on this session, Eileen of people are intrigued and want to learn more, where's the best place for them to connect with your work.

– Well you can go biofieldtuning.com is a website we also have, We're on instagram, we're on facebook, I'm on instagram and facebook if you just want to follow me and not by awful tuning or both, or you can just hop right to the bar field tuning store if you're feeling spending and see what's there that grabs you.

– Amazing. Thank you so much for being here everybody else. We will see you on the next episode of The Medicine of Mindset.